

**Northamptonshire Track & Field
Championships
9th and 10th May 2009
Leicester**



Thirteen new championship records were set at an excellent weekend of competitive athletics at the Northamptonshire Track & Field Championships which were again combined with the Leicestershire and Warwickshire Championships at Leicester's Saffron Lane Stadium.



Two of the new marks came in the discus circle with Corby AC's Rachel Tyler adding nearly 4 metres to her lifetime best to retain her Under-17 crown. She threw 40.80m to erase Ruth Hay's six-year-old record – a performance which landed her the Ernie Boyfield Trophy for the best field achievement by an Under-17.

The other discus record came in the Senior Women's event when Shaftesbury Barnet's Kirsty Law threw 47.98m to defeat the holder, Corby AC's Rachel Backhouse (42.33m), which also gave her the Mitchell & Butler cup for the best female performance of the weekend.

The corresponding male award – the Chronicle & Echo cup – went to Themba Luhana (Rugby & Northampton AC) who smashed his year old championship best by half a second to win the Under-17 100m hurdles in 13.3. He also capped a fine couple of days with convincing wins in the 100m and 200m.

Other good performances in the same age group came from the Corby pair of Sam Foster, who threw 48.95m in the hammer and Sam Baker who, on a windy first day cleared 3.10m in the pole vault, which was one of four titles he secured over the two days.



Two meeting records were set in the Under-15 Girls' age group courtesy of Lucy Hatton (Corby AC) and Cosima Berry (Leamington). The former sliced one tenth of a second from Fiona Cole's 23-year-old record when she ran a slick race to clock 11.7 over the 75m hurdles – one of four wins she logged over the weekend - while Berry

added 4cms to the high jump record, which was held jointly by Steph Burdon and Michelle Dunkley. She leapt an excellent 1.60m to defeat last year's Under-13 champion, Emma MacFarlane, who cleared a new best of 1.50m.



Bethany Smyton (800m & 1500m) and Rebecca Wymant (100m & 300m) were both double victors for Corby in the same age group.

In the corresponding boys' age category Daniel Waples (Kettering Town Harriers) set new figures of 18.32.5 in the 3000m walk while Corby's multi event specialist



Scott Kendall secured six titles with his javelin win of 42.74m being worthy of note.

Showing top form in the Under-13 Girls' age group was Simone Ager (R&N) who smashed two meeting records when securing three titles. On the opening day her leap of 4.41m took the long jump record and on the following day her 200m time of 28.0 clipped two tenths of a second from the three-year-old mark set by Bethan Horsley.

Another athlete to chalk up a double record performance was Kettering Town Harrier Under-20 Jonny Goringe, who clocked 6.33.4 in the 2000m steeplechase and then returned the following day to record 15.32.9 over 5000m.

Northampton's Mark Wall (15.25.0 in the 3000m walk) and Matt Howes (R&N), who clocked 6.44.2 in the 2000m steeplechase, both went into the record books in the senior age group.

Stepping down a distance, Northampton's international 800m runner Damien Moss won the 400m in 49.8 while in the same senior age group Ringstead's Ben Sharman secured a middle distance double and Wellingborough's Stuart Nelson smashed his best time to retain his 5000m title.

A great battle in the hammer contest saw the holder, Matt Bell, fend off the challenge of the much improved Mark Allen (58.27m) to retain his title with 59.88m.

The final record, and the only one in the veteran section, came from Tricia Garner who returned a time of 18.46.3 to retain her 3000m walk title.

