

Junior Intercounties Teams 2026

Lancashire

Under 16 M.

1. Benedict Raby. Blackburn Harriers.
 2. Jack Mitchell. Bingley Harriers.
 3. Charlie Dobson. Rossendale Harriers.
- Reserve. Tobias Collins. Clayton le Moors.

Under 16 W.

1. Alice Carr. Rossendale Harriers.
 2. Lyla Duffy. Rossendale Harriers.
 3. Eleanor Jenner. Blackburn Harriers.
 4. Reserve. Izzy Fenn. Rossendale Harriers.
- Thea Newton. Rossendale Harriers.

Under 18 M.

1. Sam Midgley. Trawden AC
2. Tom Black. Rossendale Harriers.
3. Edward Shawcross. Ambleside AC

Under 18 W.

1. Isobel Reid. Horwich RMI
2. Millie Reid. Horwich RMI

Under 20 M.

1. Jack Eccles. Lancaster & Morecambe AC
2. Peter Sagar-Moss. Blackburn Harriers

Under 20 W.

1. Tilly Duffy. Rossendale Harriers.
2. Xara Lewis. Rossendale Harriers.
3. Annie Dickinson. Lancaster & Morecambe AC

Devon

Under 16 M.

1. Jack Anthony. Tavistock AC
2. Oliver King. Okehampton running club
3. Charlie Cleland. Tavistock AC

Under 18 M.

1. Aiden Spinney. Okehampton running club.
 2. Luke Hayes. Erme Valley Harriers.
 3. Eldon Young. Tavistock AC.
- Reserve. Angus Wilson. Erme Valley harriers.

Under 18 W.

1. Grace Gokhale. Tavistock AC.
2. Keira Spinney. Okehampton running club

Cornwall

Under 20 W.

1. Chloe Clarke. Cornwall AC.
2. Izzy Price. Cornwall AC.

East Wales.

Under 16 M.

1. Joey Line. Pontypool AC
2. Jonas Munton. Brecon AC

Cheshire.

Under 16 M.

1. Finlay Stewart. West Cheshire.
2. Noah Phillips. Sale Harriers.

Under 16 W.

1. Martha Wood. Macclesfield Harriers.
2. Nia Manson. West Cheshire AC.
3. Georgia Durrant. South Cheshire.

Under 18 M.

1. Thomas Wood. Macclesfield Harriers.
2. Jacob Carless. Crew and Nantwich.

Under 20 M.

1. Oliver Bailey. Macclesfield Harriers.
2. Michael Wood. Macclesfield Harriers.
3. Jared Dickinson. Macclesfield Harriers.

Scotland East.

Under 16 M.

1. Austin Denny. Harmeny.
2. Francis Ovani-Finnegan. Lasswade.
3. Yuen Shan Lam. Harmeny.

Under 16 W.

1. Ella Hunter. Central.
2. Kate Riches. Harmeny.
3. Emi Daunt. Edinburgh

Under 18 M.

1. Rory Pretswell. Moorfoots.
2. Seb Darlow. Gala.
3. Harry Wallace. Dunfermline.

Under 18 W.

1. Thea Harris. Moorfoots.
2. Isabella Moran. Moorfoots.

Under 20 M.

1. Rowan Taylor. Lasswade.
2. Alex Dunlop. Central.
3. Dan McGuire. Harmeny.

Under 20 W.

1. Hania Czebreszuk. Aberdeen.
2. Eliza Koenig. Fife.

Scotland North.

Under 20 M.

1. Kaeden Thomas. Ross County.
2. Lachlan Thomas. Ross County.

Scotland West.

Under 16 M.

1. Euan Grant-Pantrey. Shettleston.

Under 16 W.

1. Florence Skinner. Garscube.

Northern Ireland (NIMRA)

Under 16 M.

1. Ruarcc Sheridan. North Belfast Harriers.
2. Donal McDaid. Newcastle AC.

Under 16 W.

1. Mary Houston. Newcastle AC.
2. Coco Smith. North Down AC.
3. Parisa Susay-Quinn. Newcastle AC.

Under 18 M.

1. Ethan Lappin. Ballydrain Harriers.

Under 20 M.

1. Tiarnan McManus. Enniskillen Running club.
2. Finn Gibney. East Down AC.
3. Niall McAufield. Lagan Valley.

Under 20 W.

1. Katie Graham. Annadale Striders.
2. Emily McRichie. North Belfast AC.
3. Holly Blease. North Down AC.

Cumbria

Under 16 M.

1. Joe Green. Ambleside AC
 2. Noah Cook. Furness Fell Runners.
 3. Milo Williams. Helm Hill runners.
- Reserve. Lawrie Belshaw. Ambleside AC

Under 16 W.

1. Isla Jebb. Helm Hill Runners.
 2. Mila Barron. Ambleside AC
 3. Silvia Parsons. Helm Hill Runners.
- Reserve. Freya Hodgson-Jones. Ambleside AC.

Under 18 M.

