

NATIONAL CROSS COUNTRY RELAY CHAMPIONSHIPS 1984

Dear Club Secretary

On behalf of Mr J Cherry, President of the Cross Country Union and his Committee, Mrs V Cowieson and her staff at the Linwood Sports Centre also Mr W Toole, President of Linwood Pentastar AC and his Committee I Would like to thank your club for participating in the National Relays on Saturday 27 October 1984.

I trust you found both the course and the facilities at the Linwood Sports Centre to your satisfaction.

I would like to take this opportunity to thank Mr Brian Goodwin for all of the work he contributed in the running of the National Relay Championships on behalf of Linwood Pentastar AC.

P.C. McAtier
Secretary
Linwood Pentastar AC

P.C. McAtier

Senior/Junior Athletes

1. Edinburgh Southern 46.42
C Hunter 12.05, K Lyall (5) 11.49, J Robson (1) 11.11
C Henderson (1) 11.37
2. Spango Valley 'A' 47.17
P Connaghan (7) 11.58, C Spence (4) 11.48, L Spence (2) 11.44,
C Leck (2) 11.47
3. Bellahouston H 'A' 47.29
H Cox (5) 11.55, A McAngus (2) 11.44, A Daly (4) 12.11,
C Braidwood (3) 11.39
4. Kilbarchan AAC 47.36
R Hawkins (12) 12.04, A Puckrin (3) 11.38, C Wallace (5) 12.13
R Quinn (4) 11.42
5. Falkirk Victoria H 47.57
J Pentecost (11) 12.03, J McGarna (11) 12.09, G Mitchell (6) 11.51
D Bain (5) 11.54
6. Cambuslang H 'A' 48.06
D McShane 12.05, J Orr (8) 11.57, E Stewart (3) 11.45,
C Thomson (6) 12.19
7. Dundee Hawkhill H 48.17
H McKay (9) 12.03, G Ross (10) 12.08, J Hepburn (9) 12.23,
C.A. Haskett (7) 11.43
8. Bellahouston H 48.33
R Fitzsimmons (20) 12.16, T Coyne (16) 12.07, G Getty (7) 12.07
P Fleming (8) 12.03
9. Falkirk Victoria H 49.02
J Evans (8) 12.03, I Johnston (9) 12.05, D Gibson (8) 12.24,
D Easton (9) 12.30
10. Greenock Glen. H 49.19
T Murray (4) 11.51, W Dunn (14) 12.29, R Hodelet (10) 12.16,
B McGuinness (10) 12.43
11. Cambuslang H 'B' 49.27
T Rhodes (26) 12.26, T Ulliott (23) 12.21, E Turnbull (14) 12.28,
P Morris (11) 12.12
12. Edinburgh Southern 49.30
E Cameron (15) 12.06, K Smith (25) 12.58, C Mathison (13) 12.09
N Thin (12) 12.17
13. Springburn 'A' 49.47
J Cooper (30) 12.41, A Callan (13) 11.56, S Haddon (12) 12.55,
A McIndoe (13) 12.35
14. Law & District AAC 'A' 49.56
H Forgie (10) 12.03, J McNeil (7) 11.59, J Rowley (18) 13.15,
W Dickson (14) 11.39
15. East Kilbride AAC 'A' 50.03
I Archibald (2) 11.48, C Grant (18) 12.36, G Colvin (15) 12.52,
G Haddow (15) 12.47
16. Fife AC 50.07
M McNaught (31) 12.42, T Mitchell (12) 11.33, T Ross (16) 13.02,
A Farningham (16) 12.51
17. Greenock Well. H 50.14
J Duffy (16) 12.08, D McFadyen (19) 12.19, D Docherty (24) 13.28,
G Gaffney (17) 12.19
18. Bellahouston H 50.15
F Clement (18) 12.12, J Hendry (24) 12.39, H Scott (20) 12.36,
C Joss (18) 12.48
19. St Andrews Univ 'A' 50.22
M Strachan (23) 12.25, H McLure (20) 12.12, J Hoggarth (19) 12.41,
E Kelly (19) 13.04

