

Trophy Winners

Male: **Huw Davies** (Mercia Fell Runners)

Female: **Antonia Fan** (Ambleside AC)

Open Team: **Keswick AC**

Team counters: Matthew Atkinson, Callum Tinnion.

with: Daniel Spencer, Harry Bolton, Mark Lamb.

Female Team: **Ambleside AC**

Team counters: Antonia Fan, Emma Shawcross, Lauren Munro-Bennett.

with: Katie Mckay, Georgia Stevens, Bryony Halcrow.

Mug recipients

1 st male & 1 st male in complete series	Huw Davies (Mercia Fell Runners)
2 nd male	James Harris (Ambleside AC)
3 rd male	Matthew Atkinson (Keswick AC)
4 th male	Jack Scott (Unattached)
5 th male	Sam Dixon (Helm Hill Runners)
1 st mu23	Charlie Rennie (Keswick AC)
2 nd mu23	Matthew Holroyd (Settle Harriers)
1 st mv40	Patrick Brennan (Rossendale Harriers & AC)
1 st mv50 & 2 nd mv40	Andrew Schofield (Borrowdale Fell Runners)
2 nd mv50 & 3 rd mv40	John Hunt (Dark Peak Fell Runners)
3 rd mv50	Paul Neild (Bowland Fell Runners)
1 st mv60	Mark Roberts (Borrowdale Fell Runners)
2 nd mv60	Joe Blackett (Dark Peak Fell Runners)
3 rd mv60	Steve Rhodes (Northern Fells Running Club)
1 st mv70	Keith Holmes (Dark Peak Fell Runners)
Most improved male	John Skelton (Cumberland Fell Runners)
1 st female	Antonia Fan (Ambleside AC)
2 nd female	Kelli Roberts (Helm Hill Runners)
3 rd female	Frances Collett (Dark Peak Fell Runners)
4 th female & 1 st fv40	
& 1 st female in complete series	Sue Richmond (Pennine Fell Runners)
5 th female	Lauren Munro-Bennett (Ambleside AC)
2 nd fv40	Emma Shawcross (Ambleside AC)
1 st fv50 & 3 rd fv40	
& most improved female	Jean Powell (Wharfedale Harriers)
2 nd fv50	Gillian Atkinson (Keswick AC)
3 rd fv50	Carrie Gibson (Helm Hill Runners)
1 st fv60	Julie Carter (Gateshead Harriers & AC)

Unwarded prizes: 3rd mu23, fu23's, 2nd & 3rd fv60, 2nd & 3rd mv70, fv70's.