

Lincolnshire Track & Field League IV

Four Boston and District AC representatives produced personal best performances at the final track and field league match of 2011. In blustery weather conditions Jose` Ferriera recorded a personal best 36 mins 53 secs to claim the bronze award in the Lincolnshire Senior Mens County 10,000 metres Championship race which opened the League programme. Under 17 Josh Wattam improved his 400 metres Hurdles time reducing it to a splendid 59.0 secs despite the gusty wind. Given the same time as the race winner Josh gave a good one lap demonstration of rhythm and strength to push right through the finish line for second place and a deserved "p.b". In the same age group Anthony Sandall was also rewarded for his dedicated training throughout the season. His 34.79 m Javelin throw was his best ever competitive performance with the Under 17 Mens implement and earned him second place. Under 15 Luke MacLeod finally threw the Hammer beyond the 15 metre mark recording 16.34 m for a new "p.b" and first position.

Oliver Smith achieved a "treble" winning both the Under 17 Mens 100 metres and 200 metres and the Triple Jump. Despite the unfavourable conditions Oliver clocked 11.8 secs and 24.2 secs for the sprints and recorded 11.98 m to win the Triple Jump. Wayne Clarke won the Senior Mens Hammer contest with a throw measuring 47.31 m and made it a "double" with victory in the Shot with a putt of 9.96 m. Aidan McClure won the Under 20 Mens 10,000 metres County Championship crossing the line in 41 mins 37 secs. Under 17 Maria Hollingsworth moved up to the 300 m Hurdles event securing a convincing victory and recording 48.5 secs. Emma Penniston won the Under 20 Womens 1500 metres in a time of 5 mins 49.3 secs and in the mens section Marc Bradbury took maximum points in the Shot with a putt of 12.76 m. Making her debut for the "Gold Tops" in the Under 11 Girls age group Morgan Bennett had an excellent win in the 80 metres Sprint recording 12.6 secs as she passed the finish line well ahead of her neared rival. A combination of Josh Wattam (54.8 secs), Oliver Smith (57.5 secs), Dennis Rainbow (67.1 secs) and Aidan McClure (56.8 secs) won the combined male 4 x 400 m Relay event in 3 mins 56.2 secs.

Included in the eight second places achieved by B.A.D.A.C. members was the silver award winning performance by Dennis Rainbow who finished runner-up in the Veteran Mens 10,000 metres County Championship in a time of 39 mins 05.2 secs. Marc Bradbury was second in the Under 20 mens Hammer competition with 41.23 m and Emma Penniston recorded 67.0 secs in second place in the Under 20 Womens 400 metres race. At Under 17 level Gary Wharff contributed a pair of seconds with an 11.58 m leap in Triple Jump and a 1.70 m clearance in High Jump. In addition to his personal best 400 metres over the barriers Josh Wattam also finished second in the 200 metres behind team mate Oliver Smith recording 24.5 secs. Lara Smith produced an impressive 9.18 m in the Under 15 Girls Triple Jump to claim a good second position.

Looking forward to the English Schools A.A. Combined Events National Finals at Exeter Maria Hollingsworth and Frances Nuttall took the opportunity to compete in some of their Heptathlon and Pentathlon events. Frances cleared 1.35 m for third in High Jump and recorded 6.18 m in Shot for sixth position. Maria improved to 22.00 m in Javelin to claim fourth place points and recorded 13.9 secs in third position in

the Under 17 100 metres. In addition to his "p b" Javelin performance Anthony Sandall putt the Shot 9.28 m for third place. Under 15 Luke MacLeod threw the Javelin 22.25 m for third place points. In the same age group Daniel Martin recorded 2 mins 46.2 secs crossing the line third in the 800 metres and over the same distance Veteran Dennis Rainbow warmed down from his 10,000 metres effort clocking 2 mins 33 .5 secs for another third position. Hermione Wright's leap of 3.62 m in the Under 13 Girls Long Jump also earned her third position and Morgan Bennett added to her splendid sprint victory with a throw of 22.09 m for fourth place in the Under 11 Girls Cricket Ball.

There were a number of other very promising performances at the end of the 2011 track season. Becky Locking was fifth in the Under 17 Womens 300 metres clocking 48.3 secs and seventh over 100 metres with 15.0 secs. Under 13 Harry Bowyer was fourth over the finish line in the 800 metres clocking 3 mins 15 secs and David Scott was fifth in the Under 11 Long Jump adding almost 20 cms to his previous best distance (2.74m) and sixth in the 80 metres reducing his p.b. by six tenths of a second (15.3 secs). Jay Gardner recorded 36.2 secs in sixth place in the Under 13 Boys 200 metres just ahead of Matthew Connelly 38.1 secs. In the Under 15 Girls age group Lara Smith was fifth in the 200 metres recording 31.1 secs. There were encouraging contributions by Laura Vamplew (Under 13 Girls) and Thomas Vamplew (Under 15 Boys).