

LINCOLNSHIRE CROSS COUNTRY LEAGUE MATCH 4.

Nine members of Boston and District A.C. tackled the testing Louth, London Road course for the final match in this seasons series of Lincolnshire Cross Country League events. Overnight rain and a bitter northerly wind made the already demanding underlating terrain particularly demanding for the runners.

At Under 13 level making her debut for the club Isabel Rushby ran well completing the 3060 metres in a very respectable 14 mins. 43 secs. to finish in eleventh place at the end of her first experience of a competitive county level race. In the Under 17 Womens 5440 m. challenge Louise Rutt consistent as ever entered the finish funnel in fourth position to equal her hight place in this year's Lincs. League series. After her improved position of tenth in the third match Emma Penniston went even higher this time. Running well from the start and maintaining a good rhythm on the slippery slopes Emma finished strongly achieving an excellent sixth place. In the Under 17 Mens contest over 5440 m. Aidan McClure entered the finish funnel in eighth position completing a full hand of single figure finishes in each of the four 2009 league events. Five "Gold Tops" lined up on the start for the Senior, Junior, Veteran Mens race over 9690 metres. In the Senior category Jose` Ferriera completed the distance in 37 mins. 34 secs. to claim fifth place with Chris. Rainbow the second counter in eighth position recording 38 mins. 25 secs.. Dennis Rainbow in twenty seventh in a time of 41 mins. 47 secs. completed the "A" team scorers . Providing good team support were David Walker fifty first 46 mins. 18 secs. and Scott Forman seventy second 58 mins. 38 secs..

Next event in the Lincolnshire Athletic Association Cross Country programme is the County Championships at Riseholme in Lincoln on Sunday January 10th.