

2024 UK ATHLETICS FELL AND HILL RUNNING CHAMPIONSHIPS

2024 marked the first significant change in the format of the British Fell Running Championships for fifteen years. The new format consists of two stand-alone races (short and long course) instead of a series of four races whilst the team championship is based on the results in both races.

RACE REPORT – 27th JULY 2024

CONVINCING LAKE DISTRICT VICTORIES FOR EVE AND MATTHEW AT THE UKA SHORT COURSE FELL CHAMPIONSHIPS

Distance: 7 km; **Climb:** 609 metres

Eve Pannone (Ambleside) and Matthew Knowles (Lancaster & Morecambe) were convincing winners of the UKA British Fell Championship (short course) races held at the Blisco Dash race.

Ambleside AC hosted the 2024 UK Athletics Short Course Hill and Fell Running Championships from the Old Dungeon Ghyll Hotel in the beautiful Langdale valley in Cumbria. The runners, many of whom had arrived the night before, were greeted by heavy early morning rain. However, by the time the 84 competitors in the female race started at one o'clock, the skies had cleared.

The race starts in a valley field before turning onto the road which after a flat section, rises towards Blea Tarn. As the steep switchbacks are gained, the route breaks off right onto rough path which gradually gets steeper. The final part of the climb requires some scrambling before reaching the exposed rocky summit and then being faced with the complexities of the descent. Leading the field at the summit was the 2022 British Champion, Eve Pannone (Ambleside) in 29:43, just over a minute ahead of Caroline Lambert (Keswick) in 30:46 with reigning British champion, Nichola Jackson (Keswick) in third place (31:18). Nichola is renowned for her descending skills but even though she had the fastest descent by over 40 seconds (14:41), Nichola was unable to catch Eve who took the gold medal in a time of 45:29. Nichola took second place in 45:59, with Caroline taking the bronze medal in 46:37.

The leading under23 in 5th place, was Alexandra Whitaker (Ambleside) in 48:22, 13 seconds ahead of her club mate, Betty Bergstrand; after being 46 seconds in arrears at the summit, Alexandra was nearly a minute quicker on the descent. Tenth placed Alice Crane (Dorking and Mole Valley) was third under 23.

By the male start time of 2:45pm, the sun had come out and the 233 runners found it very warm on the climb. Under 23, Matthew Knowles (Lancaster & Morecambe) reached the summit in 25:15, a minute ahead of Finn Lydon (Carnethy), who was closely followed by Tom Simpson (Ambleside) and Ben Rothery (Ilkley). Matthew had the fastest descent (11:51) to win by over a minute in 37:06. Ben's

descent was only a second slower than Matthew's thus taking the silver medal, thirty seconds ahead of Tom. The under 23 champion in 2023, Ben Sharrock (Ambleside) in 7th place, had to settle for the silver medal behind Matthew, with Louis Hudson (Keighley & Craven) in third.

Whilst it was disappointing that over 200 of the 500+ runners who had entered, failed to make the start line, SiEntries confirmed that turnout was better than for many of the events that they handle.

MEDAL WINNERS

CATEGORY	GOLD	SILVER	BRONZE
FEMALE	Eve Pannone (Ambleside)	Nichola Jackson (Keswick)	Caroline Lambert (Keswick)
F23	Alexandra Whitaker (Ambleside)	Betty Bergstrand (Ambleside)	Alice Crane (Dorking and Mole Valley)
F40-44	Susannah Richardson (Calder Valley)	Rachel Pilling (Pudsey)	Joanna Cartmell (Northern Fells)
F45-49	Sue Richmond (Pennine)	Anna Lupton (Black Combe)	Jane Reedy (Ambleside)
F50-54	Lou Osborn (Ambleside)	Bianca Dyer (Dark Peak)	Jane McCarthy (Ilkley)
F55-59	Diane Wilson (Dromore)	Elizabeth Batt (Dark Peak)	Alison Weston (Ilkley)
F60-64	Rowena Browne (Bowland)	Tania Wilson (Buxton)	Alison Eagle (Upper Wharfedale)
F65-69	Anne Daykin (Clayton-le-Moors)	Becky Weight (Bingley)	Jill Libby (Eden)
F70	Wendy Dodds (Dallam)	Jan Forrester (Belper)	
MALE	Matthew Knowles (Lancaster &	Ben Rothery (Ilkley)	Tom Simpson (Ambleside)

	Morecambe)		
M23	Matthew Knowles (Lancaster & Morecambe)	Ben Sharrock (Ambleside)	Louis Hudson (Keighley & Craven)
M40-44	Doni Clarke (Todmorden)	Gavin Roberts (Calder Valley)	Ben Mounsey (Calder Valley)
M45-49	Ted Mason (Wharfedale)	Nick Leigh (Horwich)	Kieran Hodgson (Helm Hill)
M50-54	Robert Hope (Ambleside)	Gavin Mulholland (Calder Valley)	Paul Faulkner (Carnethy)
M55-59	Ian Holmes (Bingley)	Kenny Richmond (Helm Hill)	David Birch (Keswick)
M60-64	Paul Cornforth (Ambleside)	Stewart Whittie (Carnethy)	Joe Blackett (Dark Peak)
M65-69	Mervyn Keys (Rossendale)	Nick Dybeck (FRA)	Steve Wathall (Ambleside)
M70	Paul Morris (Keswick)	Brian Thompson (Helm Hill)	Richard Bellaries (Clayton Le Moors)

Race results can be found at:

www.sportident.co.uk/results/FRA-English/2024/BliscoDash/

RACE REPORT - 21st SEPTEMBER 2024

FINLAY AND NAOMI IN PEAK FORM IN SNOWDONIA AT THE UKA LONG COURSE FELL CHAMPIONSHIPS

Distance: 28.2 km; **Climb:** 2,600 metres

There were brilliant winning performances from Finlay Grant (Dark Peak) and Naomi Lang (Carnethy) in the UKA British Fell Championship (long course) race held over the Peris Horseshoe course.