20. Spango Valley 'B' 50.40
T Wilkie (19) 12.14, L Stewart (15) 12.09, I Gallagher (17) 12.54,
D Campbell (20) 13.23
21. Teviotdale H 'A' 50.52
R Elliot (27) 12.30, A Walker (22) 12.11, M Skeldon (22) 12.58,
B Neilson (21) 13.13
22. Ayr Seaforth AC 50.55
G Wight (29) 12.35, B Whittle (33) 12.56, R Hill (29) 12.56,
J Thomson (22) 12.28
23. Clydebank AC 50.56
I Marshall (34) 12.47, G Millar (21) 11.52, M Gallagher (25) 13.26,
D Williams (23) 12.51
24. Edinburgh Univ 'A' 50.59
A Fox (41) 13.02, A Smith (30) 12.22, R Boyd (31) 13.10,
C McLean (24) 12.25
25. Glasgow Univ 51.00
N Walker (17) 12.11, A Wilson (6) 11.50, A McCormick (11) 13.06,
A Kinniburgh (25) 12.53
26. Hunters Bog Trotters 51.02
R Elliott (42) 13.04, B Blair (44) 12.59, R Thomas (35) 12.41,
S Gibson (26) 12.18
27. Kilbarchan AAC 51.12
G Fairley (22) 12.21, A Ross (32) 13.03, R Gardiner (27) 12.49,
W Toole (27) 12.59
28. Cambuslang H 'C' 51.13
R Anderson (36) 12.53, C Feechan (34) 12.42, A Bain (28) 12.45,
W Mitchell (28) 12.53
29. Victoria Park AAC 'A' 51.34
K Penrice (33) 12.46, P Wilson (26) 12.24, M Bately (23) 12.41,
B Kelman (29) 13.43
30. Falkirk Victoria H 51.42
G Grindley (53) 13.14, R Adams (39) 12.35, G Grieve (36) 12.59,
W Day (30) 12.54
31. Shettleston 'A' 51.43
J Mudie (6) 11.58, B McMonagle (29) 13.23, J Ross (26) 12.49,
P McMahon (31) 13.33
32. Clydesdale H 51.44
J Pearson N.T. M McDonald (28) N.T. , D McDonald (30) 13.12,
P Doran (32) 13.14
33. Edinburgh South N 51.50
R Elphinstone (39) 13.02, J Elphinstone (31) 12.22, B Howie (33) 13.17,
G Steel (33) 13.09
34. Aberdeen University 'A' 51.55
F Dunphy (25) 12.26, D Sheldon (37) 13.17, P Strong (37) 13.08,
R Davies (34) 13.04
35. Irvine AC 51.58
C Miller (28) 12.34, B Morrison (42) 13.24, J Sneddon (38) 13.02,
A Rennie (35) 12.58
36. Greenock Glen H 52.03
P Duffy (40) 13.02, I Cameron (40) 12.52, R Boyd (39) 13.07,
A Curran (36) 13.02
37. Dundee Hawkhill H 52.05
S Kerr (38) 12.59, S Borland (38) 12.45, B Cook (34) 12.58,
G Bell (37) 13.23
38. Edinburgh Southern 52.05
J Divine (45) 13.07, G Faulds (43) 12.53, S Hughes (32) 12.38,
G Túrton (38) 13.25
39. Bellahouston H 52.18
A Smith (44) 13.06, J Lygate (48) 13.10, S Johnstone (41) 12.48,
J Charles (39) 13.14

40. Vale of Leven 'A' 52.29
C Brown (70) 13.36, A Paterson (57) 13.06, R Hurt (49) 13.06,
B Pitt (40) 12.41
41. Westerlands 'A' 52.32
D Calder (60) 13.19, T Logue (53) 13.15, W Reid (42) 12.51,
A Lochart (41) 13.26
42. Dundee Univ 52.37
S Marshall (3) 11.50, R Barrie (1) 11.49, L King (21) 13.57,
V Path (42) 15.01
43. Maryhill H 'A' 52.40
M Gallacher (24) 12.26, W Burns (35) 13.11, G Grubb (44) 13.31
K Low (43) 13.32
44. Heriot-Watt Univ 52.41
N Owen (58) 13.17, T O'Hara (36) 12.14, A Munro (40) 13.21,
K Leetch (44) 13.39
45. Central Region 52.46
R Cameron (1) 11.40, C Currie (27) 13.31, K Mansell (45) 13.57,
M Marshall (45) 13.38
46. Kilbarchan AAC 52.50
M McGinlay (37) 12.55, W McAleer (46) 13.13, D Patterson (48) 13.39
G Gibson (46) 13.03
47. Edinburgh Univ 53.08
R Brown (54) 13.15, D Gould (52) 13.06, T Ross (47) 13.23,
P Cunningham (47) 13.24
48. Linwood Pentastar 53.11
G Tenney (32) 12.44, I Kenneth (49) 13.32, J Reynolds (43) 12.51
J McPhee (48) 14.04
49. Teviotdale H
A Clyne (63) 13.27, W Knox (56) 13.14, M Davidson (51) 13.17
N Dalgetty (49) 13.35
50. Greenock Glen. H 53.35
R Mitchell (79) 13.54, P Russell (62) 13.07, J Docherty (55) 13.13
R Clearly (50) 13.21
51. Dumbarton AAC 53.40
T McCall (51) 13.14, H Martin (64) 13.55, B McLaughlin (56) 13.08,
F Cooney (51) 13.23
52. East Kilbride AAC 53.44
H Wilson (55) 13.16, E Reid (54) 13.22, R Rowald (46) 13.00,
D Cowan (52) 13.06
53. Gala H 54.02
W.S. Anderson (35) 12.48, N Renton (45) 13.19, C Stewart (54) 14.06,
J Forbes (53) 13.49
54. Spango Valley 'C' 54.07
D McGarrity (56) 13.16, M Coyle (51) 13.03, D Kerr (50) 13.34
B Johnston (54) 14.14
55. Greenock Glen. H 54.14
W Jackson (50) 13.14, F McGroarty (59) 13.37, D Murray (53) 13.21,
C Miller (55) 14.02
56. Bellahouston H 54.18
J McNeill (78) 13.50, R Stoddart (72) 13.36, G McGregor (64) 13.31,
J Sherry (56) 13.21
57. Garscube H 54.19
D Geddes (48) 13.11, S Cullen (58) 13.33, S Smith (59) 13.56,
S McWilliams (57) 13.39
58. Hunters Bog Trotters 54.28
R Williamson (59) 13.17, L Edwards (65) 13.55, B Gray (58) 13.16,
A Hargreaves (58) 14.00
59. Fife ^C 54.31
S Asher (52) 13.14, D Gunstone (47) 12.55, P Lowe (52) 13.54,
A McGillwray (59) 14.28

