

**County Track & Field Championships**  
**Further Report**  
**May 12<sup>th</sup> and 13<sup>th</sup> 2007**

Several Corby AC members performed well to lift titles in their respective County Championships. Freddie Pask took two gold medals in the Warwickshire Championships, which were held at Leicester. Competing in the Under-20 pole vault he added 10cm to his lifetime best when he cleared 4.10m at the first time of asking and on the following day, in dreadful weather conditions with heavy rain, he increased his personal best by 2 metres when he threw 52.03m in the javelin.

In the Leicestershire Championships Sarah-Anne de Kremer had to cope with the worst conditions of the day and even though the officials had to sweep the rain off the javelin runway, she easily retained her Under-17 title with a throw of 36.03m.

In the corresponding Boys' contest Harry Hollis was blessed with some of the better weather conditions when he took the javelin title with 50.56m before going on to clinch silver with 11.06m in the shot behind Charnwood's Tom Pearson (12.53m).

Tom Grabb won another title for Corby when he leapt 5.82m in the Under-17 long jump and he also clocked 12.1 for seventh in the 100m while his club colleague Ashley Price ran 25.5 for third in the Under-20 200m after running 12.3 for fourth in the 100m.

Other Corby county winners came from the Bangay sisters in the Lincolnshire Championships at Grantham. Gabby set a new meeting record when she clocked a new best of 12.3 to easily win the Under-15 Girls 75m hurdles. She also putted 9.07m to win the shot and made the final of the 200m with 28.1. In the final she came fourth in 28.4 while her leap of 4.37m slotted her into fifth in the long jump.

Her sister, Celine, also took two gold medals with her successes coming in the Under-13 age group. She won the 800m in an exciting confrontation with Grantham's Naomi Collier after both runners returned the same time of 2.40.8 and also came out top in the 1500m which she convincingly won in 5.36.1.