

SCOTTISH NORTH DISTRICT RELAY CHAMPIONSHIPS

Ullapool, Highland

FORRES HARRIERS improved by one position from last year to win the men's race by 12 seconds from former champions Keith & District as defending champions Moray Road Runners finished out of the medals.

The Forres quartet's all-round strength – only 37 seconds covered their four times – won the day as anchor man Kyle Greig, the fastest of the four following on from Dave Adam, Andy Ross and Paul Rogan, was not among the fastest three individuals.

Inverness Harriers retained the women's title although they had only Highland Hill Runners, whose Mairi Todd was the fastest individual of the race, with which to contend. In the girls' event there was a notable victory for Caithness AAC as the trio comprised twins Emma and Oonagh Dunnett and their older sister Sarah.

Men (4x4km)

1 Forres H 59:50 (D Adam 15:06, A Ross 15:12, P Rogan 14:57, K Greig 14:35); 2 Keith & District 60:12 (S Taylor 16:07, S Gill 15:22, R Arbuckle 14:13, M Stewart 14:30); 3 Stornoway RC 61:06 (A Dunlop 14:47, A MacKenzie 15:28, A MacMahon 15:56, M Bain 14:45); 4 Moray RR 62:06 (I Garioch 15:30, R Hardie 15:08, C Green 15:56, M Alford 15:32); 5 Lochaber 62:25; 6 Inverness H 64:56; 7 Highland Hill Runners 65:28; 8 Forres B 68:21; 9 Storn B 68:22; 10 Moray B 72:54

Fastest: H Blake (H'land HR) 14:07; Arbuckle 14:15; M Stewart 14:30; Greig 14:35; Bain 14:45; Dunlop 14:47

Young males (U13; U15; U17; 3x2.5km)

1 Moray 28:40 (M Goodfellow 10:14, D Garioch 9:34, K Wilson 8:52); 2 Storn 29:30 (L Lawson 10:07, R Jones 10:01, C McCondie 9:27); 3 Caithness AAC 30:46 (R Murdoch 10:32, D Patterson 11:07, G Taylor 9:07); 4 North Uist 31:22; 5 Stornoway RC B 32:02; 6 North Uist B 33:21

Fastest – U13: Lawson 10:07

U15: Garioch 9:34

U17: Wilson 8:52

Women (3x4km)

1 In'ness 55:56 (E Reid 18:26, M MacDougall 18:19, J Mair 19:11); 2 H'land HR 56:14 (S Hay 20:27, R Bannerman 19:20, M Todd 16:27)

Fastest: Todd 16:27; MacDougall 18:19; Reid 18:26

Young females (U13; U15; U17; 3x2.5km)

1 In'ness 33:17 (E Dunnett 10:43, O Dunnett 10:59, S Dunnett 11:35); 2 Storn 33:35 (T McLean 11:30, K Munro 11:10, J MacIver 10:55); 3 In'ness 34:05 (V Gallagher 11:53, E Black 11:26, C Fraser 10:46); 4 Storn B 34:35; 5 N Uist 38:36; 6 Storn 39:10

Fastest – U13: E Dunnett 10:43

U15: O Dunnett 10:59

U17: Fraser 10:46