

**Inter-Counties Mountain Running Championships incorporating trial races for the European Off-Road Running Championships, Keswick, 21 April 2024**

**Male Results:**

1	Kris Jones	Scotland - East	M	1:05:17
2	Robbie Simpson	Scotland - North	M	1:05:28
3	Joe Steward	Greater Manchester	M	1:05:35
4	Jacob Adkin	Scotland - East	M	1:06:53
5	Ben Rothery	Yorkshire	M	1:07:06
6	Tom Spencer	Derbyshire	M23	1:07:36
7	Ross Gollan	Scotland - North	M	1:08:28
8	Andrew Douglas	Scotland - West	M	1:08:52
9	Chris Richards	Cumbria	M	1:09:33
10	Finlay Grant	Derbyshire	M23	1:09:57
11	Tom Wood	Wales - North	M	1:10:16
12	Matthew Knowles	Lancashire	M23	1:10:32
13	Finn Lydon	Leicestershire & Rutland	M	1:10:44
14	Eddie Narbett		M	1:10:58
15	Harry Bolton	Cumbria	M	1:11:55
16	Grant Cunliffe	Lancashire	M	1:11:59
17	Jack Cummings	Yorkshire	M	1:12:11
18	Jamie Parkinson	Devon	M	1:12:30
19	Doni Clarke	Yorkshire	M	1:12:33
20	Kieran Cooper	Scotland - West	M	1:12:56
21	Alex Mason		M23	1:13:05
22	Robert Sparkes	Humber	M	1:13:17
23	Jared Martin	Northern Ireland	M	1:13:21
24	James Espie	Scotland - North	M	1:13:28
25	Jamie Goodge	Kent	M	1:13:50
26	Jake Collier	Cumbria	M	1:14:08
27	Daniel Haworth	Derbyshire	M	1:14:16
28	Lewis Bowness		M	1:14:24
29	Martin Howard	Yorkshire	M	1:14:48
30	Tom Crudgington	Northern Ireland	M23	1:14:58
31	Robert Sparks		M	1:15:08
32	Joseph Hopley	Lancashire	M23	1:15:12
33	Tom Saville	Yorkshire (Reserve)	M	1:15:20
34	Harry Holmes	Derbyshire	M	1:15:33
35	Jonny Dry	Cornwall	M	1:16:11
36	Henry Webb	Staffordshire	M23	1:16:29
37	Lewis Moses	Leicestershire & Rutland	M	1:16:33
38	Sam Stead	Cumbria	M	1:16:47
39	Eammon Clowes	Staffordshire	M23	1:16:53
40	Rupert Allison	Yorkshire (Reserve)	M	1:17:14
41	Rhys Jones	Wales - North	M	1:17:28
42	Harry Bond	Staffordshire	M23	1:17:32
43	Rafe Man	Middlesex	M23	1:17:34
44	John Yells	Scotland - North	M	1:17:42
45	Joe Oldfield	Derbyshire	M	1:17:52
46	Ryan Stewart	Northern Ireland	M	1:17:56

