

SAF WEST DISTRICT RELAY CHAMPIONSHIPS

Stepps, Glasgow

THREE of the four winning clubs in 1996 successfully defended their titles in fine and fast conditions, *Denis Shephard* reports.

Shettleston never lost the lead in the men's event although they were caught on the line at the end of stage three before Graham Wight, with the second fastest lap of the day, pulled away to finish 17 seconds ahead of Cambuslang.

Kilbarchan, 13th on the first lap, pulled back to bronze position thanks to internationals Alan Puckrin (fastest) and Bobby Quinn (third fastest).

City of Glasgow dominated the women's race in two ways. Two of the winning trio, Julie McDevitt and Carol-Ann Thomson, clocked the fastest laps while the next two Glasgow teams created history by completing a cleansweep of medals.

City of Glasgow also retained the girls' title, pulling up from fourth on stage one with Michelle Cameron (U15) and Colette Fagan (U17) clocking the fastest laps in their age-groups.

Scottish road relay champions

Kilbarchan followed them home ahead of Johnnie Walker Kilmarnock whose Susan Shanks led home the U13 group.

Cambuslang started favourites to take the boys' title though Ayr Seaforth were the holders. But East Kilbride created the shock of the day with a comfortable 16sec winning margin over the favourites with Giffnock North third.

Colin Henderson, joint second fastest, pulled the winners from fifth to first on stage two to allow Kevin McKenna to increase the lead with the top U17 time.

Men (4x4km)

1 Shettleston 44:53 (D Cameron 11:14, J Mackay 11:17, D McGonigle 11:29, G Wight 10:53); 2 Cambuslang 45:10 (J Cowan 11:30, D Runciman 11:17, C Thomson 11:13, A Robertson 11:10); 3 Kilbarchan 45:27 (G Gibson 11:49, A Muir 11:53, A Puckrin 10:51, R Quinn 10:54); 4 Springburn 46:46 (J Hendry 11:21, M Paton 11:31, A Loes 11:50, A McIndoe 12:04); 5 Clydesdale 47:30 (D Halpin 11:49, J Austin 11:37, R Rossborough 12:35, K Idessane 11:29); 6 Irvine 47:43; 7 Law 48:08; 8 Cambuslang B 48:10; 9 Victoria Park 48:51; 10 East Kilbride 48:58; 11 Ayr Seaforth 49:19; 12 Greenock Glenpark 49:42; 13 Dumbarton 49:51; 14 Bellahouston 50:42; 15 Springburn B 50:47; 16 E Kilbride B 51:03; 17 Kilbarchan B 51:04; 18 Cambuslang C 51:35; 19 Greenock Glenpark B 52:05; 20 Spango Valley 52:11
Fastest: Puckrin 10:51, Wight 10:53, Quinn 10:54, Robertson 11:10, Thomson 11:13, Cameron 11:14, E Tonner (JKW) 11:15, Runciman 11:17, Mackay 11:17, Hendry 11:21

Young athletes (3x3km)

1 East Kilbride 28:08 (S Matthews 10:10, C Henderson 9:10, K McKenna 8:48); 2 Cambuslang 28:24 (T Grey 9:58, I Munro 9:27, J Kealey 8:59); 3 Giffnock North 28:43 (J Walker 10:06, R Birrell 9:18, D Devlin 9:19); 4 Cambuslang B 28:05; 5 Ayr Seaforth 29:05; 6 Giffnock North B 29:10; 7 Gleniffer HS 29:58; 8 Gleniffer HS B 30:01; 9 St Aloysius College 30:05; 10 Victoria Park 30:21; 11 Shettleston 30:22; 12 Victoria Park B 31:02
Fastest: Puckrin 10:51, Wight 10:53, Quinn 10:54, Robertson 11:10, Thomson 11:13, Cameron 11:14, E Tonner (JKW) 11:15, Runciman 11:17, Mackay 11:17, Hendry 11:21

Women (3x4km)

1 City of Glasgow 39:48 (J McDevitt 12:58, C-A Thomson 13:14, C McFadden 13:38); 2 City of Glasgow B 41:41 (K Baird 13:50, A Potts 14:03, C Cochrane 13:40); 3 City of Glasgow C 43:43 (G Walker 14:02, J Kennedy 14:40, M Taylor 15:01); 4 Shettleston 44:07; 5 Victoria Park 45:21; 6 Irvine 46:04; 7 Greenock Glenpark 46:52; 8 Giffnock North 50:41; 10 Westerlands 51:25
Fastest: McDevitt 12:58, Thomson 13:14, S Kennedy 13:20, McBrinn 13:25, McFadden 13:38, Walker 14:02

Junior athletes (3x3km)

1 City of Glasgow 33:04 (D Keir 11:33, M Cameron 10:54, C Fagan 10:37); 2 Kilbarchan 34:01 (J Hunter 11:53, J Queen 11:14, K Yule 10:54); 3 Johnnie Walker Kilmarnock 34:03 (S Shanks 11:18, L Cairns 11:22, C Campbell 11:25); 4 Giffnock North 34:34; 5 E Kilbride 35:08; 6 Cambuslang 35:10; 7 Cambuslang B 35:27; 8 Ayr Seaforth 35:34; 9 Giffnock North 36:17; 10 Kilbarchan B 37:08; 11 Larkhall 37:20; 12 Cambuslang C 37:23
Fastest

U17: Fagan 10:37, Yule 10:54, McKenzie 10:55

U15: Cameron 10:54, Mooney 10:58, C Forrest (Glasgow Gallagher 11:01)

U13: Shanks 11:18, Stevenson 11:18, H McKenzie (Giff N) 11:32