

Scottish Under 20 Championships
9th August 2009



Corby AC's Lauren Boyd made another successful trip north of the border where she smashed her best to take the javelin bronze medal at the Scottish Under-20 Championships at Grangemouth. Going into the competition nursing a back injury which has hampered her all season, with a best of 33.33m she threw 33.77m in the opening round. Unfortunately a twinge then prevented her from continuing and she also had to pull out of the shot. Ahead of her Arbroath & District AC's Paula Murray produced a season's best of 34.76m to take the silver behind Edinburgh's Olivia McDonald whose winning mark of 39.25m was only 6cm shy of her best.