47	Chris Alborough	North Eastern Counties	M	1:17:59
48	Cameron Swanson	Scotland - West	M	1:18:00
49	Tim Harrison		M	1:18:15
50	Gavin Roberts	Wales - North	M	1:18:46
51	Mark Burley	Cheshire	M	1:18:55
52	Joe Dale	Middlesex	M	1:19:32
53	Ben Plummer	Leicestershire & Rutland	M	1:19:47
54	Tom Perry	Devon	M23	1:19:58
55	Callum Dillon	Staffordshire	M	1:20:12
56	Sion Edwards	Wales - North	M	1:20:22
57	Joshua McAtee	Northern Ireland	M	1:20:32
58	Ifan Oldfield	Wales - North (Reserve)	M	1:21:01
59	Roger Maidment	Essex	M	1:21:09
60	Stephen Hughes	Devon	M	1:21:23
61	Sam Fairhurst	Greater Manchester	M	1:21:28
62	Nicholas Peat	Cumbria	M23	1:21:30
63	Jonathon Ford	Wales - East	M	1:21:37
64	Ashley Crutchley	Northern Ireland	M23	1:22:16
65	Danny Hope	Greater Manchester	M	1:24:03
66	Lawrence Eccles	Merseyside	M	1:24:05
67	Ross Langley	Hertfordshire	M	1:24:22
68	Mitchell Boocock	Yorkshire	M23	1:24:39
69	Ross Connor	Staffordshire	M	1:24:46
70	Michael McTernan	Essex	M	1:25:13
71	Mike Erskine	Wales - East	M	1:26:16
72	Kev Hope	Warwickshire	M	1:26:28
73	Euan Brown	Middlesex	M	1:26:32
74	Rhys Gillard	Essex	M	1:26:34
75	Colin Brearley	Nottinghamshire	M	1:26:42
76	Richard Bedlow	Hertfordshire	M	1:27:16
77	Neil Gerrity		M	1:27:33
78	Neil Sillence	North Eastern Counties	M23	1:27:38
79	John Hunt	Merseyside	M	1:27:46
80	Ben Martin	Merseyside	M	1:28:29
81	Jack Rowland	Wales - East	M	1:29:03
82	William Laye	Avon & Somerset Staffordshire	M	1:29:06
83	Matt Eardley	(Reserve)	M	1:29:11
84	Jason Williams	Leicestershire & Rutland Staffordshire	M	1:29:19
85	George O'Connor	(Reserve)	M23	1:30:04
86	Virgil Barton	Shropshire	M	1:30:10
87	Oliver Cook	Greater Manchester	M23	1:30:29
88	Joe Addison	North Eastern Counties	M	1:31:12
89	Peter Eccleston	Warwickshire	M	1:31:20
90	Matt Fawthrop	Greater Manchester	M	1:31:22
91	Matthew Hadlum	Warwickshire	M	1:31:23
92	Simon Lanckham	Worcestershire	M	1:32:26
93	Oli Cox	Shropshire	M	1:33:29

		North Eastern		
94	Ian Hutchinson	Counties	M	1:33:41
95	Thomas Crouch	Hertfordshire	M	1:34:57
96	Jon Odell	Nottinghamshire	M	1:35:18
97	Al Smithson	Merseyside	M	1:35:57
98	Paul Lewis	Nottinghamshire	M	1:36:08
99	Maxime Ansell	Hertfordshire	M	1:36:15
100	Andy Boon	Warwickshire	M	1:36:27
101	Thomas Grimes	Essex	M	1:37:08
102	Goronwy Hughes		M	1:38:59
103	Ross McKelvie	Lancashire	M	1:39:38
104	William Taylor	Nottinghamshire	M	1:40:34
105	James Cooke	Bedfordshire	M	1:41:38
106	Jamie Arkle	Shropshire	M	1:43:01
107	David Lewis	Worcestershire	M	1:56:31

