

Inter District Championships
Cumbernauld 16th December 2000
U13 Girls

Pos	Name	District	Club	Time
1	Aveen O'Rielly		Lagan Valley	13:33
2	Kirsten Berryman		Milton Keynes	13:50
3	Gillian Moss		West Norfolk AC	14:01
4	Ashley Toner	East	Lothian RC	14:01
5	Stephanie Lyall	East	Harmeny AC	14:15
6	Debbie Miller	West	Greenock Glenpark H	14:24
7	Danielle Kane	East	City of Edinburgh	14:30
8	Rachael Bowman	East	Kwik Fit Corstorphine	14:41
9	Joanne Finch	West	City of Glasgow	14:43
10	Ashleigh Kennedy	East	Lasswade AC	14:43
11	Nicola McManus	East	City of Edinburgh	14:44
12	Kayley Summerscales	East	Edinburgh Woollen Mill	14:49
13	Lauren Peffers	East	Dunbar RC	14:50
14	Emma Cloggie	East	Banchory Stonehaven	14:54
15	Leanne Thomson	East	Falkirk Victoria H	14:55
16	Mary Dougherty	East	Central AC	14:58
17	Siobhan Coleman	East	Pitreavie AAC	14:59
18	Alison Brown	West	Annan & District AC	15:13
19	Keiley Archibald	North	Moray RR	15:15
20	Tracey Smith	West	City of Glasgow	15:16
21	Megan Shannon	West	Stewartry AC	15:23
22	Rachel Davidson	West	Stewartry AC	15:36
23	Kerry McGhee	West	Giffnock North AAC	15:38
24	Fiona McKay	West	Giffnock North AAC	15:39
25	Helen Sweeney	West	Giffnock North AAC	15:53
26	Lauren Malin		Annan & District AC	15:58
27	Frances McCluskey		Whitemoss AAC	16:01
28	Keri McKenzie		Livingston & District AAC	16:05
29	Ruth Joss		Bellahouston H	16:07
30	Emily Garrick		Shetland AAC	16:10
31	Fiona McTaggart	West	Giffnock North AAC	16:26
32	Morina McDougall	North	North Uist AAC	16:40
33	Helen Haxby	North	North Uist AAC	16:47
34	Katie Law		Annan & District AC	16:51
35	Sarah Downie		Arbroath & District AC	17:05
36	Collette Shiell		Carnethy Hill RC	17:10
37	Nicola Chung		Giffnock North AAC	17:12
38	Lauren Finnie	West	Ayr Seaforth AAC	17:19
39	Natalie Reynolds	North	Elgin AAC	17:22
40	Sarah Phee		Giffnock North AAC	17:35
41	Kirsty Wallace		City of Glasgow	17:35
42	Karen Currie	North	North Uist AAC	18:36
43	Sinead Curruthers	North	North Uist AAC	18:37

Inter-District	
East	27
West	78
North	149

Inter District Championships
Cumbernauld 16th December 2000
U13 Boys

Pos	Name	District	Club	Time
1	Jacob McCulloch		Windsor Slough & Eton	12:16
2	Mark Mitchell	North	Forres H	12:27
3	Iain Whitfield		Stroud AC	12:29
4	Chris Guasen	East	City of Edinburgh	12:40
5	Ross Finlayson	East	Lasswade AC	12:46
6	Douglas Selman	East	Kwik Fit Cor	12:49
7	George Glancy		Borough of Hounslow	12:52
8	Garry Haining	West	Shettleston H	12:54
9	Steven Rusling	East	Aberdeen AAC	12:55
10	Chris Douglas	East	Falkirk Victoria H	12:58
11	Stephen Trainer	West	Greenock Glenpark H	13:00
12	John Gribben	West	Kilbarchan AAC	13:03
13	Daniel Allan	West	Giffnock North AAC	13:09
14	Fraser Williams	West	Kilbarchan AAC	13:15
15	Andrew Laurie	East	Gala H	13:16
16	Nicholas Northall		Wrexham AAC	13:18
17	Craig Guzy	East	Fife AC	13:21
18	Kyle Toole	West	Kilbarchan AAC	13:23
19	Andrew Gibson	West	Kilbarchan AAC	13:33
20	Myles Edwards	East	Aberdeen AAC	13:35
21	Craig Hopkins		Gt Yarmouth District	13:42
22	Nicholas Moore	West	Gleniffer High Sch	13:43
23	Derek Hawkins	West	Kilbarchan AAC	13:45
24	Grant Morrison	West	Gleniffer High Sch	13:48
25	Paul Benham	East	Lasswade AC	13:52
26	Michael Gillespie	East	Central AC	14:00
27	Jonathan Murray	North	Stornaway RC	14:05
28	Darren Steel	East	City of Edinburgh	14:15
29	Adam Whytock	East	City of Edinburgh	14:19
30	Jonathan Roche	West	Giffnock North AAC	14:20
31	David Wood	North	BP Black Isle	14:32
32	Alan Smith	West	Gleniffer High Sch	14:35
33	Liam Taylor	North	BP Black Isle	14:42
34	David Stevenson		Giffnock North AAC	14:56
35	Sean Sutherland	North	BP Black Isle	15:00
36	Murdo Frame	North	Stornaway RC	15:28
37	Stuart MacDonald	North	Stornaway RC	15:40
38	Kieran McCluskey		Whitemoss AAC	15:44

