

SCCU Nothem District Cross Country Relay Championships, Muir of Ord.

Senior 4 x 2.5 miles: 1, Inverness H (C Maclean 13-11; G MacDowall 13-09; J Bowman 12-28; S MacKenzie 12-56) 51-44; 2, Moray Roadrunners (G Sim 12-51; A Stewart 13-19; M Flynn 13-00; C Hunter 13-08) 52-18; 3, Lochaber AC (M Dixon 12-50; D Rodgers 13-02; J Beagrie 14-20; B Rodgers 13-44) 53-56; 4, Forres H (A Pratt 13-18; I MacKenzie 14-04; D Ritchie 14-17; G Varlett 12-40) 54-19; 5, Inverness 'B' (B MacDonald 13-46; R MacDonald 13-33; C Stewart 13-32; J Smillie 14-13) 55-04; 6, Moray Roadrunners 'B' (R Curtis 12-55; J McWilliam 14-3; D Morrison 14-16; C May 13-49) 55-33; 7, Inverness 'C'; 56-47; 8, Minolta Black Isle AAC 57-25; 9, Lochaber 'B' 60-43; 10,

Inverness 'D' 61-32; 11, Moray Roadrunners 'C' 62-02; Fastest laps: 1, J Bowman 12-28; 2, G Barlett 12-40; 3, M Dixon 12-50; 4, G slim 12-51; 5, R Curtis 12-55; 6, S MacKenzie 12-56.

Young Athletes 3 x 2 Miles: 1, Minolta Black Isle AAC (M Johnstone 12-28; 2 Galbraith 11-22; B Fraser 10-36) 34-26; 2, Inverness H (J Colquhoun 12-33; S MacKay 11-00; P Watt 11-05) 34-38; 3, Forres H (P Pronzhele 12-67; J Donald 11-07; N Birrie 12-02) 36-06; 4, Lochaber AC 36-46; 5, Inverness 'B' 36-52; 6, Inverness 'D' 38-10; 7, Inverness 'C' 38-21; 8, Orkney Islands AAA 38-46; 9, Minolta Black Isle 'B' 39-13; 10, Forres 'B' 39-26. Fastest Laps Youths: 1, B Fraser 10-36; 2, P Watt 11-05; 3, D Hards (Inver 'B') 11-38. Senior Boys: 1, S MacKay 11-00; 2, J Donald 11-07; 3, S Galbraith 11-22; Junior Boys: 1, M Johnstone 12-28; 2, J Colquhoun 12-33; 3, S Cameron (Loch) 12-41.