

English Championships 2024 Individual Medallists

	1st	2 nd	3rd
Men			
Open	Ben Rothery Ilkley Harriers AC	Finlay Grant Dark Peak Fell Runners	Tim Lamont Helm Hill Runners
U23	Finlay Grant Dark Peak Fell Runners	Caleb Winfield Pennine Fell Runners	Louis Hudson Keighley & Craven AC
Vets O40	Doni Clarke Todmorden Harriers	Robert Hope Pudsey & Bramley AC	Math Roberts Calder Valley Fell Runners
Vets O45	Robert Hope Pudsey & Bramley AC	Steve Jacques Ambleside AC	
		Nick Leigh Horwich RMI Harriers	
		Karl Gray Calder Valley Fell Runners	
Vets O50	Ian Holmes Bingley Harriers & AC	Karl Gray Calder Valley Fell Runners	Gavin Mulholland Calder Valley Fell Runners
Vets O55	Ian Holmes Bingley Harriers & AC	John Hunt Dark Peak Fell Runners	David Birch Keswick AC
Vets O60	Paul Cornforth Ambleside AC		Joe Blackett Dark Peak Fell Runners
	Dave Prosser Keswick AC		
Vets O65	Bob Foreman Matlock AC	Mervyn Keys Rossendale Harriers & AC	Mike Wallis Clayton-le-Moors Harriers
Vets O70	Brian Thompson Helm Hill Runners	Paul Morris Keswick AC	Mick Moorhouse Matlock AC
Women			
Open	Nichola Jackson Keswick AC	Caroline Lambert Keswick AC	Alexandra Whitaker Ambleside AC
U23	Alexandra Whitaker Ambleside AC	Betty Bergstrand Keswick AC	Amy Whelan Buxton AC
Vets O40	Susannah Richardson Calder Valley Fell Runners		Lou Osborn Ambleside AC
	Rachel Pilling Pudsey & Bramley AC		
Vets O45	Lou Osborn Ambleside AC	Sue Richmond Pennine Fell Runners	Bianca Dyer Helm Hill Runners
Vets O50	Lou Osborn Ambleside AC	Bianca Dyer Helm Hill Runners	Jane McCarthy Ilkley Harriers AC
Vets O55	Elizabeth Batt Dark Peak Fell Runners	Deborah Gowans Todmorden Harriers	Melanie Blackhurst Todmorden Harriers
			Jean Powell Wharfedale Harriers
Vets O60	Jane Crowson Dark Peak Fell Runners	Rowena Browne Bowland Fell Runners	Tania Wilson Buxton AC
Vets O65	Anne Daykin Clayton-le-Moors Harriers	Becky Weight Bingley Harriers & AC	Wendy Dodds Dallam Running Club

English Championships 2024 Team Championship Medallists

	1st	2 nd	3rd
Men			
Open	Keswick AC (8) Jake Collier Harry Bolton Mark Lamb Sam Stead Matthew Atkinson John Battrick Callum Tinnion Ben Holmes	Ambleside AC (9) Matthew Elkington Tom Simpson Jack Wright James Harris Steve Jacques Ben Sharrock Gavin Dale Sean Leckey Jack Robinson	Dark Peak Fell Runners (11) Finlay Grant Cynog Williams Tom Saville Will Gratton Euan Patton Michael Corrales Rob Greenwood Rhys Findlay-Robinson David Lewis Oli Johnson Joe Woodley
MV40	Calder Valley Fell Runners (7) Karl Gray Gavin Mulholland Math Roberts Adam Osborne Sean Godsman Ben Mounsey Gavin Roberts	Helm Hill Runners (8) Javier Simon Ross Bibby Ben Procter Lee Procter Kieran Hodgson Craig Burrow Kenny Richmond Alastair Dunn	Dark Peak Fell Runners (9) Tom Brunt John Hunt Craig Jeffery James Thompson Mike Nolan Joe Blackett Neil Northrop Oli Johnson Will Boothman
MV50	Calder Valley Fell Runners (4) Gavin Mulholland Karl Gray Mark Burton Shaun Godsman	Dark Peak Fell Runners (4) Tom Brunt Mike Nolan Craig Jeffery John Hunt	Helm Hill Runners (6) James Baron Javier Simon John Millen Alastair Dunn Craig Burrow Kenny Richmond
MV60	Dark Peak Fell Runners (4) Joe Blackett Jonathan Batt John Webber Andy Barnett	Northern Fells Running Club (4) Tony Bolton Steve Rhodes Trevor Symonds Philip Pearson	Helm Hill Runners (6) Brian Thompson Chris Speight William Coupe Raymond Gill David Griffin John Jones
Women			
Open	Ambleside AC (6) Eve Pannone Lex Whitaker Katie Lord Antonia Fan Alexandra Whitaker Natalie Beadle	Keswick AC (6) Nichola Jackson Caroline Lambert Emma Bramley Philippa Wakefield Catherine Evans Jodie Gray	Dark Peak Fell Runners (4) Lisa Watson Anna Watkinson-Powell Rachel Rose Despina Berdeni
WV40	Calder Valley Fell Runners (7) Susannah Richardson Natasha Butterfield Stella Chrisanthou Cass Chisolm Rebecca Di-Luzio Catherine Holden Trudi Entwistle	Dark Peak Fell Runners (4) Rachel Rose Jane Crowson Elizabeth Batt Alison Wainwright	Todmorden Harriers (3) Rebecca Patrick Deborah Gowans Melanie Blackhurst