

# NORTH OF SCOTLAND RELAY CHAMPIONSHIPS

## Elgin

KEITH & District AAC lost the men's title to Inverness Harriers after a four-year reign – but not without a fight.

Ross Arbuckle and world 100km champion Simon Pride pulled back all but seven seconds of a 72-second deficit at halfway, with Arbuckle's third stage time of 13:53 bettered only by the 13:50 set by Pride, recently voted Scottish male athlete of the year.

However, Inverness junior Simon MacIntyre's 40-second lead over Keith with the third best time of the day on the first leg proved decisive as Dougie Flynn extended the advantage by another 32 seconds.

Andrew Wright and Stan Mackenzie, with the next fastest legs, kept the yellow and maroon vests ahead, although Pride's come-back provided much excitement for spectators on an excellent course for both spectators and athletes.

Ann Smart set Inverness off on another repeat Inverness victory as they beat their sole opponents, Moray Road Runners, in the women's race.

Inverness, as in 1998, made it a female double with victory in the girls' race, Mhari Spence being particularly impressive on the under-15 stage.

The boys' trophy changed hands, holders BP Black Isle failing to catch Forres Harriers in another exciting finish. After Mark Mitchell and Kyle Hay had set up a lead for Forres, junior international 3,000m runner Craig Poole pulled 47 seconds back on John Mitchell who, sensing danger behind, had pulled away in the final 200m to maintain an 8-second cushion.

### **Men (4x4km)**

1 Inverness 57:31 (S MacIntyre 14:01, D Flynn 14:50, A Wright 14:13, S Mackenzie 14:27); 2 Keith 57:46 (M Turner 14:41, W Johnstone 15:22, R Arbuckle 13:53, S Pride 13:50); 3 Moray 63:47 (C Preece 15:32, E Paterson 15:34, D Stewart 16:51, R Hardie 15:50); 4 BP Black Isle 64:11 (A Campbell 14:38, D Middleton 15:57, R Wilbey 15:52, P Moodie 17:44); 5 Inverness B 65:06 (G Whyte 16:08, S Worsley 15:51, M McLean 16:25, R McDonald

16:42); 6 Forres 65:17 (K Morton 15:32, D Cowie 15:17, M Priestley 16:53, H Cameron 17:25); 7 Inverness C 75:17

**Fastest:** 1 Pride 13:50; 2 Arbuckle 13:53; 3 MacIntyre 14:01

**U17 men (3x 2.5km)**

1 Forres 28:51 (M Mitchell 10:01, K Hay 9:53, J Mitchell 8:57); 2 BP Black Isle 28:59 (R MacLennan 10:09, M Horsburgh 10:40, C Poole 8:10); 3 Moray 30:41 (G Sweeney 10:54, C Aitken 10:18, A Milne 9:29); 4 BP Black Isle B 31:00 (S Wilson 11:05, T Copley 10:39, J Stephen 9:16); 5 BP Black Isle C 32:54; 6 BP Black Isle D 33:01

**Fastest**

**U13:** M Mitchell 10:01

**U15:** Hay 9:53

**U17:** Poole 8:10

**Women (3x4km)**

1 Inverness 61:04 (A Smart 18:35, L Forbes 22:57, J Grigor 19:32); 2 Moray 65:54 (D Hardy 19:45, M Stewart 22:18, F Wardhaugh 23:51)

**Fastest:** 1 Smart 18:35; 2 Grigor 19:32; 3 Hardy 19:45

**U17 women (3x2.5km)**

1 Inverness 34:33 (R Mackenzie 12:12, M Spence 11:01, J Main 11:18); 2 Moray 38:38 (J Ritchie 13:51, R King 13:12, J Logie 11:35)

**Fastest**

**U13:** Mackenzie 12:12

**U15:** Spence 11:03

**U17:** Main 11:18