

**Home Countries School International**  
**July 19<sup>th</sup> 2009**



Charlotte Bowling made a dream start to her international career with a victory when representing England in the Home Countries Schools International which was held in wet and windy conditions at Antrim, Northern Ireland. The 15-year-old Prince William student gained selection for the 300m hurdles following her silver medal at the previous week's English Schools Championships. Starting in lane two, the Corby AC athlete got off to a poor start and trailed the field in the early stages and was only fifth coming off the bend before she got into top gear to haul in the opposition. She was still second behind the older and more experienced Welsh girl Megan Rogers going over the final barrier but a last ditch determined effort in her strongest part of her race saw Bowling edge past last year's winner to secure top honours

in a time of 44.30. Rogers, who has a time some half a second faster than the winner from last season clocked 44.35 while England's Gabriella Abe-Onojobi was third in 44.73.

Charlotte said of her trip: "It was a great experience and definitely the highlight of my career so far. It was great to meet new friends. I was pleased with my race and now look forward to competing in the AAA in a couple of weeks."

Bowling puts her success down to making a decision along with her coach, John Anderson, to concentrate on the event after previously doing multi events.

She said: "The different type of training has improved my stamina and made me stronger. Also it has kept me injury free which has been a problem over the last two years."