

National Junior League
26th July 2009

Corby AC ended their National Junior League campaign with their highest points total when the final match of the Avon division was held at Nuneaton. They finished fourth as Rugby & Northampton AC won from Solihull & Smallheath and Coventry Godiva Harriers.

Recording wins for Corby were Sam Foster, Ally Fowler and Simon Franklin. Foster threw 47.50m to take the hammer from Solihull's Richard Taylor (32.81m), Fowler won a very tactical 800m when getting the better of Coventry's Dave Freeman (2.16.1) in a time of 2.14.9 and Franklin surprised himself with a discus win.



Performing well for the club in the jumps was Seb Wilson Dyer Gough who despite producing a fine leap of 6.58m in the long jump had to settle for the runner-up spot behind Avon's Andrew Pozzi (6.73m). Seb also clinched second place in the triple jump with 12.20m as Avon's Chris Bartlett secured a victory with 12.87m.

Seb Goodall handed a rare defeat to R&N's Rory Grant (4.27.0) when he took second spot in the 1500m with 4.25.7 behind Avon's Charlie Eastaugh (4.21.7). He was also part of the victorious 4 x 400m relay squad along with Fowler, Franklin and Ross Davies who defeated Coventry (3.40.3) in a good time of 3.35.1.

On the women's side the highest position came from Lauren Boyd whose putt of 9.98m took second place in the shot behind Coventry's Catherine MacBeth, whose effort of 10.19m gave her the female athlete of the match award.

100m: A 4 Rory MacGregor 11.7, B 2 Gary Wong 11.6; 200m: A 4 Ross Davies 23.9, B 4 MacGregor 25.6; 400m: A 4 Simon Franklin 54.0, B 3 Davies 55.1; 800m: A 1 Ally Fowler 2.14.9, B 1 Callum Logan 2.21.0; 1500m: A 2 Seb Goodall 4.25.7; 2000m Steeplechase: A 3 MacGregor 9.28.2; High Jump: A 4 Seb Wilson Dyer Gough 1.60m; Long Jump: A 2 Wilson Dyer Gough 6.58m, B 2 Wong 5.77m; Triple Jump: A 2 Wilson Dyer Gough 12.20m, B 2 Tarun Benning 10.83m; Discus: A 1 Franklin 26.17m, B 1 Benning 22.88m; Hammer: A 1 Sam Foster 47.50m, B 1 MacGregor 6.75m; Javelin: A 4 Logan 13.31m; Shot Putt: A 2 Wilson Dyer Gough 8.12m, B 2 Wong 7.06m; 4 x 100m Relay: 4 (Wong/Wilson Dyer Gough/Dominic Kirby/MacGregor) 48.8; 4 x 400m Relay: 1 (Davies/Goodall/Franklin/Fowler) 3.35.1.

Non scorers

100m: Dominic Kirby 12.4; 200m: Gary Wong 25.8; 400m: Tarun Benning 60.6.

Female

400m: A 3 Charlotte Cotter 64.8; 1500m: A 3 Cotter 5.26.3; Discus: A 5 Cotter 11.79m; Shot Putt: A 2 Lauren Boyd 9.98m.

Overall result

1 Rugby & Northampton AC 382, 2 Solihull & Smallheath 365, 3 Coventry Godiva Harriers 350, 4 Corby AC 262, 5 Avon SPA 237, 6 Nuneaton Harriers 194.