

Corby AC Open Meeting 4 incl 300m Champs
14th July 2009

The latest Corby AC open meeting at the Rockingham Triangle, which included the Northants 3000m championships, produced some fine hammer throwing.

Kettering-based Matt Bell threw a season's best of 62.82m when he took the senior contest from Corby's Mark Allen (56.14m) while also in top form was Corby AC's under-17 thrower Sam Foster, whose winning mark of 51.82m increased his lifetime best by 43cms.

Other good performances by Corby AC athletes came from under-20 Seb Wilson Dyer Gough who added 5cms to his best with his winning leap of 6.66m in the long jump, on the track in the 400m under-20 Ally Fowler (52.8) and veteran-50 Wilson Paterson, who broke the 60 second barrier for the first time with 59.9, plus under-11 Fraser Dalby who ran a new best of 2.30.3 in the 800m.

In an exciting 200m Ross Davies just pipped his fellow Corby under-17 colleague Nathan Graham by one tenth of a second to win in a new best of 23.3 while Sean Taylor took the 100m in 11.4 and under-15 Emma MacFarlane performed well to clock 43.0 over 300m.

In the County 3000m championships the Rugby & Northampton AC pair of Stuart Nelson and Charlotte Inwood won the respective male and female races. Nelson broke through the 9 minute barrier for the first time when he took the senior men's title in 8.57.7 from Kettering-based Coventry Godiva Harrier Damien Carr (9.04.2) and Corby's Alex Fletcher (9.15.3).

Jonathan Goringe (KTH) lifted the under-20 title in a new best of 9.03.8 while in the younger age groups R&N's Luke Robinson (9.24.4) was crowned under-17 champion and Corby's Jasper Larken added another county title to his collection when winning the under-15 title in 10.23.5.

Danny Keating (9.37.8) was crowned veteran champion while the overall open race was won by Harborough-based Gordon Lee who crossed the finish line in 8.51.9.

Inwood pulled away in the final couple of laps to repeat her win of last year when taking the under-17 title in 10.56.2 from her club colleague Briony Banks (11.01.2) and Gabriella Moriarty (11.05.2).

Abigail Morrow-Harris (Corby) ran a superb race to smash her best and win the under-15 crown in 11.08.7 after a race long battle with Peterborough AC's Jess Varley (11.13.5) while Loddington's Yvonne Scarrott (11.36.5) was top veteran ahead of Corby AC's Kate Armstrong (11.37.2).

100m: Heat 1: 1 E Mehmet (KTH) 15.4 (U11B), 2 G Linnett (R&N) 16.0 (U11G), 3 H Merriman (C) 16.7 (U11B), 4 L Martin (C) 16.9 (U11B), 5 N McClafferty (C) 17.4 (U11G), 6 B Claypole (C) 17.6 (U11B); **Heat 2:** 2 N Watson (H) 16.8 (U11G), 3 M Watson (H) 16.9 (U11G), 4 C Oldershaw (C) 17.7 (U11G), 5 E M Furey (C) 17.8 (U11G), 6 F Marlow (KTH) 18.1 (U11G); **Heat 3:** 1 H Young (C) 13.7 (U13B), 3 S Wilks (C) 14.9 (U13G), 4 S James (C) 15.0 (U13B), 5 A Cotter (C) 15.1 (U13B), 6 L Mehmet (KTH) 15.5 (U13G), 7 B Tierney (KTH) 16.0 (U13B); **Heat 4:** 1 S McIntyre (C) 14.1 (U15G), 4 J Hodgson (C) 16.0 (VW); **Heat 5:** 1 T Carvell (KTH) 13.3 (U15B), 2 T Kerr Chin (R&N) 13.4 (U13B), 3 R Wymant (C) 13.5 (U15G), 4 S Branston (C) 14.0

(U15B); **Heat 6:** 1 J Richardson (C) 11.9 (JM), 2 J Larken (C) 12.3 (U15B), 3 D Kirby (C) 12.5 (U17M), 6 K Fowler (C) 14.0 (U15G); **Heat 7:** 1 S Taylor (C) 11.4 (SM), 3 N Graham (C) 11.8 (U17M), 4 P Webster (C) 11.8 (SM), 5 R MacGregor (C) 12.0 (JM), 6 A Smit (KTH) 12.2 (U17M).

200m: Heat 1: M Bishop (C) 31.9 (U11B), 2 L Martin (C) 33.7 (U11B), 3 G Linnett (R&N) 33.9 (U11G), 4 F Marlow (KTH) 37.5 (U11G), 5 N McClafferty (C) 38.3 (U11G), 6 E M Furey (C) 38.4 (U11G), 7 C Oldershaw (C) 40.2 (U11G), 8 E Martin (C) 40.9 (U11G); **Heat 2:** 1 H Young (C) 27.9 (U13B), 2 S Wilks (C) 30.5 (U13G), 3 E Mehmet (KTH) 31.2 (U11B), 4 L Mehmet (KTH) 32.1 (U13G), 5 A Crosby (C) 33.2 (U13B), 6 C Gregg (C) 33.5 (U13G), 7 B Tierney (KTH) 35.6 (U13B), 8 B Claypole (C) 40.9 (U13B); **Heat 3:** 2 E Brahmachari (C) 30.0 (U13G), 3 T Latinovics (C) 30.5 (VW); **Heat 4:** 1 R Wymant (C) 27.3 (U15G), 4 S McIntyre (C) 28.4 (U15G), 6 S McIntyre (C) 29.3 (U13B); **Heat 5:** 1 D Kirby (C) 25.9 (U17M), 2 T Kerr Chin (R&N) 27.0 (U13B), 3 T Carvell (KTH) 27.3 (U15B), 6 E MacFarlane (C) 27.9 (U15G), 7 R Hall (KTH) 28.0 (SW); **Heat 6:** 1 R Davies (C) 23.3 (U17M), 2 N Graham (C) 23.4 (U17M), 3 A Smit (KTH) 23.5 (U17M), 4 R MacGregor (C) 23.7 (JM), 5 J Richardson (C) 23.8 (JM), 7 S Franklin (C) 24.4 (JM).

