

# English Fell Running Championship 2023



*Organised by The Fell Runner's Association Ltd  
& sponsored by Pete Bland Sports and inov-8*

## Scroll Down for Individuals Tables

The following races will determine the 2023 Championship :

Date	Category	Race
11-Feb-23	AM	Long Mynd Valleys
13-May-23	AM	Fairfield Horseshoe
03-Jun-23	AL	Duddon Valley
23-Jul-23	AS	Chapelfell Top
20-Aug-23	AL	Sedbergh Hills
23-Sep-23	AS	John Hewitt Shelf Moor

All age categories

Ranking calculated on points scored in up to four of the races listed above

Except

MU23 MV70 WU23 WV65

Ranking calculated on points scored in up to three of the short and medium races

Any queries to Carlos Bedson ([statistician@fellrunner.org.uk](mailto:statistician@fellrunner.org.uk))

See FRA Handbook & Fixture Calendar for further details

**Men's Open Championship**

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	William Cartwright	Matlock Athletic Club	52	49	52				153
2	Ben Rothery	Ilkley Harriers AC	47	48	48				143
3	Brennan Townshend	Keswick AC	46	45	49				140
4	Finlay Grant	Dark Peak Fell Runners	43	46	47				136
5	Daniel Haworth	Matlock Athletic Club	48	47	35				130
6	Mark Lamb	Keswick AC	39	42	42				123
7	Steven Hebblethwaite	Keswick AC	27	35	46				108
8	Harry Bolton	Keswick AC	37	18	43				98
9	Joe Oldfield	Matlock Athletic Club	35	26	30				91
10	Tim Lamont	Helm Hill Runners	45	44					89
11	Gavin Dale	Ambleside AC		38	44				82
12	Ben Sharrock	Ambleside AC	41		38				79
13	Ed Hyland	Calder Valley Fell Runners	24	17	37				78
14	Rob Jebb	Helm Hill Runners		32	45				77
15	Nathan Lawson	Dark Peak Fell Runners	26	43					69
16	Tom Saville	Dark Peak Fell Runners	44	21	2				67
17	Sam Stead	Keswick AC	30	36					66
18	Gavin Roberts	Calder Valley Fell Runners		30	33				63
19	Jack Wright	Ambleside AC	33		28				61
20	Harry Stainton	Black Combe Runners		25	34				59
21	Martin Howard	Calder Valley Fell Runners	38	5	13				56
22	Aidan Smith	Carnethy Hill Racing Club	31	24					55
22	Jack Agnew	Mercia Fell Runners	21	20	14				55
24	Chris Alborough	Durham Fell Runners	20	34					54
25	Grant Cunliffe	Rosendale Harriers & AC		52					52
26	Chris Richards	Helm Hill Runners	49						49
27	Gavin Mulholland	Calder Valley Fell Runners	19	7	20				46
28	Matthew Atkinson	Keswick AC	14	31					45
29	Josh Hartley	Black Combe Runners	17	4	23				44
30	John Battrick	Keswick AC	42						42
31	William Tighe	Buxton AC		41					41
31	Tom Simpson	Ambleside AC			41				41
33	Daniel Connolly	Mercia Fell Runners	40						40
33	Lawrence Mccourt	Morpeth Harriers & AC		40					40
33	Tom Watt	Ambleside AC			40				40
36	Edward Corden	Dark Peak Fell Runners		39					39
37	Luke Foley	Horwich RMI Harriers		23	15				38
38	Ben Mounsey	Calder Valley Fell Runners	15	22					37
38	Bertie Houghton	Dark Peak Fell Runners		37					37
40	Joe Baxter	Pudsey & Bramley AC	36						36
40	Will Boothman	Dark Peak Fell Runners	7	13	16				36
40	Steve Halsall	Keswick AC			36				36
43	Oliver Perratt	Ludlow Runners	34						34
43	Joe Woodley	Dark Peak Fell Runners	18	16					34
45	Sam Holding	Cumberland Fell Runners		33					33
46	Karl Gray	Calder Valley Fell Runners	32						32
46	Ben Abdelnoor	Ambleside AC			32				32
48	Michael Ainsworth	Helm Hill Runners	23		8				31
48	Kenny Richmond	Helm Hill Runners	10	2	19				31
48	Barney Nikolich	Pennine Fell Runners			31				31
51	Oli Johnson	Dark Peak Fell Runners	29						29
51	Luke Fisher	Carnethy Hill Racing Club		29					29
51	Sam Dixon	Helm Hill Runners			29				29
54	Henry Webb	Dark Peak Fell Runners	28						28
54	Cynog Williams	Dark Peak Fell Runners		28					28
56	Owen Beilby	Wharfedale Harriers		27					27
56	James Harris	Ambleside AC			27				27
58	Adam Perry	Helm Hill Runners		8	18				26
58	Steve Jacques	Ambleside AC			26				26
60	Jonathan Cox	Eden Runners	25						25
60	Barney Plummer	Helm Hill Runners			25				25
62	Matt Brindle	Ambleside AC			24				24
63	Steve Franklin	Totley AC	22						22
63	Jose Concha	Helm Hill Runners			22				22

