

November 30

SCOTTISH NORTHERN DISTRICT

CHAMPIONSHIPS

Elgin

ROSS ARBUCKLE's long wait to complete a

hat-trick of wins in the Scottish Northern District cross country championships came to an end when the Keith & District AC runner cruised to victory in the men's six mile race, *Fraser Clyne reports*.

The 41-year-old Scottish veteran international previously won the title in 1987 and 1988 and has subsequently collected three silver and three bronze medals. Now he has three golds to go alongside them.

Arbuckle's clubmate Frank Barton was runner-up but shared the same time as Brian Foreman, who was given third place.

David Adam, in fourth position, led Forres Harriers to a successful defence of the team title. Paul Rogan (7th), Doug Cowie (11th), Mike Howell (13th), Al Black (15th) and Andy Holder (16th) were the other scorers for the winning side.

The Forres club also enjoyed success in the age-group races with Ian O'May (U20), Kyle Greig (U17) and Mark Mitchell (U15) all winning their respective titles.

Jane Barker became the first member of Moray Road Runners to win the women's title when she raced home 50 metres ahead of Dawn Scott.

The Moray club pocketed more golds through Jennifer Houston (U15), George Sim (M50), Kenny Wilson (U13) and Isobel Paterson (W45).

Shetland's former Scottish champion Claire Wilson retained the U17 title.

Men

1 R Arbuckle (Keith, M40) 32:43; 2 F Barton (Keith, M45) 33:37; 3 B Foreman (Moray) 33:37; 4 D Adam (Forres) 34:04; 5 G Sim (Moray, M50) 34:26; 6 S Gill (Keith) 34:33; 7 P Rogan (Forres) 34:34; 8 P Sheard (Inness) 34:38; 9 A Dunlop (S'way, M45) 34:39; 10 S Reeve (Moray) 34:44

TEAM: 1 Forres H 66; 2 Keith and District 75

VETERAN TEAM: Keith and District

U20

1 I O'May (Forres) 38:52; 2 B Cartmell (Forres) 39:30; 3 A O'May (Forres) 39:35; 4 B McLelland (Ross C) 42:42

TEAM: Forres H

U17

1 K Greig (Forres) 24:15; 2 J Devine (Ross C) 25:30; 3 S Rodger (Laber) 25:41; 4 J MacLean (S'way) 25:47

U15

1 M Mitchell (Forres) 16:52; 2 K Cowie (Moray) 17:26; 3 J Keenan (S'way) 19:49; 4 J Murray (S'way) 20:52

TEAM: Stornoway Running Club

U13

1 K Wilson (Moray) 14:10; 2 S Gray (Shet) 14:32; 3 S Morrison (N Uist) 14:43; 4 S Houston (Moray) 14:52

TEAM: North Uist

Women

1 J Barker (Moray) 27:48; 2 D Scott (Laber) 28:00; 3 F Dahl (Inness) 29:14; 4 M MacIver (Inness, W35) 30:28; 5 S Johnstone (Keith) 30:59; 6 K Boocock (Inness, W35) 32:25; 7 M Fuller (Inness, W35) 33:32; 8 A Rodgers (Forres) 34:04; 9 C Falconer (Ross C) 34:30; 10 J Nicol (Forres) 35:31

W45: I Paterson (Moray) 36:44

TEAM: 1 Inverness H 13; 2 Moray Road Runners 27; 3 Forres H 29

U17

1 C Wilson (Shet) 13:46; 2 S Reynolds (Elg) 14:02; 3 C MacLeod (S'way) 15:32; 4 A MacArthur (Inness) 16:20

U15

1 J Houston (Moray) 19:43; 2 M MacDougall (N Uist) 20:48; 3 S Carruthers (N Uist) 22:14; 4 N MacAngus (Ross C) 22:29

TEAM: 1 Moray Road Runners 14; 2 North Uist AAC 18; 3 Shetland 30

U13

1 L Sharp (Moray) 15:08; 2 C MacArthur (Inness) 15:42; 3 L Johnson (N Uist) 16:34; 4 C Whiteford (Ross C) 17:02

TEAM: 1 Inverness H 19; 2 North Uist 26; 3 Forres H 34