

Sam Foster received one of the prestigious watches awarded to the Power of Ten ranked athletes of 2007. The Corby AC bottom year Under-15 hammer thrower was ranked seventh in the UK in 2007. He threw 50.49m at the opening National Young Athletes meeting at Coventry and followed that up with several fine efforts just below the 50m mark.

Unfortunately, after five straight wins injury curtailed the latter part of his season and he only finished 13th at the English Schools Championships in Birmingham. The top ranked hammer thrower in his age group was Bournemouth's Andrew Elkins with 61.72m.

Also receiving one of the watches was Foster's coach Gordon Binley who in the past has guided several hammer throwers to national honours.