

English Championships 2018 Individual Championship Medallists

	1st	2 nd	3rd
Men			
Open	Carl Bell (Keswick AC)	Simon Bailey (Mercia Fell Runners)	Rob Jebb (Helm Hill Runners)
U23	1 st = Martin Howard (Calder Valley Fellrunners) Max Wainwright (Dark Peak Fell Runners)		Josh Jardine (Helm Hill Runners)
Vets O40	Rob Jebb (Helm Hill Runners)	Karl Gray (Calder Valley Fell Runners)	Adam Osborne (Leeds City Athletic Club)
Vets O45	Karl Gray (Calder Valley Fell Runners)	Shaun Godsman (Calder Valley Fell Runners)	Gavin Mulholland (Calder Valley Fell Runners)
Vets O50	Mark Roberts (Borrowdale Fell Runners)	Jim Davies (Borrowdale Fell Runners)	Mark Palmer (Achille Ratti)
Vets O55	Mark Roberts (Borrowdale Fell Runners)	Paul Cornforth (Ambleside AC)	Mike Wallis (Clayon-le-Moors Harriers)
Vets O60	Mike Wallis (Clayton-le-Moors Harriers)	Bernard Grant (Harrogate Harriers & AC)	Chris Davies (Saddleworth Runners Club)
Vets O65	Bernard Grant (Harrogate Harriers & AC)	Nick Brooke (Dorset Doodlers RC)	Andy Watts (Cheshire Hill Racers)
Vets O70	Kenneth Taylor (Rossendale Harriers & AC)	Kieran Carr (Clayton-le-Moors Harriers)	3 rd = David Tait (Dark Peak Fell Runners) Bernard Grant (Harrogate Harriers & AC)
Women			
Open	Kelli Roberts (Helm Hill Runners)	Nichola Jackson (Ribble Valley Harriers)	Sharon Taylor (Helm Hill Runners)
U23	Hannah Russell (Helm Hill Runners)	Alice Rigby (New Marske Harriers)	3 rd = Helen Thornhill (Buxton AC) Ellie Crownshaw (Dark Peak Fell Runners)
Vets O40	Mel Price (Mercia Fell Runners)	Helen Berry (Holmfirth Harriers AC)	Bianca Dyer (Helm Hill Runners)
Vets O45	Mel Price (Mercia Fell Runners)	Bianca Dyer (Helm Hill Runners)	3 rd = Helen Elmore (Dark Peak Fell Runners) Nina Skilton (Cannock & Stafford AC)
Vets O50	Nina Skilton (Cannock & Stafford AC)	Jean Powell (Wharfedale Harriers)	Jackie Murdy (South Shields Harriers)
Vets O55	Rowena Browne (Bowland Fell Runners)	Pat Goodall (Totley AC)	Becky Weight (Bingley Harriers & AC)
Vets O60	1 st = Becky Weight (Bingley Harriers & AC) Pat Goodall (Totley AC)		Wendy Dodds (Clayton-le-Moors Harriers)
Vets O65	Wendy Dodds (Clayton-le-Moors Harriers)	Lesley Malarkey (Keswick AC)	Alison Brentall (Pennine Fell Runners)

English Championships 2017 Team Medallists

	1st	2nd	3rd
Men			
Open	Keswick AC Mark Lamb Daniel Haworth Carl Bell Steven Hebblethwaite Calum Tinnion Sam Stead James Appleton John Battrick Steve Halsall (9)	Dark Peak Fell Runners Rhys Findlay-Robinson Duncan Coombs Tom Saville Nathan Lawson Peter Davies Ben Rothery Max Wainwright Josh Williams John Hunt Robert Little (10)	Calder Valley Fell Runners Karl Gray Andy Swift Matthew Roberts Gavin Mulholland Shaun Godsman Darren Kay Tim Ellis Martin Howard Ben Mounsey Alex Whittern (10)
Vets O40	Calder Valley Fell Runners Karl Gray Gavin Mulholland Shaun Godsman Mark Burton Darren Kay Mark Taylor Stephen Edwards (7)	Helm Hill Runners Rob Jebb Tim Cowin Rick Stuart Craig Burrow Nigel Wood Paul Reilly Kieran Hodgson (7)	Ambleside AC Jon Rylance Paul Cornforth Jon Deegan Richard Stevens John Hooson John Helme (6)
Vets O50	Ambleside AC Jon Deegan Gary Thorpe Matt Beresford Paul Cornforth Neil Ashcroft John Hooson (6)	Dark Peak Fell Runners Stephen Pyke John Hunt Mike Nolan David Taylor Jon Morgan Steve Bell (6)	Borrowdale Fell Runners Jim Davies Mark Roberts Barry Wilkinson (3)
Women			
Open	Helm Hill Runners Sharon Taylor Kelli Roberts Hannah Russell Jenny Rice Joanna Rycroft (5)	Keswick AC Catherine Spurden Katie Kaars Sijpesteijn Jenn Mattinson Hannah Horsburgh Rachel Mellor Suzanne Lyne (6)	Black Combe Runners Hollie Orr Anna Lupton Sarah Pike Alice Forster (4)
Vets O40	Helm Hill Runners Bianca Dyer Alison Richards Carrie Gibson Marie Robson Jayne Rigby (5)	Mercia Fell Runners Anna Bartlett Mel Price Kate Whitfield Sarah Ridgway Amanda Wright-Smith Deborah Millington Nicola Richards Sue Howarth Suzanne Kapitanec (9)	Keswick AC Trudy Beetham Kate Apps Helen Winskill Sara Hodgson Kerry Cornforth Lesley Malarkey Nicky Butler (7)

