

Midland Senior Track & Field League 2nd August 2009

Already resigned to relegation before the meeting, Corby AC gave a clear indication that if all their athletes had been available in the earlier rounds they could have been promotion candidates after finishing runners-up in the final fixture of the Midland Senior Track & Field League.

The Division 4 match at the Rockingham Triangle saw Dudley win to clinch promotion as champions and they were joined by Solihull who Corby (fifth overall) beat by just one point on the day.

Pete Straiton got the day off to a fine start when he edged past Dudley's Phil Nation (61.2) in the closing stages of the 400m hurdles to win in 61.0.

Also showing good form over the barriers was Luke Montgomery who dominated the 3000m steeplechase to win in 11.29.8 with Stephen Broom (11.42.6) securing maximum points with a fine B string victory.

Seb Wilson Dyer Gough increased his best by 1cm to take the long jump with 6.67m while Tom Crabb was equally impressive when winning the B string with 6.57m.

Corby's other two male wins also came in the field when Sam Baker cleared 3.60m in the pole vault and Lee Czornyj got the better of Solihull's Phil McDonald by 2cms in the triple jump with 12.46m.

On the ladies side Charlotte Bowling registered a fine sprint double when defeating Worcester's Amber Griffiths (26.5) over 200m in 26.1 before returning later to take the 100m by one tenth of a second from Royal Sutton Coldfield's Charmaine Riley in 12.9.



Katie Barry gave excellent support with wins in both the B sprint races and along with Bowling, Alex McKeown and Lauren Boyd won an exciting sprint relay race from Worcester. Boyd was also successful in her individual event when putting 9.49m in the shot and then came second behind Banbury Harrier Amy Peacock

(33.03m) with 31.90m in the javelin.

Another thrower in top form was Rachel Backhouse who threw a solid 41.21m to easily win the discus after earlier taking the hammer with 35.64m. New member Annika Wing made a good impact on her debut when she won the B string with 32.75m.

Female

100m: A 1 Charlotte Bowling 12.9, B 1 Katie Barry 13.1; **200m:** A 1 Bowling 26.1, B 1 Barry 27.0; **400m:** A 4 Charlotte Cotter 64.1, B 4 Judith Hodson 74.4; **800m:** A 3 Cotter 2.30.0, B 4 Timea Latinovics 2.36.9; **1500m:** A 6 Latinovics 5.40.8, B 6 Sarah Baxby 5.59.6; **3000m:** A 5 Margaret Mulholland 12.22.9, B 3 Jeannette Vango 14.08.0; **100m Hurdles:** A 5 Alex McKeown

21.7; **400m Hurdles:** A 6 McKeown 86.2, B 5 Tracy Craker 103.4; **High Jump:** A 6 McKeown 1.20m; **Long Jump:** A 5 Barry 4.67m, B 4 McKeown 4.03m; **Shot Putt:** A 1 Lauren Boyd 9.49m, B 1 Rachel Backhouse 9.23m; **Discus:** A 1 Backhouse 41.21m, B 5 McKeown 11.87m; **Hammer:** A 1 Backhouse 35.64m, B 1 Annika Wing 32.75m; **Javelin:** A 2 Boyd 31.90m, B 3 Hodson 20.28m; **4 x 100m Relay:** 1st; **4 x 400m Relay:** 4th 4.27.5.

Male

100m: A 3 Sean Taylor 11.4, B 2 Gary Wong 11.7; **200m:** A 3 Taylor 23.1, B 1 Rory MacGregor 23.8; **400m:** A 4 Simon Franklin 53.8, B 1 Ross Davies 53.5; **800m:** A 4 Ally Fowler 2.06.0; **1500m:** A 4 Seb Goodall 4.22.4, B 3 Luke Montgomery 5.15.0; **3000m:** A 3 Chris Curtis 9.37.5, B 1 Danny Keating 9.44.5; **110m Hurdles:** B 4 Montgomery 27.5; **400m Hurdles:** A 1 Pete Straiton 61.0, B 4 Montgomery 92.2; **3000m Steeplechase:** A 1 Montgomery 11.29.8, B 1 Stephen Broom 11.42.6; **High Jump:** A 3 Garnett Walters 1.80m, B 2 Lee Czornyj 1.65m; **Long Jump:** A 1 Seb Wilson Dyer Gough 6.67m, B 1 Tom Crabb 6.57m; **Triple Jump:** A 1 Czornyj 12.46m, B 1 Gough 12.29m; **Pole Vault:** A 1 Sam Baker 3.60m; **Shot Putt:** A 6 David Foster 8.82m, B 5 Sam Foster 6.76m; **Discus:** A 4 Franklin 24.06m, B 3 Straiton 19.99m; **Hammer:** A 3 S Foster 39.66m, B 2 D Foster 36.85m; **Javelin:** A 4 Straiton 35.83m, B 5 Czornyj 21.38m; **4 x 400m Relay:** 2nd 3.31.2.

Overall Results

1 Dudley & Stourbridge Harriers 362.5, 2 Corby AC 348, 3 Solihull & Smallheath 347, 4 Banbury Harriers 321.5, 5 Royal Sutton Coldfield 314, 6 Worcester AC 174.