

Corby AC Open Meeting & U11/U13 Champs
13th May 2009

Fraser Dalby added two more county titles to the couple he won at the main championships when gold medals in the younger age groups were up for grabs at the second Corby AC open meeting at the Rockingham Triangle. Dalby raced home to take the Boys' Under-11 1200m in 4.11.2 to finish ahead of fellow Corby AC runner Robert Dunne, who just held off Rugby & Northampton AC's Haydn Arnall (4.22.7), to take the silver in 4.21.1. Dalby's leap of 3.53m also secured gold in the long jump with Tom Cheyne (R&N) taking the silver with 3.41m ahead of Dunne (3.28m). In the corresponding girls' section Phoebe Ellis (R&N) achieved the 1200m title in 4.26.8 from Corby's Ruby Goodall (4.35.7) with Lily Carmichael (R&N) taking the bronze in 4.46.3.

But Goodall got her revenge in the long jump when her leap of 3.14m secured the title ahead of R&N's Abigail Shocklidge (3.11m) with Ellis in bronze position on 2.85m.

The Under-13 1500m championships were a triumph for the Murphy family of R&N. Charlotte outpaced Corby's Ellie Welch (5.23.0) to take the girls' crown in a time of 5.21.5 with fellow R&N runner Isobel Hughes taking third in 5.29.8 and Jack secured the boys' title in a time of 5.14.6 ahead of fellow R&N team mates James Miller (5.39.0) and Chris Male (6.40.4).

Under-11 Girls

100m: 1 Phoebe Ellis (R&N) 14.8, 2 Tabatha Walford (KTH) 16.2, 3 Polly Clark (C) 18.5, 4 Emma Martin (C) 18.6; 1200m: 1 Ellis (R&N) 4.26.8, 2 Ruby Goodall (C) 4.35.7, 3 Lily Carmichael (R&N) 4.46.3, 4 Constantina Liburd (R&N) 4.49.3, 5 Ellie-May Hathaway (C) 4.56.8, 6 Grace Linnett (R&N) 5.03.8, 7 Walford (KTH) 5.06.9, 8 Stephanie Moore (R&N) 5.08.7, 9 Georgia Wright (R&N) 5.11.7, 10 Megan Hughes (R&N) 5.12.9, 11 Harriet Adnitt (R&N) 5.19.2; Long Jump: 1 Liburd (R&N) 3.15m, 2 Goodall (C) 3.14m, 3 Abigail Shocklidge (R&N) 3.11m, 4 Ellis (R&N) 2.85m, 5 Carmichael (R&N) 2.74m, 6 Walford (KTH) 2.58m, 7 Martin (C) 2.54m, 8 Hughes (R&N) 2.48m, 9 Wright (R&N) 2.21m, 10 Morgan Severn (u/a) 2.21m, 11 Moore (R&N) 2.10m.

Northamptonshire Championships

1200m: 1 Ellis, 2 Goodall, 3 Carmichael; Long Jump: 1 Goodall, 2 Shocklidge, 3 Ellis.

Under-11 Boys

100m: 1 Eerik Parv (C) 15.9, 2 Louis Martin (C) 16.4, 3 Harry Merriman (C) 16.4, 4 Curtis Severn (u/a) 17.3, 5 Jack Iliff (C) 19.6; 200m: 1 Martin (C) 35.5; 1200m: 1 Fraser Dalby (C) 4.11.2, 2 Robert Dunne (C) 4.21.1, 3 Haydn Arnall (R&N) 4.22.7, 4 Cameron Robert (R&N) 4.27.0, 5 Jay O'Leary (R&N) 4.27.7, 6 Damien Mair (C) 4.36.5, 7 Nicholas Lyon (R&N) 4.58.6, 8 River Harris (R&N) 4.59.1, 9 Oliver Murphy (R&N) 5.00.8, 10 Tom Cheyne (R&N) 5.02.3, 11 Joseph Cassidy (R&N) 5.06.3; Long Jump: 1 Dalby (C) 3.53m, 2 Cheyne (R&N) 3.41m, 3 Dunne (C) 3.28m, 4 Harris (R&N) 2.95m, 5 Severn (u/a) 2.88m, 6 Mair (C) 2.86m, 7 Martin (C) 2.81m.

