

English Championships 2017 Individual Championship Medallists

	1st	2 nd	3rd
Men			
Open	Sam Tosh (Rossendale)	2 nd = Carl Bell (Keswick) & Chris Arthur (Bowland Fell Runners)	
U23	John Spill (Pudsey & Bramley)	Matthew Elkington (Dark Peak Fell Runners)	Tom Saville (Dark Peak Fell Runners)
Vets O40	1 st = Gavin Mullholland (Calder Valley Fell Runners) Karl Gray (Calder Valley Fell Runners)		Rob Jebb (Bingley Harriers)
Vets O45	Gavin Mullholland (Calder Valley Fell Runners)	Karl Gray (Calder Valley Fell Runners)	Jim Davies (Borrowdale Fell Runners)
Vets O50	Jim Davies (Borrowdale Fell Runners)	Mark Roberts (Borrowdale Fell Runners)	3 rd = Stephen Pyke (Dark Peak Fell Runners) John Hunt (Dark Peak Fell Runners)
Vets O55	Mark Roberts (Borrowdale Fell Runners)	Philip Pearson (Northern Fells RC)	3 rd = Paul Jeggo (Springfield Striders RC) William Procter (Helm Hill Runners)
Vets O60	William Procter (Helm Hill Runners)	Stephen Morran (Bolton United Harriers & AC)	Bernard Grant (Harrogate Harriers & AC)
Vets O65	Bernard Grant (Harrogate Harriers & AC)	Jim Wheldon (Baildon Runners)	David Tait (Dark Peak Fell Runners)
Vets O70	Kieran Carr (Clayton-le-Moors Harriers)	David Tait (Dark Peak Fell Runners)	Barry Blyth (Macclesfield Harriers)
Women			
Open	Victoria Wilkinson (Bingley Harriers)	Nichola Jackson (Unattached)	Lou Roberts (Ambleside AC)
U23	Hannah Russell (Helm Hill Runners)	Anna Hoogkamer (Dark Peak Fell Runners)	Ellie Crownshaw (Dark Peak Fell Runners)
Vets O40	Lou Roberts (Ambleside AC)	Judith Jepson (Dark Peak Fell Runners)	Helen Elmore (Dark Peak Fell Runners)
Vets O45	Lou Roberts (Ambleside AC)	Judith Jepson (Dark Peak Fell Runners)	Helen Elmore (Dark Peak Fell Runners)
Vets O50	Judith Jepson (Dark Peak Fell Runners)	Deborah Gowans (Accrington)	Anna Jane Meeks (Borrowdale Fell Runners)
Vets O55	Anna Jane Meeks (Borrowdale Fell Runners)	Rowena Browne (Bowland Fell Runners)	Ann-Marie Jones (Altrincham & District AC)
Vets O60	Ann-Marie Jones (Altrincham & District AC)	Pat Goodall (Totley AC)	Wendy Dodds (Clayton-le-Moors Harriers)
Vets O65	Wendy Dodds (Clayton-le-Moors Harriers)	2 nd = Lesley Malarkey (Keswick AC) Lou Lyness (Black Combe Runners)	

English Championships 2017 Team Medallists

	1st	2nd	3rd
Men			
Open	Keswick AC Carl Bell, Mark Lamb, Steven Hebblethwaite, Sam Stead, James Appleton, John Batrick (6)	Helm Hill Runners Tom Addison, Joshua Jardine, Mark Addison, Adam Perry, Michael Ainsworth, Tim Cowin, Ben Procter, Kieran Hodgson, Shane Ohly, Nigel Wood, Jim Mann, Rick Stuart (12)	Calder Valley Fell Runners Ben Mounsey, Andy Swift, Gavin Mulholland, Darren Kay, Mark Taylor, Karl Gray, Ian Symington, Stephen Edwards, Phil Scarf, Alex Whitem (10)
Vets O40	Calder Valley Fell Runners Gavin Mulholland, Darren Kay, Mark Taylor, Stephen Edwards, Jason Williams, Karl Gray, Shaun Godsman (7)	Helm Hill Runners Kieran Hodgson, Tim Cowin, Nigel Wood, Billy Proctor, Rick Stuart, Jonny Marchant, Shane Ohly, Jim Mann (8)	Ambleside Tom Gibbs, Simon Stainer, Mark Alan Rigby, John Hooson, Jon Rylance, John Atkinson, Neil Ashcroft, Edmond Jackson, Jon Deegan (9)
Vets O50	Borrowdale Fell Runners Mark Roberts, Barry Wilkinson, Jim Davies, Paul Cornforth (4)	Dark Peak Fell Runners David Taylor, John Hunt, Stephen Pyke, Andy Barnett (4)	Cheshire Hill Racers Malcolm Fowler, Ed Gamble, Tom McGaff, Richard Byers, Vincent Booth, David Keeling (6)
Women			
Open	Helm Hill Runners Sharon Taylor, Hannah Russell, Bianca Dyer, Catherine Niblock, Lucy Spain, Imogen Burrow (6)	Black Combe Lizzie Browne, Anna Lupton, Rebecca Rooke, Alice Forster (4)	Ambleside AC Lou Roberts, Sarah McCormack, Kelli Roberts, Astrid Gibbs, Jane Reedy, Michelle Foxwell, Eleanor Knowles (7)
Vets O40	Dark Peak Fell Runners Judith Jepson, Nicky Spinks, Kirsty Hewitson, Helen Elmore, Jenny Caddick (5)	Todmorden Harriers Rebecca Patrick, Melanie Blackhurst, Lucy Burnett, Claire Duffield, Lucy Hobbs, Kate Mansell (6)	Helm Hill Runners Alison Richards, Jayne Rigby, Marie Robson, Bianca Dyer, Kathleen Aubrey, Carrie Gibson, Jo Wilcox (7)