

CROSS COUNTRY

North Championships at Inverness

The North District Cross Country Championships, organised by Inverness Harriers on behalf of the Scottish Cross Country Union and sponsored by the North of Scotland Milk Marketing Board, were held on Saturday at Castle Heather, Inverness, by kind permission of Messrs McKenzie, Parks, and Johnston, Collected. Changing and back-up facilities for the 300 plus competitors were at Inverness Royal Academy's Cathedral Building, and the seven events comprised four Championship events for men and boys over 11, in addition to three girls' and women's races.

It was unfortunate (that is probably the most tactful expression to use) that the host club could not raise a men's team of 6, but this was compensated for to some extent by Brian Turnbull's excellent 3rd place, and by Rod MacDonald's win in the junior championship, incorporated in the senior men's race, which was once again won by Ian MacKenzie (Forres).

Sprinters Dianne Brand (3rd) and Rosalind MacLennan (4th) along with Melanie Robertson (7th) who made a very welcome comeback on Saturday, secured an unexpected win for the Harriers in the senior women's team race.

Young Brian MacKenzie also made his mark by finishing 6th in the junior boy's race, and Donald MacMillan finished a close up second in the youth's race.

Maureen MacLeod who, like Donald and Rosalind is a pupil of Inverness Royal Academy, but who, like a couple of dozen other young Harriers was running for her school, parted company with Lynda Haygarth (Caithness), a cross country internationalist, with half a mile to go for an excellent win in the junior women's event, which is a very creditable performance for an athlete who specialises in 100 metres and 200 metres.

RESULTS

The main results were:—

Men—Senior—1 I. MacKenzie (Forres), 28 min. 20 sec., 2 B. Turner (R.A.F.), 3 B. Turnbull (I.H.); team—R.A.F. **Junior**—R. MacDonald (I.H.).

Youths — 1 C. Voice (Caithness) 20 min. 42 sec., 2 D. McMillan (I.H.), 3 T. Peden (Milnes High, Forres); team — Caithness.

Boys — Senior — 1 J. MacMaster (Lochaber) 14 min. 37 sec., 2 J. Watson (do.), 3 K. McLeod (Milburn Academy); team — 1 Lochaber, 2 Milburn. **Junior** — 1 N. Martin (Forres) 11 min. 15 sec., 2 R. Matheson (Caithness), 3 D. Holmes (Caithness); team — Dingwall.

Women — 1 A. Taylor (Caithness) 12 min. 58 sec., 2 V. Tonner (R.A.F.), 3 D. Brand (I.H.); team ~~Inverness Harriers~~ **Juniors** — 1 M. MacLeod (I.R.A.) 12 min. 38 sec., 2 L. Haygarth (Caithness), 3 D. Eaglesfield (do.); team — 1 Caithness, 2 ~~Inverness Harriers~~ **Inverness Royal Academy**.

Girls — 1 C. Maxwell (Caithness) 7 min. 35 sec., 2 C. Spiers (do.), 3 F. Frazer (do.); team — 1 Caithness, 2 Milburn Academy, 3 ~~Inverness Harriers~~ **Inverness Harriers School**.

Local runners win spoils at Inverness

Last Saturday saw Caithness Amateur Athletic Club members make the trek south to Inverness to take part in the North District Cross-Country Championships and once again they took more than a fair share of the spoils.

The first race of the day was the Girls' under 13 and Caithness could not have asked for a better

start, making a clean sweep of the trophies. Catherine Maxwell charged her class on the field from the beginning and led from start to finish, ably supported by Carey Spiers in second place and Fiona Fraser in third.

With three runners to count for the team prize Caithness won with the minimum score possible. In

fact Caithness girls dominated the whole race, having eight girls in the first 10 out of a field of 66.

Other Caithness placings were: 5, Julie Omand; 6, Tracey Spiers; 7, Fiona Andrews; 8, Sophie Mackay; 15, Julie Kanele; 20, Lorna Kennedy; 31, Elaine Gunn; 49, Sandra Lusk. Teams — 1, Caithness, 6 points; 2, Milburn, 20; 3, Inverness High School, 70.

Next race was the Junior Women under 15 race and here Caithness was expected to have the individual winner, but on this occasion Lynda Haygarth and surprisingly beaten by M. McLeod of Inverness with a much improved Debbie Eaglesfield in third place, only three seconds behind Lynda.

Ably supported by Carol Taylor in seventh place, Caithness were easy winners of the team trophy. Other Caithness placings: 14, Ann Hamblinton; 15, Rhona Hamblinton. Team places — 1, Caithness, 12 pts; 2, Inverness Royal Academy, 18; 3, Golspie, 20.

probably the most competitive race of the day, Chris Derek Taylor and Donald McMillan of Inverness ran together neck and neck for the first lap, with Gordon Cunningham about 10 yards adrift. Going into a steep hill on the second circuit, Chris made his break and was never headed from then on to take home a comfortable winner in the end.

With Donald McMillan finishing in second it looked like third and fourth to Caithness, but a great second lap by D. Pedon of Fochabers matched the bronze medal from Derek Taylor in the last 20 yards.

