

**EASTERN DISTRICT CROSS COUNTRY
CHAMPIONSHIPS, ELMWOOD COLLEGE,
CUPAR, 24 JANUARY, 1976.
JUNIOR BOYS 2 MILES J.T. MITCHELL
TROPHY.**

JUNIOR BOYS

1. J. Steel	(ESH)	11.22
2. S. Todd	(FVH)	11.28
3. E. Cameron	(AAAC)	11.44
4. D. Lander	(Tev. H)	11.45
5. S. Maxwell	(FVH)	11.47
6. J. Lawrie	(EAC)	11.51
7. G. Grindlay	(FVH)	11.52
8. C. Patterson	(CRAC)	11.59
9. C. Henderson	(TAAC)	12.00
10. N. Walker	(CRAC)	12.03
11. J. Duke	(EAC)	12.04
12. D. Farre	(L&D)	12.16
75 FINISHED		

SENIOR BOYS

1. C. Hume	(TM)	18.14
2. B. Neilson	(TH)	18.23
3. K. Harkness	(ESH)	18.47
4. I. Torrance	(CR)	18.57
5. J. Ness	(FAC)	18.58
6. G. Bryce	(CR)	19.04
7. J. Pentecost	(FVH)	19.18
8. D. Gibson	(FVH)	19.24
9. J. Arkless	(EAC)	19.26
10. J. Darling	(TH)	19.26
11. W. Murray	(DHH)	19.56
12. G. Marshall	(CR)	20.08
64 FINISHED		

YOUTHS

1. D. Ross	(EAC)	21.40
2. L. Walker	(AAAC)	22.02
3. R. Adam	(FVH)	22.08
4. J. Gray	(EAC)	22.36
5. D. Reid	(PSH)	22.43
6. D. McMillan	(CR)	23.01
7. J. Fisher	(CR)	23.02
8. D. Hendry	(FAC)	23.05
9. R. Baker	(EAC)	23.05
10. J. Ford	(PAAC)	23.27
11. G. Russell	(PSH)	23.27
12. M. McLeod	(ESH)	23.37
13. D. Spalding	(CR)	23.38
14. R. Yates	(F. Inst)	23.42
15. A. Kemp	(AAAC)	23.51
16. C. Keir	(EAC)	23.55
17. A. Lawrie	(EAC)	23.59
18. M. Todd	(FVH)	24.09
19. P. Cunningham	(FAC)	24.09
20. D. Whyte	(CR)	24.13
39 FINISHED		

SENIORS

1. A. Weatherhead	(EAC)	29.53
2. P. Kenney J	(DU)	30.06
3. D. MacGregor	(FAC)	30.17
4. W. Day	(FVH)	30.21
5. M. Craven	(ESH)	30.34
6. D. Gunstone	(EAC)	30.45
7. D. Knowles	(EAC)	31.02
8. I. Orton	(EU)	31.08
9. J. Kerr	(EAC)	31.13
10. G. Laing	(AAAC)	31.18
11. R. Morris	(EAC)	31.22
12. M. Edwards	(AAAC)	31.23
13. B. Turnbull	(TH)	31.25
14. C. Haskett	(DHH)	31.27
15. A. Wight	(EAC)	31.28
16. F. Clyne	(AU)	31.31
17. D. Buchan	(AAAC)	31.36
18. I. Kiltie	(EU)	31.43
19. S. Keith	(EAC)	31.45
20. A. Blamire	(ESH)	31.48
21. P. Hay	(EAC)	31.58
22. A. F. Murray	(ESH)	32.07
23. S. Taylor	(AU)	32.15

24. J. Dingwall	(FVH)	32.20
25. R. Thomas J.	(EU)	32.21
26. I. Graves	(FAC)	32.35
27. D. Hunte r J.	(EAC)	32.38
28. J. McKenzie	(PAAC)	32.42
29. A. Samuel	(TH)	32.46
30. R. Adam	(FVH)	32.52
31. A. Ratcliffe	(PAAC)	32.56
32. L. Middler	(LAC)	33.16
33. G. Miller J.	(EU)	33.20
34. R. Knowles	(EAC)	33.21
35. M. Anderton	(St. A)	33.23
36. J. D. Fairgrieve	(TH)	33.36
37. R. McFall	(ESH)	33.44
38. G. Duft	(L&D)	33.52
39. D. Watson	(EAC)	34.02
40. R. Maughan	(AU)	34.04
133 FINISHED		

**SCOTTISH VETERANS HARRIER CLUB
XMAS HANDICAP, BISHOPBRIGGS
21 DECEMBER, 1975.**

1. C. Flaherty	21.08
2. R. McDonald	21.29
3. A. Lusk*	21.30
4. J. Cascarina	22.50
5. J. Barrowman	22.50
6. J. Campbell	22.55
7. R. Calderwood	22.57
8. G. Bell	23.01
9. W. Armour	23.03
10. A. McLean	23.03
11. G. Taylor	23.10
12. J. Gibson	23.13
13. N. Ross	23.18
14. T. Fletcher	23.24
15. D. Gregg*	23.26
16. R. Buchan	23.34
17. J. Petty	23.36
18. R. Devon	23.36
19. W. Ross	23.40
20. T. Mercer	23.41
51 FINISHED	

