

Midlands Young Athlete Road Relays
Sutton Park
20th September 2009



Both Ellie Welch and Josh Cara were in top form in the Midland Counties Young Athletes Road Relay Championships. The former helped Corby AC to a splendid fourth place in the Under-13 Girls race when she brought them home third on the opening stage of the 3.861km circuit used for all the age groups on the day. She clocked 15.37 (the fourth fastest of the day) to finish behind Halesowen and Coventry Godiva Harriers whose Sian Rainsley clocked the fastest individual time with 15.04.

Helena Keenan (16.42) took over for Corby and came in fourth, which was maintained by Georgia Bevins on the final leg when she returned the eight equal fastest time of the day with 15.47. Corby registered an overall time of 48.06 to finish only 13 seconds behind bronze medallists Coventry as Halesowen won in 46.41 from Mansfield (47.27).

The Corby B squad of Megan Hunter-Powell (18.33), Bryony Morrow-Harris (19.09) and Holly Bevins (16.40) were 17th in 54.22 and fifth B team. Cara got Kettering Town Harriers off to a superb start when he brought them home in pole position on the opening circuit of the Under-13 Boys race. His time of 13.51 was the fastest individual clocking of the day – five seconds quicker than Dominic Bill whose team, Halesowen, lifted the title in 42.57 from City of Stoke (43.23). The Harriers eventually came ninth in 46.29 with Ben Tierney (17.39) and Jack Hope (14.59) their other runners.

Kettering also had incomplete teams in the Under-17 races with Danielle Smith recording 14.45 in the girls' race and Jake Waples clocking 12.58 in the boys' event.