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
65	Josh Williams	Dark Peak Fell Runners			21				21
66	Kieran Hodgson	Helm Hill Runners	9		11				20
67	Joshua Holgate	Blackburn Harriers & AC		19					19
68	Will Barton	Ambleside AC			17				17
69	Carl Bell	Keswick AC	16						16
70	Dominic Jones	Mercia Fell Runners		15					15
71	Nick Leigh	Horwich RMI Harriers		14					14
71	Nathaniel Winfield	Pennine Fell Runners	2		12				14
73	Toby Gill	Matlock Athletic Club	13						13
74	Oscar Subuh-Symons	Ambleside AC	12						12
74	Josh Williams	Dark Peak Fell Runners		12					12
76	Matthew Roberts	Calder Valley Fell Runners	11						11
76	Chris Holdsworth	Clayton-le-Moors Harriers		11					11
78	Joe Kenny	Helm Hill Runners		10					10
78	William White	North Leeds Fell Runners			10				10
80	Mark McGoldrick	Settle Harriers		9					9
80	Bobby Gard-Storry	Eden Runners			9				9
82	Ben Tetler	Glossopdale Harriers	8						8
83	Paul Neild	Bowland Fell Runners			7				7
84	Jim Brearley-Ratcliffe	FRA	6						6
84	Matthew Elkington	Ambleside AC		6					6
84	Jack Walton	Keighley & Craven AC			6				6
87	Jacob Winfield	Pennine Fell Runners	5						5
87	Chris Webb	Glossopdale Harriers			5				5
89	Daniel Bateson	Scarborough Athletic Club	4						4
89	Matthew Allen	Black Combe Runners			4				4
91	Greg Hopkinson	Matlock Athletic Club	3						3
91	Sean Leckey	Ambleside AC		3					3
91	Harry Holmes	Matlock Athletic Club			3				3
94	Pete Hodges	Dark Peak Fell Runners	1						1
94	Alex Whittem	Calder Valley Fell Runners		1					1
94	Andrew Jebb	Bingley Harriers & AC			1				1

Men's U23 Championship

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Finlay Grant	Dark Peak Fell Runners	12	12	12				36
2	Ben Sharrock	Ambleside AC	9		9				18
3	Cynog Williams	Dark Peak Fell Runners		7	7				14
3	Jack Walton	Keighley & Craven AC		6	8				14
5	Henry Webb	Dark Peak Fell Runners	8	5					13
6	Caleb Winfield	Pennine Fell Runners	5		6				11
7	William Tighe	Buxton AC		9					9
8	Edward Corden	Dark Peak Fell Runners		8					8
9	Toby Gill	Matlock Athletic Club	7						7
10	Jacob Winfield	Pennine Fell Runners	6						6
10	Andrew Macdonald	Sheffield University Orienteering &		1	5				6
12	Tim Barry	Pennine Fell Runners	3	2					5
13	Tom Perry	Dark Peak Fell Runners	4						4
13	Lewis Bowness	Helm Hill Runners		4					4
15	Alex Mason	Dark Peak Fell Runners		3					3
16	Jared Forte	Mercia Fell Runners	2						2
17	Euan Patton	Tynedale Harriers	1						1