Eryri Harriers hosted the 2024 UK Athletics Long Course Hill and Fell Running Championships over the classic Peris Horseshoe from the Royal Victoria Hotel in Llanberis, North Wales. Despite the dry weather, there was poor visibility around the summits which added to the challenges of the steep and rocky terrain for the 250 starters, fifteen of which dropped out of the race.

The race starts from the Slate Museum before ascending through the disused slate quarries. The summits of Elidir Fawr (924m), Y Garn (947m) and Glyder Fawr (1,001m) are traversed before the competitors descend to the road crossing at Pen y Pass. The course then follows the Miner's track to Y Lliwedd (818m) before taking the Watkin's path to the summit of Yr Wyddfa/Snowdon (1,085m). A descent of the Ranger path is followed by an ascent of Moel Cynghorion (647m) before taking the Maesgym path to the finish.

After celebrating his 21st birthday at the beginning of the month and a victory by two minutes at the Three Shires race in the Lake District the previous weekend, Finlay Grant (Dark Peak), had much stiffer competition in Snowdonia. At Pen y Pass, eight runners, led by Matthew Elkington (Ambleside) in 1:38:05, were separated by less than two minutes, but on the climb of Y Lliwedd and Yr Wyddfa, many of them dropped off the pace leaving four in contention, led by Finlay in 2:38.05, a few seconds ahead of the duo from Helm Hill, Tim Lamont and Chris Richards, the 2021 British champion. Harry Bolton (Keswick) was just over a minute behind. Chris lost touch with the two leaders on the ascent of Moel Cynghorion, where Tim had a thirteen second lead over Finlay. However, Finlay proved the stronger over the finish section taking the win by seventeen seconds in 3:14:58. Harry, the under 23 champion in 2022, took the bronze medal with a time of 3:19:06.

Following her victory in the 2024 Snowden race, Naomi Lang (Carnethy) was the leading female runner. Naomi arguably pipped Finlay for the performance of the day by finishing in thirteenth place overall (3:30:50), fifteen minutes ahead of 2023 British fell champion, Nichola Jackson (Keswick). Nicola took the silver medal, as she had done in the short championship race whilst Antonia Fan (Ambleside) took third place.

MEDAL WINNERS

CATEGORY	GOLD	SILVER	BRONZE
FEMALE	Naomi Lang (Carnethy)	Nichola Jackson (Keswick)	Antonia Fan (Ambleside)
F23		NO RUNNERS	
F40	Sally Fawcett (Dark Peak)	Rachel Rose (Dark Peak)	Megan James (Eden)
F45	Joanne Henderson (Denbigh)	Natasha Butterfield (Calder Valley)	Nicola Richards (Mercia)
F50	Andrea Rowlands (Eryri)	Mel Price (Mercia)	Ruth Metcalfe (Eryri)
F55	Rhian Probert (Mynydd Du)	Jean Powell (Wharfedale)	Jann Smith (Ilkley)
F60	Deborah Gowans (Todmorden)	Flora Gunner (Croft Ambrey RC)	Sara Staniek (Ambleside)
F65	Anne Daykin (Clayton-le-Moors)	Kate Ayres (Ambleside)	
F70	Wendy Dodds (Dallam)		
MALE	Finlay Grant (Dark Peak)	Tim Lamont (Helm Hill)	Harry Bolton (Keswick)
M23	Finlay Grant (Dark Peak)		
M40	Steven Hebblethwaite (Keswick)	Gavin Roberts	Andrew Fallas (Carnethy)

		(Calder Valley)	
M45	Ben Tetler (Glossopdale)	Owen Beilby (Wharfedale)	Matthew Fortes (Eryri)
M50	Karl Gray (Calder Valley)	Pete Vale (Mercia)	Paul Faulkner (Carnethy)
M55	Kenny Richmond (Helm Hill)	James Logue (Calder Valley)	James Baron (Helm Hill)
M60	Alan Smith (Deeside)	Tim Raffle (Altrincham)	Brian Hickey (Cheshire)
M65	Philip Pearson (Northern Fells)	Mike Wallis (Clayton-le-Moors)	Mervyn Keys (Rossendale)
M70	Richard Bellaries (Clayton Le Moors)	Keith Holmes (Dark Peak)	Paul Morris (Keswick)

Race results can be found at:

www.racetek-live.co.uk/website/public_results/1806/complete_results/

2024 UK ATHLETICS FELL AND HILL RUNNING TEAM CHAMPIONSHIPS

The medallists in the team championship which were based on the results from both the short and long course races were as follows:

CATEGORY	GOLD	SILVER	BRONZE
FEMALE	Ambleside AC	Dark Peak Fell Runners	Calder Valley Fell Runners
F40	Calder Valley Fell Runners		
F50		NO MEDALS AWARDED	
MALE	Carnethy Hill Racing Club	Keswick AC	Ambleside AC
M40	Calder Valley Fell Runners	Carnethy Hill Racing Club	Helm Hill Runners
M50	Calder Valley Fell Runners	Helm Hill Runners	Carnethy Hill Racing Club

Full details of the team championship results can be found on the UK Athletics website at:

www.uka.org.uk/competition/running/mountain-running/ba-fell-running/