

Fell Inter Counties

Yorkshire just love gold

Commonwealth Mountain Running champion & North XC champion, Lizzie Adams, celebrated her 26th birthday in fine style at the UKA Inter Counties Fell Championships in Derbyshire with an individual gold, which was the sixth time Yorkshire have taken the title in the ladies. But the celebrations just carried on with the Tyke girls finishing with all four members of the team in the top ten, which easily won team gold medals for the eighth time. Lizzie last ran in these championships in 2009 when she finished fourth, but no one could live with her pace at the Shining Tor race, as Sarah McCormack of Scotland East and twice Inters winner Olivia Walwyn Bush finished in silver and bronze places. Recent winner of the Wray Caton Moor race Katie Walshaw finished fourth and wearing crisp new vests, both Helen Fines and Yorkshire Champion Helen Berry rounded up the team in seventh and eighth places. Helen Fines had a very late call up and considering she had in the last seven days finished second in the British champs at Slieve Bearnagh and won the Blackstone Edge race, both rough, tough events, this gives an indication of how resilient she is!

In the mens race, Greater Manchester did it again to us, providing the individual winner for the fifth time in the shape of Northern XC champion Steve Vernon and winning the team gold medals for the seventh time. Chris Smith of Middlesex collected the silver medal like last year and two times Inters winner Andi Jones of Greater Manchester had to settle for the bronze. Yorkshire champion Rob Baker was close behind in fourth, Tom Adams mixed it well to come seventh, Karl Gray came 13th and Graham Pearce 19th, which meant Yorkshire collected silver medals yet again.

The Tyke Juniors dominated the first ever Inter Junior champs, with team golds in BU16, GU16 and BU18 with silver medals in the GU18 where great rivals Lancashire won. In the U16 race, 2011

English champ James Hall and Lewis Byram ran away with the gold and silver medals leaving Iolo Hughes of North Wales with the bronze. Max Wharton, the other Yorkshire runner in his words finished a 'disappointing sixth', especially since he had the previous week won the Yorkshire T&F 1500m title. He did courageously run, despite being doubled up with pain for most of the race with stomach cramp. In the girls, Annabel Mason, the London Mini Marathon winner, along with Yorkshire XC champion, Bronwen Owen, just ran away with the gold and silver medals leaving Lancashire 1500m T&F champion Mary Hodgson with the bronze. Yorkshires newest young recruit and future star Molly Traviss finished in a creditable fifth. Bronwen, the Northern XC champion, over the previous weekends had won the Yorkshire 1500m T&F title and before that was running in the new London Olympic Stadium, competing in the UK Schools T&F Games where she finished with a bronze from the 3000m. James Hall, also experienced the Games venue and was so inspired in the 3000m that he set a new pb by 15 seconds in finishing fifth. James, Annabel and Bronwen showed such speed that they all ran faster than their U18 counterparts who ran the same race route later that day.

Tyke lads Brad Traviss and Tom Saville never gave up chasing home Nathan Jones of North Wales in the BU18 race to collect silver and bronze medals, whilst Richard Powell achieved one of his many ambitions to wear the proud white rose vest to finish eighth. In her first fell race of the year, U18 Yorkshire champion Charlotte Edge, just could not catch race winner Sarah Hodgson, the Lancashire 3000m champion. Florence Haines a recent senior winner of the Cribyn race and Zara Knappy, both wearing the famous blue and white vest for the first time had a real tussle between them to place fifth and sixth. Lancashire Fell & 2000m steeplechase champion, Helena Leathley



Top: The golden girls – Lizzie Adams, Helen Fines, Katie Walshaw and Helen Berry
Below: GU16 team – Bronwen Owen, Molly Traviss & Annabel Mason



Above: BU16 team – Max Wharton, James Hall & Lewis Byram

finished fourth.

To end the day the senior and junior Yorkshire teams all celebrated on the Errwood Reservoir waters edge by spraying fizz, grand prix style before it was time to sing happy birthday to Lizzie again and present her with a yummy chocolate cake.

Roll on next year - we just love gold in Yorkshire, after all we did win 16 golds, 11 silvers and one bronze medal – not a bad day out.



Yorkshire celebrate