

North Midlands Cross Country
Wollaton Park
17th January 2009

Damien Carr held off Corby AC's Chris Curtis by just three seconds to finish top local runner when the final race of the North Midland Cross Country League was held at Nottingham's Wollaton Park.

The Kettering Town Harrier covered the tough 10km distance in 38.11 to finish 11th – one place ahead of Curtis

In the 6km senior ladies race Kettering's Rebecca Hall turned in a creditable effort to finish 25th in 25.10 as did Corby's Trudi Pike (50th in 28.36).

In the younger age groups Corby's Sam Furey ran the 4km distance in 17.55 to finish 25th in the under-15 boys' race.