

SAF NORTHERN DISTRICT RELAY CHAMPIONSHIPS

Mintlaw

KEITH and District AC easily retained the senior men's title while Moray Road Runners got the better of defending champions Inverness Harriers in the women's race at Aden Country Park, Fraser Clyne reports.

In the men's contest, Mick Flynn gave Moray Road Runners an early lead over Keith's Steve Gill. But Simon Pride, Ross Arbuckle and Frankie Barton soon took control to secure the top prize for the Banffshire side.

Moray, with Jonathon Cowie, Kevin Prosser and George Sim backing up Flynn, finished second for the third time in four years while Alan Reid clocked the fastest individual lap of the day to clinch the bronze medals for Peterhead AAC.

Phyllis Mitchell, Marina Thomson and Sheila Cluley gave Moray top place in the women's event but deposed champions Inverness Harriers had the consolation of seeing Anne MacLean (Inverness) record the quickest individual stage time.

Adam Watt, Lee Buchan and Ian Arthur combined to give Peterhead AAC their first ever win in the boys championship while 13 year-old Lorna Paton, one of the youngest participants in the championships, returned the quickest time of the day in the girls race.

Men

1 Keith and District 51:06 (S Gill 13:17; S Pride 12:35; R Arbuckle 12:24; F Barton 12:50); 2 Moray Road Runners 52:37 (M Flynn 13:03; J Cowie 13:31; K Prosser 13:22; G Sim 12:41); 3 Peterhead AAC 52:53 (D Strachan 13:34; J Mundle 13:33; R Morrice 13:41; A Reid 12:05); 4 Moray Road Runners B 54:47; 5 Fraserburgh RC 57:03; 6 Minolta Black Isle 57:57; 7 Moray Road Runners 58:32; 8 Peterhead AAC B 60:15; 9 Fraserburgh RC B 61:39

Fastest: Reid 12:05; Arbuckle 12:24; Pride 12:35; Sim 12:41; Barton 12:50; Flynn 13:03

Young Athletes

1 Peterhead AAC 28:55 (A Watt 10:13; L Buchan 9:19; I Arthur 9:23); 2 Minolta Black Isle 29:29 (C Moore 10:19; C Poole 9:11; C Barnsby 9:59); 3 Peterhead AAC C 29:39 (C Aird 10:34; Z Hastie 9:41; E Cameron 9:24); 4 Fraserburgh RC 29:42; 5 Minolta Black Isle B 29:43; 6 Moray Road Runners B 30:04; 7 Moray Road Runners A 30:04; 8 Forres Harriers 30:18; 9 Minolta Black Isle C 31:33; 10 Inverness Harriers 30:53

Fastest

U17: N Cameron (Forres) 8:52

U15: C Poole 9:11

U13: B Crawford (Fraser) 10:07

Women

1 Moray Road Runners 52:04 (P Mitchell 17:17; M Thomson 17:23; S Cluley 17:24); 2 Inverness Harriers 52:58 (A MacLean 16:29; M Woodhouse 19:03; J Wilson 17:26); 3 Moray Road Runners B 56:19 (D Hardy 17:44; S Henderson 20:04; M Stewart 18:31)

Fastest: MacLean 16:29; Mitchell 17:17; Thomson 17:23

Young Athletes

1 Inverness Harriers 33:35 (J Main 11:01; R MacLean 10:49; A Campbell 11:45); 2 Moray Road Runners 34:10 (R King 11:14; J Logie 10:44; E Paterson 12:12); 3 Inverness Harriers B 34:39 (E Cole 11:07; A Watson 11:53; K McKenzie 11:39); 4 Minolta Black Isle 34:52; 5 Fraserburgh RC 35:02; 6 Forres Harriers 35:04; 7 Shetland 36:20

Fastest

U17: McKenzie 11:39

U15: Logie 10:44

U13: Paton (MBI) 10:31