

National Junior League

Match 1

Corby

26th April 2009

A new club record by the men's 4 x 400m relay squad and some fine throwing were the main highlights from Corby AC's opening National Junior League fixture.

The Avon division, hosted by the club at the Rockingham Triangle, saw the quartet of Nathan Graham, Ross Davies, Simon Franklin and Ally Fowler return a new Junior record of 3.34.7. Earlier in the day Davies clocked a new best when he ran 53.6 for the runner-up spot in the individual B event behind Solihull's Richard Curl (52.6) while in the A race Graham clocked 52.4 for fourth. Also performing well over 800m was Fowler who clinched second place with a useful early season time of 1.59.1 behind Avon's Charlie Eastaugh (1.56.1).

Smashing her lifetime best in the women's discus was last year's English School's Under-15 silver medallist Rachel Tyler, who threw well over a metre beyond her former best to take the event with 37.01m from Rugby & Northampton AC's Elycia Metaxus-Belt (36.69m).

Also in excellent form for Corby in the throws were Harry Hollis and Sam Foster. The former unleashed a good effort of 52.19m to defeat R&N's Alex McKie (47.33m) in the javelin while Foster's best throw of 40.84m took the hammer contest.

Corby's third individual male victory came from Sam Baker, who cleared 3.10m in the pole vault

Corby's only track success was achieved by Charlotte Bowling who raced home to take the 200m in a new best of 26.0. She defeated R&N's Charlotte Burrows (second in 26.3) who got the better of her over 100m when she won in 12.5 with Bowling taking the runner-up spot in 12.8.

Other second places for the club came from Lauren Boyd, who threw 32.70m in the javelin behind Coventry Godiva Harrier Catherine McBeth (33.51m) and Charlotte Cotter, who clocked 5.16.7 in the 1500m behind R&N's Eleanor Barnes (5.11.4).

Corby was fifth in the team contest with R&N securing top spot ahead of Solihull & Smallheath.

Men

100m: A 2 Courtney Douglas (R&N) 11.4; B 3 Luke Storer (R&N) 11.7 (U17);
200m: A 2 Ross Allen (R&N) 23.2, 4 Nathan Graham (C) 23.6 (U17); B 3
Storer 23.9, 4 Ross Davies (C) 24.4; 400m: A 1 Allen 50.1, 5 Graham 54.6;
400m: B 2 Davies 53.6, 5 Tom Johnson (R&N) 57.8 (U17); 800m: A 2 Ally
Fowler (C) 1.59.1, 5 Rory Grant (R&N) 2.08.6 (U17); 1500m: A 3 Seb Goodall
(C) 4.24.0, 4 Grant 4.24.6; B 3 Matt Finnigan (R&N) 4.53.7 (U17); 3000m: A 2
Luke Robinson (R&N) 9.28.6 (U17), 4 Stephen Broom (C) 10.18.6; B 1 Robert
Male (R&N) 11.08.3 (U17); 110m Hurdles: A 2 Themba Luhana (R&N) 14.9
(U17); B 1 James Eaton (R&N) 16.2; 400m Hurdles: A 2 Eaton 61.7; Long
Jump: A 3 Daniel Bennett (R&N) 5.22m, B 3 Douglas 5.05m; Triple Jump: A 1
Bennett 12.27m, B Eaton 11.87m; Pole Vault: A 1 Sam Baker (C) 3.10m
(U17); Hammer: A 1 Sam Foster (C) 40.84m (U17); Javelin: A 1 Harry Hollis

(C) 52.19m, 2 Alex McKie (R&N) 47.33m; B 2 Ryan Cleaver (R&N) 32.48m;
Shot Putt: A 1 Bennett 9.44m; 4 x 100m Relay: 1 R&N
(Bennett/Luhana/Storer/Douglas) 44.9; 4 x 400m Relay: 1 Corby
(Graham/Davies/Simon Franklin/Fowler) 3.34.7, 4 R&N (Johnson/Allen/Tristin
Titinchi (U17)/Grant) 4.14.2.

Women

100m: A 1 Charlotte Burrows (R&N) 12.5 (U17), 2 Charlotte Bowling (C) 12.8
(U17); B 1 Emma Cluley (R&N) 13.1; 200m: A 1 Bowling 26.0, 2 Burrows
26.3; B 1 Cluley 28.0; 400m: A 1 Sophie Wright (R&N) 59.5; B 1 Sophie
Meakin (R&N) 62.6; 800m: A 1 Gabriella Moriarty (R&N) 2.27.0 (U17); B 2
Emma McGowan (R&N) 2.38.6; 1500m: A 1 Eleanor Barnes (R&N) 5.11.4
(U17), 2 Charlotte Cotter (C) 5.16.7; 3000m: A 1 Emily Waugh (R&N) 11.03.1
(U17), 3 Mairead Roche (C) 11.16.9; 100m Hurdles: A 2 Cluley 16.8; B 1
Charlotte Davies (R&N) 16.8 (U17); High Jump: A 2 Hannah Oliver (R&N)
1.50m (U17); B 1 Katie Rowe (R&N) 1.50m (U17); Long Jump: A 2 Meakin
4.79m; B 3 Shelley Hazelwood (R&N) 4.25m; Triple Jump: A 1 Rowe 10.39m;
Hammer: A 1 Zoe Ash (R&N) 37.46m; Javelin: A 2 Lauren Boyd (C) 32.70m,
3 Burrows 32.41m; B 1 Kathryn Reynolds (R&N) 29.69m (U17); Shot Putt: A 3
Rebecca Davies (R&N) 8.52m (U17); B 2 Ash 7.31m; Discus: A 1 Rachel
Tyler (C) 37.01m (U17), 2 Elycia Metaxus-Belt (R&N) 36.69m; B 1 Reynolds
18.81m; 4 x 100m Relay: 1 R&N (Cluley/Wright/Meakin/Burrows) 50.9; 4 x
400m Relay: 1 R&N (Waugh/Wright/Meakin/Moriarty) 4.29.5.

Result: 1 Rugby & Northampton AC 431, 2 Solihull & Smallheath 379, 3
Coventry Godiva Harriers 320, 4 Avon SPA 156, 5 Corby AC 150, 6 Nuneaton
Harriers 92.