1. Evan Mulvany. Helm Hill Runners.
2. Jonah Hughes. Helm Hill Runners.
3. Stan Marston. Helm Hill Runners..

Under 18 W.

1. Millie Jebb. Helm Hill Runners.
2. Cara Bradley. Ambleside AC.
3. Emmy Ranner. Helm Hill Runners.

Under 20 M.

1. Alex Speight. Helm Hill Runners.

Under 20 W.

1. Jennifer Hayes. Settle Harriers.
2. Katie Sandham. Ambleside AC.

Yorkshire.

Under 16 M.

1. Robert Carter. Bingley Harriers.
 2. Ewan Reid. Valley Striders AC
 3. Max Moody. Pudsey & Bramley AC
- Reserve. Robert Brooks. Bingley Harriers.
Charlie Porteous. Bingley Harriers.

Under 16 W.

1. Mia McGoldrick. Settle Harriers.
2. Maisie Oddy. Keighley & Craven.
3. Charlotte Pedley. Bingley Harriers.
Reserve. Milena Morgan. Ilkley Harriers.

Under 18 M.

1. James Bastow. City of York AC
2. Harry Bebb. UA
3. Angus Millar. Ripon Runners.
Reserves. Josh Casey. Halifax Harriers.
Jack Dickson. Dark Peak Fellrunners.

Under 18 W.

1. Camilla Hart. Settle Harriers.
2. Isabelle Jebb. Bingley Harriers.
3. Astrid Gamesby. Pudsey & Bramley AC.
Reserve. Hannah Cleavin. Skyrac AC.

Under 20 M.

1. Kian Ball. Denby Dale AC.
2. Robbie Watmough. Settle Harriers.
3. Oscar Shinn. Ilkley Harriers.
Reserve. George Whittlestone. Ilkley Harriers.

Under 20 W.

1. Graihagh Turner. Penistone Footpath Runners.
2. Emilia Frost. Dark Peak Fellrunners.
3. Katie Buckley. Keighley & Craven AC.
Reserve. Izzy-Mai Wilson. Dark Peak Fellrunners.

Derbyshire.

Under 16 M.

1. Oliver Mannion. East Cheshire H & Tameside.
2. Jago Reynolds. Marlock AC
3. George Elks. Buxton AC

Under 16 W

1. Evie Willis. Buxton AC.
 2. Katerine Bennett. Buxton AC.
 3. Hannah Cudahy. Buxton AC.
- Reserve. Scarlet Aspinall . Buxton AC.

Under 18 M.

1. Pasco Reynolds. Matlock AC.
2. Will Aspinall. Buxton AC.
3. Jonty Brown. Buxton AC.

Under 18 W.

1. Poppy Branch. Stockport.
2. Erin Colebrook. Buxton AC.
3. Scarlet Grice. Buxton AC.

Under 20 M.

1. Alfie Branch. Buxton AC.
2. Casper Reynolds. Matlock AC
3. Joseph Young. Derby AC

Under 20 W.

1. Connie Jenneson. Buxton AC.
2. Isabel Shipley. Derby AC.
3. Rebecca Cudahy. Buxton AC.

Greater Manchester.

Under 16 M.

1. Tom Daley. Trafford AC.
 2. Ethan O'Brian. Trafford AC.
 3. Oscar Bundy. Trafford AC.
- Reserve. Joseph Bowden. Trafford AC.

Under 16 W.

1. Heidi Wilkinson. Bury AC.
2. Kitty Crossland. Horwich RMI
3. Isolde Powell. Trafford AC.

Under 18 W.

1. Lucy Dent. Bury AC.
 2. Emma Stansfield. Bury AC.
 3. Holly Nicholls Wigan & District AC.
- Reserves. Rachel Bowden. Trafford AC.
Rosin Jordan. Oldham & Royton AC.

Under 18 M.

1. Marshal Fleet. East Cheshire H & AC.
2. Sam Ingleby-Castleton. Trafford AC.

Under 20 W.

1. Rosie Philbin. Stockport H&AC

Under 20 M.

1. Jay Hutchinson. Trafford AC.
 2. Alfie Bundy. Trafford AC.
 3. Evan Lewis. Trafford AC.
- Reserve. Luke Carrington. Trafford AC.

North Wales.

Under 16 Girls.

1. Grace Hughes. Mercia Fellrunners.

Under 18 Boys.

1. Josh Watt. Eryri Harriers.
2. Noa Dafydd. Betsi Runaways.

Under 18 Girls.

1. Evie Hughes. Deeside AAC.
2. Abbey Drake. Eryri Harriers.

Under 20 M.

1. Tomos Morgan. Menai Track & Field.

Merseyside

Under 16 M.

1. Luke Murphy. Warriors Pentathlon & AC
2. Harry Redhead. Warriors Pentathlon & AC

Under 18 W.

1. Isla Yorke. Warriors Pentathlon & AC
2. Maisie Yorke. Warriors Pentathlon & AC

Under 18 M

1. Michael Phelan.
2. Huw Maddox. Warriors Pentathlon & AC

Under 20 W.

1. Beatrice Bartram. Warriors Pentathlon & AC

