

team in brackets):

- 6pm: Paris Diggers v Nae Fear (Aberuthven Acers). Motley Crew v Tay Pearls (Aberfeldy)
- 6.35pm: Motley Crew v Paris Diggers (Nae Fear). Aberuthven Acers v Tay Pearls (Kinross)
- 7.10pm: Kinross v Crieff (Motley Crew). Aberfeldy v Nae Fear (Plus Perth)
- 7.45pm: Kinross v Aberuthven Acers (Kinross High). Aberfeldy v Team Fife (All Stars)
- 8.20pm: All Stars v Kinross High (Paris Diggers). Crieff v Plus Perth (Team Fife)
- 8.55pm: Plus Perth v Kinross High (Tay Pearls). All Stars v Team Fife (Crieff).

ROAD RUNNERS

The new cross-country running season is under way and Perth Road Runners (PRR) are, as ever, firmly part of it.

The season starts each year in early October and wraps up in late February with the main National Championships at Callendar Park in Falkirk.

October saw the East District Relays take place in Livingston and the first race of the East District League take place in Kirkcaldy.

There have already been two National Championships: the National Relays in Cumbernauld and the National Short Course in Lanark.

Storms and the extreme vagaries of this October's weather have seen the course conditions vary from very firm at Lanark to sinking mud at Cumbernauld.

Fine PRR performances - too many to mention - have emerged from the many runners taking to the mud and grass in October.

We go again at Dundee and Aberdeen in November.

Perth Road Runners is keen to welcome new runners - cross-country or otherwise.

For more information see the webpage at www.perthroadrunners.co.uk



Maximum effort Fiona Manson gets to grips with the final hill of the National Relay Championships at Cumbernauld