Inter-District	
East	34
West	57
North	136

Inter District Championships
Cumbernauld 16th December 2000
U15 Girls

Pos	Name	District	Club	Time
1	Katrina Wootton		Bedford & County	12:55
2	Sharon Lamont	East	Pitreavie AAC	13:05
3	Morag McLarty	East	Central AC	13:08
4	Charlotte Moss		Bedford & County	13:13
5	Cheryl Guiney		Northern Ireland	13:20
6	Rachel Gibbs		Bedford & C AC	13:25
7	Claire Wilson	North	Shetland AAC	13:29
8	Frankie Harrison		Gt Yarmouth District	13:31
9	Lyndsey Freel		Northern Ireland	13:33
10	Fiona Gentles	West	Kirkintilloch Olympians	13:36
11	Marbeth Shiell	East	Harmeny AC	13:38
12	Fiona Thompson	East	Central AC	13:43
13	Christine Robb		Lagan Valley	13:43
14	Marie Terese Gardiner	West	West Dunbartonshire	13:43
15	Stephanie Reynolds	North	Elgin AAC	13:43
16	Eilidh Dorrian	West	Giffnock North AAC	13:45
17	Jennifer Emsley	West	City of Glasgow	13:45
18	Karen Bunyan	East	Central AC	14:13
19	Emma Munro	West	JW Kilmarnock H	14:16
20	Christina Whitelaw	West	Larkhall YMCA H	14:19
21	Fiona Muir	East	Fife AC	14:20
22	Eilidh Child	East	Pitreavie AAC	14:23
23	Fiona Chalmers	East	Central AC	14:23
24	Kara McNally	West	City of Glasgow	14:30
25	Gemma Mulvey	West	Giffnock North AAC	14:36
26	Eilidh Hodge	East	Edinburgh Woolen Mill	14:54
27	Amy-Jo Shiell	East	Harmeny AC	15:03
28	Kathleen Bryce	West	Gleniffer High School	15:18
29	Lynn Beattie	West	Giffnock North AAC	15:21
30	Nicola Williams		Giffnock North AAC	15:22
31	Jemma Roche	West	Giffnock North AAC	16:13
32	Linsay Nicoll		Livingston & District	16:17
33	Gillian Massie	North	Fraserburgh RC	16:31
34	Niketa Ferguson	North	Stornaway RC	16:46
35	Kirsty MacLeod	North	Stornaway RC	16:56
36	Fiona Duthie	North	Fraserburgh RC	18:09

Inter-District	
East	47
West	67
North	124

Inter District Championships
Cumbernauld 16th December 2000
U15 Boys

Pos	Name	District	Club	Time
1	Anthony Moran		Trafford AC	11:23
2	Simon Birzgalis		Trafford AC	11:35
3	Mark Kennedy	East	Aberdeen AAC	11:36
4	Paul McDougall	East	Harmeny AC	11:40
5	Jonathan Holt		Trafford AC	11:42
6	Andrew McLeod	West	Giffnock North AAC	11:45
7	Adrian Holliday		Border H	11:45
8	Ross Toole	West	Kilbarchan AAC	11:45
9	Alistair Hay	East	Central AC	11:45
10	David Butcher	West	Greenock Glenpark H	11:49
11	Stephen Dunn	West	Ron Hill Cambuslang H	11:50
12	Andrew Clark	East	Aberdeen AAC	11:55
13	Calum Morrison	West	Kilbarchan AAC	11:56
14	David Ward	West	Ron Hill Cambuslang H	11:58
15	Shaun Desport	East	Teviotdale H	12:07
16	Jamie Clark	East	Aberdeen AAC	12:10
17	Neil Taylor		Trafford AC	12:12
18	Hamish Robertson		Grantham AC	12:13
19	Tim Haughian		Borough of Hounslow	12:13
20	Michael Syzmanski	East	Kwik Fit Corstorphine AAC	12:14
21	Richard Allan	West	Giffnock North AAC	12:14
22	Alistair Campbell		East Kilbride AAC	12:16
23	Graham Welsh	West	Shettleston H	12:18
24	Michael Fox		Lagan Valley	12:21
25	Marc Linton		Trafford AC	12:23
26	Stuart MacDonald	West	Shettleston H	12:24
27	Kyle Hay	North	Forres H	12:25
28	Alan Brough		Shetland AAC	12:27
29	Scott Rodger	North	Lochaber AC	12:28
30	Christopher McCall		Greenock Glenpark H	12:28
31	Chris Devenny		Kilbarchan AAC	12:30
32	Oleg Cheplin	East	Aberdeen AAC	12:32
33	Silas Goldsworthy	West	Galloway H	12:34
34	Norman Galbraith		Giffnock North AAC	12:37
35	Blake Ellis		Trafford AC	12:41
36	James Findlay		Shettleston H	12:46
37	Anthony Coyle		Shettleston H	12:54
38	Graeme Caskie		East Kilbride AAC	12:55
39	Alaistair McCall	East	Kwik Fit Corstorphine AAC	12:55
40	Kevin Meldrum	East	Arbroath & District AAC	12:57
41	Gary Mutch	North	Fraserburgh RC	13:27
42	Matthew Berryman		Milton Keynes	13:27
43	Mark Smith	East	City of Edinburgh	13:36
44	Lee Thomson		Whitemoss AAC	13:37
45	Jason MacLean	North	Stornaway RC	13:41
46	Craig McTaggart		Giffnock North AAC	13:45

