



Inter - Counties Mountain Running Championships

Sunday 7 May 2023, Sedbergh

Women's Results, 14km 760m

Position	Finish Time	Name	Team	Category	Female Pos.	FU23
1	1:04:57	Phillipa Williams	Yorkshire	F	1	
2	1:05:45	Alice Goodall	Scotland - East	FU23	2	1
3	1:07:55	Caroline Lambert	Yorkshire	F	3	
4	1:08:15	Sara Willhoit	Shropshire	F	4	
5	1:08:51	Julie Emmerson	Warwickshire	F	5	
6	1:09:11	Sarah McCormack	Cumbria	F	6	
7	1:09:49	Martha Tibbot	Greater Manchester	F	7	
8	1:10:05	Ruth Jones	Lancashire	F	8	
9	1:10:12	Becky Penty	Yorkshire- Reserve	F	9	
10	1:10:15	Kirsty Dickson	Scotland - East	F	10	
11	1:11:17	Antonia Fan	Cumbria	F	11	
12	1:11:24	Naomi Lang	Scotland - East	F	12	
13	1:11:29	Rose Mather	Yorkshire	F	13	
14	1:12:28	Catriona MacDonald	North Eastern Counties	F	14	
15	1:12:36	Helen Smith	Yorkshire	F	15	
16	1:13:23	Catherine Taylor	Cumbria	F	16	
17	1:14:09	Emily Cowper-Coles		F	17	
18	1:14:20	Joanne Henderson	Wales - North	F	18	
19	1:15:40	Aine Gosling	Northern Ireland	F	19	
20	1:16:03	Sophie Wood		F	20	
21	1:16:45	Anna Wallace	Scotland - West	F	21	
22	1:16:59	Megan Crawford	Scotland - East	F	22	
23	1:17:48	Sophie Likeman	Cumbria	F	23	
24	1:18:23	Katie Lord		F	24	
25	1:18:49	Ella Foreman	Scotland - West	F	25	
26	1:19:31	Rhian Probert	Wales - East	F	26	
27	1:20:21	Ellie Baverstock	Essex	F	27	
28	1:21:04	Bethan Logan	Wales - East	F	28	
29	1:21:17	Madeleine Watson	Scotland - West	F	29	
30	1:21:42	Shirley Murray	North Eastern Counties	F	30	
31	1:22:49	Nicola Reece	Cheshire	F	31	
32	1:22:49	Hollie Ryder	Hertfordshire	F	32	
33	1:22:50	Aimee Seager	Leicestershire & Rutland	F	33	
34	1:22:57	Jules Toone	Shropshire	F	34	
35	1:22:59	Martsje Hell'	Northern Ireland	F	35	
36	1:23:22	Emma Bexson	Warwickshire	F	36	
37	1:23:45	Ciara Coffey	Northern Ireland	F	37	
38	1:23:45	Grace Tongue	Leicestershire & Rutland	F	38	
39	1:23:47	Katherine Davis	North Eastern Counties	F	39	
40	1:24:00	Molly Ralphson	Lancashire	F	40	
41	1:24:06	Briony Holt	Lancashire	FU23	41	2
42	1:24:52	Emily Negus	Warwickshire	F	42	



43	1:25:24	Jennifer Conway	Hertfordshire	F	43
44	1:25:46	Nicola Stevenson	Leicestershire & Rutland	F	44
45	1:25:50	Lucy Williamson	Wales - East	F	45
46	1:27:03	Eloise Lee	Worcestershire	F	46
47	1:27:13	Monika Oparka	Shropshire	F	47
48	1:27:19	Rachel Bentley	Leicestershire & Rutland	F	48
49	1:27:24	Josephine Wells	Lancashire	F	49
50	1:27:53	Georgia Campbell	North Eastern Counties	F	50
51	1:28:09	Holly Gordon		F	51
52	1:28:14	Samantha Sale	Greater Manchester	F	52
53	1:28:52	Bernadette O'Kane	Northern Ireland	F	53
54	1:29:31	Laura Barraclough	Scotland - East	F	54
55	1:29:55	Rachel Bailey	Greater Manchester	F	55
56	1:30:45	Sian Williamson	Nottinghamshire	F	56
57	1:31:14	Lucy Milling	Merseyside	FU23	57
58	1:33:16	Cass Chisholm	Lancashire	F	58
59	1:33:42	Amy Crowe	Cheshire	F	59
60	1:34:23	Laura Telford	Cheshire	F	60
61	1:35:57	Kathleen O'Donnell	Cheshire	F	61
62	1:36:45	Alison Mort	Greater Manchester	F	62
63	1:37:51	Rachel Lee	Nottinghamshire	F	63
64	1:38:45	Lucy Cambridge	Worcestershire	F	64
65	1:39:35	Sarah Armstrong	Worcestershire	F	65
66	1:39:44	Andrea Scarborough	Merseyside	F	66
67	1:41:57	Laura Gapski	Nottinghamshire	F	67
			Greater Manchester-		
68	1:43:27	Helen McDonald	Reserve	F	68
69	1:44:07	Rahana Islam	Essex	F	69
70	1:45:05	Sharon Skidmore	Essex	F	70
71	1:52:26	Michelle Spencer	Merseyside	F	71