

English Schools Combined Events Championships
19th/20th September 2009

Emma MacFarlane smashed her personal best to finish a splendid tenth in the English Schools Combined Events Championships which were held at Bedford's International Stadium.

The Corby AC all round specialist, who was the only Northants competitor, opened her account in the Junior Girls' pentathlon with a solid effort of 12.9 over the 75m hurdles which was only one tenth of a second away from her best. That gave her 27th place before she slipped to 30th with her putt of 7.15m in the shot. Her best performance in the competition came in the high jump where she added 4cm to her lifetime best with an excellent clearance of 1.54m which advanced her up the table to 21st. In the penultimate event, the long jump, she leapt 4.40m and dropped a couple of places before ending the contest with her second fastest time ever over 800m. She ran 2.25.75 - the third fastest time of the competition – to advance 13 places and achieve an overall points total of 2739 which ranks her 20th best in the UK.

Last year's tenth placed Hayley McLean (Essex) took the title with 3236 from Nikita Campbell-Smith of the West Midlands (3127) and South Yorkshire's Nicole Bewley (3038).