INTER-COUNTIES CROSS COUNTRY CHAMPIONSHIPS

 PRESTWOLD HALL, MARCH 11TH 2023

 Northamptonshire had 60 athletes turn out for the Inter-Counties Cross Country Championships held at Prestwold Hall nr. Loughborough. In the youngest age group Imogen Bennetts of Northampton AC achieved the highest individual placing of the day for the County when she finished in 43rd spot over a 3k course with a time of 13:59 in the U13 Girls event. Backing her up in the team which finished 28th were Rugby & Northampton’s Claudia Terrell (144th in 15:02) and Peyton Almond (162nd in 15:13) along with Bella Brougham of Daventry AC (180th in 15:23).

 The U20 Men packed well to claim the best team position in 22nd. Jasper Cooper led them home in 106th place on 33:26 with R&N team mate Ned Gilford just three places adrift on 33:37 for the 8k course. Completing the team were Stirling Green (NAC) in 33:48 for 116th and Tipton’s Ethan Compton (122nd in 34:04). The Corby pairing of Amy Rule and Ashleigh Walters ran well to finish 85th and 91st respectively in the U20 Womens race. Rule recorded 28:35 for the 6k with Walters on 28:58. Over the same 6k route Ruben Snelson led home the U17 Men in 73rd position on 22:18. The Banbury athlete was followed by R&N’s Louis Starr in 86th on 22:31 and Arthur Tilt (173rd in 23:43). The team was closed off by NAC’s Benjamin Westmoreland-Alexander (179th in 23:48), which put them 24th. The Senior Women competed over 8k with six to score for the team. Kelly Barnett was the first home for Northants in 124th place on 37:40 with Wellingborough & District team mate Francesca Molossi- Murphy crossing the line next in 188th for 39:13. Two R&N athletes followed with Katerina Hemmington (207th in 40:13) and Lorna Hession (223rd in 40:49). Silson AC’s Julie-Ann Hammond (248th in 43:02) and W&D’s Louise Kemp (250th in 43:29) completed the team for a creditable 26th spot. Finlay Ward in his first race as a Senior Man finished the 10k distance in 96th place on 41:36 and his R&N club mate Matthew Everett was also making his debut and recorded 47:07 for 280th spot. Corby’s Jacob Akers and Adam Brooks came next with the former in 286th on 47:40 and the latter (293rd in 48:24). Simon Mayes of West End Runners followed (294th in 48:30). The U15 Boys saw Joshua Orchard of Daventry AC record 15:49 for 82nd spot over 4k. The team finished in 33rd and supporting Orchard were Kettering’s Evan Willis (186th in 16:36), R&N’s Dylan Mander (197th in 16:40) and NAC’s Arlo Bamford (224th in 17:00). Daventry also had the first athlete in the U17 Womens 5k when Kate Pomerleau recorded 26.17 in 207th position. Just 5 places behind was NAC’s Caitlin Reeves on 26:32 and then R&N’s Jemima Lambert (215th in 26:42). They were 38th in the team event, which was completed by Thea Oakey (NAC) on 27:08 (226th). Oliver Smith of KTH was the first boy from the county in the U13 race over 3k with a time of 14:12 for 170th place. Freddie Love of R&N (191st in 14:23), Harlee Hooker of KTH (211th in 14:33) and Jude Nutt of NAC (214th in 14:36) completed the squad which finished 39th. Kettering also had Iona Ellwood lead home the U15 Girls (205th in 19:26) over 4k with Evie Brooker of Daventry next on 20:07 (247th). Closing out the team in 42nd spot were NAC’s Emily Denton (267th in 20:38) and Aisha Redhead of Corby (292nd in 22:31).