300m: 2 E MacFarlane (C) 43.0 (U15G).

400m: Heat 1: 1 W Paterson (C) 59.9 (VM), 2 R Hall (KTH) 60.9 (SW); Heat 2: 2 A Fowler (C) 52.8 (JM), 5 R Davies (C) 53.8 (U17M).

800m: Heat 1: 1 R Dunne (C) 2.50.0 (U11B), 2 D Mair (C) 2.56.8 (U11B), 3 B Tierney (KTH) 2.58.3 (U13B), 5 G Linnett (R&N) 3.02.5 (U11G), 7 E M Furey (C) 3.06.6 (U11G), 8 C Iliff (C) 3.06.7 (U13G), 9 F Marlow (KTH) 3.13.2 (U11G), 10 R Arnall (R&N) 3.17.4 (U11G), 11 B Claypole (C) 3.48.7 (U13B); **Heat 2:** 1 S Bennett (R&N) 2.40.2 (U15G), 2 H Arnall (R&N) 2.43.1 (U11B), 3 C Murphy (R&N) 2.44.3 (U13G), 4 G Roberts (R&N) 2.44.3 (U15G), 5 J Miller (R&N) 2.46.0 (U13B), 6 R Goodall (C) 2.47.7 (U11G), 7 M Hunter-Powell (C) 2.48.0 (U13G), 8 S McIntyre (C) 2.51.8 (U13B), 9 B Pinto (R&N) 2.53.1 (U13G), 10 C Male (R&N) 3.07.4 (U13B); **Heat 3:** 1 F Dalby (C) 2.30.3 (U11B), 2 K Wilson (R&N) 2.30.8 (U13B), 3 E Welch (C) 2.34.7 (U13G), 4 J Murphy (R&N) 2.34.8 (U13B), 5 H Keenan (C) 2.37.2 (U13G), 6 T Latinovics (C) 2.37.2 (VW); **Heat 4:** 2 S Turnell (R&N) 2.10.2, 4 J Watson (H) 2.21.9 (U17M), 5 J Lansberry (R&N) 2.25.2 (U15B), 6 S Ward (H) 2.25.3 (U17W), 7 E Barnes (R&N) 2.25.9 (U17W), 10 L Byrd (R&N) 2.34.0 (U17W).

3000m: Heat 1: 1 C Inwood (R&N) 10.56.2 (U17W), 2 B Banks (R&N) 11.01.2 (U17W), 3 G Moriarty (R&N) 11.05.2 (U17W), 4 A Morrow-Harris (C) 11.08.7 (U15G), 6 C Cotter (C) 11.18.0 (U17W), 8 K Armstrong (C) 11.37.2 (VW), 9 E McGowan (R&N) 11.51.1 (U17W), 10 C Thompson (R&N) 11.54.0 (U17W), 11 C Bangay (C) 12.05.0 (U15G), 12 M Love (R&N) 12.12.7 (U15G), 13 M Mulholland (C) 12.30.0 (VW), 14 S Baxby (C) 12.51.4 (SW), 15 Y Mehmet (KTH) 13.02.3 (VW), 16 A Marlow (KTH) 13.29.9 (VW), 17 J Tierney (KTH) 14.16.4 (VW); **Heat 2:** 2 S Nelson (R&N) 8.57.7 (SM), 3 J Goringe (KTH) 9.03.8 (JM), 6 L Robinson (R&N) 9.24.4 (U17M), 7 N Barnett (W&D) 9.31.1 (SM), 8 D Keating (C) 9.37.8 (VM), 9 R Grant (R&N) 9.43.8 (U17M), 10 N Humphreys (C) 9.44.7 (SM), 11 S Goodall (C) 9.45.7 (JM), 12 C Hills (R&N) 9.52.5 (U17M), 13 T Egan (R&N) 10.03.1 (VM), 14 R Male (R&N) 10.13.7 (U17M), 15 J Larken (C) 10.23.5 (U15B), 16 R Bland (C) 10.50.8 (JM), 17 S Furey (C) 11.05.0 (U15B), 18 M Bland (SM) 12.28.0 (SM).

County Championships 3000m: Under-15 Girls: 1 Morrow-Harris, 2 J Varley (Peterborough AC) 11.13.5, 3 Bangay; **Under-17 Women:** 1 Inwood, 2 Banks, 3 Moriarty; **Senior Women:** 1 Baxby; **Veteran Women:** 1 Y Scarrott (Nene Valley Harriers) 11.36.5, 3 Mulholland; **Under-15 Boys:** 1 Larken, 2 Furey; **Under-17 Men:** 1 Robinson, 2 Grant, 3 Hills; **Junior Men:** 1 Goringe, 2 Goodall, 3 Bland; **Senior Men:** 1 Nelson, 2 D Carr (Coventry Godiva Harriers) 9.04.2, 3 A Fletcher (C) 9.15.3; **Veteran Men:** 1 Keating, 2 Egan.

Hammer: S Foster (C) 51.82m (U17M), A Wing (C) 29.40m (SW).

Long Jump: S Wilson (C) 6.66m (JM), D Kerr Chin (R&N) 4.86m (U13B), G O'Carrol (C) 4.35m (JW), R Dunne (C) 3.21m (U11B), D Mair (C) 2.85m (U11B).