Senior Men

200m: 1 Aedan Heath (Rugby & Northampton AC) 23.2, 2 Damien Moss (R&N) 23.5; **400m:** 1 Damien Moss (R&N) 49.8, 2 Chris Lamb (R&N) 52.1, 3 Andrew Barber (Kettering Town Harriers) 52.7; **800m:** 1 Ben Sharman (Birchfield Harriers) 1.57.0; **1500m:** 1 Ben Sharman (BirH) 4.06.0, 2 Stuart Nelson (R&N) 4.13.1, 3 Martin Johnson (Corby AC) 4.16.1, 4 Neil Barnett (Wellingborough & District AC) 4.19.4; **5000m:** 1 Stuart Nelson (R&N) 15.24.9, 2 Neil Barnett (W&D) 16.07.8, 3 Chris Curtis (C) 16.12.1; **400m Hurdles:** 1 John Bell (R&N) 56.9; **2000m Steeplechase:** 1 Matt Howes (R&N) 6.44.2 (**CBP**); **Long Jump:** 1 Tom Abdy (Daventry AC) 5.35m; **Pole Vault:** 1 Tom Abdy (D) 3.20m; **Discus:** 1 Sam Herrington (BirH) 49.31m; **Hammer:** 1 Matt Bell (BirH) 59.88m, 2 Mark Allen (Belgrave Harriers) 58.27m; **Shot Putt:** 1 Tom Abdy (D) 10.45m; **3000m Walk:** 1 Mark Wall (Leicester Walking Club) 15.25.0 (**CBP**).

Veteran Men

100m: 1 Cecil Moven (R&N) 12.3, 2 Wilson Paterson (C) 13.2, 3 Tony Wells (C) 13.7; **200m:** 1 Cecil Moven (R&N) 24.7, 2 Wilson Paterson (C) 26.7, 3 Tony Wells (C) 27.3; **400m:** 1 Michael Lewis (R&N) 59.3, 2 Wilson Paterson (C) 61.0, 3 Tony Wells (C) 62.3; **5000m:** 1 Shane Smith (KTH) 19.56.1; **Long Jump:** 1 Dave Folgate (Bedford & Co) 4.87m; **Triple Jump:** 1 Dave Folgate (Bed&Co) 10.80m; **Shot Putt:** 1 Peter Knott (C) 10.93m.

Senior Women

100m: 1 Gemma Elliott (KTH) 13.3, 2 Katie Barry (C) 13.4; **200m:** 1 Gemma Elliott (KTH) 26.6; **400m:** 1 Gemma Elliott (KTH) 59.2, 2 Rebecca Hall (KTH) 61.6, 3 Rachel Pearce (R&N) 63.3; **800m:** 1 Rebecca Hall (KTH) 2.21.6, 2 Jo Pulsford (R&N) 2.35.4; **1500m:** 1 Rebecca Hall (KTH) 5.15.5; **Long Jump:** 1 Katie Barry (C) 4.39m; **Pole Vault:** 1 Lianne Brooks (Harborough AC) 2.00m; **Discus:** 1 Kirsty Law (Shaftesbury Barnet) 47.98m (**CBP**), 2 Rachel Backhouse (C) 42.33m.

Veteran Women

100m: 1 Katy Williams (KTH) 14.6; **200m:** 1 Katy Williams (KTH) 30.9; **1500m:** 1 Jo Love (R&N) 6.19.1; **3000m Walk:** 1 Tricia Garner (R&N) 18.46.3 (**CBP**), 2 Sue Rey (Leic WC) 20.48.9.

Under-20 Men

100m: 1 Courtney Douglas (R&N) 11.3, 2 Yannick Phippen (KTH) 11.5, 3 Rory MacGregor (C) 11.7, 4 Seb Wilson Dyer Gough (C) 11.8; **200m:** 1 Yannick Phippen (KTH) 23.7; **400m:** 1 Ally Fowler (C) 53.3; **800m:** 1 Ally Fowler (C) 2.00.8, 2 Simon Franklin (C) 2.02.8, 3 Seb Goodall (C) 2.06.1; **1500m:** 1 Matthew Willmott (MK) 4.08.9, 2 Jonathan Goringe (KTH) 4.15.5, 3 Simon Franklin (C) 4.44.1; **5000m:** 1 Jonathan Goringe (KTH) 15.32.9 (**CBP**), 2 Dom Coleman (Wellingborough & District AC) 21.02.1; **2000m Steeplechase:** 1 Jonathan Goringe (KTH) 6.33.4 (**CBP**); **Long Jump:** 1 Seb Wilson Dyer Gough (C) 6.13m, 2 Michael Fenn (D) 5.80m; **Shot Putt:** 1 Aidan Bailey (KTH) 7.85m; **Javelin:** 1 Aidan Bailey (KTH) 29.57m.

