

6/11/76

WESTERN DISTRICT CROSS-COUNTRY RELAY CHAMPIONSHIPS

Shettleston Harriers maintained their recent string of relay victories when they retained their title in the Western District 4 x 2½ mile cross-country relay championship over a hilly, muddy course at Spango Valley, Greenock on November 6th that tested the strongest runners in its severity.

Shettleston were third at the end of the first change-over as Hamilton Cox gave the home club Spango Valley AC a surprise lead of 80y from Ken McCartney (Law). Lawrie Spence soon moved Shettleston into the lead on the second lap with Jim Burns (Shettleston 'B') recording a meritorious 13:04 to pull his team from seventh to within a yard of the leader at half distance. Clydesdale Harriers had moved through from 15th to fifth thanks to a fine lap by Douglas Gemmell (13:24) while Clyde Valley dropped back from an initial eighth place to a lowly 12th. Jim Brown gave a fine display of power running as he lifted Clyde Valley eight places to fourth, just catching Martin Coyle of Spango Valley at the change-over with a fast 12:59. Well as he ran he actually lost ground to Nat Muir who extended Shettleston's lead with the fastest lap of the day (12:57). Both these athletes ran over the uneven, clinging ground easily, showing up the other runners who ran through the ground. At this point Law and District, running well above themselves, were in a surprising second place with Jim Thompson (13:07) leaving them just 120y behind the leaders.

Unfortunately this was not to continue as Bill Dickson, though starting 1½ minutes clear of John Graham (Clyde Valley), fell back to fourth place as Graham pulled his club through to second with Cameron Spence giving Spango Valley a well deserved third, their best ever position in this standard of competition. Lachie Stewart was never extended on the last lap, giving Shettleston victory by over 350y.

Springburn won the Young Athletes 3 x 1½ miles title for the second year in succession with a consistent performance in all age groups. Finishing second to close rivals Victoria Park on the first lap they moved into the lead through George Band, who recorded the fastest Senior Boy lap of 9:12, and Graham Williamson gave his rivals no chance when he recorded 9:07 for the fastest time by a Youth on the last lap.

There were record fields in both races with 81 teams in the Senior race and 66 teams in the Young Athletes race.

1, Shettleston (D. Lang 13:56, L. Spence 13:13, N. Muir 12:57, L. Stewart 13:47) 53:53;

2, Clyde Valley (I. Moncur 14:10, G. Pater-son 14:39, J. Brown 12:59, J. Graham 13:06) 54:54;

3, Spango Valley (H. Cox 13:33, G. Clark 13:57, M. Coyle 14:18, G. Spence 13:40) 55:28;

4, Law & Dist (K. McCartney 13:44, D. Frame 13:39, J. Thomson 13:07, W. Dickson 15:10) 55:40;

5, Clydesdale (R. McWatt 14:22, D. Gemmell 13:24, G. Carlin 14:42, P. Dolan 13:25) 55:53;

6, Shettleston 'B' (W. Scally 14:06, J. Burns 13:04, S. Easton 14:08, H. Mitchell 15:02) 56:20;

7, Greenock Wellpark 56:43; 8, Cambuslang 56:47; 9, Strathclyde Univ 57:07; 10, East Kilbride 57:17; 11, Bellahouston 57:34; 12, Dum-barton 57:42; 13, Greenock Glenpark 57:53; 14, Glasgow Univ 58:11; 15, Clyde Valley 'B' 58:48; 16, Springburn 59:47; 17, Garscube 60:05; 18, Ayrshire 60:30; 19, Cambuslang 'B' 60:34; 20, Victoria Park 60:42.

Fastest: Muir 12:57, Brown 12:59, Burns 13:04, Graham 13:06, Thompson 13:07, Spence 13:13.

Young Athletes (Junior Boys/Senior Boy/Youth)

1, Springburn (W. Minto 10:06, G. Band 9:12, G. Williamson 9:07) 28:25; 2, Victoria Park (A. Anderson 10:03, A. Black 9:16, G. Adams 9:34) 28:53; 3, Clyde Valley (T. McKean 10:31, P. Martin 9:37, J. Young 9:30) 29:38; 4, East Kilbride 29:58; 5, Law & Dist 30:14; 6, Clyde Valley 'B' 30:15; 7, Victoria Park 'B' 30:27; 8, Springburn 'B' 30:31; 9, Clyde Valley 'C' 30:32; 10, Clydesdale 30:42. **Fastest (Junior Boys):** Anderson 10:03, Minto 10:06, S. McPherson (Spring 'B') 10:25. **(Senior Boys):** Band 9:12, Black & G. Miller (St C) 9:16. **(Youths):** Wil-iamson 9:07, D. Kirk (Dumb) 9:13, D. Mc-Donald (Clyd) 9:19.