Men's V40 Championship

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Steven Hebblethwaite	Keswick AC	38	42	42				122
2	Gavin Mulholland	Calder Valley Fell Runners	36	32	35				103
3	Kenny Richmond	Helm Hill Runners	32	31	34				97
4	Will Boothman	Dark Peak Fell Runners	29	34	33				96
5	Kieran Hodgson	Helm Hill Runners	31	28	30				89
6	Nathaniel Winfield	Pennine Fell Runners	27	22	31				80
7	Rob Jebb	Helm Hill Runners		39	39				78
8	Oli Johnson	Dark Peak Fell Runners	39		38				77
9	Ben Mounsey	Calder Valley Fell Runners	34	37					71
10	Michael Ainsworth	Helm Hill Runners	37		29				66
11	Ben Abdelnoor	Ambleside AC		25	37				62
12	Dominic Jones	Mercia Fell Runners	23	36					59
13	Matthew Roberts	Calder Valley Fell Runners	33	24					57
14	Ben Tetler	Glossopdale Harriers	30	26					56
15	Paul Neild	Bowland Fell Runners		21	28				49
16	Thomas Beaumont	Totley AC	20	10	18				48
17	Shaun Godsman	Calder Valley Fell Runners	17	29					46
18	Karl Gray	Calder Valley Fell Runners	42						42
18	Steven Knowles	Pennine Fell Runners	12	8	22				42
20	Nick Leigh	Horwich R M I Harriers		35	6				41
21	Owen Beilby	Wharfedale Harriers		38					38
22	Steve Jacques	Ambleside AC			36				36
23	Matt Brindle	Ambleside AC			35				35
23	Carl Bell	Keswick AC	35						35
25	Mark McGoldrick	Settle Harriers		33					33
26	Neil Northrop	Dark Peak Fell Runners	16	16					32
27	Alex Whittem	Calder Valley Fell Runners		30					30
27	James Stuart	Mercia Fell Runners	26	4					30
29	John Hunt	Dark Peak Fell Runners	4		25				29
29	Ian Mills	Pennine Fell Runners	14	15					29
31	Daniel Bateson	Scarborough Athletic Club	28						28
32	Chris Webb	Glossopdale Harriers			27				27
32	Simon Coldrick	Pennine Fell Runners		27					27
34	Andrew Jebb	Bingley Harriers & AC			26				26
34	Craig Jeffery	Dark Peak Fell Runners	2		24				26
34	Colin Brearley	Holme Pierrepont RC		11	15				26
34	David Kirkham	Wharfedale Harriers	21		5				26
38	Rob Brown	Keswick AC	25						25
39	Lawrence Eccles	Penny Lane Striders	24						24
40	Steve Birkinshaw	Borrowdale Fell Runners			23				23
40	Ross Bibby	Helm Hill Runners	11	12					23
40	Alastair Dunn	Helm Hill Runners		23					23
43	Bill Stewart	Borrowdale Fell Runners	22						22
44	Adam Osborne	Calder Valley Fell Runners			21				21
45	Jonathan Rylance	Ambleside AC		20					20
45	Mark Burton	Calder Valley Fell Runners			20				20
47	James Logue	Calder Valley Fell Runners	10		9				19
47	Dave Saunders	FRA	19						19
47	Ben Procter	Helm Hill Runners		19					19
47	Tim Brook	Holmfirth Harriers AC			19				19
51	David Birch	Keswick AC		18					18
51	Pete Vale	Mercia Fell Runners	18						18
53	Andrew Schofield	Borrowdale Fell Runners			17				17
53	Will Acland	Helm Hill Runners		17					17
55	Ralph Skrimshire	Dark Peak Fell Runners			16				16
56	Daniel Wheat	Newark AC	15						15
57	Ed Gamble	Cheshire Hill Racers			14				14
57	Dave Prosser	Keswick AC		14					14
59	Shane Ohly	Helm Hill Runners		13					13
59	Richard Bradbury	Matlock Athletic Club	13						13
59	Bart Shaw	Totley AC			13				13
62	Nick Barraclough	Keswick AC			12				12
63	Matt Reedy	Ambleside AC			11				11
64	Christopher Barnes	Wirral AC			10				10
65	James Titmuss	Horwich R M I Harriers		9					9
65	Kev Hope	Kenilworth Runners	9						9

