

6<sup>th</sup> August 2016

## Part 1

North of England Track & Field League Match. Boston and District Athletic Club representatives exceeded all expectations at the final match of the 2016 North of England Track and Field season by finishing in second place. The "Gold Tops" went into the match intent on survival in Division 3 following promotion to that division at the end of last season and were so successful in their efforts that they were just four points away from achieving promotion to Division 2.. In the final analysis B.A.D.A.C. scored 386 points at Cleckheaton on the day just behind League winners Scunthorpe who finished with 390 points. This was more than enough points to secure third place overall in the final League table ahead of Hallamshire Harriers, Cleethorpes and Newark with Scunthorpe and Bingley securing the two promotion places.

It was a superb team performance at Yorkshire's Cleckheaton track with representatives giving their all to preserve Boston and District A.C.'s position in Division 3E.C. for the 2017 league campaign. In half a dozen events the local club's representatives excelled.. The "Gold Tops" sprint Hurdles contributed maximum points with Frances Nuttall winning the Womens "A" race in 17.5secs and Alice Flint the "B" competition recording 17.9secs and their male counterparts Chris. Cope finishing first in the 110m Hurdles "A" event recording 18.9secs and David Turner crossing the line first in the "B" contest. to give B.A.D.A.C. The Mens 400 metres Hurdles event was almost as productive with Chris Cope finishing second in the "A" event recording 64.2 secs and David Turner winning the "B" race in 69.3 secs. and the demanding 3,000 metres Steeplechase was a similar outcome with Chris. Cope winning the "A" contest in 11 mins. 09.8secs and Matthew Cope coming home in second place in the "B" race in 13mins. 14.5secs.. The female jumpers also made a significant contribution to Boston and District A.C. success on the day with Frances Nuttall achieving second position in the Long Jump with 4.68m and Alice Flint going one place higher in the "B" event recording 4.63m. and the points situation was repeated in the High Jump with Frances second with 1.45m and Alice securing first place in the "B" competition with a clearance of 1.35m.. As at every other North of England match this season Stuart Smith's contribution was significant. He won the Discus contest with twelve metres to spare recording an excellent 45.27m and also finished first in the Shot with a putt measuring 11.93m. as well as having a considerable input in Javelin, Hammer, 100 metres and Relay. There were so many outstanding contributions by the "Gold Tops" team members on a day when in the final analysis their superb support for the team and each other comfortably preserved future competition in League 3 next season. ( Further detailed results next week).

## Part 2 of Beryl's report

North of England Track & Field League. The dozen Boston and District Athletic Club representatives at the final North of England Track and Field League match at Cleckheaton returned from Yorkshire having accomplished a remarkable achievement. In the first match of the 2016 series in May the "Gold Tops" struggled in their debut in Division 3EC finishing in a lowly fifth place but since that opening performance progress over the following three matches in the series advanced the local club right up to a position which saw them challenging for promotion to Division 2. In the final analysis Boston and District A.C. secured third position overall and retained their place in Division 3EC for next season when they will be hoping to make a big push for promotion in the Regional League Competition.

he seven men and five women produced a terrific team performance with Captain Aidan McClure and Alice Flint together with Frances Nuttall, Chris Cope Stuart Smith spearheading the B.A.D.A.C. challenge. In the sprints Stuart Smith finished fourth in the 100 metres "A" race recording 12.1secs and Steve Barnett was fifth in the "B" contest in 13.7secs and in the womens events Alice Flint was second in the "A" race 14.0secs and Emma Keay claimed second position in the second string competition in 14.9secs. Over 200 metres Steve Barnett 28.6secs and Chris Cope 27.8 secs contributed points and Alice Flint crossed the finish line third in the "A" race recording 28.3secs with Emma Keay finishing runner up in the "B" event 32.1 secs. In the 400 metres competitions Aidan McClure fifth in 58.1secs and David Turner fourth in 68.7secs together with Holly Millar fourth in 80.3secs and Emma Penson second in 99.9secs provided excellent support for the "Gold Tops" team effort. The Mens 800 metres resulted in a double second with Chris Cope recording 2mins 20.8secs and Matthew Cope clocking 2mins 18.0secs and in the female version Holly Millar was third finishing in 2mins 52.3secs and Emma Penson runner up in the second string race in 3 mins 34.7secs.. Matt Cope fourth 5 mins 12.5secs and David Turner "B" fourth 6 mins 53secs and Holly Millar fourth 6mins 15.6secs and Emma Penson third 8mins 16.3secs added value in the 1500 metres events and it was the same two runners who contributed in the in womens 3,000 metres with Holly fifth on 13 MINS 13.6SECS and Emma returning 16 MINS 46.3SECS.in second place in the "B" race. Chris and Matt. Cope were first and second in the 3.000 metres Steeplechase and Matt (20mins 55.7secs)was joined by Owen Msimango (23mins 22.1 secs)for the 5.000 metres . Both the the Sprint Hurdles and 400 metres Hurdles competitions were dominated by Boston & District A.C. team members with Chris Cope and David Turner featuring in the mens section and Frances Nuttall. Alice Flint .and Emma Keay making an impact in the womens events. In the field events Stuart Smith again mastered the throws winning Discus and Shot and claiming third places in both Hammer with 43.66m and Javelin 33.58m.with understudy David Turner claiming fifth place points in both Discus 17.63m and Javelin 23.25m., Aiden McClure added fourth place points in the "B" Hammer achieving 12.68m.and Steve Barnett was third in the "B" Shot with a putt measuring 6.73m. For the ladies Emma Penson and Holly Millar put in a sterling effort combining to harvest a total of twenty six points in Hammer , Discus and Shot and in Javelin Emma Keay 18.78m joined Frances Nuttall 19.47m to claim second position in the "B" and third in the "A" Javelin competition. In the horizontal jumps Aidan McClure and Steve Barnett produced points in both Long and Triple Jumps with Frances Nuttall and Alice Flint combining in Long. Triple and High Jump "A" and "B" contests to score a magnificent thirty seven points for the "Gold Tops". Aidan McClure went over 1.70m in High Jump to claim third place with team mate David Turner securing fourth position in the "B" contest with a leap of 1,50m, and in his debut competition Steve Burrell earned second place in Pole Vault clearing 2.30m.. In the Womens Vault Emma Keay went over the bar at 1.70m for victory and maximum points.A fourth place finish in the Mens 4 x 100m Relay 48.7secs and fifth in the Mens 4 x 400m event 4mins 07.3secs secured Boston and District A.C.s future in Division 3 of the North of England Track & Field League for 2017.