

Midland Senior Track & Field League 3

Worcester
July 4th 2009

Corby AC finished bottom for the second successive time in the Midland Senior Track & Field League and now look set for relegation from Division 4. In the penultimate round at Worcester the female highlights included the victories of Rachel Backhouse and Lauren Boyd on the infield. Backhouse's best effort of 39.11m in the second round easily defeated Dudley's Rachel Perry (30.46m) to take the discus while Rachel Tyler threw 35.25m to take the B string.

Boyd's third round putt of 10.36m won the shot ahead of Perry (9.39m) while her last round effort of 31.20m clinched third place in the javelin behind Banbury Harrier Amy Peacock (31.85m) and runaway winner Charlotte Gimson of Royal Sutton Coldfield (39.98m).

The highest track position was achieved by Katie Barry who clocked 13.4 for second behind Dudley's Kirstie Overfield (13.3) over 100m.



Lee Czornyj was one of three winners on the men's side with the other two being Seb Wilson Dyer Gough and Ally Fowler. Czornyj took the lead in the fifth round of the triple jump with 12.53m and increased it in the final round to 12.58m to win a very exciting competition from Solihull's Phil McDonald (12.21m). This landed him the Corby male athlete of the match award with Backhouse securing the female equivalent.

Wilson Dyer Gough won the B contest with 12.27m after earlier in the day coming out top in the long jump with his second round leap of 6.41m with Gary Wong doing well to secure the B string top position with 5.91m.

In the 800m race Fowler shot to the front with 250m to go and was never headed as he strode home to victory in 2.00.1 ahead of Royal Sutton Coldfield's Fred Tremblay (2.01.5).

Fowler returned later in the day to help the 4 x 400m squad to finish runners-up in a close race. The team, which also included Ross Davies (fourth in the individual event in a good 52.9), Seb Goodall and Simon Franklin, were just outside the club Junior record when they clocked 3.34.0 – half a second behind Royal Sutton Coldfield and one tenth of a second ahead of Worcester. Chris Curtis (16.30.0) ran well for second behind Worcester's Sam Mitchell (16.17.7) in the 5000m as did Danny Keating who won the be race in 16.31.5.

Female

100m: A 2 Katie Barry 13.4, B 6 Judith Hudson 15.8; **200m:** A 6 Timea Latinovics 31.4, B 6 Cathy Oram 41.5; **400m:** A 6 Latinovics 69.2, B 6 Oram 94.6; **800m:** A 4 Charlotte Cotter 2.29.2, B 5 Oram 3.34.9; **1500m:** A 6 Cotter 5.21.1; **High Jump:** A 3 Lauren Boyd 1.45m; **Long Jump:** A 5 Barry 4.22m; **Shot Putt:** A 1 Boyd 10.36m, B 2 Rachel Backhouse 8.29m; **Discus:** A 1

Backhouse 39.11m, B 1 Rachel Tyler 35.25m; **Hammer:** A 3 Backhouse 25.26m; **Javelin:** A 3 Boyd 31.20m, B 4 Hudson 18.41m; **4 x 100m Relay:** 6th 56.9; **4 x 400m Relay:** 4th 4.57.7.

Male

100m: A 5 Rory MacGregor 11.9, B 4 Paul Webster 12.0; **200m:** A 5 MacGregor 23.7, B 5 Gary Wong 25.7; **400m:** A 4 Ross Davies 52.9, B 3 Nathan Graham 55.5; **800m:** A 1 Ally Fowler 2.00.1, B 5 Simon Franklin 2.11.9; **1500m:** A 3 Seb Goodall 4.30.3; **5000m:** A 2 Chris Curtis 16.30.0, B 1 Danny Keating 16.31.5; **2000m Steeplechase:** A 4 Stephen Broom 7.36.5; **High Jump:** A 5 Lee Czornyj 1.65m, B 4 Fowler 1.45m; **Long Jump:** A 1 Seb Wilson Dyer Gough 6.41m, B 1 Wong 5.91m; **Triple Jump:** A 1 Czornyj 12.58m, B 1 Gough 12.27m; **Shot Putt:** A 6 MacGregor 6.73m; **Discus:** A 5 Webster 23.50m, B 2 Gough 17.90m; **Javelin:** A 6 Goodall 23.76m, B 6 Czornyj 19.62; **4 x 100m Relay:** 5th 46.2; **4 x 400m Relay:** 2nd 3.34.0.
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Overall Results

1 Royal Sutton Coldfield 356, 2 Solihull & Smallheath 352, 3 Dudley & Stourbridge Harriers 341, 4 Banbury Harriers 320, 5 Worcester AC 295, 6 Corby AC 218.