

Midlands Indoor Championships February 13th/14th 2010



Despite just getting over a bout of illness, Jasper Larken lifted the Midland Counties Under-15 Boys 400m title when the championships were held over two days at Birmingham's National Indoor Arena.

The Corby AC sprinter sliced over half a second from his best when he took the title convincingly in 55.73 from Sutton-in-Ashfield's Jake Lacey (56.59). Earlier in the day Larken almost won another medal in the 60m when his time of 7.66 was only one hundredth of a second away from the bronze as he finished fourth. Ahead of him Simbarashe Rwamblwa (Kingsbury School) took the title in 7.61 from Bath's George Harford (7.64) and Cockshut School's Delano Brown (7.65). Larken returned the following day to claim his second medal of the weekend in the 200m. After smashing his best with 24.35 in the heats he returned later in the day to go even

faster when winning the silver in an excellent 24.23 behind Rwamblwa who won his second title in 23.95.

Larken's efforts moves him into fifth place in the 400m and ninth in the 200m in the current National Rankings.

Also showing top form for Corby in the Under-15 age group when winning two medals was Emma MacFarlane. On the opening day she ran a new indoor best of 2.26.36 to take the bronze medal over 800m behind the Wolverhampton duo of Amy Hillyard (2.22.47) and Kay Oakley (2.25.43). Helena Keenan also made the final when she knocked seven seconds from her lifetime best when clocking 2.28.16 in the heats and in the final she produced another excellent run to take fourth in 2.29.47.

MacFarlane then returned the following day to secure her second medal of the games in the high jump. After first time clearances of 1.35m, 1.40m, 1.45m and 1.50m she went over 1.55m at the third time of asking to add one centimetre to her lifetime best. With the silver medal already bagged she failed at 1.60m – the height at which Bath's Emily Dixon won the title.

Like Larken, MacFarlane almost made it a treble medal weekend when she just lost out on the bronze in the 60m Hurdles by one hundredth of a second. She ran 10.15 for fourth after clocking 10.03 in her heat. Dixon was crowned champion in 9.86 from her club colleague Olivia Wood (9.99) with Charnwood's Holly Barton winning the bronze in 10.14.

Ally Fowler was the third Corby athlete to secure a medal when he knocked well over a second from his former 800m indoor best. He took bronze in the Under-20 Men's race with a clocking of 1.58.73 which saw him finish behind Stroud & District AC's Ben Coldray (1.56.53) and the winner - Birchfield Harrier Jarryd Dunn (1.55.18).

Under-15 Girls

60m: 8 Katie Fowler 8.67 (Ht 8.56); **200m:** Hts Fowler 28.4, Helena Keenan 29.1; **800m:** 3 Emma MacFarlane 2.26.36, 4 Keenan 2.29.47 (Ht 2.28.16) Hts Ellie Welch 2.37.22, Georgia Bevins 2.33.94, Holly Bevins 2.36.68; **60m**

Hurdles: 4 MacFarlane 10.15 (Ht 10.03); **High Jump:** 2 MacFarlane 1.55m;
Shot Putt: 6 MacFarlane 7.27m.

Under-15 Boys

60m: 4 Jasper Larken 7.66; **200m:** 2 Larken 24.23; **400m:** 1 Larken 55.73.

Under-17 Ladies

200m: SF Niamh Bailey (Kettering Town Harriers) 27.38 (Ht 27.3); **800m:** 5 Charlotte Cotter 2.39.87 (Ht 2.29.45); **High Jump:** 7eq Bailey 1.50m.

Under-17 Men

60m: Ht Scott Kendall 7.78.

Under-20 Men

200m: Ht Ross Davies 24.71; **400m:** Ht Davies 54.63; **800m:** 3 Ally Fowler 1.58.73.

Senior Ladies

400m: Ht Gemma Elliott (KTH) 60.17.

Senior Men

60m: Ht Tony Wells 8.89; **200m:** Ht Wells 27.99; **Shot Putt:** 3 Adam Henley (KTH) 6.36m.

Veteran Men

60m Hurdles: 1 Wells 9.95.

All Corby AC except where stated