

## Open Graded Meeting

### Corby

20<sup>th</sup> June 2007

The third Corby AC open graded meeting gave several athletes the chance to record personal bests. Making the most of the meeting was Kettering Town Harrier Alex Keyworth and Bethany Smyton of the host club.

Under-15 Keyworth equalled her best ever time when clocking 26.0 over 200m before later in the evening slicing over a second from her previous best when running a fine time of 41.0 to improve her club record over 300m.



Smyton took five seconds from her previous best when she won the Under-13 1500m. In the race which doubled as the Northants Championships she finished in 5.18.5 with the Kettering pair of Camilla Denton (5.27.4) and Frankie Keyworth (5.30.2) also running well to take the silver and the bronze medals.

In the corresponding boys' race Charlie Coleman turned in a fine performance to take the title in 5.11.6 from his Kettering colleague Jake McAllister (5.13.7) with Michael Inwood (Rugby & Northampton AC) securing the bronze in 5.18.2.

The other County Championships held on the night were the Under-11 1200m in which Abigail Morrow Harris (Corby) raced home in 4.32.5 to win from R&N's Alison Inwood (4.40.8) with Georgia Bevins (Corby) taking the bronze in 4.42.6.



Other good runs over 1500m came from Charlotte Cotter, who clocked a new best of 5.22.2 to win the Under-15 Girls' race and her Corby colleague Timea Latinovics (Veteran-40) who ran 5.26.8.

Corby's Simon Franklin responded well to the news that he had been selected for the 800m at the English Schools Championships by smashing his best over 400m. In an exciting race he pulled away from training partner Ally Fowler to win the Under-17 400m in 53.8. Fowler also ran a best when returning a time of 54.3 while Scott Kendall - also Corby - was in excellent form when he recorded a sprint double in the Under-15 age group.

In the field Matt Bell produced a solid effort to win the hammer with 61.67m from another Corby second claim member, Mark Allen (48.57m). R&N Under-20 Zoe Ash threw a fine 37.91m while Under-17 Daniel Sharkey was also in good form in the hammer with his throw of 39.33m.

Another Corby AC athlete who is bound for the English Schools - Charlotte Bowling - leapt 4.79m to win the Under-15 Girls' long jump.