47	Neil Hay	North	Fraserburgh RC	13:52
48	David Phee		Giffnock North AAC	13:56
49	Thomas Burns	West	Ayr Seaforth AAC	13:59
50	Sean Hardwick		Arbroath & District AAC	14:12
51	John Divine	North	BP Black Isle AAC	14:22
52	Martin Shepherd		Arbroath & District AAC	14:59

Inter-District	
West	39
East	39
North	137

Inter District Championships
Cumbernauld 16th December 2000
U17 Women

Pos	Name	District	Club	Time
1	Freya Murray	East	Lasswade AC	16:28
2	Amie Booth		Bedford & County	16:38
3	Laura Burgoine		Bedford & County	16:40
4	Kerry Walker		Bedford & County	16:45
5	Mhairi Walker	East	Livingston & District AAC	16:49
6	Heather Gordon	West	Kilbarchan AAC	16:53
7	Carolyn Boosey		Vale of Aylesbury	16:55
8	Alexa Joel		Basildon	16:56
9	Samantha Marshall	East	Pitreavie AAC	17:09
10	Mhairi Spence	North	Inverness H AAC	17:14
11	Abigail Wilshire		Bristol AC	17:16
12	Briony Curtis	East	Banchory Stonehaven AAC	17:21
13	Lyndsey Rea		Northern Ireland	17:23
14	Kelly Worrall		Bedford AC	17:25
15	Helen Stevenson	West	Giffnock North AAC	17:35
16	Frances Meek	East	Fife AC	17:46
17	Jennifer Main	North	Inverness H AAC	17:58
18	Suzanne Borrowman		Central AC	18:09
19	Philippa Aukett		Worthing H	18:12
20	Jill Lando		Motherwell AC	18:15
21	Lynne Pattison	West	Gleniffer High School	18:22
22	Emma Blackwood	West	City of Glasgow	18:24
23	Lauren Young	West	JW Kilmarnock H	18:26
24	Katie Fleming	East	Perth Strathtay H	18:52
25	Valerie Young	East	City of Edinburgh	19:09
26	Lucy Aukett		Worthing H	19:13
27	Stephanie Campbell		Northern Ireland	19:16
28	Gemma Weild		Annan & District AC	19:25
29	Fiona Spence	North	Inverness H AAC	19:32
30	Yvonne Hamilton	West	Giffnock North AAC	19:34
31	Lia Haskett	East	Aberdeen AAC	19:37
32	Elaine Smith	East	Kwik Fit Corstorphine AAC	19:40
33	Hannah Whitelam		Central AC	19:47
34	Jennifer Boyle	West	Giffnock North AAC	20:45

Inter-District	
East	36
West	65

Inter District Championships
Cumbernauld 16th December 2000
U17 Men

Pos	Name	District	Club	Time
1	Tom Humphries		Cannock & Stafford	13:41
2	Raymond Edgar		Lancaster & Morecombe	13:44
3	Darren Malin	West	Annan & District AC	13:48
4	Adam Lee	West	Shettleston H	13:53
5	Colin Hawkins		Derby & County	13:54
6	Gavin Ross	West	Giffnock North AAC	13:56
7	Kevin Seaward		Northern Ireland	13:57
8	Chris Powner		Cannock & Stafford	13:59
9	Michael Chisholm		Ron Hill Cambuslang H	13:59
10	Phil McGlory		Liverpool H	14:02
11	Kris Berry	East	Kwik Fit Corstorphine	14:05
12	Ciaran Kelly	Northern Ireland		14:05
13	Alan Wales	East	Aberdeen AAC	14:05
14	Iain Donnan	East	Aberdeen AAC	14:08
15	Gavin Graham	East	City of Edinburgh	14:08
16	Mathew Ashton		Whitney RR	14:13
17	Luke Northall		Wrexham AAC	14:16
18	Paul McCloskey	East	Pitreavie AAC	14:23
19	Marc Johnston	East	Livingston & District	14:28
20	Sean Hassan	Northern Ireland		14:31
21	Gary Darroch		Kilbarchan AAC	14:32
22	Adam Watt	East	Aberdeen AAC	14:34
23	Steven Lawley	West	Law & District AAC	14:36
24	Iain O'May	North	Forres H	14:40
25	Jim McLachlan	West	Giffnock North AAC	14:42
26	Jasmair Pal	West	Ron Hill Cambuslang H	14:46
27	Andrew Davidson	Northern Ireland		14:47
28	Kevin Wallace	East	Fife AC	14:51
29	Matthew Milliken	Northern Ireland		14:56
30	John-Daniel Walker		Giffnock North AAC	14:58
31	Robin Macintosh	East	City of Edinburgh	15:03
32	Andrew Steven		Ron Hill Cambuslang H	15:05
33	Steven Evans		Liverpool H & AC	15:07
34	Gary McGelkedney		Northern Ireland	15:08
35	Graham Bee	East	Fife AC	15:09
36	Jamie Stephen	North	BP Black Isle	15:13
37	Daniel McKeating	West	Ayr Seaforth AAC	15:13
38	David Nevin		Cannock & Stafford	15:20
39	Scott Pryde	East	Fife AC	15:23
40	Peter Mack	West	Kilbarchan AAC	15:35
41	Steven Milligan	West	Giffnock North AAC	15:36
42	Scott Hardie		Nithsdale AC	15:49
43	Graham Thomson		Giffnock North AAC	16:34
44	Alex O'May	North	Forres H	16:35
45	Brett Dalgleish		City of Edinburgh	16:52
46	Ross MacDonald	North	Inverness H AAC	16:57