60. Cambuslang H 'D' 54.32
A Graham (43) 13.04, P Preston (41) 12.53, M Johnstone (57) 14.27,
A Gemmel (60) 14.08
61. Irvine AC 54.44
J McCaig (64) 13.30, D King (71) 13.54, D Scobie (72) 14.02,
F Collier (61) 13.18
62. Edinburgh South N 54.48
P Shaw (88) 14.04, R Lyall (77) 13.33, J McLaughlin (71) 13.40,
M Craven (62) 13.31
63. Dalry Thistle AC 54.41
J Keen (87) 14.02, I Auchie (66) 13.10, A McDowall (62) 13.34,
J Auchie (63) 14.05
64. Spango Valley 54.52
C Burns (76) 13.50, A Irvine (63) 13.18, G Spence (66) 13.54,
D Olding (64) 13.50
65. Aberdeen University 54.54
J Carolan (82) 13.57, A MacLeod (79) 13.54, M Marlare (70) 13.25,
D Spalding (65) 13.38
66. Kilbarchan AAC 55.00
A Goldie N.T. D Petrie (70) N.T., G Martin (68) 13.46,
I Blair (66) 13.51
67. St Andrews Univ 55.06
R Greenwood (75) 13.42, S Langdon (55) 12.58, J Kewley (69) 14.35,
S Thompson (67) 13.51
68. Clydebank AC 55.19
P Bonnar (69) 13.36, J McLaughlin (67) 13.38, G Nuggent (61) 13.31
G Burns (68) 14.34
69. Maryhill H 52.23
G Robertson (71) 15.36, S Lydon (61) 13.23, J Thomas (67) 14.04,
J Lanigan (69) 14.20
70. Victoria Park AAC 55.26
D Paton (86) 14.01, J Doyle (81) 13.57, W Parker (73) 13.33,
D Harvie (70) 13.55
71. Westerlands 'B' 55.34
D McKay (77) 13.50, A Cameron (78) 13.56, A Blackley (75) 14.02,
H Galbraith (71) 13.46
72. North Merchiston 55.37
E Ross (61) 13.20, S Cochrane (69) 13.58, E Davidson (74) 14.14,
D Law (72) 14.05
73. Larkhall YMCA 55.43
S Allison (49) 13.12, J McFarlane (50) 13.07, P Cowan (60) 14.21
K Morrison (73) 15.03
74. Greenock Well. H 55.52
A Docherty (105) 14.37, E McKerrel (105) 14.31, G King (82) 13.17,
D Stoddart (74) 13.27
75. Ferranti AAC 56.03
R Brown (91) 14.31, R Nicolson (89) 13.58, S Dredge (79) 13.49,
M Fraser (75) 14.03
76. Dumbarton AAC 56.11
F Caldwell (96) 14.25, D Stevenson (82) 13.36, I McWatt (80) 14.07,
E Brogan (76) 14.03
77. Gala H 56.34
G.F. Meikle (93) 14.19, T Kerr (87) 13.48, J Hunter (77) 13.45,
R Fitch (77) 14.42
78. Greenock Glen H 56.36
A Crossan (112) 14.53, R Dollan (100) 13.57, E Currie (83) 13.45,
J McCready (78) 14.01
79. Pitreavie AAC 56.38
J Young (68) 13.34, M Healy (68) 13.43, A A Russell (63) 13.35,
R Cherrie (79) 15.46

80. Stonehouse AAC 57.02
A Ross (47) 13.10, J Templeton (85) 14.52, J Hendry (85),
J Adkin (80) 14.16
81. Springburn 57.05
S McLean (72) 13.39, B Meechan (96) 14.54, M Montgomery (97) 14.56,
S Murphy (81) 13.36
82. Springburn
T Hoy (65) 13.30, G Biggam (88) 14.40, E Dickson (76) 13.41,
R McBrearty (82) 15.20
83. Kilbarchan AAC 57.13
J Bremner (62) 13.22, J Pender (73) 14.05, J Rodger (81) 14.47,
W Hewitt (83) 14.59
84. Garscube H 57.14
J Alexander (85) 13.58, S McGlynn (99) 14.48, D Spencer (96) 14.31,
A McLachlan (84) 13.57
85. Edinburgh Univ 57.22
T Farquhar (95) 14.23, M Hordern (93) 14.05, A McNair (88) 14.23,
D Cheseldean (85) 14.31
86. East Kilbride AAC 57.23
G Reid (80) 13.54, K Clements (76) 13.40, D Turnbull (90) 15.24,
F Bias (86) 14.25
87. Law & District AAC 57.24
H Walker (89) 14.07, S O'Connor (90) 14.07, W Scoulor (86) 14.34,
W Struthers (87) 14.36
88. East Kilbride AAC 57.27
D McKirdy (107) 14.43, G McKirdy (101) 14.09, M McCann (92) 14.14,
R Gibson (88) 14.21
89. Ferranti AAC 57.32
J Mitchell (99) 14.31, T Ridley (92) 13.54, G Ross (94) 14.46,
A Jackson (89) 14.21
90. Irvine AC 57.56
T Wood (46) 13.08, J Docherty (80) 14.47, J Morton (89) 14.57,
W Melville (90) 15.04
91. Vale of Leven 'C' 58.13
D Lambert (98) 14.31, R Cameron (108) 14.59, A Wilson (99) 14.22,
J Harrison (91) 14.21
92. Vale of Leven 'B' 58.16
P Murphy (111) 14.53, G Lamb (95) 13.36, D Harrison (87) 13.22,
G Wilson (92) 15.25
93. Greenock Glen. H 58.28
D McNeil (90) 14.10, W Paterson (74) 13.17, D Childs (84) 15.10,
W Hamill (93) 15.51
94. Teviotdale H 58.29
P Haddock (119) 15.20, A Fair (106) 14.01, R Hodgins (98) 14.16,
S Bennett (94) 14.52
95. Linwood Pentastar 58.31
D Smith (108) 14.44, S Anderson (110) 14.50, J McGuinness (93) 13.36,
J Sands (95) 15.21
96. Shettleston 'B' 58.37
J Morrison (83) 13.57, J McMonagle (94) 14.32, C Ross (91) 14.36,
H Inglis (96) 15.32
97. Dundee Hawkhill H 58.54
A Birse (67) 13.32, S Cooney (91) 14.44, G Johnston (95) 15.00
E King (97) 15.38
98. Spango Valley 'E' 58.56
I Hopkins (104) 14.36, S Hodge (109) 14.55, J Mitchell (101),
H Speirs (98) 14.58
99. Glasgow University 59.43
J McLellan (120) 15.21, A Kenworthy (119) 15.44, P Shering (105) 14.10,
R Smithsen (99) 14.28

