

English Fell Running Championship 2023



Organised by The Fell Runner's Association Ltd
& sponsored by Pete Bland Sports and inov-8

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The following races will determine the 2022 Championship :

Date	Category	Race
11-Feb-23	AM	Long Mynd Valleys
13-May-23	AM	Fairfield Horseshoe
03-Jun-23	AL	Duddon Valley
23-Jul-23	AS	Chapelfell Top
20-Aug-23	AL	Sedbergh Hills
23-Sep-23	AS	John Hewitt Shelf Moor

Ranking calculated on points scored in up to four of the races listed above

Any queries to Carlos Bedson (statistician@fellrunner.org.uk)

See FRA Handbook & Fixture Calendar for further details

Men's Open Team Championship

Pos	Club	Points							Aggregate Scores						
		Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Keswick AC	12	9	12	9	12	4	45	61	66	39	72	71	358	243
2	Dark Peak Fell Runners	9	12	7	12	7	12	43	80	62	130	57	187	41	290
3	Helm Hill Runners	7	8	8	8	9	8	33	119	159	115	138	95	179	507
4	Calder Valley Fell Runners	6	7	6	7	6	9	29	127	174	159	169	225	109	611
5	Ambleside AC	5	5	9	6	8		28	231	235	60	180	137		608
6	Matlock Athletic Club	8	6		4	3	7	24	106	218		349	447	204	975
7	Pennine Fell Runners	3	3	5		2	6	17	292	399	318		495	228	1237
8	Black Combe Runners	1	4	4			3	12	490	368	343			377	1578
9	Totley AC	2	1	3			5	11	420	469	435			276	1600
10	Eden Runners				3	4		7				377	382		759
11	Mercia Fell Runners	4			2			6	265	497		576	590		1928
12	Howgill Harriers					5		5					235		235
13	Durham Fell Runners				5			5				316			316
14	Horwich RMI Harriers		2	2				4		447	466				913
15	Glossopdale Harriers						2	2	556					448	1004
16	Macclesfield Harriers					1		1					546		546
17	Holmfirth Harriers						1	1						609	609

Men's V40 Team Championship

Pos	Club	Points							Aggregate Scores						
		Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Calder Valley Fell Runners	12	12	7	12	9	12	45	21	36	80	24	52	15	112
2	Helm Hill Runners	9	9	12	9	12	7	42	53	43	33	43	42	63	161
3	Dark Peak Fell Runners	8	7	9	8	7	9	34	75	108	45	44	78	47	242
4	Keswick AC	7	6	6	7	8	5	28	80	113	149	102	77	162	372
5	Pennine Fell Runners	6	8	5		6	8	28	110	92	180		165	62	429
6	Ambleside AC		5	8		4		17		133	45		215		393
7	Mercia Fell Runners	5	3		4	3		15	143	237		307	233		920
8	Totley AC			4			6	10			186			126	312
9	Glossopdale Harriers	4					4	8	214					171	385
10	Horwich RMI Harriers		4	3				7		148	237				385
11	Northern Fells Running Club			2	5			7			238	286	330		854
12	Durham Fell Runners				6			6				257			257
13	Rosendale Harriers	3	2	1				6	314	345	279				938
14	Eden Runners					5		5		484			191		675
15	Matlock AC	2					3	5	326				431	224	981
16	Holmfirth Harriers						2	2						302	302
17	Bowland Fell Runners					2		2		398	291		239		928
18	Macclesfield Harriers					1		1					301		301
19	Saltwell Harriers		1					1		382					382
20	Mow Cop Runners	1						1	450						450
21	Cheshire Hill Racers						1	1	455	513			388	334	1690

Duddon Dark Peak Last Counter = 17

Duddon Ambleside Last Counter = 30

Men's V50 Team Championship

Pos	Club	Points							Aggregate Scores						
		Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Calder Valley Fell Runners	12	9	12	12	12	12	48	9	23	30	11	11	6	37
2	Helm Hill Runners	8	12	8	9	9	9	39	51	16	51	29	22	31	98
3	Keswick AC	7	8	7	8	7	8	31	64	34	57	41	51	38	164
4	Dark Peak Fell Runners	3	7	4	6	8	7	28	131	41	80	80	46	44	211
5	Rossendale Harriers	6	5	6	7		3	24	71	97	73	79		108	320
6	Northern Fells Running Club		3	9	4	5		21		137	47	92	95	142	466
7	Pennine Fell Runners	4	6	2	5	3	6	20	101	82	83	88	109	72	351
8	Mercia Fell Runners	9	1		3	4		17	43	160		110	102	156	571
9	Bowland Fell Runners		4	5		6		15		134	78		66		278
10	Matlock AC	5					5	10	91				204	85	380
11	Ambleside AC		2	3				5		156	81				237
12	Cheshire Hill Racers	2		1		1	1	5	170	206	107		151	135	769
13	Totley AC						4	4						88	88
14	Holmfirth Harriers						2	2						127	127
15	Macclesfield Harriers					2		2					140		140
16	Eden Runners				2			2		246		157	177		580
17	Mow Cop Runners	1						1	182						182