Inter-District	
West	50
East	53
Northern Ireland	82

Inter District Championships
Cumbernauld 16th December 2000
Senior/Junior Women

Pos	Name	District	Club	Time
1	Hayley Yelling		Hounslow	21:24
2	Tara Krzywicki		Charnwood AC	21:37
3	Hayley Haining	West	City of Glasgow	22:23
4	Ellen Leggate		Cirencester AC	22:39
5	Victoria Gill	Scottish Students	University of St Andrews	22:50
6	Penny Thackray		Wakefield D H & AC	22:56
7	Jilly Ingman		Barnsley AC	22:57
8	Emma Fisher		Shaftesbury Barnett	23:03
9	Pauline Powell		Blackburn	23:03
10	Julie O'Mara		Unattached	23:07
11	Claire Naylor		Sutton in Asfield H	23:16
12	Grace Greenhalgh		Colchester & Tendring	23:25
13	Kelley Wilder		Oxford University	23:27
14	Alison Higgins	West	JW Kilmarnock H	23:30
15	Ann Paul	Northern Ireland		23:37
16	Lindsay McMahon	West	JW Kilmarnock H	23:39
17	Suzanne Owen	West	City of Glasgow	23:42
18	Lesley Paterson		Victoria Park AAC	23:45
19	Sue Ridley	East	Edinburgh Woollen Mill	23:46
20	Hayley Ovens	East	Edinburgh Woollen Mill	23:50
21	Helen Pearson (U20)		Cornwall AC	23:53
22	Eileen Cochrane	West	City of Glasgow	24:05
23	Karen Marshall	Northern Ireland		24:06
24	Melissa Neal		Peterborough AC	24:08
25	Toni McIntosh	Scottish Students		24:10
26	Jill Shannon (U20)	Northern Ireland		24:12
27	Nicola Thompson		Charnwood AC	24:23
28	Julie Butler	Northern Ireland		24:36
29	Jane McCrorie (U20)	Scottish Students		24:40
30	Dennise Smith (U20)	Scottish Students		24:47
31	Sharon Marshall		Wakefield D H & AC	24:51
32	Clare Miller		Cosmic Hillbashers	25:07
33	Kirsty Munro (U20)	Scottish Students		25:12
34	Hannah Waugh (U20)	Northern Ireland		25:20
35	Nicki May	East	Pitreavie AAC	25:25
36	Joanna Ross (U20)	West	Victoria Park AAC	25:33
37	Marietta Van Linden	East	City of Edinburgh	25:42
38	Jackie Thomson		City of Glasgow	25:45
39	Olivia McCullagh (U20)	Northern Ireland		25:51
40	Pamela McNellis (U20)		City of Glasgow	26:06
41	Alison White	East	Pitreavie AAC	26:13
42	Maria Psatha	Scottish Students		26:26
43	Anna Verges	East	Penicuik H	26:27
44	Ruth Chamberlain	Scottish Students		26:39
45	Karen Dobbie	East	Edinburgh Woollen Mill	27:11
46	Sophie Milburn		Elswick H	27:25
47	Abigail Morrison	East	Lothian RC	27:26
48	Claire Waterhouse (U20)	East	Central AC	27:28
49	Alice Butler		Wakefield D H & AC	27:33

Inter-District	
West	43
Northern Ireland	77
Scottish Students	81

Inter District Championships
Cumbernauld 16th December 2000
Senior/Junior/Men

Pos	Name	District	Club	Time
1	Dominic Bannister		Shaftesbury Barnet	25:48
2	Allen Graffin		Tonbridge AC	25:51
3	Mike Simpson		Hounslow	26:05
4	Spencer Barden		Belgrave H	26:12
5	Rob Birchall		Birchfield H	26:20
6	Dave Mitchinson		Newham & Essex	26:24
7	Joe McAllister	Northern Ireland	N Ireland	26:27
8	Andrew Graffin		Tonbridge AC	26:33
9	Neil Wilkinson	West	Ron Hill Cambuslang	26:35
10	Mark Miles		Belgrave H	26:40
11	Andrew Hennessy		Puma TVH	26:46
12	Andrew McKenna		Milton Keynes AC	26:48
13	Daniel Leggate		Fife AC	26:57
14	Daniel Rowen		Tipton	27:00
15	David Cavers	East	Teviotdale H	27:08
16	Paul Rowland		Notts AC	27:17
17	William Richardson	West	Irvine AC	27:25
18	Steven Cairns	Northern Ireland		27:30
19	Stephen McAllister	West	Inverclyde AC	27:31
20	Alaistair Russell	West	Law & District	27:36
21	Robert Russell (U20)	East	Central AC	27:50
22	Ben Hukins	East	Aberdeen AAC	27:53
23	Dean Fisher	Northern Ireland		28:00
24	Alan Reid	North	Peterhead AAC	28:06
25	Andrew Muir	Scottish Students		28:07
26	Martin Ferguson	East	City of Edinburgh	28:08
27	Joseph Byrne (U20)	Northern Ireland		28:12
28	Sandy Moss	East	Fife AC	28:16
29	Dominic McAllister (U20)	Northern Ireland		28:23
30	Richard Burney		City of Edinburgh	28:25
31	Dan Whitehead	East	Cosmic Hill Bashers	28:28
32	Kerr Johnstone (U20)	East	Falkirk Victoria H	28:29
33	Ryan Calvert (U20)	Northern Ireland		28:30
34	Neil Gunstone	East	Dundee Hawkhill H	28:31
35	Jamie Pringle	Scottish Students		28:32
36	David Knight	East	Perth Strathtay H	28:34
37	Steven McGregor	Scottish Students		28:34
38	Martin Graham (U20)		Shettleston H	28:41
39	Trevor Wilks		Leeds City	28:44
40	Jamie McDonald	Scottish Students		28:48
41	Tom Greene (U20)	East	Fife AC	28:48
42	Stanley MacKenzie	North	Inverness H AAC	28:50
43	Malcolm Bain	North	Stornaway RC	28:54
44	Kristian Forster (U20)		Victoria Park AAC	28:56
45	Thomas Bracegirdle	Scottish Students		28:58
46	Craig McAllister	Scottish Students		29:02
47	Bobby Farren	Northern Ireland		29:03
48	Ian Willianson	West	Ron Hill Cambuslang H	29:15
49	Dave Gardiner	East	Mizuno Racing Club	29:20
50	Mark Pollard (U20)		Inverclyde AC	29:20
51	Stuart Campbell	East	Mizuno Racing Club	29:22

