

January 30

SCOTTISH 4km CHAMPIONSHIPS Pollok Estate, Glasgow

PHIL MOWBRAY used the speed that has helped him win Scottish 1500m and 5000m track titles to claim his first national senior cross country championship ahead of 1999 winner Robert Quinn, Fraser Clyne reports.

Mowbray also clinched selection for the UK world cross trials at Nottingham by finishing just over 20m clear of Quinn while Chester-le-Street's Micky Morris was a further 40m back in third place.

Tommy Murray, who won his 10th Scottish West District title eight days earlier, was an isolated fourth while fifth-placed Stuart Gibson led Shettleston Harriers to a successful defence of the team title.

Mark Pollard, silver medallist in the previous weekend's Scottish senior indoor 800m championships, was a convincing winner of the U20 title ahead of Scottish East champion Robert Russell.

Quinn and Murray recovered sufficiently well to tackle the men's open 8km race later in the afternoon and showed little sign of fatigue as they waltzed away from the rest of the field to fight out another close encounter.

It was Quinn who had the greater strength, pulling away to win by 35m, while the rest of the field was left more than two minutes further adrift.

Angela Mudge added the 4km award to her ever growing list of honours with an impressive win over Sheila Fairweather in the women's championship while third-placed Susan Scott spearheaded City of Glasgow AC's second successive team win.

Men

1 P Mowbray (HBT) 12:16; 2 R Quinn (Kilb) 12:19; 3 M Morris (CleS) 12:25; 4 T Murray (l'clyde) 12:31; 5 S Gibson (Shett) 12:49; 6 F McGowan (Shett) 12:53; 7 A McAllister (l'clyde) 13:08; 8 T Ellacott (CoE) 13:12; 9 A Hart (HBT) 13:14; 10 D Adam (Fife) 13:16

U20: 1 M Pollard (l'clyde) 13:11; 2 R Russell (Cent) 13:31; 3 S McIntyre (Shett) 13:40

TEAM: 1 Shettleston 89; 2 City of Edinburgh 133; 3 Inverclyde 139

Women

1 A Mudge (C'nethy) 14:31; 2 S Fairweather (Glas U) 14:43; 3 S Scott (Glas) 15:01; 4 S Partridge (Glas U) 15:12; 5 E Cochrane (Glas) 15:28; 6 A Higgins (JWK) 15:34