

Midlands Senior and Under-20 Championships
21st June 2009

Matt Bell and Rachel Backhouse both lifted Midland Counties titles when the Senior and Under-20 Championships were held at Birmingham's Alexander Stadium.

Thirty one-year-old Bell, who trains at Corby under the watchful eye of coach Gordon Binley, took his third successive Midland Senior hammer title with a season's best of 62.25m. Chris Shorthouse (Notts AC) repeated his silver medal position of last year with 59.64m while Cheltenham's Alex Warner (58.64m) took the bronze.

Also in action was another Corby-trained thrower, Mark Allen, who threw 57.30m for fifth place.

Rothwell's Backhouse, who competes for Corby AC, achieved her first area senior title when her best effort of 41.14m clinched the discus gold ahead of old rival Jenny Scott (Birmingham Rowheath), whose best of 39.67m took the silver in front of Birchfield Harrier Jade Moore (38.99m).

Other locals to come away with medals were Kettering-based Nicole Roberts and Corby AC's Sarah-Anne De Kremer. The former clocked 4.49.6 to bag the runner-up spot in the Under-20 1500m behind Birchfield Harrier Sarah Hopcroft (4.41.3) while De Kremer came back from a year out with injury to take the bronze in the Senior javelin. She threw 35.76m behind Coventry Godiva Harrier Simone Huggins-Ward (41.50m) and the winner Jo Chapman of West Suffolk AC, who threw 42.18m.