

**Midland Counties Senior and U20 Championships**  
**Alexander Stadium**  
**17<sup>th</sup> June 2007**



Corby's Mark Allen retained both his discus and shot titles at this year's Midland Counties Championships.

The meeting, held at Birmingham's Alexander Stadium, saw the Corby AC life member dispose of the opposition in the discus with a career equalling best of 49.94m. Behind him Southampton's Niklas Iliffe edged out Birchfield's Steven Hale (45.02m) to take the silver medal with 45.20m. Allen followed that victory up with another in the shot with a putt of 16.07m to win from Cheltenham's John Phipps (13.41m).



Mark's day began when he took part in the hammer - the event in which his throw of 46.07 slotted him into fourth position - as another Corby AC life member Matt Bell turned last year's silver into gold. His victory when defeating Gloucester's Wayne Powell (52.56m) was achieved with a superb season's best of 63.31m in the third round, which is the longest throw he has produced in the event he has now won on six occasions.

Another Corby thrower to shine was under-17 Sarah Anne de Kremer who moved up two age groups to take the senior javelin from Royal Sutton's Anna Price (37.19m) with a fine effort of 40.14m.

Corby also picked up three medals in the junior age group with Sean Taylor being responsible for two of them. He started his day with a 100m qualifying heat time of 11.05 when finishing runner up to Birchfield's Ryan Farrington (11.02).

In his next outing he made the final of the 200m with a heat winning time of 22.73 before lining up in the final of the 100m with the aim of making amends for last year when he came second. This he did in superb fashion when aided by a following wind he equalled his lifetime best of 10.8 to race home ahead of Brentton Smith (Birchfield) and Farrington who both clocked 10.9.

As the defending champion he hoped to do likewise over 200m but despite a season's best of 21.94 he had to settle for the bronze behind Smith (21.87) and another Birchfield man Luke Lennon Ford who narrowly won in 21.86.

Laurence Fitch clinched Corby's third junior medal with his leap of 6.38m in the long jump behind Birchfield's Matthew Parnell (6.67m) and Jamie Blundell (Coventry) who recorded a winning distance of 7.10m.

Also competing for for the club was was veteran-55 Tony Wells who returned a heat time of 69.07 over the 400m hurdles.