

1978

Judith Shepherd Wins National Title

JUDITH SHEPHERD, Scottish 3000m champion and record holder, led from the start to win the Scottish Women's National Cross Country Championships at Bellahouston Park, Glasgow on February 18th. Run over the course to be used for the World Championship, Judith was challenged only by former champion Margaret Coomber who finished second 25y behind with Kerry Robinson an isolated third. Fiona McQueen retained her Intermediate title with the biggest winning margin of the day after a blitz start that left everyone trailing. She later got her just reward when included in the Scottish team for the World Championship.

Scottish News & Results — by Colin Shields

Lynn McDougall retained her unbeaten record over the country this season when she duly won the Girls race from a field of 132 rivals with Carol Candlish continuing her usual position as perpetual runner-up in this age group. Lynn's sister Alison, only in athletics for a matter of months, challenged strongly in the Minor Girls race but inexperience told in the end and she ran out of steam in the finish and finished third behind Angela Ashworth of Rossendale.

Individually Glasgow AC dominated the Championships with three winners and the team titles were well spread out through the clubs with only Pitreavie, with victories in the Intermediate and Minors team races, getting more than one title.

1, J. Shepherd (Glasgow) 15:09
2, M. Coomber (Cambridge H.) 15:14
3, K. Robinson (Pitreavie) 15:22
4, V. Hope (CR) 15:29; 5, J. Higgins (Glas) 15:48; 6, L. Watson (LOAC) 15:53; 7, M. Chambers (EAC) 16:01; 8, A. Lind (ESH) 16:07; 9, A. Linton (Glas) 16:13; 10, P. Gunstone (EAC) 16:33; 11, L. Day (Gos) 16:39; 12, B. Harvie (Glas) 16:42; 13, C. Lightfoot (Shett) 16:54; 14, F. Mackenzie (Pit) 16:55; 15, J. Folan (ESH) 17:07. **Teams:** 1, Glasgow 15; 2, Pitreavie 42; 3, Shettleston 58; 4, Aberdeen 85. **(Inters):** 1, F. McQueen (Glas) 13:32; 2, W. Sharp (Pit) 14:07; 3, R. Watt (Fife) 14:11; 4, V. Hutton (ESH) 14:17; 5, G. Pullar (Pit) 14:21; 6, D. Duncan (Pais) 14:24; 7, D. Kitchen (Aber) 14:24; 8, S. Gammack (Pit) 14:32; 9, B. Balmer (Long) 14:37; 10, L. Usher (Fife) 14:41; 11, C. Geddes (Bord) 14:45; 12, G. Maccauley (ESH) 14:47; 13, A. Taylor (Caith) 14:53; 14, D. Wright (Bord) 14:55; 15, K. McKellar (Glas) 15:07. **Teams:** 1,

Pitreavie 15; 2, Paisley 41; 3, Glasgow 43; 4, Fife 43; 5, Border 47; 6, Aberdeen 52; 7, ESH 67. **(Juniors):** 1, E. Hand (Bord) 9:18; 2, B. Breen (Falk) 9:32; 3, K. Greally (Pit) 9:33; 4, S. Walker (ESH) 9:34; 5, L. Macdonald (Pit) 9:47; 6, H. McNee (Ayr) 9:53; 7, S. Tait (ESH) 9:58; 8, S. Murray (Pais) 9:59; 9, C. Gray (Clyde V) 10:02; 10, J. Swanton (Bord) 10:03; 11, D. Middlemore (Bord) 10:05; 12, P. Cairns (Tev) 10:06; 13, L. Haygarth (Caith) 10:07; 14, A. Gordon (Glas) 10:08; 15, E. Anderson (Vic Pk) 10:09; 16, D. Christie (ESH) 10:10; 17, M. Johnson (Clyde V) 10:10; 18, G. Noble (Ayr) 10:11; 19, K. McKay (Clyde V) 10:11; 20, A. Reid (Shett) 10:12; 21, L. Murray (ESH) 10:13; 22, L. Thomson (Clyde V) 10:14; 23, M. Barrie (Liv) 10:15; 24, M. Barnes (Liv) 10:16; 25, J. Anderson (Pit) 10:17. **Teams:** 1, Border 63; 2, Pitreavie 78; 3, ESH 94; 4, Ayrshire 98; 5, Victoria Park 104; 6, Glasgow 115; 7, Clyde Valley 125; 8, Shettleston 134; 9, Livingston & Dist 189; 10, Aberdeen 214; 11, Central Region 277. **(Girls):** 1, L. McDougall (Glas) 7:01; 2, C. Candlish (Pit) 7:17; 3, A. McGeown (Pais) 7:19; 4, H. Graham (Ross) 7:20; 5, M. Hogg (Clyde V) 7:21; 6, S. Morris (Shett) 7:21; 7, G. McArthur (Pais) 7:28; 8, G. Hurd (Bord) 7:29; 9, M. Mathieson (ESH) 7:31; 10, C. Maxwell (Caith) 7:33; 11, K. Broderick (Bord) 7:38; 12, K. Sprang (Shett) 7:45; 13, J. Bryce (Pit) 7:48; 14, K. McNulty (Clyde V) 7:49; 15, I. Downie (Clyde V) 7:50. **Teams:** 1, Clyde Valley 50; 2, Paisley 57; 3, Border 58; 4, Pitreavie 63; 5, Glasgow 108; 6, ESH 136; 7, Shettleston 149; 8, Caithness 150; 9, Aberdeen 179; 10, Central Region 196; 11, Victoria Park 205; 12, Teviotdale 215; 13, Livingston & Dist 223; 14, Greenock RP 292; 15, EAC 301. **(U/11):** 1, A. Ashworth (Ross) 5:49; 2, C. Brotherton (ESH) 5:52; 3, A. McDougall (Glas) 5:56; 4, K. Wilson (Long) 6:00; 5, C. McDonald (Falk V) 6:01; 6, A. Bellingham (Clyde V) 6:02; 7, D. Welsh (Long) 6:03; 8, L. Docherty (Vic Pk) 6:04; 9, S. Cussick (Pit) 6:05; 10, G. Spankey (Ayr) 6:06. **Teams:** 1, Pitreavie 56; 2, Longbar 57; 3, Victoria Park 76; 4, Clyde Valley 101; 5, Central Region 115; 6, Fife 115.

INVERCLYDE SENIOR CC CHAMPS At Greenock, March 11th

1, L. Spence (Spango V) 41:03; 2, C. Spence (Spango V) 41:22; 3, G. Clarke (Spango V) 41:49; 4, R. Hodelet (GGH) 42:24; 5, T. Dobbin (Spango V) 42:50. **Teams:** 1, Spango Valley 10; 2, Greenock Glenpark 33; 3, Greenock Wellpark 34.

Law & District AC officers: President, G. Brown; treasurer, D. Johnstone; secretary, J. Thomson, 8 Sauchiesmoor Road, Carluke (Tel: Carluke 73242).