52	Kevin Ritchie		Leeds City AC	29:24
53	Francis Marsh	Northern Ireland		29:31
54	Ross Houston	Scottish Students		29:54
55	Keith Purdy (U20)	Northern Ireland		30:02
56	Peter Morrison	East	Fife AC	30:12
57	Patrick Guiney (U20)	Northern Ireland		30:14
58	Mark Fairgrieve		Ron Hill Cambuslang H	30:30
59	Chris Speers (U20)	Northern Ireland		30:36
60	Timothy Neill		Dundee Hawkhill H	30:38
61	Gordon Allsop		Arran Runners	30:38
62	Graeme Ferguson (U20)	West	Irvine AC	30:40
63	Neil Brown (U20)	Northern Ireland		30:41
64	Robert Docherty		Greenock Glempark H	30:41
65	Joe Boardman		Nithsdale AC	30:41
66	Stewart Mason		Aberdeen University AC	31:00
67	Paul Whitelam (U20)		Central AC	31:07
68	Andrew Nesom		City of Norwich	31:08
69	Grant Jeans (U20)	North	Moray Road Runners	31:08
70	Gus Munro		Victoria Park AAC	31:46
71	Campbell Joss		Bellahouston H	31:52
72	David Allsop		Arran Runners	31:54
73	John Duffy		Shettleston H	32:21
74	Richard Patterson		City of Edinburgh	32:43
75	Neil MacGregor		Shettleston H	33:50
76	Gregor Dingwall		Stirling University AC	34:04
77	Ian Beattie		Troon Tortoises	34:09
78	Paul Emsley		Arran Runners	34:46
79	John Goldsworthy		Galloway H AAC	35:00
80	David Oliver		Aberdeen AAC	35:05
81	Mel Edwards		Aberdeen AAC	35:26
82	John Mitchell (U20)		Aberdeen University AC	36:13
83	William Campbell		Unatt	39:37
84	Gordon Bell		Unatt	45:06

Inter-District	
East	65
Northern Ireland	65
West	90
Scottish Students	137

Third time lucky for Bannister

Dominic Bannister and Hayley Yelling drew level with their respective opposition after four races in the current Reebok series. Battling with the mud and mostly English and Irish opposition the physiotherapist and teacher both held on for significant victories as DOUG GILLON reports

Pictures: Mark Shearman

Senior men

DOMINIC Bannister finally got the better of the testing 8000 metres Cumbernauld cross-country course, winning at the third attempt, collecting a £500 cheque, and putting himself in pole position for the £2000 overall Reebok series men's award.

After having been runner-up over the North Lanarkshire course in both of the two previous years – to Andy Graffin and Steffan White – Shaftesbury Barnet's Bannister silenced his groaning legs to win by three seconds from Graffin's twin, Allen. Mike Simpson, whose partner, Hayley Yelling, won the women's race, was a further 14 seconds down in third.

Last year, a week after having helped Britain to European team gold in Slovenia, physiotherapist Bannister was the only member of that squad to appear for this event, but lost by a second.

"It was really tight the first year as well, and I was determined I was not going to be second for a third time," said Bannister. Again he was the only man to have been on European duty to make the trip north.

"I really had to work for that. My legs were a bit tired after having raced in Sweden the previous weekend. It was down to whose mental strength was the greater. I think we both knew that.

"I thought Allen was going to get away. He had a bit of a go up the last hill, and stole about five metres on me. I was lucky he didn't get away properly."

A group of eight had been together at half distance, but at that stage, Olympic 1500m man Andy Graffin stumbled and crashed to the frozen turf.

"Nothing to it, I just caught one of my spikes," he said later. Though he jumped up, and closed in on the group once more, the pack was beginning to splinter under the sustained charge of the front pair. Andy's effort proved too great, and he finished eighth.

Now, both Bannister and the absent Matt O'Dowd hold two series wins each.

The advantage of the bonus, from



The Graffin twins and eventual winner Dominic Bannister (73) surrounded by Rob Birchall (77), Spencer Barden (74) and Paul Rowland (134)

having run one race more, gives Bannister the slimmest edge. It looks, however, as though the fifth event, at Cardiff, on January 14, will involve little more than jockeying for position before the decider, the Nottingham world trial, which carries double points.