Northamptonshire Championships

1200m: 1 Dalby, 2 Dunne, 3 Arnall; Long Jump: 1 Dalby, 2 Dunne, 3 Harris.

Under-13 Boys:

100m: 1 Scott McIntyre (C) 14.3, 2 Alex Cotter (C) 15.6, 3 Morgan Severn (u/a) 18.7; 200m: 1 McIntyre (C) 29.5, 2 Cotter (C) 31.8; 1500m: 1 Jack Murphy (R&N) 5.14.6, 2 Kyran Wilson (R&N) 5.24.6, 3 James Miller (R&N) 5.39.0, 4 Chris Male (R&N) 6.40.4.

Northamptonshire Championships

1500m: 1 Murphy, 2 Miller, 3 Male.

Under-13 Girls

100m: 1 Rebecca Shears (R&N) 15.0, 2 Sophia Martin (C) 15.1, 3 Amelia Greenan (C) 16.3, 4 Molly Magee (C) 16.6, 5 Irena Parv (C) 16.9; 200m: 1 Phinolla Hindle (R&N) 30.9, 2 Martin (C) 32.0, 3 Magee (C) 36.0; 1500m: 1 Charlotte Murphy (R&N) 5.21.5, 2 Ellie Welch (C) 5.23.0, 3 Isobel Hughes (R&N) 5.29.8, 4 Helena Keenan (C) 5.34.2, 5 Katie Clubb (R&N) 5.39.7, 6 Georgia Bevins (C) 5.41.0, 7 Holly Bevins (C) 5.41.0, 8 Alison Inwood (R&N) 5.45.8, 9 Shears (R&N) 5.49.8, 10 R Pinto (R&N) 5.52.1, 11 Madeline Spellman (R&N) 5.52.6, 12 Bryony Morrow-Harris (C) 5.59.9, 13 Hindle (R&N) 6.00.4, 14 Megan Hunter-Powell (C) 6.01.3, 15 Chloe Iliff (C) 6.10.6, 16 Melissa Boulter (R&N) 6.25.8, 17 Rebecca Lyon (R&N) 6.27.2, 18 Emily Byrd (R&N) 6.28.5, 19 Coral Baldwin (R&N) 6.45.5; Long Jump: 1 Baldwin (R&N) 3.08m.

Northamptonshire Championships

1500m: 1 Murphy, 2 Welch, 3 Hughes.

Under-15 Girls

100m: 1 Rebecca Wymant (C) 13.9, 2 Sophie McIntyre (C) 14.1; 200m: 1 Wymant (C) 28.0, 2 Celine Bangay (C) 28.2, 3 McIntyre (C) 28.8, 4 Katie Fowler (C) 29.2; 800m: 1 Bangay (C) 2.35.3; 2 Lina Parv (C) 2.56.9; 3000m: 1 Abigail Morrow-Harris (C) 11.08.6; Long Jump: 1 Fowler (C) 3.87m.

Under-15 Boys

100m: 1 Jasper Larken (C) 12.5, 2 Roy Barber (H) 12.8, 3 Tom Carvell (KTH) 13.8; 200m: 1 Larken (C) 26.1, 2 Carvell (KTH) 29.3; 400m: 1 Carvell (KTH) 67.0; 3000m: 1 Sam Furey (C) 11.27.5.

Under-17 Girls

3000m: 1 Charlotte Cotter (C) 11.52.1.

Under-17 Men

800m: 1 Robert Male (R&N) 2.24.1.

Junior Men

100m: 1 Rory McGregor (C) 11.7; 3000m: 1 Seb Goodall (C) 10.05.4; Long Jump: 1 Seb Wilson Dyer Gough (C) 6.41m.

Senior Ladies

200m: 1 Michelle Tweed (NVH) 27.1.

Senior Men

100m: 1 Sean Vernon (Preston Harriers) 11.2; 200m: 1 Vernon (PH) 23.4;

3000m: 1 Alex Fletcher (u/a) 9.29.0.

Veteran Ladies

3000m: 1 Maggie Mulholland (C) 12.29.2.

Veteran Men

100m: 1 Chris Holliday (H) 13.1; 200m: 1 Holliday (H) 26.7; 400m: 1 Holliday (H) 59.9; 3000m: 1 Ian Aunger (NVH) 9.56.2.