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
67	Dave Motley	Clayton-le-Moors Harriers	3	5					8
67	John Millen	Helm Hill Runners	8						8
67	Tim Grimwood	Swaledale Runners			8				8
70	Stephen Pearce	Eden Runners		7					7
70	Paul Reilly	Helm Hill Runners	7						7
70	Tony Bolton	Northern Fells Running Club			7				7
73	Virgil Barton	Calder Valley Fell Runners	6						6
74	John Hunt	Dark Peak Fell Runners		6					6
75	James Halse	Dark Peak Fell Runners	5						5
75	John Millen	Helm Hill Runners			5				5
77	James Stuart	Mercia Fell Runners		4					4
77	David Kirkham	Wharfedale Harriers			4				4
79	Simon Mills	Dark Peak Fell Runners			3				3
79	Joe Todd	Kendal Amateur Athletic Club		3					3
81	Simon Rodger	Black Combe Runners		2					2
81	David Milliken	Horwich R M I Harriers			2				2
83	Jack Foxall	Dark Peak Fell Runners			1				1
83	Craig Burrow	Helm Hill Runners		1					1
83	Paul Swindles	Pennine Fell Runners	1						1

**Men's V45 Championship**

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Gavin Mulholland	Calder Valley Fell Runners	39	37	37				113
2	Kenny Richmond	Helm Hill Runners	38	36	36				110
3	Will Boothman	Dark Peak Fell Runners	36	38	35				109
4	Kieran Hodgson	Helm Hill Runners	37	34	34				105
5	Robert Jebb	Helm Hill Runners		42	42				84
6	Steven Knowles	Pennine Fell Runners	28	22	28				78
7	John Hunt	Dark Peak Fell Runners	22	21	31				74
8	Craig Jeffery	Dark Peak Fell Runners	21	16	30				67
9	Shaun Godsman	Calder Valley Fell Runners	31	35					66
10	Paul Neild	Bowland Fell Runners		31	33				64
11	Ian Mills	Pennine Fell Runners	30	27					57
12	Nick Leigh	Horwich R M I Harriers		39	16				55
12	James Stuart	Mercia Fell Runners	35	20					55
14	Colin Brearley	Holme Pierrepont RC		24	23				47
14	David Kirkham	Wharfedale Harriers	33		14				47
16	James Logue	Calder Valley Fell Runners	27		18				45
17	Karl Gray	Calder Valley Fell Runners	42						42
18	John Millen	Helm Hill Runners	26		15				41
19	Richard Bradbury	Matlock Athletic Club	29	12					41
19	Steve Jacques	Ambleside AC			39				39
21	Ralph Skrimshire	Dark Peak Fell Runners		15	24				39
