2026 British Senior & U23 Inter County Mountain Running Championship races

Over a 14.5k/980m three lap course on the rolling Sedbergh hills which tested the athletes with a brutal near gale force wind in their faces on the climbs of Winder and Arant Haw. Lex Whitaker won the WU23 title and gold medal finishing 11th overall. Lex had previously medalled in 2024 with a silver.

In a tight tussle the women's team won bronze medals just one point behind Cumbria and Scotland West who both had 22 points, but Cumbria won on count back. Caroline Lambert led the team home in 5th with 7th Emily Cowper-Coles, 11th Lex Whitaker, 19th Emma Moran and unfortunately Jemima Elgood had to retire on the 3rd lap.
The travelling reserves finished 25th Lisa Watson and 36th Poppy Cooke who thoroughly enjoyed the experience and had plenty of other county runners behind them.

In the MU23 championship Sam Bentham won the silver medal with Freddie Roden the bronze medal with Edward Hobbs finishing a creditable 4th the winner being Thomas Hilton of Scotland East.

The men's team also won bronze medals with 15th Sam Bentham, 16th Freddie Roden, 22nd Edward Hobbs, 23rd Martin Howard and 42nd David Lewis. The winners were Cumbria and second Scotland North.
Alex Mason the travelling reserve finished 28th.

All the athletes did the county of Yorkshire proud, it was a 'reet gud do' as we say in Yorkshire.