

2023 British U15, U17 & U19 Inter County Hill & Fell Running Championship races

Yorkshire's Golden Inter County conveyor belt rolls on

By Dave & Eileen Woodhead - Yorkshire Team Managers

The Yorkshire Golden conveyor belt of athletes rolled on at the 2023 British Inter County Hill & Fell Running Championship races hosted by Telford AC and RO Alison Preece on the Stretton Hills near Church Stretton, Shropshire. The U15, U17 and U19 races were tough with the races taking in Hope Bowdler Hill, the summits of Three Fingers Rock and Caer Caradoc which provided superb views over the Long Mynd and northeast to the Lawley and the Wrekin. These hills are full of history with their natural ramparts being used by iron age man and the Romans as ideal forts.

This was also the venue for the 2016 races then hosted by Mercia Fell Runners and RO Jim Tinnion over very similar courses, but then these championships only catered for U16 and U18 athletes, note the age groups were different back then.

Yorkshire the most successful county, once again dominated the championships running away with 5 individual Gold medals with GU15 Clara McKee, WU17 Graihagh Turner, WU19 Amelie Lane, MU17 Jack Sanderson and MU19 Sam Bentham, these emulating the 2016 winners WU16 Eve Crownshaw, MU16 Nathan Smith, WU18 Lucy Byram & MU18 Chris Law.

Yorkshire nearly made it a clean sweep in the Teams with five Gold medals, but just like in 2016 were denied by Cumbria due to count back, in 2016 it was in the MU18's and in 2023 the WU17's.

It's a shame that Yorkshire are still the only county to fully support these championships every year with a full contingency of athletes and reserves, these championships deserve better.



GU15 Yorkshire Fell Champion Clara McKee in her debut wearing the famous Yorkshire vest totally 'owned' the race taking the Gold medal and the British title finishing 5th overall in the U15 race. Isla Pastor of Merseyside won the Silver with Yorkshire's Bethan Buckley taking a fantastic Bronze medal, with two to count Yorkshire won Team Gold with backing from third member Izzy Wright. Lancashire won Team Silver and Cumbria the Bronze medals. Yorkshire Reserve Holly Fitch finished 8th.

Adrian White of Greater Manchester won Gold in the MU15 race, with Jake Ireland of Cheshire Silver and Yorkshire's Jacob Palmer Bronze in his first season on the fells, which he is absolutely relling in. Jacob led Yorkshire to Team Gold with 5th Ollie Holder and 9th Zac Jardine, one point behind were Cheshire with Silver and Cumbria taking Team Bronze. Yorkshire Reserve Joseph Stone finished 8th.



In the WU17 race Yorkshire XC & Fells Champion Graihagh Turner won Gold with Mackenzie McCourt of North Wales the Silver and Rose Gilldaley of Cumbria the Bronze, with Team scores tied on ten points it was down to the second counter home and with Marina Bailey of Cumbria 7th and Yorkshire's Olivia Aldham 9th this meant Cumbria won Team Gold and Yorkshire Silver. North Wales won Team Bronze medals, unfortunately Yorkshire Fells Champion Izzy-Mai Wilson who was in second place at the time struggled in the heat and had to withdraw. Yorkshire Reserve Emilia Frost finished 4th.

Yorkshire Fells Champion Jack Sanderson twice the BU15 Inter County champion won the MU17 Gold medal and with Yorkshire's Tom Hooper taking the Silver the Team title was sewn up even without a super 4th place by Ned Gallagher-Thompson. The individual Bronze medal went to Rowan Ashworth of Cumbria and he led Cumbria to Team Bronze medals whilst Greater Manchester took the Silver. Yorkshire Reserve Ewen Wilkinson finished 17th.

It was a clean sweep for Yorkshire in the WU19 race with recent Great Britain's World Mountain Running Team Gold medallist Amelie Lane winning the Gold, Beth Rogers Silver and Charlotte Rawstron the Bronze medal, which meant Yorkshire also won Team Gold. Maddison Griffiths in 4th led North Wales to Team Silver, whilst Shropshire and Lancashire were tied on ten points, but Shropshire won the Bronze medals on count back, led home by the RO's daughter Maggie Preece. Yorkshire Reserve Megan Wilkinson finished 18th.