Under-20 Women

1500m: 1 Nicole Roberts (Winchester) 4.50.0, 2 Hayley Munn (KTH) 4.59.0; **5000m:** 1 Hayley Munn (KTH) 19.14.5; **100m Hurdles:** 1 Lauren Boyd (C) 17.0; **High Jump:** 1 Lauren Boyd (C) 1.45m; **Long Jump:** 1 Lauren Boyd (C) 4.77m; **Discus:** 1 Elycia Metaxas-Belt (C) 33.72m; **Javelin:** 1 Samantha Cullinane (R&N) 38.75m, 2 Lauren Boyd (C) 32.60m; **Shot Putt:** 1 Lauren Boyd (C) 9.49m.

Under-17 Men

100m: 1 Themba Luhana (R&N) 11.5, 2 Liam Hutton (Milton Keynes) 12.1, 3 Ross Davies (C) 12.2, 4 Jordan Barns (D) 12.9; **200m:** 1 Themba Luhana (R&N) 23.4, 2 Jonathan Chin (R&N) 23.5, 3 Liam Hutton (Milton Keynes) 24.4; **400m:** 1 Ross Davies (C) 54.3, 2 Tristin Titinchi (R&N) 58.8; **800m:** 1 Jake Waples (KTH) 2.03.4, 2 Rory Grant (R&N) 2.05.9, 3 Luke Robinson (R&N) 2.08.6, 4 Aaron Young (D) 2.14.5, 5 Daniel Thompson (KTH) 2.14.6, 6 David Edwards (KTH) 2.21.5; **1500m:** 1 Rory Grant (R&N) 4.23.6, 2 Jake Waples (KTH) 4.28.3, 3 Guy Marshman (R&N) 4.35.2, 4 Conor Hills (R&N) 4.39.1, 5 David Edwards (KTH) 4.54.2, 6 Matt Finnigan (R&N) 4.57.3, 7 Robert Male (R&N) 4.58.3; **100m Hurdles:** 1 Themba Luhana (R&N) 13.3 (**CBP**), 2 Sam Baker (C) 15.4; **1500m Steeplechase:** 1 Robert Male (R&N) 5.28.4; **Pole Vault:** 1 Sam Baker (C) 3.10m; **Long Jump:** 1 Liam Hutton (MK) 5.54m, 2 Jordan Barns (D) 5.49m, 3 Sam Baker (C)

5.20m; **Triple Jump:** 1 Otto Prendergast (Bed&Co) 12.79m, 2 Jordan Barns (D) 11.18m; **Discus:** 1 Sam Baker (C) 31.29m; **Hammer:** 1 Sam Foster (C) 48.95m; **Shot Putt:** 1 Sam Baker (C) 10.30m, 2 Liam Hutton (MK) 9.26m; **Javelin:** 1 Sam Baker (C) 34.52m.

Under-17 Women

100m: 1 Charlotte Burrows (R&N) 12.5, 2 Monet Ager (R&N) 13.1, 3 Alice Chapman (KTH) 13.3, 4 Bethan Horsley (KTH) 13.5; **200m:** 1 Charlotte Burrows (R&N) 26.1, 2 Alex Keyworth (KTH) 27.1, 3 Bethan Horsley (KTH) 27.7, 4 Alice Chapman (KTH) 27.8; **300m:** 1 Alex Keyworth (KTH) 42.7; **800m:** 1 Charlotte Inwood (R&N) 2.17.0, 2 Gabriella Moriarty (R&N) 2.25.4, 3 Danielle Smith (KTH) 2.28.1, 4 Eleanor Barnes (R&N) 2.31.8, 5 Emma McGowan (R&N) 2.38.6, 6 Lauren Byrd (R&N) 2.39.7; **1500m:** 1 Charlotte Inwood (R&N) 4.51.3, 2 Gabriella Moriarty (R&N) 5.09.9, 3 Briony Banks (R&N) 5.08.5, 4 Charlotte Cotter (C) 5.15.8, 5 Eleanor Barnes (R&N) 5.16.5, 6 Lauren Byrd (R&N) 5.26.3, 7 Emma McGowan (R&N) 5.31.6; **80m Hurdles:** 1 Charlotte Burrows (R&N) 12.1, 2 Charlotte Davies (R&N) 12.8, 3 Katie Rowe (R&N) 14.0; **300m Hurdles:** 1 Charlotte Davies (R&N) 50.2; **High Jump:** 1 Katie Rowe (R&N) 1.40m; **Long Jump:** 1 Rebecca Davies (R&N) 4.69m, 2 Alice Chapman (KTH) 4.38m; **Triple Jump:** 1 Rebecca Davies (R&N) 9.06m; **Discus:** 1 Rachel Tyler (C) 40.80m (**CBP**); **Javelin:** 1 Charlotte Burrows (R&N) 31.92m.

