

**National Junior League**  
**14<sup>th</sup> June 2009**

Corby AC secured their highest position in the National Junior League when they finished fourth in the penultimate round at Leamington.



Among the good performances was that of Seb Goodall who smashed his best to take the 800m. The 16-year-old knocked over three seconds from his lifetime best when he clocked a time of 2.02.5 to easily defeat Coventry Godiva Harrier David Freeman (2.07.7). Seb was also in excellent form when he joined forces with Ally Fowler, Simon Franklin and Ross Davies in the quartet which reduced the club record in the 4 x 400m relay. They returned a time of 3.33.5 to knock 1.2 seconds from the original mark set earlier in the season when they convincingly finished ahead of Coventry (3.40.1) and Rugby & Northampton AC (3.41.3). Sam Foster, who threw 39.11m in the hammer and Harry Hollis, who had best efforts of 51.67m in the

javelin and 10.27m in the shot, also recorded wins for the Corby squad. On the female side Charlotte Bowling recorded a double when she recorded 26.2 in the 200m and 60.0 when racing home ahead of Coventry's Kellie Bewick (60.7) over 400m. She also came close to taking the 100m, only losing out to Charlotte Burrows (R&N) after the pair returned the same time of 12.6.

Rachel Tyler also achieved a victory in the discus with 34.23m when out-throwing R&N's Elycia Metaxas-Belt (31.87m) and Lauren Boyd took the shot after a close contest with Coventry's Katherine McBeth (10.56m) – winning by 12cms. Boyd also threw a season's best of 33.33m for the runner-up spot in the javelin behind R&N's Sam Cullinane (38.10m).

**Male**

**100m:** A 6 Gary Wong 12.0, B 2 Rory McGregor 11.8; **200m:** A 5 Wong 24.9, B 4 Ally Fowler 24.6; **400m:** A 4 Ross Davies 53.3, B 1 Simon Franklin 53.5; **800m:** A 1 Seb Goodall 2.02.5; **2000m Steeplechase:** 2 Stephen Broom 7.41.5; **High Jump:** A 5 Harry Hollis 1.65m; **Long Jump:** A 3 Wong 6.03m; **Discus:** A 2 Franklin 24.05m, B 2 Davies 18.49m; **Hammer:** A 1 Sam Foster 39.11m; **Javelin:** A 1 Hollis 51.67m; **Shot Putt:** A 1 Hollis 10.27m, B 1 McGregor 8.39m; **4 x 100m Relay:** 3 (Wong/Davies/Fowler/McGregor) 46.6; **4 x 400m Relay:** 1 (Davies/Franklin/Goodall/Fowler) 3.33.5.

**Female**

**100m:** A 2 Charlotte Bowling 12.6; **200m:** A 1 Bowling 26.2; **400m:** A 1 Bowling 60.0; **Discus:** A 1 Rachel Tyler 34.23m; **Javelin:** A 2 Lauren Boyd 33.33m; **Shot Putt:** A 1 Boyd 10.68m.

**Overall**

1 Solihull & Smallheath 388, 2 Rugby & Northampton AC 338, 3 Coventry Godiva Harriers 259, 4 Corby AC 212, 5 Avon Spa 175, 6 Nuneaton Harriers 140.