However, Caithness were very easy winners with Gordon Cunningham in 5th place and Bobby McRoberts finishing on excellent eighth. Teams: 1, Caithness, 19 pts; 2, Gordons, 33; 3, Leckie, 70.

VE FOOTBALL

ing, McKennie, Lornach, Jewer and Taylor. Substitutes: Sloghill and Pease.

Other match—Golspie 2, Invergorden 6.

LEAGUE TABLE

	P.	W.	D.	L.	Pts.
Golspie	16	11	2	24	
Invergorden	16	9	1	13	
Angus	11	9	0	18	
For of Ord	14	9	0	18	
Innes	12	7	2	16	
Academy	13	6	4	16	
Mar	16	6	0	16	
King	15	7	1	15	
Orkney	16	1	2	8	
Blith	15	1	2	8	
Phib.	14	0	0	0	

TOMORROW

Tomorrow Academy have Invergorden as visitors to the Harnsworth Park. In this match the Invergorden Invictus Shield will be at stake, as well as vital league points.

Can Academy keep up their winning run? They are now gone four matches in succession without conceding a goal.

With Pease scoring a league it is expected that manager Macdonald will bid either Turner or McDonald to last week's pool. After their win at Invergorden a fortnight ago and he added incentive of retaining the shield, it should be a boost for Academy by a couple of goals.

If it is a draw at the end, ninety minutes the league points will be shared. Then extra time will be played to determine the destination of the shield.

In the other matches, Innes, with ground advantage, should have something to spare over out-of-form Tain.

Mar cannot be very confident over their trip to Angus.

Derby games can be difficult to forecast. Still it can be Golspie for two days at Dornoch.

At Kintyre it will be a surprise if Mr-Pate get their first point of the season in their match with Benlith.

BRORA

Brora Rangers have again tried to secure the services of Academy captain, Derek Dewar. The big defender-cum-striker impressed Brora officials in his recent outing against Ross County. It is understood that the player has been offered reasonably attractive terms.

Although the player is keen to make his mark in Highland League football, he has agreed to stay with the Academy Club until after their exit from the North of Scotland Cup. As luck would have it, one of the first-round ties is Academy v. Brora at the Harnsworth Park on Saturday, February 11.

With such figures as £300 and £10,000 transfer fees appearing in the press, and not more than average players reputed to be receiving £400 to £500 signing-on fees, perhaps it is time the Academy management adopted a less charitable policy.

In the Dewar case, the Brora Club was informed through their Thorne agent, who incidentally is a leading figure in Caithness Amateur Association circles, that the player would be freed immediately if satisfactory compensation was paid. In other words, no compensation—no player, at least for the time being.

When informed of the verdict, the player readily agreed to the alternative proposition suggested by the Academy management.

Tribunal meets

An industrial tribunal at Inverness next Thursday is scheduled to hear a case brought by Mr John Macdonald, Laird, under the Trades Union and Labour Relations Act, 1974, against O'Brien Construction Ltd, Thurso.

WOMEN

The Senior Women's race was won comfortably by Alison Taylor who, after a very slow start, took over the lead after half a mile and was never in any danger of losing. Other Caithness placings: 6, Moira Spence; 4, Janet Swanson and 12, Janet McGilvray. In the classic team competition of the day Inverness ~~Academy~~ won the trophy with 14 points, followed by Caithness, 15 and Gordonsman third with 25.

The Junior Boys' race under 131 saw a return to form of Ronald Matheson and although beaten by N. Martin of ~~Academy~~ ~~Academy~~.

Ronald was a good runner-up, with the surprise of the day as far as Caithness were concerned of David Holmes finishing an excellent third for the bronze medal. Caithness finished third in the team race behind Disgill and Milburn only three points and one point less respectively. Other Caithness placings were: 20, Niall Bates; 21, John Johnston and 22, Calum Robbie.

In the Senior Boys' race (under 15) Lochaber A.C. had a runaway victory with their athletes taking the first four places. In the team race Caithness finished third behind Lochaber and Gordonsman. Caithness placings: 9, Angus Spence; 11, Craig Mackay; 20, Graham Whitson; 23, Alan Robertson.

However, it was back to the winning ways in the Youth's race (under 17) with Chris Voece showing his class. In what was

Police check car lights

A road safety lighting campaign is presently being carried out by the Northern Constabulary throughout the Forth Area. This will continue during the winter months.

The object of the campaign is to bring to motorists' attention all aspects of the law in relation to lighting offences. These include obligatory front and rear lights, headlamps, number plate lights, stop lights, reflectors and direction indicators. Vehicle owners are reminded that these should be maintained in working order at all times and should be checked regularly.

During the first six weeks of the campaign a total of 2029 were checked in the Highland Region. Of these 243 were found to have a lighting defect, while 65 other offences under the Road Traffic Act were detected.

Wine-making at Lieurary

Lieurary W.R.I.'s first meeting of the year welcomed Mr J. Kirk, Murkle, who gave a talk on wine-making.

Assisted by Mrs L. Mackay, he then judged the evening's competitions.

Best of Sherrhead—Mrs J. Sinclair. Knitted hat—Mrs M. Gunn.

The raffle was won by Mrs J. Campbell.