100. Dundee Hawkhill H 60.11
G Stoddart (66) 13.32, J Clark (114) 16.26, B Angus (103) 14.35,
J Phelin (100) 15.38
101. Kilbarchan AAC 60.19
D Mullins (110) 14.53, A Smith (115) 15.07, R Barr (106) 15.25,
H Ross (101) 14.54
102. Clydesdale H 60.35
D Gibson (92) 14.18, J Hanratty (86) 13.47, G Ray (100) 15.49
P Rudzinski (102) 16.41
103. Spango Valley 60.37
J Gallagher (118) 15.18, A Page (††7) 14.57, J Reid (110) 15.46
J Brannigan (103) 14.36
104. Garscube H 61.20
D Hepple (106) 14.39, A Parker (104) 14.27, I McDonald (104) 15.52,
D Shields (104) 16.22
105. Kilbarchan AAC 62.57
E Taylor (126) 15.45, T Dorrington (125) 15.48, R Price (111) 15.06,
I McFadyen (105) 16.18
106. Stonehouse AAC 63.15
R Graham (101) 14.32, A McKenna (112) 15.14, B McBrearty (107) 15.58
A Sandilands (106) 17.31

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Incomplete Teams

Ayr Seaforth

- D Brackenridge (97) 14.30, I Baird (83) 13.31, D Strain (78) 13.54
- Cambuslang H
D Henderson (102) 14.33, F Hurley (107) 14.56, M Sutherland (108) 16.25
- Clydebank AC
B Bates (117) 15.11, M Allison (126) 16.52, J Fitzsimons (113) 16.01
- Clydesdale H
S Hoggan (21) 12.19
- Clyde Valley
K Newberry (13) 12.05, D Marshall (17) 12.18
- Dumbarton AAC
D Pollard (84) 13.58, A Buddy (84) 14.03,
- Dundee University
A Smith (116) 15.09
- East Kilbride AAC
H Turner (125) 15.35, J McAllister (122) 15.47
- Falkirk Victoria H
G McArdle (81) 13.56, J Lawson (111) 15.44
- Ferranti AAC
E McDonald (113) 14.54, J Cutland (118) 15.28
- Fife AC
B Melville (73) 13.40, D Hendry (75) 13.54
- Gala H
M Bennett (103) 14.36, C McArthur (102) 14.22
- Garscube H
J Stewart (94) 14.21, R Weir (98) 14.23, J Flood (109) 16.20
- Irvine AC
P Wilson (115) 15.06, W Loudon (97) 13.30

Incomplete Teams

Kilbarchan AAC

A Shelley (131) 18.55, B Evans (128) 14.23

Law & District AAC

W Drysdale (121) 15.22, F Kelly (103) 13.43

Linwood Pentastar

S Cameron (128) 16.30

Maryhill H

P Burns (130) 17.03, J Biggan (123) 14.22,

Pitreavie AAC

K Duncan (123) 15.28, E Hodsden (121) 15.51

St Andrews University

A Kay (100) 14.32, A Work (††6) 15.42

Spango Valley

L McMahan (127) 16.19, D Martin (127) 16.23

Springburn

D Wilmoth (129) 16.35, R Wilson (124) 14.48, D Tracie (112) 15.53

Vale of Leven

A McGhee (122) 15.25, R Young (120) 15.53, A McEwan (102) 12.45

Victoria Park AAC

R Wood (124) 15.34, L Petrie (129) 18.02

Westerlands

C McAdam (109) 14.49, S Wilson (113) 14.05

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Fastest Lap J Robson 11.11 - Edinburgh Southern

