

## GB Team - European Mountain Running Trial - Sedbergh 2<sup>nd</sup> June



Mary Wilkinson and Robbie Simpson won the trial races to book their places in the GB team for the European Mountain Running Championships in Turkey on 7 July. The race was the second of the four-race McCain Mountain Running Challenge.

In the women's 2 lap race Mary Wilkinson led most of the way up the first climb, her improved climbing strength a result of the hours of cross training she put in when sidelined with a stress fracture earlier in the year. Wilkinson's Bingley Harriers team mate Emma Clayton managed to pull past her just before the top of the climb only for Wilkinson to regain the lead on the descent. Clayton reached the summit of the second climb slightly ahead but, as Clayton herself was later to say on Twitter, Wilkinson descended like a 'machine' to take the win by 4 seconds. Both athletes are automatically selected with two further places to be decided by the selectors. There was a close battle for 3<sup>rd</sup> place between Katie Walshaw (Holmfirth) and Sarah O'Neil (Hunters' Bog Trotters), which was eventually won by Walshaw.

20-year old Scot Robbie Simpson (Deeside) showed remarkable pace judgement in the men's 3 lap race to inflict a rare domestic defeat on the mountains on Steve Vernon (Stockport). For Simpson, bronze medallist in last year's World Long Distance Mountain Running Championships in the blue vest of Scotland, this will be his first GB senior vest. Simpson was in 6<sup>th</sup> place at the end of the first lap behind Chris Smith (Thames Valley Harriers), Steve

Vernon, Orlando Edwards (Shaftesbury Barnet), James McMullan (Thames Hare & Hounds) and Alun Vaughan (Eryri). He slowly moved through the field, finishing the second lap in third place behind Vernon, who had a clear lead, and Smith. At the summit of the final climb Vernon was still leading with Simpson second and Smith third but Simpson pulled clear on the descent to win by 12 seconds from Vernon. Both athletes are automatically selected with two further places to be decided by the selectors.

15 year old Annabel Mason (Wakefield) was an emphatic winner of the U20 women's 1 lap race, ahead of Mel Hyder (Helm Hill), Laura Riches (Leigh) and Lucy Crookes (Leeds University).

The U20 men ran the 2-lap race with the senior women. Joe Johnston (Rossendale) and Peter Harrison (Border) booked the two automatic slots with Max Wharton (Calder Valley) and Nathan Jones (Colwyn Bay) having to wait for the selectors' decision.

Vernon and Walshaw now lead the McCain Mountain Running Challenge, the next event being the World Championships trial races on Sunday 5th August, at Glenridding, Cumbria.

#### Results:

##### Senior Women (7.6km, 470m climb + descent)

- 1 Mary Wilkinson (Bingley) 35.58
- 2 Emma Clayton (Bingley) 36.02
- 3 Katie Walshaw (Holmfirth) 36.27
- 4 Sarah O'Neill (HBT) 36.45
- 5 Catriona Buchanan (Ochil) 37.45
- 6 Anna Lupton (Radcliffe) 38.21
- 7 Holly Page (Calder Valley) 38.47
- 8 Dionne Allen (Leigh) 38.57
- 9 Clare Pearson (Skipton) 39.29
- 10 Christina Rankin (Kilbarchan) 41.37

##### Senior Men (11.4km, 705m climb + descent)

- 1 Robbie Simpson (Deeside) 47.13
- 2 Steve Vernon (Stockport) 47.25
- 3 Chris Smith (TVH) 47.41
- 4 Orlando Edwards (SBH) 47.56
- 5 James McMullan (THH) 48.13
- 6 Gareth Raven (Sale) 48.16
- 7 Alun Vaughan (Eryri) 48.54
- 8 Mark Addison (Helm Hill) 49.02
- 9 Adam Osbourne (Leeds City) 49.08
- 10 Simon Bailey (Mercia) 49.35
- 11 Gary Priestley (Salford) 49.47
- 12 Tom Cornthwaite (Northumberland FR) 50.59
- 13 Tom Adams (Ilkley) 51.01
- 14 Nick Swinburn (Northumberland FR) 51.41
- 15 Richard Phillips (Serpentine) 51.44
- 16 Carl Bell (Howgill) 52.21
- 17 Freddie Slemeck (Pudsey and Bramley) 52.33
- 18 Tom Addison (Helm Hill) 53.09

19 Andrew Annett (Mourne Runners) 53.09  
20 James Scott Buccleuch (Stockport) 55.11  
**Junior Women (3.8km, 235m climb + descent)**  
1 Annabel Mason (Wakefield) 17.12  
2 Melanie Hyder (Helm Hill) 18.02  
3 Laura Riches (Leigh) 18.51  
4 Lucy Crookes (Leeds University) 19.04  
5 Scout Adkin (Moorfoot) 19.54  
6 Clara Evans (Hereford) 20.17  
7 Caroline Lambert (Wetherby) 20.23  
8 Louise Mercer (Gala) 20.31  
9 Sarah Livett (Menai) 20.32  
10 Sally Ratcliffe (Stockport) 20.49  
**Junior Men (7.6km, 470m climb + descent)**  
1 Joe Johnston (Rossendale) 33.48  
2 Peter Harrison (Border) 33.55  
3 Max Wharton (Calder Valley) 34.09  
4 Nathan Jones (Colwyn Bay) 34.15  
5 Andrew Lawler (Law and District) 34.40  
6 Alastair Weymouth (Border) 34.50  
7 William Jackson (Helm Hill) 34.59  
8 Jack Ross (Staffs Moorlands) 35.05  
9 Gwynant Lewis Jones (Maldwyn) 35.27  
10 Joseph Crossfield (Halifax) 35.49  
11 James Hall (Wharfedale) 35.56  
12 Lloyd Heckler (Carmarthen) 37.17