Helm Hill Runners: Long Mynd Last Counter = 33

Helm Hill Runners: Duddon Last Counter = 25

Sedbergh Cheshire Hill Racers Last Counter = 68

Sedbergh Clayton-le-moors Harriers Last Counter = 77

Men's V60 Team Championship

Pos	Club	Points							Aggregate Scores						
		Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Northern Fells Running Club		9	12	12	12	8	45		39	6	21	15	50	81
2	Helm Hill Runners	9			9	9	9	36	37			37	28	36	138
3	Cheshire Hill Racers	8	7			8	6	29	55	89			60	60	264
4	Dark Peak Fell Runners				8	7	12	27				65	61	26	152
5	Pennine Fell Runners		8				7	15		66				52	118
6	Mercia Fell Runners	12						12	25						25
7	Keswick AC		12					12		33					33
8	Matlock AC	7						7	57						57
9	Bowland Fell Runners					6		6					63		63

* Creation of this Race Category occurs where there are at least 4 teams competing in each of 4 or more races including one from each distance
 Therefore this category has elicited sufficient competition this year to award prizes

Women's Open Team Championship

Pos	Club	Points						Total
		Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	
1	Dark Peak Fell Runners	12	9	9	12	9	12	45
2	Ambleside AC	9	8	12	9		9	39
3	Black Combe Runners		12		7	12	8	39
4	Keswick AC	5	7	8	8	7	5	30
5	Helm Hill Runners	8	5	6	6	8	7	29
6	Mercia Fell Runners	7	3	7		6		20
7	Calder Valley Fell Runners	4	4	5	3	5	6	20
8	Bingley Harriers & AC	6	6		5		3	17
9	Todmorden Harriers	3	2		4	3		12
10	North Leeds Fell Runners		1			4		5
11	Glossopdale Harriers						4	4
12	Durham Fell Runners				2			2
13	Matlock AC	2						2
14	Sinfin Running Club						2	2
15	Totley AC						1	1

Aggregate Scores						
Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
28	31	34	22	31	22	103
34	44	23	32		34	123
	27		47	21	41	136
91	52	46	35	44	109	177
40	80	89	62	40	62	204
44	150	80		54		178
100	125	111	109	93	86	390
68	80		87		179	235
125	163		104	109		501
	184			98		282
					162	162
			136			136
137						137
					234	234
					248	248

Fairfield Bingley Harriers Last Counter = 39

Fairfield Helm Hill Last Counter = 44

Dark Peak Fell Runners: Fairfield Last Counter = 16

Dark Peak Fell Runners: Sedbergh Last Counter = 12

Women's V40 Team Championship

Pos	Club	Points							Aggregate Scores						
		Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Dark Peak Fell Runners	5	12	12	9	9	9	42	59	48	27	41	36	26	137
2	Keswick AC		8	8	12		8	36		54	37	27		85	203
3	Calder Valley Fell Runners	8	7	7			12	34	39	57	59			21	176
4	Mercia Fell Runners	12		9		12		33	24		33		27		84
5	Helm Hill Runners	9	9	6	7	8		33	33	48	59	48	36		165
6	Todmorden Harriers	7	5		8	7		27	53	70		45	63		231
7	Bingley Harriers & AC	6	6		6		7	19	53	64		55		99	207
8	Sinfin Running Club						6	6						117	117
9	Durham Fell Runners				5			5				80			80
10	Totley AC						5	5						128	128
11	Ambleside AC		4					4		74					74
12	North Leeds Fell Runners		3					3		165					165
13	Nidd Valley Road Runners		2					2		190					190

Long Mynd Todmorden Last Counter = 20

Long Mynd Bingley Last Counter = 35

Fairfield Dark Peak Last Counter = 30

Fairfield Helm Hill Last Counter = 33

Duddon Calder Valley Last Counter = 27

Duddon Helm Hill Last Counter = 29

Sedbergh Dark Peak Fell Runners Last Counter = 21

Sedbergh Helm Hill Runners Last Counter = 23

Women's V50 Team Championship

Pos	Club	Points							Aggregate Scores						
		Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Keswick AC		8	12	12		9	41		45	25	21		52	143
2	Helm Hill Runners		9	9	9	12		39		32	30	41	27		130
3	Todmorden Harriers	12	12			9		33	20	24			31		44
4	Dark Peak Fell Runners		7			8	12	27		60			45	17	122
5	Sinfin Running Club						8	8						78	78

* Creation of this Race Category occurs where there are at least 4 teams competing in each of 4 or more races including one from each distance
 Therefore this category did not elicit sufficient competition this year to award prizes