NATIONAL CROSS COUNTRY RELAY CHAMPIONSHIPS 1984

Young Athletes

1. Clydebank AC 'A' 36.58
J Cullen (7) 13.23, J Monaghan (3) 12.16, B Donnelly (1) 11.19
2. Law & District 'A' 36.58
J Brown (18) 13.43, N McInnes (10) 12.15, A Russell (2) 11.00
3. E.S.H. 'A' 37.00
C Lindsay (21) 13.53, E Cameron (12) 12.13, T Hanlon (3) 10.54
4. Victoria Park AAC 'A' 37.16
S Barnett (10) 13.28, I Logan (1) 11.56, M Wallace (4) 11.52
5. Kilbarchan AAC 'B' 37.21
T Graham (1) 12.53, S Douglas (2) 12.44, P Mayler (5) 11.44
6. Shettleston H 37.30
R Cameron (27) 14.01, I McInally (14) 12.06, A Swann (6) 11.23
7. Clyde-Valley AAC 37.36
P Shannon (13) 13.35, D Gardiner (4) 12.06, I McLuckie (7) 11.55
8. Kilbarchan AAC 'A' 37.40
W Adams (5) 13.20, A Walsh (8) 12.38, T Hearle (8) 11.42
9. Ayr Seaforth 'A' 37.50
D Logan (4) 13.16, J Dupuy (11) 12.50, J Graham (9) 11.44
10. Clydebank AC 'B' 37.51
A Russell (15) 13.04, G Stewart (6) 12.07, C Docherty (10) 12.04
11. Bellahouston H 'A' 38.03
L Mason (26) 14.00, B Dunsmore (9) 11.58, G McCann (11) 12.05
12. E.A.C. 'A' 38.06
T Dunnigan (12) 13.34, C Neilson (13) 12.33, G Brown (12) 11.59
13. Pitreavie 'A' 38.20
J Hemmings (2) 13.12, G Bowman (16) 13.04, M Puller (13) 12.04
14. E.A.C. 'B' 38.22
P Dewar (3) 13.13, M Steele (15) 12.56, T Fairbairn (14) 12.13
15. Teviotdale H 'A' 38.23
S Rae (19) 13.46, C Murphy (18) 12.39, C Nichol (15) 11.58
16. Cambuslang H 'A' 38.50
G Simpson (6) 13.22, A Stark (7) 12.32, P Grady (16) 12.56
17. Clyde Valley AAC 'B' 38.51
S Fox (11) 13.32, J Donnelly (19) 13.04, T Quinn (17) 12.15
18. Clyde Valley AAC 'C' 38.59
R Campbell (31) 14.15, G Robertson (22) 12.32, J McLuckie (18) 12.12
19. Victoria Park AAC 'B' 39.10
S Gorman (40) 14.29, F McGowan (23) 12.19, G Lawson (19) 12.22
20. Livingston & District 'A' 39.10
G Bailey (22) 13.54, S Bailey (31) 13.14, M Bingham (20) 12.02
21. East Kilbride 'A' 39.17
A Smith (9) 13.28, E Hamilton (29) 13.37, C Brydon (21) 12.12
22. Central Region AC 39.18
K Leitch (28) 14.08, M Currie (20) 12.29, R Allan (22) 12.41
23. Greenock Glenpark 'A' 39.19
P Murray (17) 13.43, R Mooney (5) 12.00, S McIntosh (23) 13.36
24. Kilbarchan AAC 'C' 39.26
J Muir (37) 14.27, C McLean (37) 13.07, B Hawkins (24) 11.52
25. Garscube H 'A' 39.28
J McKinnon (53) 14.58, S Marshall (33) 12.11, C Sampson (25) 12.19
26. Pitreavie 'B' 39.32
A Paisley (43) 14.36, I Cumming (32) 12.33, D Arnott (26) 12.24
27. Victoria Park AAC 'C' 39.36
S Low (36) 14.26, R Player (26) 12.25, D Innes (27) 12.45

2.

28. Falkirk Victoria H 'A' 39.27
B Gorman (14) 13.39, A McNab (7) 12.44, H McCulloch (28) 13.04
29. Apr Seaforth 'B' 39.37
I Craig (16) 13.42, J Graham (27) 13.10, J Carroll (29) 12.45
30. E.A.C. 'D' 39.40
C McNamara (24) 13.56, E Stark (38) 13.29, A Donnachie (30) 12.15
31. Clyde Valley AAC 'D' 39.45
R Lindsay (44) 14.37, D Houston (30) 12.30, S Quinn (31) 12.38
32. Victoria Park AAC 'D' 39.52
I Storer (46) 14.39, B McKay (35) 12.33, I Stirrat (32) 12.50
33. E.S.H. 'B' 39.53
R Bryce (39) 14.27, L Orr (43) 13.23, J Hughes (35) 12.03
34. Livingston & District 'B' 39.54
A Mason (34) 14.19, D McGreggor (48) 13.46, S Campbell (34) 11.49
35. Clydesdale H 'A' 39.55
W Ramsay (30) 14.10, G Divers (28) 12.46, L Pearson (35) 12.59
36. Law & District 'B' 40.12
M Short (67) 15.15, B Cunningham (49) 12.53, A Ramage (36) 12.04
37. George Herriots School 40.15
m M Pawlowski (8) 13.25, P Edwards (36) 13.56, J Clyde (37) 12.54
38. Clydebank AC 'C' 40.21
M Buckley (25) 13.58, T McCauley (25) 12.51, I Darroch (38) 13.32
39. Cambuslang H 'B' 40.29
C Smyth H (23) 13.55, B Murray (21) 12.51, A McAloney (39) 13.43
40. E.A.C. 'C' 40.31
D Lowe (42) 14.35, S Douglas (41) 13.11, W Wright (40) 12.45
41. Larkhall YMCA 'A' 40.33
A McLean N.T. R Hannah (44) 27.51, F Higgins (41) 12.42,
42. Falkirk Victoria H 'B' 40.45
G Gorman (20) 13.52, J Den-Kaat (34) 13.19, I McLennan (42) 13.34
43. Teviotdale H 'B' 40.50
C Campbell (33) 14.18, D Riddel (47) 13.45, B Law (43) 12.47
44. Kirkintilloch Olympiads 40.58
S MoSorley (70) 15.21, B Day (53) 12.53, D Goutcher (44) 12.44
45. E.S.H. 'C' 41.01
S Clements (59) 15.05, C Bruce (50) 13.05, S Chambers (45) 12.51
46. Bellahouston H 'C' 41.03
S Devine (55) 15.00, G Stewart (46) 13.02, P McDevitt (46) 13.01
47. Cambuslang H 'C' 41.04
G McGugan (47) 14.40, D Graham (39) 12.50, S Newton (47) 13.34
48. Hamilton H 'B' 41.16
G McGurk (48) 14.41, M Gallacher (54) 13.37, T McMurray (48) 12.58
49. Clydebank AC 'D' 41.21
D Reid (35) 14.22, J Divers (42) 13.20, A McKenna (49) 13.33
50. Livingston & District 'C' 41.23
P Taylor (75) 15.35, S Akers (62) 13.23, J McKenzie (50) 12.25
51. Sprinburn H 41.31
S McInally (83) 16.00, D Paterson (74) 13.32, A Chalmers (51) 11.59
52. Pitreavie 'D' 41.41
G Garboni (58) 15.04, B Proudfoot (61) 13.48, S Paterson (52) 12.49
53. Clyde Valley AAC 'E' 41.46
J Muir (51) 14.54, I Black (45) 13.01, G Waterson (53) 13.51
54. East Kilbride 'B' 41.48
N Sharp (65) 15.12, G Fegen (65) 14.02, S Marriot (54) 12.34

