

Northants County 3000m Championships
2007

Jonathan Goringe secured the first Northants track title of the season after a close race with Corby AC's Simon Franklin. The race, over 3000m and held in conjunction with the Corby open meeting at Rockingham Triangle, saw the Kettering Town Harrier prove the stronger on the final circuit. In hotter than expected conditions for the time of year, Goringe thwarted Franklin's challenge with a successful sprint over the final 200m to take the title in 9.44.6. Franklin clocked 9.46.3 while his club colleague Stephen Broom took the bronze in 10.08.2.



In the senior men's race Rugby & Northampton AC's Matt Almond successfully defended his title with ease when his time of 8.59.5 brought him home almost half a lap in front of his nearest rival. The battle for the silver medal was a much closer affair with Corby's Chris Curtis outgunning Wellingborough & District AC's Stuart Nelson (9.36.3) in the closing stages to take the runner-up spot in 9.29.0.

The veteran title went to county regular Terry Egan, whose time of 9.46.8 was too good for fellow R&N man Vince Carroll, who had to settle for second in 9.57.1. R&N also filled the top two places in the Under-15 Boys' race when Luke Robinson defeated George Cardwell (11.44.6) to win in 10.04.9 with Kettering's David Edwards taking the bronze in 12.30.6.

Preventing R&N to a clean sweep on the male side was Corby's Adam Hartley whose time of 10.07.2 landed him the Under-20 title ahead of Wellingborough's Dom Coleman (12.04.1).

Corby's Laura Goldie was the top Senior Lady to finish thanks to a time of 11.14.2 while the club also provided the veteran champion when Trudi Pike (12.35.7) finished ahead of club colleague Cathy Oram.

Kettering dominated the younger age groups with Danielle Smith taking the Under-15 title in 12.19.4 from Rebecca Bowyer (13.04.9) and Kelly Barnett (12.26.0) coming out on top in the Under-17 race when finishing ahead of Sophie Thurlby (14.51.4).