

Individual Championship Medallists

	1st	2nd	3rd
Men			
Open	Sam Tosh (Rossendale Harriers & AC)	Rhys Findlay-Robinson (Dark Peak Fell Runners)	Rob Jebb (Helm Hill Runners)
U23	Ross Gollan (Shettleston Harriers)	Joshua Jardine (Helm Hill Runners)	Ted Ferguson (Borrowdale Fell Runners)
Vets O40	Rob Jebb (Helm Hill Runners)	Karl Gray (Calder Valley Fell Runners)	Alasdair Anthony (Ochil Hill Runners)
Vets O50	Ian Holmes (Bingley Harriers & AC)	David Taylor (Dark Peak Fell Runners) Mike Fanning (Holmfirth Harriers AC)	
Vets O60	Mike Wallis (Clayton le Moors Harriers)	Chris Davies (Saddleworth Runners Club)	David Dickson (Westerlands Cross Country Club)
Women			
Open	Jasmin Paris (Carnethy Hill Racing Club)	Caitlin Rice (Ribble Valley Harriers)	Mel Price (Mercia Fell Runners)
U23	Bronwen Jenkinson (Rhedwyr Eryri)	Hannah Russell (Helm Hill Runners)	
Vets O40	Mel Price (Mercia Fell Runners)	Helen Berry (Holmfirth Harriers AC)	Bianca Dyer (Helm Hill Runners)
Vets O50	Alison Weston (Ilkley Harriers AC)	Jean Powell (Wharfedale Harriers)	Marie Robson (Helm Hill Runners) Melanie Blackhurst (Todmorden Harriers)

Team Championship Medallists

	1st	2nd	3rd
Men			
Open	Keswick AC	Calder Valley Fell Runners	Dark Peak Fell Runners
Vets O40	Calder Valley Fell Runners	Shettleston Harriers	Todmorden Harriers
Vets O50	Dark Peak Fell Runners	Ambleside AC	Pennine Fell Runners
Women			
Open	Helm Hill Runners	Rhedwyr Eryri	Ribble Valley Harriers
Vets O40	Helm Hill Runners	Mercia Fell Runners	Todmorden Harriers