

English Championships 2026 Individual Medallists

	1st	2 nd	3rd
Men			
Open	Finlay Grant Dark Peak Fell Runners	Ben Rothery Ilkley Harriers AC	Chris Larkin Northumberland Fell Runners
U23	Sam Bentham Ilkely Harriers AC	Charlie Allmond Ambleside AC	William Walker Clayton-le-Moors Harriers
Vets O40	George Foster Keswick AC	Gavin Roberts Calder Valley Fell Runners	Gavin Mulholland Calder Valley Fell Runners
Vets O45	Robert Hope Horwich RMI Harriers		Will Boothman Dark Peak Fell Runners
	Gavin Mulholland Calder Valley Fell Runners		
Vets O50	Gavin Mulholland Calder Valley Fell Runners	Robert Hope Horwich RMI Harriers	Karl Gray Calder Valley Fell Runners
Vets O55	Karl Gray Calder Valley Fell Runners	Ian Holmes Bingley Harriers & AC	Julian Goudge Horwich RMI Harriers
Vets O60	Ian Holmes Bingley Harriers & AC	Paul Cornforth Keswick AC	Dave Prosser Keswick AC
Vets O65	Mike Johnson Bowland Fell Runners	Geoff Dawson Bowland Fell Runners	John Langton Mercia Fell Runners
Vets O70	Simon Entwisle Pennine Fell Runners	Chris Davies Saddleworth Runners Club	Paul Morris Keswick AC
Vets O75	Andy Watts Cheshire Hill Racers	Robert Taylor Pennine Fell Runners	Jim Byrne Thornton Cleveleys RC
			Richard Spendlove Stainland Lions RC
Women			
Open	Emily Cowper-Coles Dark Peak Fell Runners	Caroline Lambert Keswick AC	Sara Willhoit Mercia Fell Runners
U23	Alexandra Whitaker Ambleside AC		Amy Whelan Buxton AC
	Grace Culling Helm Hill Runners		
Vets O40	Helen Haigh Holmfirth Harriers AC	Nikki Arthur Manx Fell Runners	Sally Fawcett Dark Peak Fell Runners
			Susannah Richardson Calder Valley Fell Runners
Vets O45	Helen Haigh Holmfirth Harriers AC	Susannah Richardson Calder Valley Fell Runners	Sally Fawcett Dark Peak Fell Runners
Vets O50	Helen Haigh Holmfirth Harriers AC	Lou Osborn Keswick AC	Nicola Richards Mercia Fell Runners
Vets O55	Jean Powell Wharfedale Harriers	Melanie Blackhurst Todmorden Harriers Elizabeth Batt Dark Peak Fell Runners	
Vets O60	Elizabeth Batt Dark Peak Fell Runners	Melanie Blackhurst Todmorden Harriers	Deborah Gowans Todmorden Harriers
Vets O65	Jane Meeks Borrowdale Fell Runners	Kathleen Brierley Todmorden Harriers	Margaret Kodz Mercia Fell Runners
Vets O70	Wendy Dodds Dallam Running Club	Mary White Horwich RMI Harriers	
Vets O75	Wendy Dodds Dallam Running Club	Mary White Horwich RMI Harriers	

English Championships 2026 Team Championship Medallists

	1st	2 nd	3rd
Men			
Open	Keswick AC (12) Harry Bolton Jordan Clay George Foster Sam Stead Sam Holding John Battrick Tom Day Mark Lamb Joseph Dugdale Joe Cox Daniel Connolly Rob Brown	Dark Peak Fell Runners (9) Finlay Grant David Lewis Edward Corden Henry Webb Alex Mason Michael Kenyon Mark Jones Tom Saville Lewis Roberts	Ambleside AC (12) Charlie Allmond Tom Simpson Garry Greenhow Jack Wright Rowan Ashworth Joe Woodley Jack Robinson Konrad Koniarczyk Tom Ward Matthew Elkington Ben Abdelnoor Steve Jacques
MV40	Calder Valley Fell Runners (9) Gavin Mulholland Karl Gray Gavin Roberts Lee Athersmith Andrew Worster Shaun Godsman Adam Osborne Ed Hyland Jason Williams	Dark Peak Fell Runners (6) Joe Dale Will Boothman Robert Little Stuart Walker Bart Shaw Simon Mills	Helm Hill Runners (10) Robert Jebb Ben Procter Kieran Hodgson Michael Ainsworth Ross Bibby Paul Upton Alastair Dunn John Millen Kenny Richmond James Parsons
MV50	Calder Valley Fell Runners (5) Gavin Mulholland Karl Gray Mark Burton Shaun Godsman Jason Williams	Helm Hill Runners (5) Kenny Richmond Kieran Hodgson Javier Simon Robert Jebb Alastair Dunn	Horwich RMI Harriers (4) Robert Hope Julian Goudge Dan Gilbert James Titmuss
MV60	Bowland Fell Runners (4) Geoff Dawson Dave Nuttall Mike Johnson Christopher Balderson	Keswick AC (4) Dave Prosser Paul Cornforth Ed Gamble Paul Morris	Mercia Fell Runners (6) Eric Fowler John Langton Robin Bacon Peter Hudson Mark Agnew Edward Beards
Women			
Open	Dark Peak Fell Runners (6) Lisa Watson Holly Clifford Despina Berdeni Emily Cowper-Coles Sally Fawcett Poppy Wardley	Keswick AC (7) Caroline Lambert Betty Bergstrand Lou Osborn Shirley Murray Bronwen Jenkinson Catherine Spurden Hannah Havelock-Allan	Wharfedale Harriers (6) Molly Browne Emma Hopkinson Jean Powell Helen Smith Isabelle Rowe Sophie Martin
WV40	Mercia Fell Runners (4) Nicola Richards Eleanor Fowler Deborah Millington Mel Price	Wharfedale Harriers (5) Emma Hopkinson Jean Powell Lucy Needham Helen Smith Sophie Martin	Ilkley Harriers AC (6) Kate Archer Jane McCarthy Rachel Carter Katie Poulter Alison Weston Shaunna Burke
WV50	Mercia Fell Runners (4) Nicola Richards Deborah Millington Mel Price Margaret Kodz	Ilkley Harriers AC (6) Jane McCarthy Rachel Carter Jann Smith Alison Weston Shaunna Burke Rebecca Mon-Williams	Todmorden Harriers (4) Melanie Blackhurst Deborah Gowans Rebecca Patrick Kathleen Brierley