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55. Clydesdale H 'C' 41.49
J Mullen (32) 14.16, G Young (52) 13.57, R Timpany (55) 13.36
56. Pitreavie 'C' 41.57
F Brayon (60) 15.07, A Bruce (71) 14.19, I McPherson (56) 12.29
57. Clyde Valley AAC 'D' 41.58
A Woodward (56) 15.01, F Togneri (55) 13.18, F O'Rourke (57) 13.39
58. Victoria Park AAC 'E' 41.59
J Aderinto (74) 15.35, A Begbie (63) 14.34, G Scott (58) 12.54
59. Larkhall YMCA 'B' 42.02
S Ferguson (50) 14.54, M Wyper (60) 13.52, M McLaughlin (59) 13.16
60. Greenock Wellpark H 42.03
G Martin (45) 14.38, B Martin (76) 15.18, D McNish (60) 12.07
61. Teviotdale H 'C' 42.08
G Pringle (63) 15.11, R Duff (66) 14.04, J Thompson (61) 12.53
62. E.S.H. 'D' 42.09
P Brown (71) 15.23, R Jenner (69) 14.00, C Blakebell (62) 12.46
63. Dundee Hawkhill H 42.29
E Greig (49) 14.52, T Greig (75) 14.45, K Bowman (63) 12.52
64. East Kilbride 'C' 42.36
B O'Neill (69) 15.18, D Ross (70) 14.10, D White (64) 13.08
65. Fyfe AC 42.43
A Christie (78) 15.41, C Paterson (67) 13.36, R Balfour (65) 13.26
66. Clydesdale H 'B' 42.45
I Boyle (82) 15.53, C Stewart (72) 13.36, A Brown (66) 13.36
67. Hamilton H 'A' 43.08
I McGurk (38) 14.27, R McCarroll (68) 14.53, J McGillivray (67) 13.48
68. Law & District 'C' 43.08
K Stirrat (87) 16.27, D Forrest (80) 13.52, G Aitchison (68) 12.54
69. Maryhill H 43.14
P McLean (76) 15.36, J McLaughlin (77) 14.29, D Shearon (69) 13.09
70. Clydebank AC 'E' 43.34
B O'Brien (61) 15.10, M McBride (56) 13.12, S Malcolm (70) 15.12
71. Falkirk Victoria H 'C' 43.52
T Nimmo (68) 15.17, G Parsons (57) 13.08, C Grieve (71) 15.27
72. Larkhall YMCA 'D' 43.55
W McTaggart (85) 16.05, D Baxter (79) 14.11, S Murray (72) 13.39
73. Dumbarton AAC 43.57
J Harrigan (84) 16.00, A Flaws (89) 14.57, C Martin (73) 13.00
74. Cambuslang H 'D' 43.59
S McKenzie (89) 16.29, N Trueman (88) 14.15, S McAllum (74) 13.15
75. Garscube H 'B' 44.02
G Richardson (54) 14.59, J Archer (82) 15.25, S McNiell (75) 13.38
76. Victoria Park AAC 'F' 44.02
G Blair (79) 15.41, B Gray (84) 14.50, J Ajao (76) 13.37
77. Kilbarchan AAC 'E' 44.24
P Johnson (96) 17.29, B Kirkwood (92) 14.15, R Furlong (77) 12.40
78. Larkhall YMCA 'C' 44.33
F McLeod (72) 15.27, G Morrison (87) 15.17, C Merriweather (78) 13.49

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79. Clydebank AC 'F' 44.40
P Orme (62) 15.10, C Booth(58) 13.22, S Collins (79) 16.08
80. Victoria Park AAC 'G' 44.40
C Scott (86) 16.20, J Pritchard (90) 14.43, C Johnston (80) 13.37
81. E.S.H. 'E' 44.55
K Whitson (97) 17.40, S Hain (91) 13.57, C Millar (81) 13.18
82. Linwood Pentastar AC 45.22
R Chambers (88) 16.27, D McIntyre (86) 14.09, M McStay (82) 14.46
83. East Kilbride 'D' 45.26
G Bryden (91) 16.45, D Cathie (93) 15.04, L Reid (83) 13.37
84. East Kilbride 'E'
S Radigan (64) 15.11, C Clements (81) 15.10, J McGlone (84) 15.06
85. Stonehouse AAC 'A' 45.42
D Russell (57) 15.02, M Boyd (78) 15.08, G Wallace (85) 15.32
86. Stonehouse AAC 'B' 45.58
I McLeish (80) 15.43, D Fox (83) 14.46, M Mason (86) 15.29
87. Victoris Park AAC 'H' 46.04
D McKay (90) 16.35, J M Burgess (95) 15.36, G Dick (87) 13.53
88. Kilbarchan AAC 'H' 47.12
D Miller (94) 17.16, S Sweeney (96) 16.44, G Aitken (88) 13.12