Bannister has decided to duck the Great North event at Consett, Co

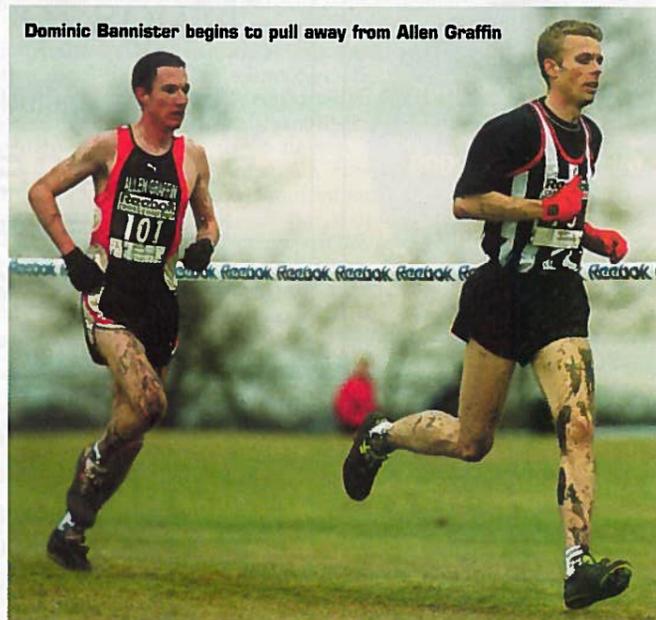
Durham, a week on December 30. "The Worlds in Dublin are a high priority," he says, "so with the trials in February, I need to get some serious training in."

Joe McAllister, seventh, was the leading Northern Ireland finisher, two places and eight seconds in front of the top Scot, Neil Wilkinson.

The Scottish champion, Bobby Quinn, of Kilbarchan, was forced to withdraw, with a recurrence of back problems. Though his leg is long since fully recovered from the 1986 motor bike accident which almost cost him his career, he says: "I have a permanent weakness on that side, and my back flares up from time to time. I manage it with regular physiotherapy, but if I'd run, I might have wrecked my season. I still hope to challenge for a world place."

There was, however, a disappointing attendance by the leading Scots, who are rarely slow to criticise lack of competitive opportunities. This event, in their own heartland, was ideal, but several were keeping their powder dry for Consett.

Robert Russell, of Central AC, takes credit, however, for his leading under-20 place, 21st overall and second finisher in the winning East of Scotland team.



Dominic Bannister begins to pull away from Allen Graffin



Over the hill: Hayley Yelling (81), Tara Krzywicki and Hayley Haining (21)

Senior women

HAYLEY Yelling gained a measure of revenge and consolation with her repeat victory in the 6000m women's race.

After having come home 13 seconds clear of Tara Krzywicki, a member of the counting trio in Britain's European cross country silver medal team success six days earlier, Hounslow's Yelling was able to put her personal angst over her own Malmo performance into perspective.

Disappointed to have finished 30th, 10 places and 12 seconds behind Krzywicki in Sweden, and last of the five UK finishers, she said: "This was a much better run, and I felt a lot happier."

Her slight frame coped better with the muddy patches, and second time through one of the more gluey sectors, she was able to glide away from the more heavy-acted Krzywicki, though Yelling admitted: "Every time we came to a hill, I thought Tara was going to catch me."

As second counter in last year's World championships, with 34th place behind Paula Radcliffe, Yelling said she was looking for "something similar this winter," and consequently did not want to overcook her pre-Christmas programme. She is confident of much more to come.

This was her second successive victory over the undulating trail which was firmed by frost for most of its length. It denied Charnwood's Krzywicki her second Reebok win this winter and ensured that Yelling drew level with her at the head of the series.

The Marlow maths teacher also did a significant favour for her sister-

in-law, Liz Yelling. When the arithmetic was concluded, it showed Liz, with her victories at Margate and Birmingham, remains right in contention, though even with double points available in Nottingham, bonus points for simply finishing races look certain to decide the outcome of the series.

Krzywicki, Reebok winner in each of the past two years, was not despondent at second. She had been unable to train during the previous week. "I was sharing with one of the juniors in Sweden, and picked up a cold," she said.

"It wasn't my legs which troubled me – it was my lungs."

Hayley Haining, in her first cross country race of the winter, finished third, but was 59 seconds down on the winner as she helped the West of Scotland squad to victory in the Inter-District contest. Northern Ireland, led by Ann Paul (15th), were second.

The performance of City of Glasgow's Haining, on just 35 miles a week, is a reminder of what the sport is missing. A former European team championship medallist – and Britain's best-placed female finisher in a World junior championship until the advent of Radcliffe – the Helensburgh veterinary surgeon said: "I prefer the road to the uneven country these days.

"My legs get in a mess, and I have to be careful. I've had a lot of injury problems, and I am happy just to be able to run.

"I just want to enjoy myself, but every time I run well, expectation rises, and I get upset when my body doesn't let me deliver. I don't want to put myself through that. If I am running well at the time of the world trials, I'll do it, but if I have too much on my plate, I won't."

Collette Fagan, only member of the Malmo European junior gold medal squad who intended to run, withdrew after her warm-up. Her coach, Liz McColgan, had wanted her to train rather than race, but in the end, it was a cold which ruled out Haining's clubmate.

"I didn't feel great," said Fagan, "to race with a virus, especially against seniors, would have been a bit stupid."

Lesley Paterson, of Victoria Park, was the leading under-20, eight seconds ahead of Cornwall's Helen Pearson.



