



Chairman: Tony Wood Secretary: Nick Hume Treasurer: Roy Peters

Inter Counties fell Championships 19th May 2018

The 2018 Inter Counties Fellrunning Championships were held at the Lads Leap fell race at Crowden near to Glossop on Saturday the 19th of May.

Each County can enter up to 5 runners, men's and women's teams with one of the team members being an Under 23 although only 3 of the team count for points in the Championship on the day of the race.

The trial race for the Lancashire team was held in conjunction with the Pendle fell race organised by Mark Nutter and Clayton le Moors Harriers at Barley Village on the 7th of April.

The first 3 Lancashire eligible runners in both the men's and women's race at Pendle gained automatic selection for the County team plus the first Under 23 male and female.

The final place in the team was chosen by the Lancashire fell Secretary and Chris Arthur and Louisa Powell-Smith were selected.

The final teams were,

Men.

Rob Hope (Pudsey and Bramley)

Steven Snape (Blackburn Harriers)

Jonny Dry (Lancaster University)

Chris Arthur (Bowland)

Callum Davidson Under 23 (Rossendale)

Women

Nichola Jackson (Ribble Valley)

Sara Bell (Ribble Valley)

Helen Buchan (Calder Valley)

Louisa Powell-Smith (Ribble Valley)

Rhiannon Wickham (Clayton le Moors)

The venue for the race was at the campsite at Crowden near to Glossop which is just off the main Woodhead pass road leading over to Sheffield, a great area for outdoor recreation. The day was glorious, that is to say very hot which may not have suited some of the runners.

70 women lined up for their race, a tough 6.5 miles on an out and back course with 1700 ft of climb, the hardest of the climbs coming early in the race.

The race up front was eventually won by previous Inter Counties winner Emma Clayton (53.58) running for Yorkshire, prevailing over Bronwen Jenkinson Under 23 (54.06) running for Wales North in 2nd place and Emma Gould (54.29) running for Warwickshire in 3rd place.

First home and first to score for the Lancashire team was Nichola Jackson in a fine 7th place (57.02) with Ribble Valley Harriers team mate Louisa Powell-Smith 17th (1.00.48) and Helen Buchan 34th (1.06.10) to complete the team counters, all happy with their fine performances.

Rhiannon Wickham, Under 23 (1.06.59) ran a good race to finish in 37th and 4th Under 23 and Sarah Bell (1.11.32) suffering from the heat of the day finished in 46th place.

Louisa finished as 2nd Vet 40 with Helen as 3rd Vet 40.

Good running by the Lancashire women saw them finish just outside of the medals in 4th place with only 4 points separating them from the Bronze medal with Yorkshire once again taking the title with Cumbria 2nd and Northern Ireland 3rd.

In the men's race 139 runners lined up to tackle the same race route as the women.

The race was won by an in form Nick Swinburne (44.37) running for the North East with Maximilian Nicholls 2nd (45.26) running for Kent in 2nd place and Lancashire team first counter Chris Arthur (46.40) justifying his selection having a great race to finish on the podium in 3rd place.

Rob Hope (49.44) finished in 24th place and first Vet 40 with Steven Snape (49.48) one place behind in 25th place to round off the Lancashire team counters. Jonny Dry (51.47) finished in 41st place with Callum Davidson, (55.05) under 23, sporting a swollen and previously injured ankle finishing in 62nd place.

As with the women the men's team also found themselves just out of the medals in 4th place with Yorkshire taking the top spot on the podium with Cumbria taking Silver and Derbyshire Bronze.

All in all despite not coming home with medals I think it was a good day for our County team with a good team atmosphere on the day and team members getting on well together, warming up, pre and post race socialising etc and something to build on for the future.

Many thanks to all of the team members for your efforts on the day in tough conditions and against good opposition and for your commitment to the team, just about everyone who qualified for the team at the trial race or was selected to run turned up and wore the County Vest with pride.

We now have the Junior Inter Counties Fellrunning Championships for Under 17s and Under 19s to look forward to at the West Nab fell race on the 30th of June.

Cheers
Graham