Incomplete Teams

Bellahouston H 'B'

- P Henry (41) 14.34, C Mulholland (24) 12.14
 Bellahouston H 'D'
 J Brady (66) 15.12, D Armstrong (59) 13.30
 Clydesdale H 'D'
 R Stevenson (81) 15.53, S Poole (85) 14.41
 E.A.C. 'E'
 P McIntyre (77) 15.38, M McPhillips (73) 13.53
 E.A.C. 'F'
 J Gilchrist (95) 17.22
 Greenock Glenpark H 'B'
 C Morrison (29) 14.09, A Laughlin (40) 13.29
 Kilbarchan AAC 'D'
 S Gallacher (52) 14.56, A Dickie (51) 13.16
 Kilbarchan AAC 'F'
 P Hassett (73) 15.35, S Clark (64) 13.31
 Kilbarchan AAC 'G'
 A McKeown (93) 16.51, W Davies (94) 15.12

FASTEST LAPS

JUNIOR BOY	T Graham	Kilbarchan AAC	12.53
SENIOR BBOY	J Logan	Victoria Park	11.56
YOUTH	T Hanlon	E.S.H.	10.54

Relay title claimed again by Southern

THE SCOTTISH Senior/Junior Four Man Cross Country Relay Championships, held over a totally flat course at Linwood on October 27th, saw an Edinburgh Southern team minus Allister Hutton reclaim the trophy they had held in 1981 and '82. If Hutton was absent, his clubmate, John Robson, certainly made his presence felt by easily recording the fastest time of the day (11:11). The next three clubs home — Spango Valley, Bellahouston and Kilbarchan — were all from Renfrewshire, an indication of the growing strength of that county.

On the opening leg, Robert Cameron of Central Region was a clear leader in 11:40, eight seconds ahead of East Kilbride's 1500m specialist, Ian Archibald, with Dundee University Junior, Stevie Marshall, a further two seconds adrift. Of the clubs which were to feature prominently later on, Bellahouston were fifth, Spango Valley seventh, Falkirk Victoria 11th, Kilbarchan 12th, Cambuslang 13th and Edinburgh Southern 14th. At the end of the second leg the race was wide open, with Richard Barrie of Dundee University (11:49) and Alastair McAngus (11:44) crossing the line together, seven seconds ahead of dead heating Alan Puckrin of Kilbarchan (11:39) and Spango's Cammy Spence (11:48). Edinburgh Southern had moved into fifth through a useful 11:49 by Kenny Lyall, while Cambuslang's Jim Orr (11:59) had taken the Lanarkshire club into eighth place. Meanwhile, further down the field, Fife's Terry Mitchell was producing a storming lap of 11:33, the second fastest time of the day, to bring his club up from 31st to 12th position.

However, on leg three, John Robson's outstanding run put the outcome of the race beyond any shadow of a doubt, when he gave the Edinburgh side a clear lead of 25 seconds over Spango's Lawrie Spence (11:43). Defending champions, Cambuslang, weakened by injuries and able to field only two of last year's team — David McShane and Eddie Stewart — moved into third through Stewart (11:45), with Bellahouston dropping back to fourth and Kilbarchan fifth, ahead of Falkirk who were now sixth thanks to Gordon Mitchell (11:51). On the final circuit, British Universities champion, Callum Henderson, cruised round in 11:37 to secure a decisive victory for Edinburgh Southern, while Chris Leck ran a gutsy 11:47 to give Spango a worthy second place, 12 seconds ahead of their Renfrewshire rivals Bellahouston, for whom George Braidwood had recorded a fine 11:39. Kilbarchan gave their best showing yet in this event in fourth place ahead of Eastern District champions, Falkirk, who had overhauled

Cambuslang in the last mile.

The Young Athletes race, each team comprising a Junior Boy, a Senior Boy and a Youth, provided a cliffhanger finish, with only two seconds covering the first three clubs — Clydebank, Law and Edinburgh Southern. On the first leg, T. Graham of Kilbarchan was an outright winner (12:53), but unfortunately for the Renfrewshire club he was in their 'B' team. Clydebank were seventh through J. Cullen (13:23), who had recovered well from an early fall, while Law were 18th, 20 seconds behind, with Southern a further ten seconds adrift in 21st place.

On lap two, Western District champions, Victoria Park, moved into the lead through J. Logan, whose time of 11:56 was the fastest by a Senior Boy. Kilbarchan 'B' were holding on well in second place with Clydebank now third. At this stage Law and Edinburgh Southern, in tenth and 12th positions, still had some catching up to do to get in among the medals. On the final lap, Victoria Park were shunted back to fourth, while Clydebank, who were only runners-up in the Western District race, snatched the Scottish title in dramatic fashion. In the closing stages of the race Alastair Russell of Law had actually passed Clydebank's Bobbie Donnelly, but in the sprint for the tape Donnelly dug deep into his reserves, drew level with Russell and dipped to secure victory with both clubs being given the same time. Only two seconds behind were Edinburgh Southern, for whom Tom Hanlon had run the fastest lap of the day (10:54). Much of the credit for Clydebank's first national title is due to the coaching and encouragement from Senior Coach John Lonner, and former Scottish international, Alan Marshall. Just for the record, Kilbarchan 'B', in finishing fifth, managed to keep in front of their 'A' team, who were eighth.