Under-15 Boys

100m: 1 Jasper Larken (C) 12.3, 2 Matt Joseph (R&N) 12.7, 3 Thomas Carvell (KTH) 13.4, 4 Sam Meyler (D) 13.5; **200m:** 1 Scott Kendall (C) 25.0, 2 Jasper Larken (C) 25.4, 3 Matt Joseph (R&N) 26.1, 4 Thomas Carvell (KTH) 27.7, 5 Kieran Russ (D) 28.7; **400m:** 1 Jasper Larken (C) 58.5, 2 Thomas Carvell (KTH) 70.8; **800m:** 1 Logan Roberts (R&N) 2.10.1, 2 Jasper Larken (C) 2.17.5, 3 Edward Cherry (KTH) 2.22.1, 4 Jacob Allen (R&N) 2.27.5, 5 Michael Inwood (R&N) 2.28.1, 6 Luke Greer (R&N) 2.35.7; **1500m:** 1 Logan Roberts (R&N) 4.36.5, 2 Jacob Allen (R&N) 4.54.8, 3 Joseph Lantsbery (R&N) 4.58.2, 4 Luke Greer (R&N) 5.03.3, 5 Michael Inwood (R&N) 5.06.0, 6 Carrick Baldwin (R&N) 5.21.5; **80m Hurdles:** 1 Scott Kendall (C) 13.3, 2 Sam Meyer (D) 13.3, 3 Jake Hankins (Bed&Co) 13.4, 4 Kieran Russ (D) 16.1; **High Jump:** 1 Matt Joseph (R&N) 1.60m, 2 Jake Hankins (Bed&Co) 1.55m; **Long Jump:** 1 Scott Kendall (C) 5.36m, 2 Kieran Russ (D) 4.71m, 3 Sam Meyer (D) 4.66m, 4 Matt Joseph (R&N) 4.34;

Discus: 1 Scott Kendall (C) 31.52m, 2 Niklas Aarre (D) 28.49m, 3 Matthew Clarke (D) 25.32m, 4 Kieran Russ (D) 22.67m; **Javelin:** 1 Scott Kendall (C) 42.74m, 2 Kieran Russ (D) 30.06m, 3 Matthew Clarke (D) 27.77m; **Shot Putt:** 1 Scott Kendall (C) 10.81m, 2 Kieran Russ (D) 8.98m, 3 Matthew Clarke (D) 8.84m, 4 Niklas Aarre (D) 7.91m; **3000m Walk:** 1 Daniel Waples (KTH) 18.32.5 **(CBP)**.

