

Midlands Senior League
2nd May 2009

Corby AC will have to improve if they are to remain in Division 4 of the Midland Senior Track & Field League after a disappointing fifth place in the opening match at Dudley.

The problem lies with the club's ability to fill all the events and not the performances achieved by the loyal but depleted squad on the day.

Seb Wilson Dyer Gough showed top form to land a double which secured him the Corby Man of the Match award when he leapt 6.17m to defeat Solihull's Phil McDonald (5.95m) in the long jump before nailing top spot in the triple jump, again getting the better of McDonald (11.56m), with a distance of 12.17m. He received solid support from Lee Czornj who won the B long jump in 5.90m and Jack McShane who, on a busy day before his departure for a period in Australia, took the B triple jump with 11.68m.

On the ladies side Karen Harewood opened her season in fine style with an under and over distance event in the space of 15 minutes. The international 800m runner clocked 56.3 to dominate the 400m before having little time to get her breath back before lining up for the 1500m. However, on this occasion she had stiff opposition in the shape of Solihull's Lucy Flanner, who led from gun to tape to win in 4.37.7. But Harewood was pleased with her runner-up spot in a time of 4.39.5 and even more delighted with her anchor leg in the 4 x 400m relay when she hauled the club from last place into third which unfortunately they failed to record her split time.

Also winning for the ladies were Lauren Boyd and Katie Barry. The former raced to victory in the 100m hurdles in 18.7 and took the shot putt with 9.93m while Barry showed much improved form which secured her the Corby Female of the Match award. After just losing out to Kirsty Overfield over 200m when the pair returned the same time of 26.8 over 200m, she got her revenge in a similarly tight situation when she edged out the Dudley sprinter to take the 100m as both recorded 13.0.

Male

100m: A 6 Paul Webster 11.8, B 3 Rory MacGregor 11.8; 200m: A 5 Erik Aselius 23.8, B 4 Webster 24.5; 400m: A 6 Tony Wells 67.2; 800m: A 4 Simon Franklin 2.04.8; 5000m: A 3 Chris Curtis 16.51.0; 110m Hurdles: A 4 Wells 21.5; 400m Hurdles: A 4 Wells 72.7; High Jump: A 2 Jack McShane 1.70m, B 1 Seb Wilson Dyer Gough 1.65m; Long Jump: A 1 Gough 6.17m, B 1 Lee Czornj 5.90m; Triple Jump: A 1 Gough 12.17m, B 1 McShane 11.68m; Shot Putt: A 4 McShane 11.33m, B 4 MacGregor 7.34m; Discus: A 4 McShane 30.37m, B 4 Czornj 17.87m; Javelin: A 4 McShane 42.01m, B 4 Czornj 28.56m; 4 x 100m Relay: 3rd 47.0.

Female

100m: A 1 Katie Barry 13.0, B 6 Tracey Craker 17.0; 200m: A 2 Barry 26.8, B 5 Cathy Oram 38.30; 400m: A 1 Karen Harewood 56.3, B 2 Timea Latinovics 70.4; 800m: A 6 Latinovics 2.42.5, B 5 Craker 3.28.5; 1500m: A 2 Harewood 4.39.5, B 5 Oram 6.55.3; 3000m: A 5 Charlotte Cotter 11.42.7, B 5 Oram 14.18.3; 100m Hurdles: A 1 Lauren Boyd 18.7; 400m Hurdles: A 5 Craker 97.9; High Jump: A 3 Boyd 1.45m, B 1 Gaby Bangay 1.45m; Pole Vault: A 2

Bangay 2.60m; Shot Putt: A 1 Boyd 9.93m, B 6 Barry 5.89m; Discus: A 6 Barry 17.25m, B 6 Oram 9.50m; Hammer: A 6 Craker 13.03m; Javelin: A 3 Boyd 31.23m, B 2 Bangay 24.89m; 4 x 100m Relay: 3rd 54.5; 4 400m Relay: 3rd 4.38.7.

Overall Results

1 Solihull & Smallheath 370, 2 Dudley & Stourbridge Harriers 326, 3 Banbury Harriers 310, 4 Royal Sutton Coldfield 268, 5 Corby AC 253, 6 Worcester AC 250.