

Damian Carr enjoyed his second year in the sport with an impressive victory in the annual Draycote Water 5 mile road race. The event, organised by Rugby & Northampton AC, saw the Kettering Town Harrier form part of a leading trio which headed the proceedings until the final mile of the race, which was again held in windy conditions.

Running along side him was Sphinx' Stuart Boon and veteran Garry Payne, who competed in the colours of another Coventry club, George Eliot Striders. Boon was the first to drop and ended up third in 27.32 leaving Carr to battle it out with the very consistent Payne. Going into the final 400m, Carr increased the pace to such good effect that he put nine seconds between himself and Payne as he crossed the finish line in 26.53.

The injury prone Chris Curtis, who is currently enjoying his best run of form for a long time, ran well to take fourth in 28.02 while seven seconds adrift of the Corby man in fifth spot came Brian Summers (R&N), whose run earned him second place in the veteran section.

The ladies race was also a close affair with the run of Louise Thompson giving a clear indication that she is heading back to the sort of form that won her several county titles in the past. The R&N athlete came home in 32.09 to finish four seconds clear of Kenilworth's Lucy Aphramor while her club colleague Joanna Emery also turned in a fine run to finish third in 32.40.

Other locals in action: 27 Barry Wake (Kettering Town Harriers) 31.55, 30 Steve Partridge (Corby AC) 32.10, 38 Richard Gilks (Wellingborough & District AC) 33.20.