

North District Cross Country Championships

Muir-of-Ord, November 28

Ross Arbuckle proved his superiority in northern running circles when he won the District Championships run over 11.6 kilometres by almost a minute in 47:14.

The Keith School teacher moved away from the field at the start of the race which was run over an area where cross country means just that.

Surprises came from the other ranks. Andrew McCrone (Inverness) gave junior boy Gordon Ramsey (Black Isle) his first beating of the season while Gordon's sister Aileen similarly turned the tables on Ann McCloud of Caithness who finished back in third place in the three kilometre race for Junior women.

Rhona Bunnie turned up trumps in the Girls' race when the Forres 13-year-old won, despite a sixth best

place on her record for this season so far.

Men – 1, R Arbuckle (Keith) 47:14; 2, J Bowman (I'ness) 48:10; 3, W Millar (Caith) 48:52; 4, B Chinnick (Forres) 49:32; 5, A Reid (Coast) 50:35; 6, I Smith (Loch) 50:42; 7, I Gollan (Black I) 50:52; 8, S Wright (Caith) 51:41; 9, C Martin (I'ness) 51:46; 10, G Miline (P'head – V40) 51:51. **Team:** Caithness. **Youths** – 1, S Jarvie (I'ness) 26:09; 2, F Everett (I'ness) 26:12; 3, D Bell (I'ness) 26:30.

Team: Inverness. **Senior Boys** – 1, B Fraser (Black I) 17:14; 2, T Nixon (Loch) 17:20; 3, D Hardes (I'ness) 17:26.

Team: 1, Lochaber. **Junior** – 1, A McCrone (I'ness) 11:26; 2, G Ramsey (Black I) 12:00; 3, N Forbes (I'ness) 12:30.

Team: Inverness. **Women** – 1, J Wilson (I'ness) 18:14; 2, S Campbell (I'ness) 18:41; 3, M Duffy (Fraser) 19:06; 4, A Void (Forres) 19:31; 5, M McBeth (Caith) 19:37. **Inters:** Inverness. **Junior** – 1, A Ramsey (Black I) 13:17; 2, M Baird (P'head) 13:24; 3, A McCloud (Caith) 13:36. **Team:** Inverness. **Girls** – 1, R Bunnie (Forres) 9:55; 2, L Forman (P'head) 10:13; 3, L Hendersen (I'son) 10:16. **Team:** Black Isle.