

SCOTTISH NORTHERN DISTRICT

RELAY CHAMPIONSHIPS

Inverness

ROSS ARBUCKLE recorded the fastest individual lap time of the day to anchor Keith & District AC to the men's title for the sixth time in eight years, Fraser Clyne reports.

British junior triathlon international Fraser Cartmell gave Forres Harriers a narrow lead over Keith's Steven Gill on the opening circuit before Mike Stewart and Frankie Barton put the eventual champions into pole position over the next two stages.

Arbuckle already had a sizeable lead going into the fourth and final leg, but the veteran international didn't hold back as he extended Keith's advantage before the end.

A strong final-stage performance from Brian Foreman lifted Moray Road Runners into the silver medal position with Forres slipping back to third.

The Forres club celebrated victory in the young athletes' championship, however, for the fourth year in a row by fielding the same line-up that lifted the title in 2001.

Andrew Rogan, Mark Mitchell and Kyle Greig were the successful members of the gold medal winning side. Mitchell and Greig have now appeared in all four winning teams.

The Lochaber AC trio of Amanda Blackhall, Susan Ross and Nicky MacDonald brought Inverness Harriers' four-year reign to an end in the women's championship with a narrow last gasp victory.

Inverness led going into the final lap but Lochaber's MacDonald overhauled the champions and brought the Fort William side home in front by just 10 seconds.

Men

1 Keith and District 51:56 (S Gill 13:05, M Stewart 13:12, F Barton 13:04, R Arbuckle 12:35); 2 Moray Road Runners 52:59 (R Hardie 13:16, G Sim 13:08, M Flynn 13:31, B Foreman 13:04); 3 Forres Harriers 53:19 (F Cartmell 13:01, D Cowie 13:22, A Ross 13:18, P Rogan 13:38); 4 Inverness H 55:21 (R Cairns 14:03, B Fieldsend 12:56, T McWilliam 13:57, S Wormsley 14:25); 5 Forres Harriers B 56:33; 6 Lochaber AC 59:29; 7 Inverness Harriers B 62:03

Fastest: Arbuckle 12:35; Fieldsend 12:56; Cartmell 13:01

Young Athletes

1 Forres Harriers 26:09 (A Rogan 9:37, M Mitchell 8:21, K Greig 8:11); 2 Ross County Athletic Club 27:00 (C McCourt 9:26, K Fitzpatrick 9:32, J Devine 8:02)

Women

1 Lochaber AC 51:13 (A Blackhall 16:12, S Ross 18:20, N MacDonald 16:41); 2 Inverness Harriers 51:23 (J Wilson 15:53, M MacIver 16:40, M Woodhouse 18:50); 3 Nairn Road Runners 53:10 (S Robertson 18:05, M Muir 18:20, K Atkey 16:45); 4 Forres Harriers 54:24 (J Nicol 18:30, J Duncan 17:55, A Rogers 17:59) **Fastest:** Wilson 15:53; Blackhall 16:12, MacIver 16:40

Young Athletes

1 Moray Road Runners 29:10 (L Sharp 9:59, J Houston 9:33, S Reynolds 9:38); 2 Inverness Harriers 30:17 (B Swanson 9:42, R Mackenzie 10:35, A MacArthur 10:00)