21	Craig Burrow	Helm Hill Runners	13	17	9				39
21	Matt Brindle	Ambleside AC			38				38
24	Matt Reedy	Ambleside AC		14	20				34
24	Bill Stewart	Borrowdale Fell Runners	34						34
24	James Halse	Dark Peak Fell Runners	23		11				34
25	Simon Coldrick	Pennine Fell Runners		33					33
28	Andrew Jebb	Bingley Harriers & AC			32				32
28	Alastair Dunn	Helm Hill Runners		32					32
28	Pete Vale	Mercia Fell Runners	32						32
31	Jonathan Rylance	Ambleside AC		30					30
32	Steve Birkinshaw	Borrowdale Fell Runners			29				29
32	James Baron	Helm Hill Runners	16	13					29
34	David Birch	Keswick AC		29					29
35	Will Acland	Helm Hill Runners		28					28
36	Virgil Barton	Calder Valley Fell Runners	24	3					27
36	Adam Osborne	Calder Valley Fell Runners			27				27
36	Colin Osborne	Totley AC	18	9					27
39	Mark Burton	Calder Valley Fell Runners			26				26
39	Shane Ohly	Helm Hill Runners		26					26
39	Dave Prosser	Keswick AC		26					26
42	Andrew Schofield	Borrowdale Fell Runners			25				25
42	Paul Reilly	Helm Hill Runners	25						25
44	Paul Cornforth	Ambleside AC	17	6					23
44	James Titmuss	Horwich R M I Harriers		23					23
46	Ed Gamble	Cheshire Hill Racers			22				22
47	David Milliken	Horwich R M I Harriers		8	13				21
47	Nick Barraclough	Keswick AC			21				21
49	Paul Swindles	Pennine Fell Runners	20						20
50	Joe Todd	Kendal Amateur AC		19					19
50	Matt Lovett	Poplar Running Club	19						19
50	Christopher Barne	Wirral AC			19				19
53	Simon Rodger	Black Combe Runners		18					18
54	Tony Bolton	Northern Fells Running Club			17				17
55	Craig Stansfield	Rosendale Harriers & AC	6		10				16
56	Paul Crabtree	Bingley Harriers & AC	15						15
57	John Atyeo	Mercia Fell Runners	14						14
58	Jack Foxall	Dark Peak Fell Runners			12				12
58	Mark Pursell	Pennine Fell Runners	12						12
60	Thomas Foster	Mercia Fell Runners	11						11
60	Phil Livermore	North Leeds Fell Runners		11					11
62	Tim Werrett	Dark Peak Fell Runners		10					10
62	Guy Illingworth	Keswick AC	10						10
64	Richard McKenna	Shrewsbury AC	9						9
65	James Haworth	Keswick AC	8						8
65	Philip Pearson	Northern Fells Running Club			8				8

