

## **Lincolnshire Cross Country Championships. 14<sup>th</sup> February 2010.**

Michael Craven achieved an outstanding victory at the 2010 Lincolnshire Cross Country Championships at Riseholme on Sunday. Running in the Under 15 Boys 3.7 K. event Michael finished well clear of the chasing pack to win the Lincolnshire Champs. individual title in fine style. Michael was in the leading group as the runners left the start area heading into the woodland that led to the rugged paths and rough muddy open ground that made up most of the course. Well focussed for the race Michael hit the front a quarter of the way into the 3.7 K. challenge creating a gap between himself and the chasing contenders. Over the worst of the muddy stretch of the track Michael made light of the underfoot conditions and extended his lead to the point where he had a thirty metre advantage as he returned to the finish area to comfortably claim the Lincolnshire Under 15 Boys Championship title. ( Photograph to follow)

In the Under 17 Womens Championship two "Gold Tops" finished in the top six positions. Competing over the extended 5.3 K distance both Chelsea Brockett and Louise Rutt coped well with the heavy going on large parts of the course at Riseholme Park. At the end Chelsea finished fourth and Louise was sixth.

A trio of Boston and District A.C. representatives at Under 17 Mens level secured the Bronze team awards. Aidan McClure led in the trio finishing in ninth place with Luke Chester eleventh just edging ahead of the third team counter Jeremy Baily (twelfth) to claim third team position.

For the demanding 9.7 K. Junior, Senior, Veteran Mens Championship event six B.A.D.A.C. runners lined up on the start line. In the Under 20 Mens category Tomas Komrska finished sixth and in the Senior Mens age group Jose` Ferriera also achieved sixth place. Best of the "Vets" was Dennis Rainbow who was fourth with Tony Tomlin eighteenth, Darren Rushby nineteenth and Peter Flint twenty third at the end of a testing race. A combination of Dennis, Tony and Darren secured a Veteran Mens Championship third team position.

In the younger age groups Under 15 Alice Flint and Under 13 Isobel Rushby (tenth) both produced good club performances.

Lincolnshire teams have now been selected to run in the Inter Counties Cross Country Championships at Nottingham on March 13th.