Hayley Yelling (81) leads from Tara Krzywicki

Junior races

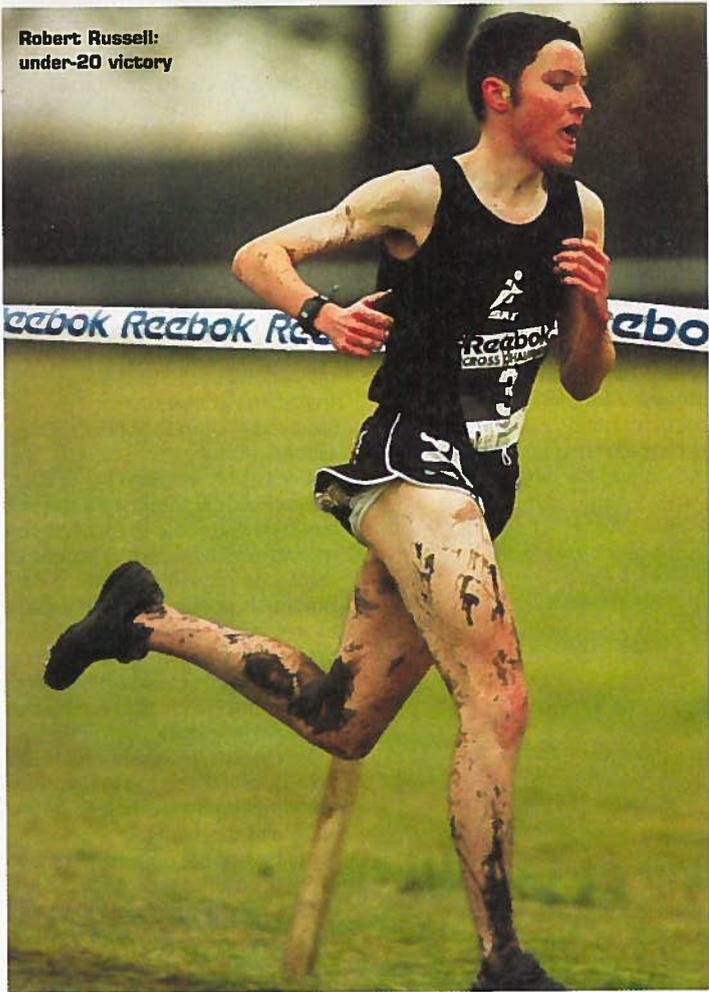
EIGHT races and 24 medals is not too difficult to compute. The Cumbernauld Inter-District Championship – a classic fixture supported by North Lanarkshire Council that dates back more than 30 years – has been beefed up for the past three by the Reebok Challenge. Entries continue to suffer from a clash with the Belgian event, but that should change next year.

The inter-district match also involves universities and Northern Ireland. Unravelling it could challenge the intellect of a chess grand master. If we want to make this great sport attractive to the uncommitted, then perhaps we should try making it less complex.



They're off: the U15 girls are underway

Robert Russell: under-20 victory



Yet even the less cerebrally endowed could deduce from the procession of English and Irish visitors to Cumbernauld that the hosts were rarely at the races.

Only seven medals stayed in Scotland, and just one was gold.

Freya Murray, bronze medallist in the AAA under-17 1500m, and Scottish Schools' 1500 and 3000m champion, also enjoys something of a reputation as a hill runner.

She was British junior bronze medallist and is a World Trophy international, and it was that strength in the girls' under-17 event, perhaps, which helped her break clear early, and cruise home clear of Bedford and County pair Amie Booth and Laura Burgoine. Tom Humphries, of Cannock and Stafford, held on well for victory in the boys under-17 event over the same 4000m course.

Katrina Wootton, also out of Alex and Rosemary Stanton's Bedford stable which produced Paula Radcliffe, had already won the English Schools' title and the schools' international at Irvine last winter. Wins at Liverpool and Margate already showed she has lost nothing over the summer.

She won the under-15 race comfortably, even after a week's physiotherapy which treatment was given a testing exam by Cumbernauld's hills. Trafford enjoyed a one-two in the boys under-15 event, courtesy

of Anthony Moran and Simon Birzgalis.

Aileen O'Reilly, of Lagan Valley, looked a significant prospect in the under-13 girls' race, taking Ireland's only title by a 17-second margin, while Jacob McCulloch was almost as convincing a winner of the boys' race in the same age group.



U17 winner Tom Humphries leads from second placed Raymond Edgar

Results

Senior Men

1 D Bannister (S&D) 25:48; 2 Allen Graffin (Ton) 25:51; 3 M Simpson (Houn) 26:05; 4 S Bardon (Belg) 26:12; 5 R Birchall (Bir) 26:20; 6 D Mitchinson (INEB) 26:24; 7 J McAllister (NI) 26:27; 8 Andrew Graffin (Ton) 26:33; 9 N Wilkinson (Cam) 26:35; 10 M Miles (Belg) 26:40; 11 A Hennessy (TWH) 26:46; 12 A McKenna (Mil) 26:48; 13 D Leggata (Fife) 26:57; 14 D Rowan (Tip) 27:00; 15 D Cavers (E Bord) 27:08; 16 R Rowland (Notz) 27:17; 17 W Richardson (W Irv) 27:25; 18 S Cairns (NI) 27:30; 19 S McAllister (W Irv) 27:31; 20 S Connachan (W Irv) 27:36; 21 R Russell (E Cent) 27:50; 22 B Hukans (E Aber) 27:53; 23 D Fisher (NI) 28:00; 24 A Reid (N Peab) 28:06; 25 A Muir (Scott U) 28:07; 26 M Ferguson (COE) 28:08; 27 J Bryne (NI) 28:09; 28:12; 28 S Moss (E Fife) 28:16; 29 D McAllister (NI) 28:23; 30 R Burney (COE) 28:25; 31 D Whitehead (E Cos) 28:28; 32 K