### Female Results:

1	Scout Adkin	Cumbria	F	1:15:37
2	Eve Pannone	Cumbria	F	1:19:01
3	Naomi Lang	Scotland - East	F	1:19:56
4	Scarlet Dale		F	1:20:19
5	Martha Tibbot	Greater Manchester	F	1:20:53
6	Nichola Jackson	Lancashire	F	1:21:20
7	Sara Willhoit	Shropshire	F	1:21:33
8	Rose Mather	Yorkshire	F	1:21:41
9	Emily Cowper-Coles	Yorkshire	F	1:23:29
10	Hannah Russell		F	1:23:37
11	Caroline Lambert	Yorkshire	F	1:24:50
12	Sarah Hodgson	Scotland - North	F	1:24:58
13	Catriona MacDonald	North Eastern		
		Counties	F	1:25:27
14	Katrina Entwistle	Avon & Somerset	F	1:25:55
15	Julie Emmerson	Warwickshire	F	1:26:12
16	Catherine Taylor	Cumbria	F	1:26:16
17	Alice Crane	Surrey	F23	1:27:10
18	Catriona Graves	Scotland - North	F	1:28:14
19	Jill Stephen	Scotland - North	F	1:28:21
20	Lizzy Allison	Yorkshire	F	1:28:41
21	Sinead Bent	Greater Manchester	F	1:28:59
22	Natalie Beadle	Surrey	F	1:29:34
23	Suzy Whatmough	Surrey	F	1:29:50
24	Alexandra Whitaker	Yorkshire	F23	1:29:57
25	Megan Crawford	Scotland - East	F	1:30:03
26	Helen Leigh	Scotland - North	F	1:30:37
27	Rosie Woodhams		F23	1:31:30
28	Katie Lord	Cumbria	F	1:32:02
29	Joanne Henderson	Wales - North	F	1:32:41
30	Emily Carroll		F	1:32:43
31	Imogen Trinder	Derbyshire	F	1:33:45
32	Lindsey Brindle	Greater Manchester	F	1:34:00
33	Lucy Williamson	Wales - East	F	1:34:14
34	Ella Foreman	Scotland - West	F	1:34:18
35	Ellen Downs	Scotland - West	F	1:35:21

36	Joanne Mosley	Derbyshire	F	1:36:00
37	Anna MacFadyen	Scotland - West	F	1:36:02
38	Martsje Hell	Northern Ireland	F	1:36:11
39	Catriona Edington	Northern Ireland	F	1:36:52
40	Sue Richmond	Derbyshire	F	1:36:59
41	Gemma Griffiths	Scotland - West	F23	1:37:18
42	Tanya Cumming	Northern Ireland	F	1:37:34
43	Heather Tait	Nottinghamshire	F	1:37:37
44	Rachel Bourne	Staffordshire	F	1:38:22
45	Charlotte Jackson	Cornwall	F	1:38:35
46	Hollie Wall	Staffordshire	F	1:38:48
47	Josephine Wells	Lancashire	F	1:40:36
		Leicestershire &		
48	Nicola Stevenson	Rutland	F	1:42:02
49	Emma Bexson	Warwickshire	F	1:42:17
50	Jules Toone	Shropshire	F	1:42:25
51	Zoe Barber	Scotland - West	F	1:42:39
52	Amy Whelan	Derbyshire	F23	1:42:56
53	Eloise Lee	Worcestershire	F	1:43:10
54	Victoria Peel	Lancashire	F	1:43:30
55	Sophie Rylance	Cumbria	F23	1:43:31
56	Kasia Osipowicz	Wales - North	F	1:43:38
	Monica Oparka-			
57	Hickingbottom	Shropshire	F	1:43:52
58	Helen Skipper	Merseyside	F	1:44:58
59	Gaynor Keane	Greater Manchester	F	1:45:03
60	Alexa James	Northern Ireland	F	1:45:21
		Leicestershire &		
61	Rachel Bentley	Rutland	F	1:45:41
62	Ceri Vaughan	Wales - North	F	1:46:33
		Leicestershire &		
63	Kirsty Hillier	Rutland	F	1:48:04
64	Alicia Wadeson	Lancashire	F23	1:51:57
65	Rebecca Brennan	Surrey	F	1:52:55
		North Eastern		
66	Helen Heaney	Counties	F	1:53:14
67	Caroline Scott	Staffordshire	F	1:57:02
68	Amelia Davison	Essex	F	1:57:44
69	Shona Moore	Merseyside	F	1:58:08
70	Lorna Williams	Merseyside	F	1:58:58
71	Laura Gapski	Nottinghamshire	F	1:59:03
72	Lucilla Ashton	Essex	F	1:59:42
73	Myshola Kirkham	Warwickshire	F	2:00:10
74	Michelle Butler	Nottinghamshire	F	2:01:16
75	Sharon Skidmore	Essex	F	2:04:46
76	Gina Granger	Nottinghamshire	F	2:05:51
77	Jane Wade	Staffordshire	F	2:21:41

