

LINCOLNSHIRE TRACK AND FIELD LEAGUE

Boston and District Athletic Club representatives produced some encouraging performances at the final reorganised Lincs. Track and Field League match at Grantham on Sunday. In conditions that had a distinctly autumnal feel about them a number of "Gold Tops" warmed to some improved performances despite the cool breeze. In the Senior Mens competition Stuart Smith produced a season's best 37.27m. to win the Discus event and went on to win the Shot with a putt of 11.10m. Stuart also claimed second place in High jump clearing 1.55m., third in Javelin recording 31.21m. and the same position in Triple Jump with a clearance of 11.34m. and added a third in the 100 metres sprint 12.6 secs. and a fourth in Long Jump 4.28m.. Mark Bridges had a good day winning three events. A leap of 6.30m.in the Long Jump , a clearance of 12.38m. in Triple Jump together with an 11.9 secs.100 metres Sprint earned Mark an excellent trio of end of season victories. Isabelle Whitehead achieved maximum points in the Under 20 Womens Triple Jump with a 10.03m. effort, the 800 metres recording 2 mins. 35.5 secs. and the 400m. Hurdles clocking 70.5 secs. for a good triple victory. Veteran George Ashcroft won the Long Jump with a leap of 5.30m. and added a second in the 100 metres recording 12.6 secs. In the Under 20 Mens age group Stephan Brockett won the Pole Vault with a personal best clearance of 3.65m., the Shot with a putt of 9.11m. and the Javelin with a throw of 36.77m.. An impressive 23.9 secs win over 200 metres plus a leap of 5.78m. in the Long Jump for second place points completed Stephan's considerable contribution.. Josh Goodfellow reduced his 100 metres "P.B" with a 15.6 secs. effort and went on to record 32.4 secs. for the 200 metres a time just shy of his best performance.

At Under 17 level Louise Rutt achieved victories in both the 300 metres clocking 49.1 secs. and the 800 metres finishing in 2mins.33.7 secs. and Melanie Bristow took first place in the Javelin with a throw of 26.08m. Emma Penniston secured her first win in the age group improving to 5 mins 52 secs in the 1500 metres and added a second place in the 800 metres. Luke Chester was impressive in winning the 200 metres in 24.1 secs. and added a second in the Long Jump leaping 5.21m. and a third in the 100 metres 12.1 secs.. In the Discus Marc Bradbury won with a below par 36.14m.achieved in tricky wind conditions. .Haden Brittain prevailed in the Hammer contest with a best effort measured at 47.13m. and Jeremy Baily won the Long Jump with a clearance of 5.60m.. Josh Walker recorded 65.8 secs. to win the 400m. Hurdles and also claimed a third in Under 17 Long Jump (4.92m.). Luke McLeod finished first in the Under13 Boys Hammer event recording 10.20m.. and Jordan Cobb cleared 1.05m. in the High Jump for an encouraging second place.

"Gold Tops" featured in the Lincolnshire 10,000 metres and 5,000 metres Championships included in the final 2009 League match programme. Jose` Ferriera crossed the finish line second in the Senior Mens 10,000 metres recording 38 mins 08.9 secs.at the end of the twenty five laps of the track. Edgars Sokolovskis won the Veteran Mens Silver Championship award clocking 38mins. 20.6 secs. for the 10K. distance. In the Under 17 Mens 5,000 metres race Aidan McClure recorded 19 mins. 1.2 secs. in fourth position.

Amongst a host of other good performances on Sunday Jake Brittain finished second in both the Under 20 Mens Shot with a putt of 7.18m. and the Javelin recording 32.26m. and Marc Bradbury claimed second in the Under 17 Shot with an 11.62m.putt with team mate Haden Brittain third with 11.24m.. Karl Wright claimed second in the Veteran Mens Shot with 8..41m. and third in the Discus with a throw of 24.96m.. Under 15 William Brown gained third place points in the Long Jump with a leap of 3.64m. and claimed the same position in the Discus contest. (11.83m.). Maria Hollingsworth cleared 1.30m. in the " Seven Jump " Under 15 Girls High Jump competition to secure third position and recorded 14.2 secs.in her heat of the 100 metres and Mel Bristow recorded 26.19m. in the Under 17 Womens Hammer event. The B.A.D.A.C. Under 20 Mens 4 X 400m. Relay quartet finished the final 2009 league programme with a resounding victory in 3 mins. 42.9 secs.. The combination of Jake Brittain (57.1 secs.) ; Luke Chester (55.5 secs.) ; Jeremy Baily (58.9 secs.) and (55.2 secs.) was never headed finishing with a terrific lead at the end of the four lap challenge. Not to be outdone the Under 20 Ladies also ran well in their 4 X 400m. race recording 4 mins. 43.3 secs. : Wednesday Pyrowariw (64.6 secs.0 ; Louise Rutt 70.2 secs.); Isabelle Whitehead (67.4 secs.) and Emma Pennistone (81.1 secs.) combined to secure the points for the "Gold Tops".