

SAF WEST DISTRICT RELAY

Lenzie

DEFENDING champions Clydesdale Harriers were unable to do anything about Shettleston Harriers, who led all the way to relegate the 1995 winners to second, with Kilbarchan a close third, *Denis Shepherd* reports.

Shettleston's strength in depth won the day, their fastest man

being Adrian Callan, who returned the fifth fastest lap on the anchor leg following on from Andrew Little (10th fastest), William Coyle (eighth) and Dave Cameron.

At the end of leg one it was Cambuslang and Johnnie Walker Kilmarnock who followed Little home, the pair eventually finishing fourth and seventh respectively.

Kheredine Idessani (seventh fastest) and anchor man Des Roache (third) helped to bring Clydesdale from ninth on stage one to take the silver medals, while Bobby Quinn (second fastest) and Bob Fitzsimmons (sixth) were mainly responsible for Kilbarchan's third placing.

Alistair Russell was fastest, five seconds ahead of Quinn, but his Law team-mates could not improve on sixth place at the end.

U15 Aaron McIndoe translated his good track form to the country, his 7:45 leg being faster than the U17s as he brought Ayr Seaforth into a winning lead on the second stage of the boys' event.

Veteran Sandra Branney took the lead for City of Glasgow on the final stage of the senior women's three-lap event to share the gold with Kirsty Baird and Jacqueline Thomson.

Shettleston Ladies, for whom Tracy Chung set up a long lead with the fastest lap of the day on the opening leg, held on for silver ahead of Strathclyde University.

Glasgow went one better in the girls' event, taking both gold and silver ahead of Ayr Seaforth, whose under-15 runner Emma McGahon clocked the fastest lap of the race.

Men (4x4km)

1 Shettleston 42:18 (A Little 10:37, W Coyle 10:27, D Cameron 10:54, A Callan 10:20); 2 Clydesdale 42:35 (A Adams 11:08, K Idessani 10:23, J Austin 10:51, D Roache 10:13); 3 Kilbarchan 42:47 (G Fairley 10:59, R Quinn 10:12, T Hearle 11:15, R Fitzsimmons 10:21); 4 Cambuslang 43:17; 5 Greenock Glenpark 43:41; 6 Law 44:27; 7 Johnnie Walker Kilmarnock 44:45; 8 Victoria Park 45:09; 9 Irvine 45:16; 10 Spango Valley 46:29; 11 Kilbarchan B 46:32; 12 Greenock Glenpark B 47:05; 13 Springburn 47:13; 14 Clydesdale B 47:48; 15 Cambuslang B 47:48

Fastest: 1 A Russell (Law) 10:07; 2 Quinn 10:12; 3 Roache 10:13; 4 T Murray (Spango V) 10:17; 5 Callan 10:20; 6 Fitzsimmons 10:21; 7 Idessani 10:23; 8 Coyle 10:27; 9 A Puckrin (Gr'ck GP) 10:29; 10 Little 10:37

U17/U15/U13 (3x2km)

1 Ayr Seaforth 24:39 (D McKeating 8:51, A McIndoe 7:45, C Garret 8:03); 2 Cambuslang 24:58 (I Munroe 8:36; K Kealy 8:08, J Kealy 8:14); 3 Shettleston 25:30 (J McLaren 9:20, J McFadden 8:18, A McDonald 7:52); 4 Victoria Park 25:33; 5 Cambuslang B 25:50; 6 Greenock Glenpark 27:05; 7 Cambuslang C 26:15; 8 Giffnock North 26:30; 9 Cambuslang D 26:41; 10 Law 26:45

Fastest

U17: A Mc Cutcheon (JW Kil'cl) 7:47

U15: McIndoe 7:45

U13: Munroe 8:36

Women (3x4km)

1 City of Glasgow 40:42 (K Baird 13:36, J Thomson 13:30, S Branney 13:36); 2 Shettleston 41:42 (T Chung 12:41, F Florence 14:02, E Reid 14:4); 3 Strathclyde University 42:31 (C Blair 13:54, M Linden 14:38, A Higgins 13:59); 4 City of Glasgow B 44:11; 5 City of Glasgow C 44:47; 6 Kirkintilloch 45:46; 7 Irvine 46:28; 8 Cumnock 46:45; 9 Strathclyde University B 48:20; 10 Giffnock North 48:32

Fastest: 1 Chung 12:41; 2 Thomson 13:30; 3 P Crawley (Glas B) 13:35; 4 Baird, Branney 13:36; 5 C McInnes (Kirck'ch) 13:37; 7 F Andrews (Cumn) 13:43; 8 H Morton (Irv) 13:46; 9 Blair 13:54; 10 Higgins 13:59

U17/U15/U13 (3x2km)

1 City of Glasgow 28:14 (C Forrest 9:49, C Fagan 9:09, K Munroe 9:16); 2 City of Glasgow B 30:35 (D Keir 10:50, L McRae 10:01, A Daly 9:44); 3 Ayr Seaforth 30:47 (J McCormack 11:28, E McGahon 9:03, T McIntosh 10:16); 4 Gleniffer HS 30:58; 5 Irvine 31:20; 6 Giffnock North 31:41; 7 Kilbarchan 32:01; 8 Kilbarchan B 32:02; 9 Irvine B 32:09; 10 Gleniffer HS B 32:40

Fastest

U17: L Munroe 9:16

U15: McGahon 9:03

U13: V Ralton (Kirck'ch) 9:45