

ATHLETICS

Cambuslang finally get hands on relay trophy

Cambuslang, multiple national cross-country champions and one of the most consistent recent Scottish athletics winners, filled a conspicuous gap in their trophy cabinet when they won the 4 x 4.7-mile Allan Scally Memorial Road Relay round Shettleston, **writes Doug Gillon.**

Central, for whom 20-year-old Alistair Hay had the day's fastest time on stage one, held a halfway lead of more than a minute with Cambuslang third, but Jamie Reid and Robert Gilroy jointly logged the day's second quickest time, giving the Lanarkshire men a comfortable win as Central slipped to third. The Shettleston hosts were second, won the veteran event and took third in the women's race which went to Bellahouston Road Runners.

Yet the race which carries 53 prizes only served to underline how standards have fallen. In warm conditions, Hay's time of 23min 42sec fell disturbingly short of the individual record (21.36, in 1985, by Nat Muir) and only three men broke 24 minutes. When Shettleston set the course best 10 years ago, they were 7min 53sec quicker than Cambuslang on Saturday, and every one of Shettleston's team that day ran quicker than did Hay.