Sam Bentham of Yorkshire with over a minute to spare won the MU19 Championship from Matthew Gilvear of Devon and James Bowen of Cumbria. Sam led Yorkshire to their fifth Team Gold triumph with backing from William Hall 6th and Alex Franklin 11th. In fourth Alex Poulston led Merseyside to Team Silver and in 5th Joseph Ormrod led Lancashire to Team Bronze medals. Yorkshire Reserve Lachlan Wills finished 6th.

Interestingly several athletes ran here back in 2016, Ewen Wilkinson won the BU8 race and James Bowen the BU12 race with William Hall, Sophie Rylance, Evie Taylor and Megan Wilkinson also competing there.



2023 British GU15 Inter County Hill & Fell Running Championship

Gold

Clara McKee

Yorkshire

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| Silver | Isla Pastor | Merseyside |
| Bronze | Bethan Buckley | Yorkshire |
| GU15 Teams – 2 to count | | |
| Gold | Yorkshire | 1 st Clara McKee, 3 rd Bethan Buckley & 12 th Izzy Wright |
| Silver | Lancashire | 6 th Ruby Cleaver, 7 th Lottie Hesketh & 16 th Isobel Reid |
| Bronze | Cumbria | 5 th Millie Jebb, 9 th Cara Bradley & 10 th Penelope Boyle |
| 2023 British BU15 Inter County Hill & Fell Running Championship | | |
| Gold | Adrian White | Greater Manchester |
| Silver | Jake Ireland | Cheshire |
| Bronze | Jacob Palmer | Yorkshire |
| BU15 Teams – 2 to count | | |
| Gold | Yorkshire | 3 rd Jacob Palmer, 5 th Ollie Holder & 9 th Zac Jardine |
| Silver | Cheshire | 2 nd Jake Ireland & 7 th Thomas Wood |
| Bronze | Cumbria | 6 th Zeke Sumner, 8 th Joseff Tancred & 18 th Will Brayshaw |
| 2023 British WU17 Inter County Hill & Fell Running Championship | | |
| Gold | Graihagh Turner | Yorkshire |
| Silver | Mackenzie McCourt | North Wales |
| Bronze | Rose Gillydaley | Cumbria |
| WU17 Teams – 2 to count | | |
| Gold | Cumbria | 3 rd Rose Gillydaley, 7 th Marina Bailey & 11 th Zoe Brannon |
| Silver | Yorkshire | 1 st Graihagh Turner & 9 th Olivia Aldham |
| Bronze | North Wales | 2 nd Mackenzie McCourt & 12 th Bethan Billington |
| 2023 British MU17 Inter County Hill & Fell Running Championship | | |
| Gold | Jack Sanderson | Yorkshire |
| Silver | Tom Hooper | Yorkshire |
| Bronze | Rowan Ashworth | Cumbria |
| MU17 Teams – 2 to count | | |
| Gold | Yorkshire | 1 st Jack Sanderson, 2 nd Tom Hooper & 4 th Ned Gallagher-Thompson |
| Silver | Greater Manchester | 5 th Jay Hutchinson, 11 th Josh Watson & 22 nd Evan Lewis |
| Bronze | Cumbria | 3 rd Rowan Ashworth & 20 th Oliver Oldham |
| 2023 British WU19 Inter County Hill & Fell Running Championship | | |
| Gold | Amelie Lane | Yorkshire |
| Silver | Beth Rogers | Yorkshire |
| Bronze | Charlotte Rawstron | Yorkshire |
| WU19 Teams – 2 to count | | |

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| Gold | Yorkshire | 1 st Amelie Lane, 2 nd Beth Rogers & 3 rd Charlotte Rawstron |
| Silver | North Wales | 4 th Maddison Griffiths, 9 th Anwen Hockley & 14 th Efa Baines |
| Bronze | Shropshire | 10 th Maggie Preece & 11 th Sophia Urquhart |
| 2023 British MU19 Inter County Hill & Fell Running Championship | | |
| Gold | Sam Bentham | Yorkshire |
| Silver | Matthew Gilvear | Devon |
| Bronze | James Bowen | Cumbria |
| MU19 Teams – 2 to count | | |
| Gold | Yorkshire | 1 st Sam Bentham, 6 th William Hall & 11 th Alex Franklin |
| Silver | Merseyside | 4 th Alex Poulston & 8 th Jack Bernhem |
| Bronze | Lancashire | 5 th Joseph Ormrod, 10 th William Walker & 13 th Tom Murphy |