

English Championships 2023 Individual Medallists

	1st	2 nd	3rd
Men			
Open	William Cartwright Matlock AC	Ben Rothery Ilkley Harriers AC	Daniel Haworth Matlock AC
U23	Finlay Grant Dark Peak Fell Runners	Ben Sharrock Ambleside AC	Edward Corden Dark Peak Fell Runners
Vets O40	Steven Hebblethwaite Keswick AC	Robert Jebb Helm Hill Runners	Oli Johnson Dark Peak Fell Runners
Vets O45	Robert Jebb Helm Hill Runners	Gavin Mulholland Calder Valley Fell Runners	Karl Gray Calder Valley Fell Runners
			Kieran Hodgson Helm Hill Runners
Vets O50	Gavin Mulholland Calder Valley Fell Runners	Karl Gray Calder Valley Fell Runners	Shaun Godsman Calder Valley Fell Runners
			Kenny Richmond Helm Hill Runners
Vets O55	John Hunt Dark Peak Fell Runners	Dave Prosser Keswick AC	James Baron Helm Hill Runners
Vets O60	Dave Prosser Keswick AC	Paul Cornforth Ambleside AC	Tony Bolton Northern Fells Running Club
Vets O65	Simon Entwisle Pennine Fell Runners	Stephen Morran Calder Valley Fell Runners	
		Dave Collins Todmorden Harriers	
Vets O70	Mick Moorhouse Matlock AC	David Gould Mercia Fell Runners	Andy Watts Cheshire Hill Racers
			Simon Brearley Bowland Fell Runners
Women			
Open	Nichola Jackson Keswick AC	Victoria Wilkinson Bingley Harriers & AC	Catherine Taylor Black Combe Runners
			Eve Pannone Eden Runners
U23	Eve Pannone Eden Runners	Alexandra Whitaker Ambleside AC	Alice Gamble Dark Peak Fell Runners
Vets O40	Victoria Wilkinson Bingley Harriers & AC	Sharon Taylor Helm Hill Runners	Anna Lupton Black Combe Runners
Vets O45	Lou Osborn Ambleside AC	Mel Price Mercia Fell Runners	Sue Richmond Pennine Fell Runners
Vets O50	Lou Osborn Ambleside AC	Mel Price Mercia Fell Runners	Bianca Dyer Helm Hill Runners
Vets O55	Sara Hodgson Keswick AC	Deborah Gowans Todmorden Harriers	Rowena Browne Bowland Fell Runners
Vets O60	Rowena Browne Bowland Fell Runners	Jane Crowson Dark Peak Fell Runners	Wendy Dodds Dallam Running Club
Vets O65	Becky Weight Bingley Harriers & AC	Wendy Dodds Dallam Running Club	Pat Goodall Totley AC

English Championships 2023 Team Championship Medallists

	1st	2 nd	3rd
Men			
Open	Keswick AC (8) Harry Bolton Mark Lamb Sam Stead Steve Halsall Brennan Townshend John Battrick Matthew Atkinson Stephen Hebblethwaite	Dark Peak Fell Runners (10) Nathan Lawson Will Boothman Bertie Houghton Cynog Williams Jonathan Crickmore Tom Saville Oli Johnson Josh Williams Finlay Grant Edward Corden	Helm Hill Runners (9) Tim Lamont Robert Jebb Joe Kenny Adam Perry Kenny Richmond Sam Dixon Barney Plummer Jose Concha Lewis Bowness
MV40	Calder Valley Fell Runners (6) Karl Gray Gavin Mulholland Matthew Roberts Ben Mounsey Adam Osborne Shaun Godsman	Helm Hill Runners (9) Robert Jebb Alastair Dunn Kieran Hodgson Michael Ainsworth Kenny Richmond Shane Ohly James Baron Javier Simon Ross Bibby	Dark Peak Fell Runners (8) Oli Johnson Will Boothman Neil Northrop James Halse John Hunt Craig Jeffery Simon Mills Pete Hodges
MV50	Calder Valley Fell Runners (4) Gavin Mulholland Karl Gray Shaun Godsman Mark Taylor	Helm Hill Runners (5) James Baron Javier Simon Craig Burrow Kenny Richmond Alastair Dunn	Keswick AC (4) David Birch Dave Prosser James Haworth Guy Illingworth
MV60	Northern Fells Running Club (4) Tony Bolton Steve Rhodes Trevor Symonds Philip Pearson	Helm Hill Runners (6) David Griffin John Bagge Russell Cannon Chris Speight Stuart Lockton Raymond Gill	Cheshire Hill Racers (9) Brian Hickey Jon Bale Andy Watts Dave Keeling Graham McCara David Naughton Tom McGaff Vincent Booth Ian Smallwood
Women			
Open	Dark Peak Fell Runners (5) Phillipa Williams Lisa Watson Despina Berdeni Frances Collett Harriet Wingfield	Ambleside AC (8) Antonia Fan Katie Lord Celia Powell Natalie Beadle Beth Hanson Lou Osborn Sarah McCormack Alexandra Whitaker	Black Combe Runners (4) Catherine Taylor Lizzie Browne Anna Lupton Hollie Orr
WV40	Dark Peak Fell Runners (5) Sally Fawcett Rachel Rose Jane Crowson Elizabeth Batt Helen Elmore	Keswick AC (6) Philippa Wakefield Catherine Evans Sara Hodgson Zoe Hebblethwaite Nicky Butler Stephanie Illingworth	Calder Valley Fell Runners (4) Susannah Richardson Natasha Butterfield Stella Chrisanthou Trudi Entwistle