Johnstone (E Falk) 28:29; 33 R Calvert (NI) 28:30; 34 N Gunstone (E Dur) 28:31; 35 J Pringle (Scott) 28:32; 36 D Knight (E Perd) 28:34; 37 S McGregor (Scott U) 28:34; 38 M Graham (Shett) 28:41; 39 T Walks (Leeds) 28:44; 40 J McDonald (Scott U) 28:48; 41 T Greene (E Fife) 28:48; 42 S MacKenzie (N Inver) 28:50; 43 M Bain (N Scam) 28:54; 44 K Forster (Vic) 28:56; 45 T Bracegirdle (Scott U) 28:58

TEAM: 1 East 65; 2 N Ireland 65; 3 West 90; 4 Scottish Uni 137

U17

1 T Humphries (CS&S) 13:41; 2 R Edgar (LSM) 13:44; 3 D Mallin (W Anan) 13:48; 4 A Lee (W Shett) 13:53; 5 C Hawkins (D&D) 13:54; 6 G Ross (Giff N) 13:56; 7 K Seaward (ND) 13:57; 8 C Pownier (CS&S) 13:59; 9 M Chisholm (Cam) 13:59; 10 P McGlory (Luv H) 14:02; 11 K Berry (Corst) 14:05; 12 C Kelly (NI) 14:05; 13 A Wales (E Aber) 14:05; 14 I

Donnan (E Aber) 14:08; 15 G Graham (CoE) 14:08

TEAM: 1 East 50; 2 West 53; 3 N Ireland 82

U15

1 A Moran (Traff) 11:23; 2 S Birzgalis (Traff) 11:35; 3 M Kennedy (E Aber) 11:36; 4 P McDougall (E Hart) 11:40; 5 J Holt (Traff) 11:42; 6 A McLeod (Giff N) 11:45; 7 A Holiday (Bord) 11:45; 8 R Toole (Kilb) 11:45; 9 A Hay (E Cent) 11:45; 10 D Butcher (Green) 11:49

TEAM: 1 West 19; 2 East 39; 3 North 137

U13

1 J McCulloch (WSE) 12:16; 2 M Mitchell (N Forres) 12:27; 3 I Whitchell (Strou) 12:29; 4 C Guasen (CoE) 12:40; 5 R Finlayson (E Lass) 12:46; 6 D Selman (Corst) 12:49; 7 G Glancy (Houn) 12:52; 8 G Hanning (Shett) 12:54; 9 S Rusling (E Aber) 12:55; 10 C Douglas (Falk) 12:58

TEAM: 1 East 34; 2 West 57; 3 North 136

Senior Women

1 H Yelling (Houn) 21:24; 2 T Krzywicki (Cham) 21:37; 3 H Haining (Glas) 22:23; 4 E Leggata (Dira) 22:39; 5 V Gill (Scott U) 22:50; 6 P Trackley (Wake) 22:56; 7 J Ingman (Barns) 22:57; 8 E Fisher (S&D) 23:03; 9 P Powell (B'burn) 23:03; 10 J O'Mara (unacc) 23:07; 11 C Naylor (Sutt) 23:16; 12 G Greenhalgh (CoE) 23:25; 13 K Wilder (Oxf) 23:27; 14 A Higgins (Kilm) 23:30; 15 A Paul (NI) 23:37; 16 L McMahon (Kilm) 23:39; 17 S Owen (Glas) 23:42; 18 L Peterson (Vic) 23:45; 19 S Ridley (EWM) 23:46; 20 H Owens (EWM) 23:50

TEAM: 1 West 43; 2 N Ireland 77; 3 Scottish Uni 81; 4 East 99

U17

1 F Murray (E Lass) 16:28; 2 A Booth (Bed C) 16:38; 3 L Burgoine (Bed C) 16:40; 4 K Walker (Bed) 16:45; 5 M Walker (E Liv) 16:49; 6 H Gordon (Kilb) 16:53; 7 C Bossey (Vale) 16:55; 8 A Joel (Bas) 16:56; 9 S Marshall (Pic)

17:09; 10 M Spence (N In) 17:14; 11 A Wiltshire (Bris) 17:16; 12 B Curtis (Ban) 17:21; 13 L Rea (N Ire) 17:23; 14 K Worral (Bed) 17:25; 15 H Stevenson (Giff N) 17:35

TEAM: 1 East 36; 2 West 65

U15

1 K Wootton (Bed C) 12:55; 2 S Lammond (Pic) 13:05; 3 M McLarty (E Cent) 13:08; 4 C Moss (Bed C) 13:13; 5 C Guiney (NI) 13:20; 6 R Gibbs (Bed C) 13:25; 7 C Wilson (N Shet) 13:29; 8 F Harrison (Arm) 13:31; 9 L Freell (NI) 13:33; 10 F Gentles (Kirk) 13:36

TEAM: 1 East 47; 2 West 67; 3 North 124

U13

1 A O'Reilly (Lag V) 13:33; 2 K Berryman (Mil) 13:50; 3 G Moss (W Nor) 14:01; 4 A Tober (Loch) 14:01; 5 S Lyall (Harm) 14:15; 6 D Miller (Green) 14:24; 7 D Kane (CoE) 14:30; 8 R Bowman (Corst) 14:41; 9 J Finch (Glas) 14:43; 10 A Kennedy (Lass)

TEAM: 1 East 27; 2 West 78; 3 North 149