

SAF NORTHERN DISTRICT CHAMPIONSHIPS

Alness

BRITISH ultra-distance international Alan Reid won the senior men's title for the fifth time in 11 years but the much-travelled youngsters from the Hebridean islands of Stornoway and North Uist grabbed the spotlight with a series of medal winning performances, *Fraser Clyne reports*.

Reid took full advantage of the absence of three-time previous winner Simon Pride, who missed the event because he was competing in the Great South Run in Portsmouth as part of his preparations for January's Dubai marathon.

Reid, who won the first of his titles in 1989, finished over 100m ahead of Andrew Wright. Ross Arbuckle was a further 80m behind when collecting bronze for the third year in a row.

Wright led Inverness Harriers to their first team title since 1993, thereby bringing an end to Keith & District AC's five-year domination of the competition.

Stan MacKenzie (fifth), Eric Riddle (sixth), Mark MacLeod (17th), Steve Worsley (20th) and Brian MacKenzie (24th) were the other scorers for the winning side.

Martin Flynn took the M40 title when placing seventh overall, just one place ahead of UK 1500m, 5000m and 10,000m age group champion George Sim who took the M50 prize.

Forres Harriers enjoyed individual successes through Kyle Hay and Mark Mitchell in the U15 and U13 boys' races respectively, while Nairn's Donald MacAulay won the U17 title. BP Black Isle scooped all three boys age group team titles.

Julie Wilson outgunned defending champion Siobhan Evans to win the women's race in which Anne MacLean was top veteran in third position overall.

Wilson and MacLean also led their club to a sixth consecutive team victory, with Linda MacLennan completing the scoring in eighth.

Inverness celebrated further success by winning all three medals in the U17 women's competition - with Mhari Spence, Jennifer Main and Fiona Spence

taking the honours.

Stephanie Reynolds collected the U15 title, but the Stornoway trio of Niketa Ferguson (second), Kirsty MacLeod (third) and Annmarie Mackay (fourth) clinched the team prize.

North Uist runners made the long trip from the Western Isles worthwhile by dominating the U13 race and thus giving the Hebridean island its first ever team and individual titles in the history of these championships.

Helen Haxby won individual gold, while her clubmates Kareen Currie (second) and Seonaid Carruthers (third) made sure of a clean sweep of the other prizes.

Men

1 A Reid (P'head) 35:29; 2 A Wright (I'ness) 35:54; 3 R Arbuckle (Keith) 36:09; 4 M Bain (S'way) 36:25; 5 S MacKenzie (I'ness) 36:51; 6 E Riddle (I'ness) 36:54; 7 M Flynn (Moray, M40) 37:00; 8 G Sim (Moray, M50) 37:20; 9 C Shearer (Orkney) 37:50; 10 T Dawes (Forres) 37:59; 11 F Barton (Keith, M40) 38:05; 12 M Turner (Keith) 38:07; 13 A Dunlop (S'way), M40) 38:13; 14 B Foreman (Moray) 38:33; 15 D Cowie (Forres, M40) 38:39; 16 W Johnstone (Keith) 38:50; 17 M MacLeod (I'ness, M40) 38:56; 18 P Rogan (Forres) 39:02; 19 M Ellis (Forres) 39:06; 20 S Worsley (I'ness) 39:13; 21 A Black (Forres) 39:20; 22 A Watt (Forres, M40) 39:37; 23 M Stewart (Keith) 39:50; 24 B MacKenzie (I'ness) 39:53; 25 E Paterson (Moray, M40) 39:58

U20: 1 C Preece (Moray) 40:04; 2 G Jeans (Moray) 40:15

TEAM: 1 Inverness Harriers 74; 2 Keith and District 94

VET TEAM: Moray Road Runners 40

U17

1 DJ McAulay (Nairn) 23:17; 2 I O'May (Forres) 24:47; 3 J Stephen (Black I) 25:25; 4 A O'May (Forres) 26:23; 5 R MacDonald (I'ness) 27:00; 6 B McLelland (Black I) 28:34; 7 T Copley (Black I) 33:12

TEAM: BP Black Isle 16

U15

1 K Hay (Forres) 20:24; 2 S Rodger (Lochaber) 20:34; 3 J MacLean (S'way) 21:40; 4 J Devine (Black I) 22:19; 5 G Mutch (Fraser) 22:23; 6 N Hay (Fraser) 23:17; 7 G Sweeney (Moray) 24:25; 8 P Banks (N Uist) 25:17; 9 K Urquhart (Black I) 27:11; 10 S MacDonald (Black I) 27:18; 11 A Edwards (S'way) 28:04; 12 S Milne (Black I) 30:02; 13 A Carruthers (N Uist) 30:02; 14 S MacLeod (S'way) 36:29

TEAM: 1 BP Black Isle 23; 2 Stornoway 28

U13

1 M Mitchell (Forres) 13:12; 2 D Wood (Black I) 14:55; 3 L Taylor (Black I) 14:58; 4 J Murray (S'way) 15:04; 5 S MacDonald (S'92way) 15:13; 6 S Sutherland (Black I) 15:14; 7 A MacDonald (I'ness) 15:27; 8 M Frame (S'way) 15:45; 9 R MacDonald (Black I) 15:51; 10 F MacDonald (Black I) 15:52; 11 D Banks (N Uist) 15:59; 12 B Hay (Fraser) 16:05; 13 A Gilbert (S'way) 16:30; 14 R MacLeod (N Uist) 17:34

TEAM: 1 BP Black Isle 11; 2 Stornoway 17

Women

1 J Wilson (I'ness) 28:03; 2 S Evans (Forres) 28:25; 3 A MacLean (I'ness, W35) 29:53; 4 A Tulloch (Nairn) 31:22; 5 L MacLennan (I'ness) 34:42; 6 M Stewart (Moray, W35) 34:55; 7 B Bowie (Moray, W35) 35:09; 8 S Henderson (Moray) 35:41; 9 L Cowie (Moray) 39:11

TEAM: 1 Inverness Harriers 8; 2 Moray Road Runners 21

U17

1 M Spence (I'ness) 22:30; 2 J Main (I'ness) 23:31; 3 F Spence (I'ness) 25:17

TEAM: Inverness Harriers 6

U15

1 S Reynolds (Elg) 16:26; 2 N Ferguson (S'way) 19:02; 3 K MacLeod (S'way) 19:06; 4 A Mackay (S'way) 19:54

TEAM: Stornoway 9

U13

1 H Haxby (N Uist) 12:41; 2 K. Currie (N Uist) 13:03; 3 S Carruthers (N Uist) 13:05; 4 R MacKenzie (I'ness) 13:07; 5 M MacDougall (N Uist) 13:35; 6 K Archibald (Moray) 13:43; 7 J Ritchie (Moray) 13:45; 8 J Bannerman (I'ness)

13:45; 9 F Ferguson (N Uist) 14:23; 10
J Balfour (Inness) 15:17; 11 K
MacDonald (N Uist) 15:43; 12 L MacKay
(Caith) 18:13; 13 K MacDonald (Caith)
19:42

TEAM: 1 North Uist 6; 2 Inverness
Harriers 22