

SWCCU & RRA Western District Cross Country Championships, Linwood, 480 ran -

Seniors: 1, S. Branney (McLaren Glasgow AC) 25:03; 2, S. Sinclair (Irvine AC) 25:19; 3, A. Ridley (McLaren Glasgow AC) 25:27; 4, A. Sym (McLaren Glasgow AC) 25:39; 5, E. Masson (Kilbarchan AC) 25:55; 6, E. Cochran (McLaren Glasgow AC) 26:03.

Euro Junior: 1, K. Caldwell (Monkland Shettleston Ladies AC) 26:29.

Teams: 1, McLaren Glasgow AC 13pts; 2, Kilbarchan AC 44pts; 3, Irvine AC 65pts.

Euro Juniors Team: 1, Monkland Shettleston Ladies AC 63pts.

Intermediates: 1, C. Lunney (Kilbarchan AC) 20:33; 2, V. Clinton (Irvine AC) 21:01; 3, D. Kelly (Law & District AC) 21:15.

Teams: 1, Kilbarchan AC 15pts; 2, McLaren Glasgow AC 28pts; 3, Irvine AC 48pts.

Junior Ladies: 1, H. Hayning (Nith Valley AC) 11:56; 2, D. Rutherford (Kilmarnock H) 12:50; 3, M. Gemmell (Strathkelvin Ladies AC) 12:55.

Teams: 1, Victoria Park AAC 79pts; 2, Nith Valley AC 88pts; 3, Irvine AC 112pts.

Girls: 1, G. Slaven (Ayr Seaforth AC)

12:57; 2, J. Roxburgh (Irvine AC) 13:26; 3, L. Kerr (Strathkelvin Ladies AC).

Teams: 1, Ayr Seaforth AC 39pts; 2, Strathkelvin Ladies AC 45pts; 3, Victoria Park AAC 48pts.

Minors: 1, H. Brooks (Ayr Seaforth AC) 7:56; 2, C. Friel (Colzium AC) 7:57; 3, G. Fowler (Hamilton H) 7:59.

Teams: 1, Ayr Seaforth AC 36pts; 2, Kirkintilloch Olympians AC 60pts; 3, Colzium AC 79pts.

Late Surge Sees Miss Branney Home

THE Scottish Women's West District Cross Country Championships, held over a muddy, windswept course at Linwood Moss on November 23rd, tested the courage and endurance of the competitors. In the Senior four miles race Sandra Branney, first woman to finish in the Glasgow Marathon two months before, was an easy winner. Sandra, along with McLaren Glasgow colleague Ann Ridley and Irvine's Sharon Sinclair, went into an early lead followed by another group of three, including two more Glasgow girls, Audrey Sim and Eileen Cochrane. Around the halfway stage Ridley had been dropped as Branney and Sinclair kept up a fast, steady pace, with the Irvine girl making most of the running; but with just over 400m to go Branney surged to the front with a characteristic spurt and strode out confidently over the final field of stubble to win by some 80m. Sinclair, in her first cross country season and enjoying some tremendous success, deservedly held on to second, finishing 40m ahead of Ridley who, because of the winner's ineligibility for team contests owing to a nine months ban following her departure from Victoria Park, led McLaren Glasgow to a comfortable victory.

In winning the 'Young Senior' competition by placing eighth, Karen Caldwell helped Monklands Shettleston to the team title in that age-group, while in the Vets race, Dr. Kate Chapman, a Paisley general practitioner who competes for the little known Giffnock North AC, was a worthy winner.

Host club Kilbarchan achieved their best ever result in finishing second in the Senior team contest, but went one better in winning the Intermediate team event. The Renfrewshire club also provided the individual winner in Carole Lunney, who won by nearly half a minute from Irvine's Valerie Clinton, with whom she shared an early lead before going into the front. Debbie Kelly from Law, the small Lanarkshire club whose most famous member is 1970 Commonwealth 5000m silver medallist Ian McCafferty, delighted her colleagues by snatching third place from Kilbarchan's Ria DeJager right on the line, both girls being credited with the same time. The winning team's triumph was tinged with sadness, however, because the race was the last in which they were represented by twins Andrea and Karen Fisher, who between them have won several Scottish and Northern Ireland titles during the last few years, and were moving a few days later to Thame, Oxfordshire, where they will be a clear asset to an English club.