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
67	Tom Pape	Dark Peak Fell Runners	7						7
67	Joe Blackett	Dark Peak Fell Runners		2	5				7
67	Glen Borrell	Dark Peak Fell Runners			7				7
67	Neil Armitage	Pudsey & Bramley AC		7					7
71	Rob Harper	Ambleside AC			6				6
72	Glen Goodwin	Accrington Road Runners	1	4					5
72	Joe Blackett	Dark Peak Fell Runners			5				5
72	Steven Paterson	FRA		5					5
72	Chris Doran	Telford Harriers	5						5
76	Mark Taylor	Calder Valley Fell Runners			4				4
76	Robin Bacon	Mercia Fell Runners	4						4
78	Simon Richardson	Ilkley Harriers AC			3				3
78	Toby Savage	Pennine Fell Runners	3						3
80	Norman Hayhurst	Bowland Fell Runners	2						2
80	David James	FRA			2				2
82	David Riding	Achille Ratti Climbing Club			1				1
82	Dan Gilbert	Horwich R M I Harriers		1					1

**Men's V50 Championship**

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Gavin Mulholland	Calder Valley Fell Runners	29	32	32				93
2	Kenny Richmond	Helm Hill Runners	28	29	29				86
3	Steven Knowles	Pennine Fell Runners	23	23	25				71
4	John Hunt	Dark Peak Fell Runners	20	22	27				69
5	Paul Neild	Helm Hill Runners		26	28				54
6	Shaun Godsman	Calder Valley Fell Runners	25	28					53
7	Richard Bradbury	Matlock Athletic Club	24	20					44
8	Virgil Barton	Calder Valley Fell Runners	21	12	9				42
8	James Logue	Calder Valley Fell Runners	22		20				42
10	Colin Osborne	Totley AC	18	18	2				38
11	James Baron	Helm Hill Runners	16	21					37
12	David Milliken	Horwich RMI Harriers		17	18				35
12	Craig Stansfield	Rossendale Harriers & AC	11	7	17				35
14	Paul Cornforth	Ambleside AC	17	15					32
14	Karl Gray	Calder Valley Fell Runners	32						32
16	Guy Illingworth	Keswick AC	13	6	10				29
17	Bill Stewart	Borrowdale Fell Runners	27						27
17	Alastair Dunn	Helm Hill Runners		27					27
17	Tony Bolton	Northern Fells Running Club		8	19				27
20	Steve Birkinshaw	Borrowdale Fell Runners			26				26
20	Pete Vale	Mercia Fell Runners	26						26
22	Joe Blackett	Dark Peak Fell Runners		11	14				25
22	David Birch	Keswick AC		25					25
24	Andrew Schofield	Borrowdale Fell Runners			24				24
24	Dave Prosser	Keswick AC		24					24
26	Glen Goodwin	Accrington Road Runners	7	13	3				23
26	Ed Gamble	Cheshire Hill Racers			23				23
28	James Haworth	Keswick AC	12	10					22
28	Nick Barraclough	Keswick AC			22				22
30	Christopher Barnes	Wirral AC			21				21
31	Tim Werrett	Dark Peak Fell Runners		19					19
31	Matt Lovett	Poplar Running Club	19						19
33	Philip Pearson	Northern Fells Running Club			16				16
33	Neil Armitage	Pudsey & Bramley AC		16					16
35	Rob Harper	Ambleside AC			15				15
35	Paul Crabtree	Bingley Harriers & AC	15						15
37	Steven Paterson	FRA		14					14
37	John Atyeo	Mercia Fell Runners	14						14
37	Steve Rhodes	Northern Fells Running Club		3	11				14
37	Mervyn Keys	Rossendale Harriers & AC	6		8				14
41	Mark Taylor	Calder Valley Fell Runners			13				13
42	David James	FRA			12				12
43	Robin Bacon	Mercia Fell Runners	10						10
44	John Duff	Northumberland Fell Runners		9					9
44	Toby Savage	Pennine Fell Runners	9						9
46	Norman Hayhurst	Bowland Fell Runners	8						8
46	Steve Angus	Keswick AC	4		4				8
48	David Griffin	Helm Hill Runners			7				7
49	Alistair Hearn	Helm Hill Runners			6				6
50	Edmond Jackson	Ambleside AC			5				5
50	Mike Nolan	Dark Peak Fell Runners		5					5
50	Michael Toman	Rossendale Harriers & AC	5						5
53	Darren Fishwick	Chorley Athletic and Tri Club		4					4
54	Richard Snowden	Totley AC	3						3
55	Craig Smith	Keswick AC		2					2
55	John Langton	Mercia Fell Runners	2						2
57	Marcus Taylor	Horwich R M I Harriers		1					1
57	Michael Innes	Mercia Fell Runners	1						1
57	James Corden	Stockport Harriers & AC			1				1

