

British Senior & U23 Inter County Mountain Running Championship Races, Sedbergh

Sunday 7th May 2023

10th Individual & 15th Team Title

Yorkshire County Report

The 1997 Inter County inaugural race was at Sedbergh over the Arant Haw race route where Andrew Pearson Yorkshire won the 8mile/300ft Men's race, Jess Turnbull Greater Manchester the 2mile/1000ft Women's race and Yorkshire won both team titles. The 2023 race returned to this venue, with 171 runners facing the two lap 14k course for both the men and women.

Although the Inter Counties has been in existence for 27 years now, it missed three years of competition, 2001 due to Foot and Mouth, whilst the 2020 and 2021 races were a casualty of the COVID-19 pandemic and restrictions.



Leading from the off and smiling her way to victory and the Gold medal Phillipa Williams became the 10th Yorkshire individual women's champion following in the footsteps of 2005 Mary Wilkinson at Wrekin, 2006 Jo Waites at Settle Hills, 2007 Janet McIver at Crowden Horseshoe, 2008 and 2010 Victoria Wilkinson at Belmont Winter Hill and Lletty, North Wales, 2012 Lizzie Adams at Shining Tor, 2013, 2015 and 2018 Emma Clayton at Settle Hills, Betws-Y-Coed, North Wales and Lads Leap.

Phillipa has had a great XC season winning the Yorkshire and Northern Champs, 4th at the Inter County

and 7th at the National XC Champs, she also won the hilly Sheffield Half Marathon in a new PB of 74.50 and the first English Fell Champs race at Long Mynd Valleys.

Alice Goodall Scotland East won the Silver medal and the WU23 British Championship, an outstanding run by Caroline Lambert Yorkshire saw her pull through the field to be rewarded with the Bronze medal.



The Yorkshire lasses won the team title for the 15th time, Phillipa and Caroline were backed up by Yorkshire Fells Champion Rose Mather in her debut finishing 12th and Helen Smith, 14th. Yorkshire WU23 Fells Champion Betty Bergstrand unfortunately had issues in the race and couldn't finish. Yorkshire reserve Becky Penty considering she had finished the 3 Peaks a week earlier had a superb run to finish ninth overall. Silver medallists in the team were Scotland East 22 points and Bronze medallists were Cumbria 31 points.

In the men's race Andrew Douglas Scotland North paced his race to perfection, over taking Joe Steward Greater Manchester and then Chris Richards Cumbria on the second climb to cross the finish line 32 seconds ahead of last years champion Chris, with Joe taking the Bronze medal. Andrew has now won the British Inter County Championships three times, the previous wins were 2015 Betws-Y-Coed, N. Wales and 2017 Broughton Heights, Scotland. Winning the MU23 championship for the second time Finlay Grant Derbyshire finished fifth overall, Edward Corden Greater Manchester won the Silver and Jared Martin Northern Ireland the Bronze. Yorkshire's Alex Mason finished fourth.

Cumbria won the team competition 21 points, second Scotland North 24 points and third Scotland East 27 points, Yorkshire finished fifth with 9th Ben Rothery, 18th Jack Cummings, 24th MU23 Alex Mason

and 26th Martin Howard, Yorkshire reserve Kieran Savage finished 30th. Unfortunately Nathan Edmondson after the first lap had to withdraw.

With Devon, Suffolk, Essex and teams from Scotland this event is growing year upon year, in fact 20 counties fielded a full men's and 17 counties fielded a full women's teams.



Thanks to Race Organiser Angela Mudge and her team of volunteers who made the event so enjoyable and a huge success, even down to organising the fine weather. A special thank you must go to Ian Hartman who is the man behind the Inter County Championships and works tirelessly in the background.

Eileen & Dave Woodhead

Yorkshire Inter County Team Managers