

The U.K. Inter-Counties Cross Country Championships Held at Cofton Park, Birmingham. 10th March 2012.

The Inter-Counties UK Championships were held at Cofton Park, Birmingham with perfect conditions for cross country running.

Senior Women Championships – 8000m

In the Senior women's race, with the withdrawal of last year's champion Hampshire's Charlotte Purdue, plus several other top Hampshire Women, it was great to have Stephanie Twell return to the Hampshire team again, after her broken ankle injury in Belgium last year. Stephanie has made an amazing recovery with her cross country running, and is now enjoying her running and racing again with good results and competitions. Stephanie was a past individual winner for Hampshire in the Senior Women's Inter-Counties event as a 19 year old in 2009, and was runner up in 2nd place in 2010.

Stephanie Twell set off with the leading women, at a fast pace with 2012 English National Cross Country Champion Gemma Steel and Hannah Doran both competing for Leicestershire. Not far behind was Hampshire's Louise Small in 5th position in her first race as a senior woman after finishing 4th in 2011 Under 20 Women's race. The second part of the race with Gemma Steel pushing the pace Stephanie Twell and Gemma Steel, were locked together stride for stride, then Gemma really put the pressure on coming off the 800m loop into the last kilometre, and began to pull away from Stephanie, and go on and win the race for Leicestershire in a time of 26min 48sec. Stephanie Twell took the silver medal for Hampshire in 27min 03sec. Hannah Doran Leicestershire won the battle for the bronze medal in a time of 27min 25sec. Hampshire's Louise Small who went on to finish 5th in a time of 27min 47sec in her first senior race with a very confident run.

The next two Hampshire women to finish ran extremely well with Amy Campbell 15th & Louise Perrio 16th really strengthened our team results. Jess Andrews, also her debut in the senior race, ran well to finish 80th, with Laura Brenton finished 90th to complete the 6 to score places, and regain the title for Hampshire Senior Women winning the 2012 team event. Nicola Blandford was the next to finish in 109th position with Erica Fogg 113th who rounded off the team of 8 Hampshire Women.

248 runners finished the course.

Team results 25 counties competed.

1st Hampshire 208pts; 2nd Scotland East 215pts; 3rd Yorkshire 248pts.

Under 20 Women Championships – 6000m

Emelia Gorecka won her sixth consecutive title over the age groups, in the U.K. Inter-Counties for Surrey retaining her Under 20 Championship title.

Emelia and Annabel Gummow of Cornwall ran together for most of the race, with Rhona Auchland of Scotland East and Hampshire's Jess Chen in the chasing pack.

Coming off the hill on the second lap Emelia Gorecka made her move and increasing her pace, went on to win the Under 20 women's race in 20min 11sec. Annabel Gummow finished in 2nd place, with a time of 20min 28sec. Rhona Auchland took the bronze medal in a time of 21min 11 sec. Hampshire athlete Jess Chen had an incredible run to finish 4th in 21min 17sec, followed by Emma Gilmore in 36th position and Amy Bream finished 89th. Grace Crumplin finished 116th completing the 4 to score places.

144 athletes finished the course. 22 counties competed, Hampshire team finished 11th with 245pts

1st Surrey 55pts; 2nd Scotland East 79pts; 3rd Buckinghamshire 97pts.

Sheena Fitzmaurice Hampshire Ladies Team Manager Senior and Under 20 Women