Hayley Haining, British Schools CC champion and a top ranked UK 800m performer, was in a class of her own in the Junior two miles event. The Nith

Valley girl led from start to finish to record the most impressive victory of the day and lead her team to second place behind Victoria Park with Irvine collecting their third set of team 'bronze' medals.

Gillian Slaven was a worthy winner of the 11-13 two miles race, finishing 29 seconds ahead of Jan Roxburgh from Seaforth's Ayrshire neighbours Irvine, and helping her team to a six points victory over Strathkelvin. The Minor one mile contest produced the closest finish of the day with Ayr's Helen Brooks snatching a two seconds victory from Colzium's Caroline Friel with Hamilton's Gillian Fowler a further second behind in third.

Derek Parker

1, S. Branney (McLaren Glasgow).....25:03
 2, S. Sinclair (Irvine).....25:19
 3, A. Ridley (McLaren Glasgow).....25:27
 4, A. Sim (Glas) 25:39; 5, E. Masson (Kilm) 25:55; 6, E. Cochrane (Glas) 26:03; 7, J. Walker (Glas) 26:23; 8, K. Caldwell (Shett-'YS') 26:29; 9, E. Scally (Shett) 26:36; 10, R. McAleese (Shett) 26:50. **Teams:** 1, McLaren Glasgow 13; 2, Kilbarchan 44; 3, Irvine 65. **Vets** — K. Chapman (Giffnock) 27:20. **'Young Seniors'** — Caldwell. **Team:** Monklands Shettleston. **Intermediates** — 1, C. Lunney (Kilm) 20:33; 2, V. Clinton (Irv) 21:01; 3, D. Kelly (Law) 21:15. **Teams:** 1, Kilbarchan 15; 2, McLaren Glasgow 28; 3, Irvine 48. **Juniors** — 1, H. Haining (Nith) 10:56; 2, D. Rutherford (Kilm) 11:50; 3, M. Gemmell (S'kelvin) 11:55. **Teams:** 1, Victoria Park 79; 2, Nith Valley 88; 3, Irvine 112. **Girls** — 1, G. Slaven (Ayr S) 12:57; 2, J. Roxburgh (Irv) 13:26; 3, L. Kerr (S'kelvin) 13:28. **Teams:** 1, Ayr Seaforth 39; 2, Strathkelvin 45; 3, Victoria Park 48. **Minors** — 1, H. Brooks (Ayr S) 7:56; 2, C. Friel (Colz) 7:57; 3, G. Fowler (Ham) 7:59. **Teams:** 1, Ayr Seaforth 36; 2, Kirkintilloch Olym. 60; 3, Colzium 79.

East District Championships

At Aberdeen, November 23rd

Seniors — 1, Y. Murray (EAC); 2, C. Price (Dund); 3, P. Rother (EAC). **Teams:** 1, Edinburgh AC 8; 2, Livingston 34; 3, Aberdeen 39. **Vets** — L. Buchanan (Hadd). **'Young Athletes'** — 1, A. Boyd (Forr); 2, L. Kernaghan (L'gelly); 3, T. Daniels. **Inters** — 1, C. Sheehan (A'deen); 2, S. Grainger (ESH); 3, V. Allan. **Teams:** 1, Pitreavie 24; 2, Edinburgh WM Southern 31; 3, Aberdeen 31. **Juniors** — 1, J. Anderson (Tev); 2, C. Mitchell (Liv); 3, K. Rice (A'deen). **Teams:** 1, Pitreavie 41; 2, Livingston 74; 3, Dundee Hh. 95. **Girls** — 1, D. Simpson (A'deen); 2, R. Davidson (A'deen); 3, S. Purdie (Tev). **Teams:** 1, Edinburgh WM Southern 54; 2, Black Isle 77; 3, Lasswade 89. **Minors** — 1, L. Duffy (Harm); 2, G. Wilson (A'deen); 3, M. Traynor (Tev). **Teams:** 1, Aberdeen 44; 2, Pitreavie 55; 3, Dundee Hh. 77.