

Northamptonshire will be well represented at this Saturday's McCain's UK Inter Counties Cross Country Championships and World Trials. The ten race meeting which is again being held at Nottingham's Wollaton Park will, as in recent years, be televised live by Bskyb who are on air for four and a half hours.

The meeting gets underway at 11.05am with the Junior Men's race and is followed at 11.33am with the Under-13 Boys, 11.51am – Senior Women, 12.23pm – Under-15 Boys, 12.42pm – Under-17 Ladies, 1.06pm – Junior Ladies, 1.32pm - Under-13 Girls, 1.52pm – Under-17 Men, 2.15pm – Under-15 Girls and at 2.36pm the Senior Men.

**Under-13 Boys:** Jasper Larken, James Smith, Luke Greer, Daniel White, Jack Murphy, Adam Smith, Carrick Baldwin, Daniel Diver; Reserves: Michael Inwood, Robert Nelson, Scott McIntyre.

**Under-13 Girls:** Isobel Hughes, Abby Coleman, Helena Keenan, Genevieve Roberts, Georgia Bevins, Alison Inwood, Maddie Spellman, Abigail Morrow-Harris; Reserves: Emily Byrd, Phinolla Hindle, Daisy Cummings, Holly Bevins.

**Under-15 Boys:** Guy Marshman, Conor Hills, Matthew Finnigan, Jacob Allen, Joe Lantsbery, Charlie Coleman, Sam Furey, Liam Smith; Reserve: Logan Roberts.

**Under-15 Girls:** Jess Dimmock, Charlotte Inwood, Gabriella Moriarty, Charlotte Cotter, Eleanor Barnes, Megan Love, Clarissa Blake, Beth Smyton; Reserves: Lauren Byrd, Rebecca Wymant.

**Under-17 Men:** Rory Grant, Jake Waples, Luke Robinson, George Cardwell, Stephen Broom, David Edwards, Christopher Sebastian, Daniel Thompson; Reserves: Killian Easton, Ben Richardson, Connell King.

**Under-17 Ladies:** Nicole Roberts, Kellie Leonard, Danielle Smith, Sophie Munn, Rachael Barber, Elle Supple, Briony Banks, Emma McGowan; Reserves: Chelsea Thompson, Tara Smith, Zoe Parker, Kelly Barnett.

**Under-20 Men:** Jonathan Goringe, Connor Ratcliffe, Dom Coleman, Joshua Cardwell.

**Under-20 Ladies:** Hayley Munn, Mairead Rocke, Hollie Avil.

**Senior Men:** Mathew Almond, Phil Melling, Nigel Marley, Liam Ratcliffe, Stuart Nelson, Chris Curtis, Troy Garrity, Iain Hazell, Chris Lamb; Reserves: Neil Barnett, Martin Johnson.

**Senior Ladies:** Alison Cooper, Rebecca Hall, Maree Jesson, Angela Copson, Louise Thompson, Nicki Harris, Kate Armstrong, Yvonne Scarrott, Hannah Jones; Reserves: Linda Lytollis, Heather Cooke, Sarah Baxby, Michelle Leach, Sian Edwards.