

Laurence Fitch smashed four individual career bests on his way to a superb silver medal at the Midland Counties Multi Events Championships at Birmingham's National Indoor Arena.

The Corby AC under-17 registered new bests of 8.77 (60m hurdles), 1.84m (high jump), 11.08m in the shot and 2.19.14 over 800m. The only discipline in the pentathlon which he didn't improve on was the long jump but his best leap of 6.53m was only a few centimetres shy of his best and the longest of the competition.

His points score of 3176 was easily his best ever as Tamworth's Nathan Woodward took the gold when moving up to sixth place on the British all time rankings with a scintillating points tally of 3460.

Making it a double medal success for Corby AC was Jack McShane whose points total of 2720 slotted him into third place. His individual events were 60m hurdles (8.97), high jump (1.75m), long jump (5.39m) and 800m (2.22.22).

Making it a treble medal winning weekend for Corby was Ze Sandall, who took the senior heptathlon crown with a score of 4519. His results were 60m (7.61), long jump (6.04m), shot (10.75m), high jump (1.80m), 60m hurdles (9.21), pole vault (3.73m) and 1000m (2.42.60).

The fourth member of Corby in action was Charlotte Bowling whose score of 1953 gave her eighth place in the under-15 girls' pentathlon. She ran 11.11 in the 60m hurdles, leapt 4.19m in the long jump, putted 5.98m in the shot and ran 2.48.45 over 800m. Leamington's Alexandra Williams won with 2646 points from Charlotte James (City of Stoke) who recorded 2503.

Getting on the medal rostrum for Rugby & Northampton AC was James Wright who registered a points score of 1185 for silver in the under-13 boys' quadruple event. He registered 8.88 over 60m, 6.09m in the shot, 4.57m for the long jump and 1.37m over the high jump.

Nathaniel Facey won the title on 1227 while another Birchfield Harrier Matthew Hudson-Smith took the bronze with 1014.