**SIX LEAGUE RACE RAF LOSSIEMOUTH
7 JAN 1976 - 5½ MILES**

Individual Results

1. A. Ratcliffe	Cal.	30.10
2. R. Tinlin	Glen.	30.26
3. R. Chapman	45 Com.	30.36
4. S. Dalglish	45 Com.	30.59
5. D. Bow	Kinloss	31.42
6. D. Deacon	Buchan	32.15
7. F. Capper	45 Com.	32.21
8. M. McGill	45 Com.	32.29
9. I. Cockburn	45 Com.	32.38
10. I. Johnston	Kinloss	32.44
11. C. Wasteney	Cal.	33.10
12. P. Shave	Cal.	33.19
13. D. Ford	45 Com.	33.35
14. D. Tanner	Glen.	33.39
15. B. Mackenzie	Lossie.	33.45
16. Chambers	Kinloss	33.54
17. James-Gillum	Cal.	34.12
18. McSkelly	Lossie.	34.28
19. K. William	Glen.	34.31
20. B. Tilley	45 Com.	34.41
35 Finished		

Team Results

1. 45 Commando	98	97	94	93	382pts
2. HMS Caledonia	100	90	89	84	363pts
3= SID Glencorse	99	87	82	78	346pts
3= RAF Kinloss	96	91	85	74	346pts
5 RAF Lossie	86	83	80	77	326pts
6 RAF Buchan	95	79	73	67	314pts
7 HMS Caledonia	76	71	70	68	285pts

THE DISTRICTS

EASTERN DISTRICT CROSS COUNTRY CHAMPIONSHIPS CUPAR, 24 JANUARY, 1976

FIFE ATHLETIC CLUB made a grand job of hosting these championships. A good hilly course consisting of grass, stubble, plough and road was complimented by near-ideal weather - clear, frosty and sunny. Good changing and canteen facilities at Elmwood College and an almost instantaneous duplicated results service completed the excellent organisation. Well over 400 runners took part in the four-age groups.

JUNIOR BOYS

J.Steele (ESH) carried forward his successes in the East League by quashing his rivals relatively comfortably. His time for the two-mile course was 11.22, six seconds ahead of S.Todd who lead a strong Falkirk Victoria Harriers team to victory. In a close race for third place Ewan Cameron of Aberdeen AAC was a surprise trophy winner in 11.44. Right behind were D.Lauder (Tev.H) 11.45, and S. Maxwell (FVH), 11.47.

As had been pointed by the East League results Falkirk Victoria Harriers were easy winners of the team prize with Todd 2nd, S.Maxwell 5th, and G. Grindlay 7th - they also had 13th, 14th, 22nd and 23rd placings. Edinburgh Southern Harriers were second (Steele 1st, D.Slessor 15th and D.Lee 16th) and Edinburgh AC were third (J.Lawrie 6th, J.Duke 11th and R.McFarlane 17th).

SENIOR BOYS - 3 MILES

Again the East League results gave indication of the likely outcome. In the league C.Hume and B. Neilson, both of Teviotdale Harriers had successes. In the East Championships race it was Hume who made the decisive break to take the title in 18.14 for the 3-mile course. Clubmate Neilson was a good second in 18.23 with K.Harkness (ESH) third in 18.47. J. Darling completed the highly successful Teviotdale team who recorded an admirably low 13 points for the title. Central Region AC represented by I. Torrance 4th, A.Bryce 6th and G.Marshall 12th (with J.Gibb 13th) were second. Falkirk Victoria Harriers were third - J.Pentecost 7th, D.Gibson 8th and R.McCallum 18th.

YOUTHS - 4 MILES

This was a triumph for D.Ross of Edinburgh Athletic Club who enjoyed the variety of terrain enormously and romped home a convincing winner in 21.40. Lewis Walker (AAAC) concluded a fine battle with the very promising Robert Adam (FVH) by taking second place in 22.02 to 22.08 - thanks to a stronger finish.

Even without Terry Young who was saving himself for the junior international trial, Central Region AC were good enough to take the team title with 26 points. Their counters were D.McMillan, 6th, J.Fisher 7th and D.Spalding 13th. Edinburgh AC whose D.Ross, the winner, was not a declared team member were second (J.Gray 4th, R.Baker 9th and C.Keir 16th). Aberdeen AAC (L.Walker 2nd, A.Kemp 15th, and D.Glennie 28th) were a surprise third but alas deprived of plaques because of the small number of runners.

SENIORS - 6 MILES

A number of established stars including Andy McKean (EAC), Allister Hutton (ESH), the holder, and Ian Elliot (ESH) were missing - due to other calls. In spite of this a fine race developed.

Sub four-minute miler Adrian Weatherhead (EAC) decided against the AAA Indoor Championships at Cosford and appeared at Cupar. His class told. He took an early lead and by the two-mile mark was fully 100 yards clear of the chasing group which



ADRIAN WEATHERHEAD East Senior Champion

comprised Doug. Gunstone (EAC), Don McGregor (FAC), Paul Kenney (DU), Ian Orton (EU), Martin Craven (ESH) Willie Day (FVH), Ian Kiltie (EU) and Danny Knowles (EAC).

Running strongly, Weatherhead increased his lead to 150 yards by the 4 mile mark with Gunstone dropping back a little. Paul Kenney, the leading junior had advanced to second place, closely attended by a very fit Don McGregor and Willie Day. Gunstone was fifth, Craven sixth Orton seventh and Knowles eighth.

As he ran through the ploughed field towards the finish Adrian Weatherhead lost a little of his lead but still ran strongly. He completed the course 100 yards clear in '29.53. In this form Adrian must be considered capable of adding a first-place medal to his second place award last year in the Scottish National CC Championships (if he competes).