

Boston and District Athletic Club members produced some rewarding performances at the third of this season's series of Lincolnshire Track & Field matches. In the first track event of the day Alice Flint produced a cracking run to improve her personal best time for the 300 Metres Hurdles. Alice started confidently from the gun and running a strong bend smoothly negotiated the final two barriers along the finishing straight to win in 47.8secs. Next season as an under 20 athlete Alice will move up to 400 metres Hurdles and this year's strong performances over the 300m version suggests that the transition should not cause her too much difficulty. She also ran in the flat 300 Metres recording 44.6 secs in second place and added further second place points in the 3000 Metres clocking 12 mins 26.1 secs at the end of seven and a half laps.

A number of other Under 17 B.A.D.A.C. representatives impressed at Grantham. In the second event on the track programme three "Gold Tops" featured in the 400 Metres Hurdles for Under 17 men. Josh Wattam, Oliver Smith and Sam Johnson challenged for first place with Josh proving the stronger. Pulling away from his team mates on the last bend Josh recorded a very respectable 59.8 secs. Oliver Smith gained valuable experience over the barriers clocking a promising 61.0 secs in second place ahead of Sam who completed a clean sweep for Boston and District A.C. recording 65.9 secs. Together with Joshua Maund the trio combined to produce the winning performance in the Under 17 mens 4 X 400 m Relay crossing the finish line in 3 mins 47.8 secs. Oliver won the 200 metres Sprint in 24.0 secs with Josh Wattam in third place recording 24.5 secs. Josh Maund finished fourth in the 800 Metres in 2 mins 19.8 secs and fifth in the one mile race in 5 mins 12.8 secs. Anthony Sandall threw the Discus 23.24 m to claim third position and added fourth place points in the Javelin event with a best throw of 33.49 m. Making progress towards the end of a season interrupted by injury Becky Locking claimed second place in the Shot with a putt of 6.82 m and also recorded 14.9 secs in fifth position in the 100 Metres.

At Under 20 level Captain, Aidan McClure, secured two victories. In High Jump he cleared 1.65m and in the One Mile Race, introduced into the programme as a "One Off", Aidan recorded 5 mins 04.1 secs. He also added a second in the 800 Metres clocking 2 mins 26.1 secs and a third in the 400 Metres recording 59.6 secs at the end of his lap. Emma Penniston claimed three second places in 200 Metres (32.5 secs), 800 Metres (2 mins 50.6 secs) and Long Jump (3.26 m) and added points in the Discus (12.62 m).

In the Senior Womens 800 Metres Ladies Captain Isabelle Whitehead recorded 2 mins 35.0 secs to earn maximum points for the Gold Tops. Veteran Dennis Rainbow appeared to have completely recovered from his six hours endurance run seven days earlier. He finished second in the Veteran Mens One Mile race clocking 5 mins 36.1 secs and fourth in the 800 Metres in a time of 2 mins 34.2 secs.

In the Under 15 Girls Section Lara Smith was fifth in Long Jump with a leap of 4.18 m and also finished eighth in 100 Metres (15.2 secs) and 200 Metres (30.9 secs). Frances Nuttall cleared 1.49 m in second place in High Jump and recorded 31.2 secs in tenth place in the 200 Metres before leaping 4.06 m for eighth position in Long Jump. Daniel Martin ran the 800 Metres in 2 mins 42.3 secs to claim sixth place and recorded 28.6 secs in third place in the 200 Metres.

In the Under 13 Girls age group Hermione Wright finished fourth in the Lincolnshire Triathlon Championship held in conjunction with the League Match. Hermione was

second in Long Jump with a leap of 3.63 m, sixth in 800 Metres with 2 mins 56.5 secs and twelfth in Shot with 4.41 m.

Three Under 13 Boys produced some encouraging performances on the track and in the field. Freddie Carr cleared 3.94 m in Long Jump to claim fourth place and finished sixth in the 100 Metres recording 16.0 secs. In his third event Freddie finished eighth in the 800 Metres recording 3 mins 03.1 secs at the end of the two laps. Matthew Connolly was seventh in the 100 Metres in 16.2 secs, fifth in the 200 Metres in 35.1 secs and Harry Bowyer's Shot Putt of 5.95 m earned him ninth position, 3 mins 09.3 secs in 800 Metres also placed him ninth and 3.16 m in Long Jump gave him thirteenth position. A further three Under 11 representatives made positive debuts. David Scott was fifth in the 80 Metres Sprint (15.9 secs) and sixth in Long Jump (2.55 m). Georgia Long was tenth in both the 80 Metres (14.2 secs) and Long Jump (2.68 m) and Ellie Bowyer opened her account for the Club with fifteenth position in Long Jump.