

Northern District

At Thurso, October 18th

1, Forres (D. Maclean 14:15, D. Ritchie 14:27, M. McCulloch 14:40, I. McKenzie 13:50) 57:12; 2, Lochaber (A. Stubbs 14:36, R. Campbell 14:16, R. Boswell 14:20; B. Kirkwood 14:04) 57:16; 3, Inverness 61:17; 4, RAF Moray 61:25; 5, Lochaber 'B' 62:32; 6, Caithness 63:28. **Fastest Laps:** D. Taylor (Caith) 13:25; B. Turnbull (In'ness) 13:30; McKenzie 13:50. **(Young Athletes):** 1, Inverness (E. Scott 12:52, C. Martin 11:24, A. Watson 11:48) 36:04; 2, Inverness Royal Academy 37:07; 3, Caithness 37:18; 4, Forres 37:25. **Fastest Laps: (Youth):** N. Martin (Forr) 10:55. **(Sen. Boy):** C. Martin 11:24, **(Jun. Boy):** Scott 12:52.

ATHLETICS

The Northern District Relay Championships were held last Saturday afternoon at Pennyland, by courtesy of Mr W. Alexander. The hosts were CAAC. This was the first time the event had been held in Caithness and in the Young Athlete Relay a Junior Boy, a Senior Boy and a Youth all ran one lap of two miles.

The seven teams taking part included runners from Inverness Harriers, Inverness Royal Academy and Forres Harriers as well as the home club.

The first lap saw E. Scott (Inverness Harriers) in the lead with three CAAC teams, "A," "B" and "C" fifth, sixth and seventh. The second lap lead was still held by Inverness Harriers and CAAC "A" moved up into third place. Inver-

ness Harriers ran out comfortable champions with Inverness R.A. second and CAAC "A" third.

The CAAC teams and times were: "A" team—G. Gunn, 14m. 19s; R. Matheson, 11m 27s (second fastest lap), and J. Johnstone, 11m 32s (second fastest lap). Total time—37m 18s (winners total time—36m 02s). "B" team—P. Johnstone, 14m 34s; D. Johnstone, 13m 10s; C. Mackay, 12m 38s; total time, 40m 22s. "C" team—P. Robinson, 14m 39s; C. Robbie, 15m 03s; A. Munro, 12m 18s; total time, 42m 00s.

Fastest laps: Junior Boys—E. Scott, Inv. H., 12m 52s; Senior Boys—C. Martin Inver. H., 11m 22s; Youths—N. Martin, Forres H., 10m 55s.

The senior race was a 4 x 2½-mile Relay and turned

out to be a real thriller with the lead changing every lap. The first lap leader was Derek Taylor (CAAC), 13m 25, the best lap time of the meeting. Second lap leader was R. McDonald (Inv. H. "A"), 15m 09. CAAC "A" were fifth placed. Third lap leader was R. Boswell (Loch A.C.), 14m 30. CAAC "A" were sixth.

Winner of the final lap and the race was Ian McKenzie (Forres H.), 13m 50; CAAC "A" were sixth. There were nine teams competing.

The CAAC teams and times were: "A" team—D. Taylor, 13m25; R. Hendry, 17m03; S. Bell, 16m21; P. Nicol, 16m39; team total—63m23. "B" team—C. Voice, 14m34; W. McCallum, 17m43; Ramish, 16m46; C. Jarvie, 16m04; team total—64m56.

The visiting teams were entertained to tea and sandwiches in the Stewart Pavilion by the ladies of the club. The presentation of the senior trophy was made to Forres Harriers and the first and second teams received individual trophies. The trophies were presented by Mr Jim Cassells, CAAC vice-chairman.

Next week the CAAC are sending junior and senior teams to Inverness to participate in the Scottish Cross Country Union National Championships. This is the first time these have ever been held in the North.

Royal British Legion
Scotland

(Thurso Branch)

Sale of Work

:: in ::

CLUB ROOMS

:: on ::

SAT., 25th OCTOBER

at 3 p.m.

USUAL STALLS, ETC.

Donations of Produce, Baking, etc., will be gratefully received on the Friday evening or Saturday

Thurso Amateur
Swimming Club

Coffee Afternoon

:: in ::

BAND ROOM,
THURSO TOWN HALL

:: on ::

SAT., 25th OCTOBER

at 3 p.m.

USUAL SALES TABLE
plus BRING - & - BUY
STALL

DANCE

ATHLETICS

Young **Inverness** do Well at Thurso

At the North District cross country relay championships held at Thurso on Saturday, **Inverness** runners, not highly raised after their recent disappointing league performance, won the men's title by only four seconds over a distance of 10 miles from Lochaber Athletic Club, thanks largely to a fine run by Iain MacKenzie, who converted a 100 metre deficit into a slender lead. The Inverness **athletes** performance in this event was little short of disastrous, not so much on account of their third place, but because the team was four minutes behind the leaders. The non-appearance of Innes Mitchell was certainly a severe blow, but his participation would only have halved the deficit as none of the runners really did themselves justice. Brian Turnbull was not on the best of form, and although fancied to have the fastest time of the day, finished five seconds in arrears of Derek Taylor of Caithness on the first leg for second fastest overall. In addition, despite careful study of recent performances while selecting teams, very few athletes ran to form, and the four fastest **runners** were Brian Turnbull and Ross MacDonald from the "A" team, and Kevin MacKintosh and Charles Bannerman from the "B" team. Furthermore, the **Inverness** seniors practice of travelling separately to races caused, not for the first time, difficulties in making team declarations.

However, local fortunes were entirely different in the young athletes' event, with Inverness teams taking the first two places. On the first junior boys' leg, Ewen Scott **athletes** and Eddie Leighton (Royal Academy) left the rest of the field from the start, and with Ewen just in front handed over substantial leads to their respective teams. Third across the line on the first leg was Steven Wilcox **runners** ("B"), and it is interesting to note that results of this nature at under 13 level are being achieved on the tops side without overworking the athletes in training. Callum Martin **athletes** and Michael Mitchell (Royal Academy) were in devastating form as usual and significantly increased the lead on most teams, although a strong run by Ronald Matheson of Caithness brought them into second place, and limited the Academy's margin to 80 seconds. On the last leg, Allan Watson **athletes**, a specialist middle distance runner, was unavailable, but Tommy Leighton for the Royal Academy, better known as one of Scotland's top under 17 high jumpers, was faced with a tough task, and with a supremely determined run maintained his team in second place at the finish. The **Inverness** "B" team (Steven Wilcox, George MacLennan and Garry Waite) was 15th, Ewen Scott was the fastest junior boy of the day, and Callum Martin the fastest senior boy.

Even with the help of Innes Mitchell, the **Inverness** senior "A" team will require 100 per cent effort to figure prominently in next Saturday's national cross country relay championships which are being held at Charleston Academy, Inverness. However, if quality cannot be guaranteed, quantity can, as the club has entered four senior teams for this major event. In the young athletes' race, Inverness Royal Academy and Inverness **athletes** will both have two teams. The first race starts at 2 p.m., and over 500 athletes have been entered.