

Midland Womens League Div 3
22nd April 2007

Corby AC made a fine start in the opening match when they finished a close up third behind host club Kettering Town Harriers and the winners Bristol & West AC.



The club's lone winner in the Senior section was javelin thrower Sarah Anne de Kremer, whose effort of 37.84m gave her a clear cut victory over Bristol's Christina Jones (29.19m).



Picking up runner-up places were Charlotte Keatings (400m hurdles) and Katy-Louise Payne who smashed her best in the long jump and had a solid performance in the discus. Her leap of 5.21m behind Bristol's Laura Samual (5.45m) was her first time over 5 metres while her throw of 31.26m was only beaten by the leading British Under-20 last season Eden Francis (Leicester) whose throw of 42.52m ranks her third best nationally in her age group in the early part of the season.

Two other Corby throwers also showed good form when Lauren Boyd putted an outdoor personal best of 10.29m for third in the shot and Rachel Backhouse threw 32.26m for third in the hammer.

Rachel Tyler was another on the day to win in her own age group before successfully moving to a higher age group. She convincingly won the Under-15 shot with 9.41m before smashing her lifetime best in the Under-17 discus. She threw over 30 metres for the first time with her best effort of 32.93m which ranks her second nationally at Under-15 level behind Swansea's Toni Wells (33.16m).

Boyd with 12.8 ran well for second place in the 80m hurdles while Penny Hawkins also performed with distinction when winning the B discus with 21.00m.



Charlotte Bowling showed excellent form for the Corby Under-15 squad. After leaping 4.75m to easily take the long jump she ran her fastest ever 800m time of 2.32.2 for third before smashing her best in the 75m hurdles. Over the barriers she reduced her best by almost a second when winning the B race in 12.7 after watching her club colleague Gabby Bangay take the A race. Bangay also ran a lifetime best of 13.0 when finishing ahead of Kettering's Emily Galway, who clocked 13.2 and then won the high jump with 1.40m while also shining for the club was Charlotte Rand, who threw a new best of

15.95m for second in the javelin and Beth Garvie, whose 13.1 for third in the 100m was an eight tenths of a second improvement on her former best.