Under-15 Girls

100m: 1 Rebecca Wymant (C) 13.4, 2 Niamh Bailey (KTH) 13.6, 3 Sophie McIntyre (C) 14.0, 4 Grace Bartholomew (R&N) 14.1, 5 Courtney Bancroft-Morris (C) 14.3, 6 Abie Boland (D) 14.4; (Heats: Hannah Singh (C) 14.5, Grace Adeyinka (R&N) 14.9, Gabriella Dyer (R&N) 15.3; **200m:** 1 Lucy Hatton (C) 26.7, 2 Rebecca Wymant (C) 27.4, 3 Niamh Bailey (KTH) 27.5, 4 Lottie Tulley (R&N) 28.0, 5 Sophie McIntyre (C) 28.3, 6 Katie Fowler (C) 28.7, 7 Grace Adeyinka (R&N) 29.9, 8 Gabriella Dyer (R&N) 31.3; **300m:** 1 Rebecca Wymant (C) 44.6, 2 Emma MacFarlane (C) 45.0, 3 Niamh Bailey (KTH) 46.0, 4 Katie Fowler (C) 46.7; **800m:** 1 Bethany Smyton (C) 2.21.2, 2 Emma MacFarlane (C) 2.26.9, 3 Morwenna Underwood (KTH) 2.27.2, 4 Abigail Morrow-Harris (C) 2.31.9, 5 Lucy Tolton (KTH) 2.32.2, 6 Megan Love (R&N) 2.35.1, 7 Rebecca Wymant (C) 2.37.1; **1500m:** 1 Bethany Smyton (C) 5.13.7, 2 Abigail Morrow-Harris 5.16.4, 3 Gina Dia-Santana (KTH) 5.22.2, 4 Megan Love (R&N) 5.34.0; **75m Hurdles:** 1 Lucy Hatton (C) 11.7 **(CBP)**, 2 Emma MacFarlane (C) 12.8, 3 Grace Adeyinka (R&N) 17.4; **High Jump:** 1 Cosima Berry (Leamington) 1.60m **(CBP)**, 2 Emma MacFarlane (C) 1.50m, 3 Lucy Hatton (C) 1.45m, 4 Niamh Bailey (KTH) 1.40m, 5 Grace Adeyinka (R&N) 1.25m; **Long Jump:** 1 Lucy Hatton (C) 4.95m, 2 Emma MacFarlane (C) 4.31m, 3 Abie Boland (D) 4.26m, 4 Katie Fowler (C) 4.22m, 5 Niamh Bailey (KTH) 4.14m, 6 Sophie McIntyre (C) 4.11m, 7 Grace Bartholomew (R&N) 3.65m, 8 Grace Adeyinka (R&N) 3.57m, 9 Courtney Bancroft-Morris (C) 3.41m; **Javelin:** 1 Suzy Keeping (R&N) 20.51m, 2 Katie Fowler (C) 17.84m; **Shot Putt:** 1 Lucy Hatton (C) 9.34m, 2 Suzy Keeping (R&N) 6.64m, 3 Katie Fowler (C) 6.16m, 4 Emma MacFarlane (C) 6.09m.

Under-13 Boys

100m: 1 Timothy Kerr-Chin (R&N) 13.5, 2 Caleb Downs (R&N) 13.6, 3 Alex Cotter (C) 15.4, 4 Liam Barns (D) 16.6; **200m:** 1 Caleb Downes (R&N) 27.0, 2 Timothy Kerr-Chin (R&N) 27.1, 3 Scott McIntyre (C) 28.4, 4 Sam Clarke (U/A) 28.9, 5 Joshua

Wakerley (KTH) 31.0, 6 Edward White (R&N) 33.6; **800m**: 1 Josh Cara (KTH) 2.30.1, 2 Kyran Wilson (R&N) 2.40.5, 3 Jack Hope (KTH) 2.43.0, 4 Luke Whaler (R&N) 2.48.3, 5 Scott McIntyre (C) 2.59.2, 6 William Croxford (KTH) 3.02.7, 7 Edward White (R&N) 3.11.6; **High Jump**: 1 Kyran Wilson (R&N) 1.15m; **Long Jump**: 1 Timothy Kerr-Chin (R&N) 4.51m, 2 Sam Clarke (U/A) 4.32m, 3 Liam Barns (Dav) 3.24m; **Shot Putt**: 1 Nathan Young (D) 8.06m.