ATHLETICS

SHETTLESTON HARRIERS easily retained the Western District 4 by 2½ miles cross-country relay championships at Greenock yester-day. Their team recorded 53 min. 53 sec. to win by over 350 yards from Clyde Valley A.C., with Spango Valley A.C. third.

Springburn Harriers retained the young athletes 3 by 1½ miles relay race, beating Victoria Park.

Shettleston Harriers con-tinued their run of recent relay successes when they retained the Western District 4 x 2½ mile cross-country relay cham-pionship over a muddy, hilly course at Spango Valley, Greenock. Lachie Stewart ran an easy run over the final stage to bring Shettleston home clear winners in 53min 53sec.

Clyde Valley AC were second and Spango Valley AC recorded their best perform-ance in finishing third.

Springburn Harriers won the Young Athletes 3 x 1½ miles relay title for the second year in succession easily, defeating Victoria Park AC with Clyde Valley AC third.

6/11/76

Spence adds to strength

Shettleston Harriers continued to show their supremacy in cross-country running in the West with victory in the West District senior relay championship at Greenock on Saturday. The presence of the former Strathclyde student, Lawrie Spence, has given them added strength this season.

The Barrachnie club, who are now putting up a strong challenge to Edinburgh Southern Harriers and Edinburgh Athletic Club at national level, finished over 350 yards clear of Clyde Valley, with the locally-based Spango Valley club in third place.

Dave Lang put Shettleston into third place at the end of the first leg. Spango Valley were in the lead at this point. Lawrie Spence put Shettleston ahead on the next stage.

Shettleston's reserve strength was impressive with Jim Burns of their B team having the third fastest time of the day which put them in second place on the second lap.

1. Shettleston Harriers (D. Lang 13min. 56sec., L. Spence 13-15, N. Muir 12-57, L. Stewart 13-47) 53-55; 2. Clyde Valley (Moore 14-10, Patterson 14-35, Brown 12-59, Graham 13-06) 54-54; 3. Spango Valley (Cox 13-33, Clerk 13-57, Coyle 14-18, Spence 13-40) 55-28.
 Individuals — 1. N. Muir (Shettleston) 12-57; 2. J. Brown (Clyde Valley) 12-59; 3. J. Burns (Shettleston) 13-04; 4. J. Graham (Clyde Valley) 13-06; 5. J. Thomson (Law AC) 13-07; 6. L. Spence (Shettleston) 13-15.
 Team race. Youth, senior boy, and junior boy — 1. Springburn Harriers 28-25; 2. Victoria Park 28-55; 3. Clyde Valley 29-38.
 Fastest individuals. Youths — Williamson (Springburn) 9-07.
 Senior — Band (Springburn) 9-12.
 Junior boy — Anderson (Victoria Park) 10-03.

CLYDESDALE HARRIERS

by Tortoise

The previous Saturday's Western District cross-country relay Championships at Spango Valley, Renfrewshire, provided us with a satisfactory 5th in the Senior race out of 55 teams, and 10th in the Young Athletes event out of 51 teams.

Results: Senior/Junior 4 x 2½ miles Relay: 1st — Shettleston H. (53min. 53sec.); 5th — Clydesdale H. (55min. 53sec.).

1st stage — Robert McWatt, 15th (14min. 22sec.); 2nd stage — Dougie Gemmell, 5th (13min. 24sec.); 3rd stage — George Carlin, 7th (14min. 12sec.); 4th stage — Phil Dolan, 5th (13min. 25sec.).

Young Athletes 3 x 1½ miles Relay: 1st — Springburn H. (28min. 25sec.); 10th — Clydesdale H. (30min. 42sec.); Junior Boy — Paul Milligan, 16th (11min. 5sec.); Senior Boy — Richard McGrogan, 18th (10min. 18sec.); Youth — Douglas Macdonald, 10th (9min. 19sec.).