- 1, Edinburgh Southern.....46:42
(C. Hunter 12:05, K. Lyall 11:49,
J. Robson 11:11, C. Henderson 11:37)
- 2, Spango Valley.....47:17
(P. Connaghan 11:58, C. Spence 11:48,
L. Spence 11:44, C. Leck 11:47)
- 3, Bellahouston.....47:29
(H. Cox 11:55, A. McAngus 11:44,
A. Daly 12:11, G. Braidwood 11:39)
- 4, Kilbarchan.....47:36
(R. Hawkins 12:04, A. Puckrin 11:38,
C. Wallace 12:13, R. Quinn 11:42)
- 5, Falkirk Victoria.....47:57
(J. Pentecost 12:03, J. McGarva 12:09,
G. Mitchell 11:51, D. Bain 11:54)

- 6, Cambuslang.....48:06
(D. McShane 12:05, J. Orr 11:57,
E. Stewart 11:45, C. Thomson 12:19)
- 7, Dundee Hh. 48:17 (H. McKay 12:03, G. Ross
12:08, J. Hepburn 12:23, C. Haskett 11:43); 8,
Bellahouston 48:33 (R. Fitzsimmons 12:16, T.
Coyne 12:07, G. Getty 12:07, P. Fleming 12:03);
9, Falkirk Victoria 'B' 49:02 (J. Evans 12:03, I.
Johnston 12:05, D. Gibson 12:24, D. Easton
11:51, W. Dunn 12:29, R. Hodelet 12:16, B.
McGuinness 12:43); 11, Cambuslang 'B' 49:27 (T.
Rhodes 12:26, T. Ulliott 12:21, E. Turnbull 12:28,
P. Morris 12:12); 12, Edinburgh Southern 'B'
49:30 (E. Cameron 12:06, K. Smith 12:58, C.
Mathison 12:09, N. Thin 12:17); 13, Springburn
49:47 (J. Cooper 12:41, A. Callan 11:56, S.
Haddon 12:55, A. McIndoe 12:35); 14, Law 49:56
(H. Forgie 12:03, J. McNeil 11:59, J. Rowley
13:15, W. Dickson 11:39); 15, E. Kilbride 50:03
(I. Archibald 11:48, C. Grant 12:35, G. Colvin
12:52, G. Haddow 12:47); 16, Fife 50:07 (M.
McNaught 12:42, T. Mitchell 11:33, T. Ross
13:02, A. Farningham 12:51); 17, Greenock
Wellpark 50:14 (J. Duffy 12:08, D. McFadyen
12:19, D. Docherty 13:28, G. Gaffney 12:19); 18,
Bellahouston 'C' 50:15 (F. Clement 12:12, J.
Hendry 12:39, H. Scott 12:36, C. Joss 12:48); 19,
St. Andrews Univ. 50:22 (M. Strachan 12:25, H.
McLure 12:12, J. Hoggarth 12:41, E. Kelly
13:04); 20, Spango Valley 'B' 50:40 (T. Wilkie
12:14, L. Stewart 12:09, I. Gallagher 12:54, D.
Campbell 13:23); 21, Teviotdale 50:52; 22, Ayr
Seaforth 50:55; 23, Clydebank 50:56; 24,
Edinburgh Univ. 50:59; 25, Glasgow Univ. 51:00;
26, Hunters Bog Trotters 51:02; 27, Kilbarchan
'B' 51:12; 28, Cambuslang 'C' 51:13; 29, Victoria
Park 51:34; 30, Falkirk Victoria 'C' 51:42; 31,
Shettleston 51:43; 32, Clydesdale 51:44; 33,
Edinburgh Southern 'C' 51:50; 34, Aberdeen
Univ. 51:55; 35, Irvine 51:58; 36, Greenock
Glenpark 'B' 52:03. **Fastest:** Robson 11:11; T.
Mitchell (Fife) 11:33; Henderson 11:37; Puckrin
11:38; Braidwood 11:39; R. Cameron (Cen. R)
11:40; Quinn 11:42; Haskett 11:43; L. Spence &
McAngus 11:44.

Young Athletes (JB, SB, Y)

1, Clydebank 36:58 (J. Cullen 13:23, J.
Monaghan 12:16, B. Donnelly 11:19); 2, Law
36:58 (J. Brown 13:43, N. McInnes 12:15, A.
Russell 11:00); 3, Edinburgh Southern 37:00 (C.
Lindsay 13:53, E. Cameron 12:13, T. Hanlon
10:54); 4, Victoria Park 37:16 (S. Barnett 13:28,
J. Logan 11:56, M. Wallace 11:52); 5, Kilbarchan
'B' 37:21 (T. Graham 12:53, S. Douglas 12:44, P.
Mayles 11:44); 6, Shettleston 37:30 (R. Cameron
14:01, I. McNally 12:06, A. Swann 11:23); 7,
Clyde Valley 37:36; 8, Kilbarchan 37:40; 9, Ayr
Seaforth 37:50; 10, Clydebank 'B' 37:51; 11,
Bellahouston 38:03; 12, Edinburgh AC 38:06; 13,
Pitreavie 38:20; 14, Edinburgh AC 'B' 38:22; 15,
Teviotdale 38:23; 16, Cambuslang 38:50; 17,
Clyde Valley 'B' 38:51; 18, Clyde Valley 'C'
38:59; 19, Victoria Park 'B' 39:10; 20, Livingston
39:10. **Fastest:** Jnr. Boys — Graham 12:53; J.
Hemmings (Pit) 13:12; P. Dewar (EAC) 13:13.
Snr. Boys — Logan 11:56; B. Dunsmore (Bella)
11:58; R. Mooney (G. G'park) 12:00. Youths —
Hanlon 10:54; Russell 11:00; Donnelly 11:19.

Linwood
27/10/84