Under-13 Girls

100m: 1 Simone Ager (R&N) 13.7 (Ht 13.6), 2 Karis LeBon (R&N) 13.9 (Ht 13.8), 3 Bethany Gaisford (R&N) 14.4, 4 Emily Spilman (D) 14.5, 5 Emily Print (D) 14.7, 6 Sheena Britten (KTH) 14.9, 7 Sophia Martin (C) 15.1 (Ht 14.9), 8 Evie Horsley (KTH) 15.6, (Heats: Abbie Barns (D) 15.7, Lauren Mehmet (KTH) 15.9, Tia Clues (R&N) 16.0, Rachael Thomas (R&N) 16.1, Paige Hobbs (D) 16.4; **200m**: 1 Simone Ager (R&N) 28.0 (**CBP**), 2 Ellie Welch (C) 30.4, 3 Emily Spilman (D) 30.6, 4 Bethany Gaisford (R&N) 30.6, 5 Rebecca Shears (R&N) 31.0, 6 Sheena Britten (KTH) 31.8, 7 Evie Horsley (KTH) 33.0, 8 Megan Hunter-Powell (C) 33.1; **800m**: 1 Ellie Welch (C) 2.38.0, 2 Isobel Hughes (R&N) 2.45.3, 3 Katie Clubb (R&N) 2.48.0, 4 Georgina Webster (D) 2.49.1, 5 Rebecca Shears (R&N) 2.50.7, 6 Alison Inwood (R&N) 2.51.4, 7 Megan Hunter-Powell (C) 2.55.8, 8 Briony Morrow-Harris (C) 2.56.4, 9 Phinolla Hindle (R&N) 2.57.7, 10 Madeleine Spelman (R&N) 2.58.3, 11 Rebecca Pinto (R&N) 2.58.8, 12 Emily Byrd (R&N) 2.58.9, 13 Chloe Iliffe (C) 3.03.6, 14 Lauren Mehmet (KTH) 3.06.8; **70m Hurdles**: 1 Charlotte Underwood (KTH) 12.5, 2 Simone Ager (R&N) 13.2, 3 Emily Spilman (D) 13.3, 4 Karis LeBon (R&N) 13.5; **High Jump**: 1 Abbie Barns (D) 1.15m; **Long Jump**: 1 Simone Ager (R&N) 4.41m (**CBP**), 2 Emily Print (D) 4.12m, 3 Emily Spilman (D) 4.09m, 4 Abbie Barns (D) 3.54m, 5 Tia Clues (R&N) 3.45m, 6 Bryony Morrow-Harris (C) 3.30m, 7 Paige Hobbs (D) 3.21m, 8 Coral Baldwin (R&N) 2.99m, 9 Rachael Thomas (R&N) 2.88m; **Shot Putt**: 1 Emily Print (D) 5.40m, 2 Tia Clues (R&N) 4.32m.

Under-11 Boys

75m: 1 Ethan Mehmet (KTH) 11.8, 2 Rhys Dickerson (R&N) 11.9, 3 Sean Whaler (R&N) 12.6, 4 Thomas Glennon (R&N) 13.0, 5 Matthew Wakerley (KTH) 13.1; **150m**: 1 Fraser Dalby (C) 22.2, 2 Robert Dunne (C) 24.7, 3 Damien Mair (C) 24.8, 4 Sean Whaler (R&N) 25.6, 5 Thomas Glennon (R&N) 25.9, 6 Rhys Dickerson (R&N) 26.6; **600m**: 1 Fraser Dalby (C) 1.55.3, 2 Haydn Arnall

(R&N) 2.02.0, 3 Robert Dunne (C) 2.04.6, 4 Damien Mair (C) 2.09.2, 5 Ethan Mehmet (KTH) 2.12.7, 6 Matthew Wakerley (KTH) 2.13.5, 7 Rhys Dickerson (R&N) 2.17.4, 8 Sean Whaler (R&N) 2.18.2, 9 Thomas Glennon (R&N) 2.20.9, 10 Joseph Cassidy (R&N) 2.22.9.

Under-11 Girls

75m: 1 Ruby Goodall (C) 12.1, 2 Milan Clues (R&N) 12.2, 3eq Tabitha Walford (KTH) 12.4, 3eq Grace Linnett (R&N) 12.4, 5 Ella Bromley (R&N) 12.7; **150m:** 1 Phoebe Ellis (R&N) 23.6, 2 Grace Linnett (R&N) 24.9, 3 Milan Clues (R&N) 25.5, 4 Abigail Shocklidge (R&N) 25.5, 5 Luisa Moen (R&N) 28.4, 6 Tabitha Walford (KTH) 31.5; **600m:** 1 Phoebe Ellis (R&N) 1.58.4, 2 Ruby Goodall (C) 2.03.4, 3 Ella Bromley (R&N) 2.11.6, 4 Abigail Shocklidge (R&N) 2.18.9, 5 Grace Linnett (R&N) 2.19.1, 6 Milan Clues (R&N) 2.20.8.