

2025 UK Inter-Counties Mountain Race (Report)

Leicestershire & Rutland were represented by both a Men's and Women's team in this competitive race involving over 20 County teams. ... The Women (fielding three newcomers to this event) excelled with a 10th placed finish; whilst the Men (with two newcomers to this event) recorded a 13th place finish.

The Report below was received from our Men's team captain, Ben Plummer. (Please note: the positions given are for the Inter-County competition that was held within the broader British Mountain Running Championships) ...

This year the Fell and Mountain running Inter-Counties returned to Yorkshire, coinciding with the well-established Pen Y Ghent Fell Race. There was a slight change to the route from previous editions with a further mile or running making the race 12.2km with 610m of climbing. With this in mind both the men's and women's race were highly competitive and drew in some of the strongest fell and mountain runners in the country.

We fielded full teams for the event with the women's team made up of: Nicola Stevenson (Shepshed Running Club) (team captain); Rebecca Miles (Desford Striders); Gracie-Rose Walters (1485 Triathlon Club); and Liv Bent and Rachel Bentley (both Barrow Runners).

The start of the race started in what could only be described as a torrent of rain! Many of the men on warm ups could be seen sheltering under trees, whilst the women braved unpleasant conditions. This made the underfoot conditions particularly tricky on the first climb up to Pen Y Ghent with the scramble at the top becoming slick. Once the rain had subsided the sun did start to come out leaving a muggy atmosphere and greasy conditions underfoot, making descending a challenge even for the more confident descenders. This didn't stop the ladies coming through strongly and placing really well, as follows:

Rebecca: 31st / Nicola: 46th / Gracie-Rose: 47th / Liv: 54th / & Rachel: 62nd.

We fielded a full team for the men as well, comprising of: Finn Lydon (Carnethy Hill Racing Club); Ben Plummer (Long Eaton Running Club); Ian Hawley (Barrow Runners); and Martin Makin (Hermitage Harriers).

The men's race started in much kinder conditions to the women's race, however the pace was swift from the start with the lead males clocking the first mile in low 5 min mile pace before turning up to the lower slopes of Pen Y Ghent. The muggy conditions made the climb up particularly difficult, with the pace remaining fast off the back of the first summit down along the Yorkshire 3 peaks trail up to the smaller second climb. Whilst conditions did improve the surface was typically fell like, falling into the hands of other hillier counties.

Still the men all finished well and placed as follows:

Finn: 10th / Ben: 41st / Ian: 85th / & Martin: 86th.

Excellent running by both teams, with standout performances from Finn (with a top 10 finish) and Rebecca (racing for the first time for the County on the fells) ... Well done to everyone who took part. We do punch above our weight given we don't have any 'proper' fells in Leicestershire. *(Report by Ben Plummer)*