### Team Results:

	Female	Men
1	Cumbria	Scotland North
2	Yorkshire	Yorkshire

3	Scotland North	Derbyshire
4	Greater Manchester	Cumbria
5	Surrey	Lancashire
6	Scotland West	Scotland West
7	Derbyshire	Northern Ireland
8	Lancashire	Wales - North
9	Shropshire	Leicestershire & Rutland
10	Northern Ireland	Staffordshire

### Junior Trial Results

Race Number	Overall Position	Female Position	Male Pos.	Part No.	First Name	Surname	F/M	Date of Birth	Club	Time Taken
458	1		1	7	Angus	Wright	M	31/01/2005	Edinburgh University Hare and Hounds	00:28:45
452	2		2	22	Jack	Sanderson	M	12/07/2008	Settle Harriers	00:28:46
438	3		3	24	Sam	Bentham	M	26/11/2006	Ilkley Harriers AC	00:29:04
443	4		4	2	Jonathon	Downey	M	11/03/2005	Kilmarnock Harriers	00:29:11
453	5		5	27	Rowan	Taylor	M	06/07/2007	Lasswade Athletics Club	00:29:21
442	6		6	5	Ewan	Busfield	M	20/04/2007	Derby Athletic Club	00:29:36
454	7		7	19	Iwan	Thomas	M	13/04/2007	Carmarthen & District Harriers	00:30:51
446	8		8	3	Tom	Hooper	M	08/12/2007	Wharfedale Harriers	00:31:05
448	9		9	21	Joseph	Ormrod	M	26/05/2006	Rosendale Harriers & AC	00:31:06
455	10		10	1	William	Walker	M	24/10/2005	Clayton-le-Moors Harriers	00:31:16
445	11		11	15	Thomas	Hilton	M	02/10/2006	Moorfoot Kendal	00:31:17
440	12		12	23	James	Bowen	M	07/02/2005	Amateur Athletic Club	00:31:57
451	13		13	10	Tommy	Rollins	M	23/04/2007	Aldershot and Farnham District AC	00:32:29
436	14	1		9	Eve	Whitaker	F	28/07/2005	University of Leeds	00:32:40
456	15		14	29	Irvine	Welsh	M	27/11/2006	Gala Harriers	00:32:51
444	16		15	17	Andrew	Grant	M	29/12/2007	Strathearn Harriers	00:33:08

459	17	2		11	Amelie	Lane	F	31/01/2006	Wharfedale Harriers	00:33:28
441	18		16	30	Alfie	Bundy	M	14/01/2008	Salford Harriers & AC	00:33:45
431	19	3		16	Isla	Paterson	F	16/05/2006	Gala Harriers	00:34:49
429	20	4		12	Georgia	Bell	F	11/09/2006	Leven Valley AC	00:34:55
447	21		17	26	Oliver	Oldham	M	17/10/2007	Leven Valley AC	00:35:08
433	22	5		14	Charlotte	Rawstron	F	23/12/2005	Skyrac Athletic Club	00:35:19
432	23	6		13	Beth	Rawlinson	F	17/05/2005	Wolverhampton & Bilston	00:35:54
435	24	7		25	Graihagh	Turner	F	21/09/2008	Penistone Footpath Runners & Athletic Club	00:36:29
449	25		18	6	Harris	Pagett	M	11/07/2005	Strathearn Harriers	00:37:19
434	DNF			18	Beth	Rogers	F	31/01/2006	Ilkley Harriers AC	
437	DNS			28	Isaac	Battye	M	23/07/2005	Horwich R M I Harriers	
439	DNS			20	Hugo	Berry	M	10/06/2008	Sedbergh School Running Club	
450	DNS			4	Alex	Poulston	M	09/01/2006	Wirral AC	
457	DNS			8	Lachlan	Wills	M	07/09/2006	Wharfedale Harriers	