Men's V55 Championship

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	John Hunt	Dark Peak Fell Runners	32	29	32				93
2	Craig Stansfield	Rossendale Harriers & AC	24	22	24				70
3	Guy Illingworth	Keswick AC	25	21	19				65
4	Glen Goodwin	Accrington Road Runners	21	25	15				61
5	James Baron	Helm Hill Runners	28	28					56
6	Paul Cornforth	Ambleside AC	29	26					55
7	Mervyn Keys	Rossendale Harriers & AC	20	16	18				54
8	David Milliken	Horwich RMI Harriers		27	25				52
9	Tony Bolton	Northern Fells Running Club		23	26				49
10	Joe Blackett	Dark Peak Fell Runners		24	22				46
11	John Langton	Mercia Fell Runners	17	11	13				41
12	Steve Rhodes	Northern Fells Running Club		19	20				39
13	Michael Toman	Rossendale Harriers & AC	19	7	10				36
14	Dave Prosser	Keswick AC		32					32
14	Richard Snowden	Totley AC	18		14				32
16	Steve Birkinshaw	Borrowdale Fell Runners			29				29
16	David Crout	Keswick AC	12	13	4				29
18	Andrew Schofield	Borrowdale Fell Runners			28				28
19	Paul Crabtree	Bingley Harriers & AC	27						27
19	Ed Gamble	Cheshire Hill Racers			27				27
19	John Bagge	Helm Hill Runners	10	17					27
22	John Atyeo	Mercia Fell Runners	26						26
23	Robin Bacon	Mercia Fell Runners	23						23
23	Philip Pearson	Northern Fells Running Club			23				23
23	Simon Entwisle	Pennine Fell Runners		12	11				23
26	Norman Hayhurst	Bowland Fell Runners	22						22
27	David James	FRA			21				21
28	Mike Nolan	Dark Peak Fell Runners		20					20
29	Craig Smith	Keswick AC		18					18
30	David Griffin	Helm Hill Runners			17				17
31	Edmond Jackson	Ambleside AC			16				16
31	Michael Innes	Mercia Fell Runners	16						16
33	Stephen Morran	Calder Valley Fell Runners	7	8					15
33	Tim Lofthouse	FRA		15					15
33	David Griffin	Helm Hill Runners	15						15
36	Dave Powell	Aberystwyth Athletic Club	14						14
36	Leigh Warburton	Bowland Fell Runners		5	9				14
36	Ian Fraser	Pennine Fell Runners		14					14
39	Brian Hickey	Cheshire Hill Racers	8		5				13
39	John Rainford	Preston Harriers	13						13
41	Mick Procter	Clayton-le-Moors Harriers			12				12
41	Dave Collins	Todmorden Harriers	9		3				12
43	Bob Foreman	Matlock Athletic Club	11						11
44	Andrew Mcfarlane	Rossendale Harriers & AC		10					10
45	Mark Agnew	Mercia Fell Runners		9					9
46	Stephen Coope	Bowland Fell Runners			8				8
47	David Banks	Ambleside AC			7				7
47	Geoff Pettengell	Mow Cop Runners	5		2				7
49	Anderson Hirst	FRA	6						6
49	Keith Loan	Keswick AC		6					6
49	Jules Coleman	Lonsdale Fell Runners			6				6
52	Nick Sebley	Black Combe Runners	4						4
52	Andy Barnett	Dark Peak Fell Runners		4					4
54	John Jones	Helm Hill Runners		3					3
54	Mark Pearson	Mercia Fell Runners	3						3
57	Tom Mcgaff	Cheshire Hill Racers		2					2
57	Tim Jones	Croft Ambrey RC	2						2
59	Roy Gibson	Ambleside AC			1				1
59	Huw Jones	Birmingham Running Athletics &	1						1
59	Neil Sidaway	Cumberland Fell Runners		1					1

Men's V60 Championship

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Mervyn Keys	Rossendale Harriers & AC	18	15	17				50
2	John Langton	Mercia Fell Runners	17	12	15				44
3	Paul Cornforth	Ambleside AC	22	19					41
4	Tony Bolton	Northern Fells Running Club		18	22				40
5	Steve Rhodes	Northern Fells Running Club		17	18				35
6	David Griffin	Helm Hill Runners	15		16				31
7	Stephen Morran	Calder Valley Fell Runners	8	11	8				27
7	John Bagge	Helm Hill Runners	11	16					27
7	Simon Entwisle	Pennine Fell Runners		13	14				27
10	Leigh Warburton	Bowland Fell Runners		9	13				22
10	Dave Prosser	Keswick AC		22					22
12	Brian Hickey	Cheshire Hill Racers	9		12				21
12	Dave Collins	Todmorden Harriers	10		11				21
14	Norman Hayhurst	Bowland Fell Runners	19						19
14	Geoff Pettengell	Mow Cop Runners	7	2	10				19
16	Philip Pearson	Northern Fells Running Club			19				19
17	Michael Innes	Mercia Fell Runners	16						16
18	Dave Powell	Aberystwyth Athletic Club	14						14
18	Tim Lofthouse	FRA		14					14
21	Tom Mcgaff	Cheshire Hill Racers		6	7				13
21	John Rainford	Preston Harriers	13						13
23	Bob Foreman	Matlock Athletic Club	12						12
24	Keith Loan	Keswick AC		10					10
25	Roy Gibson	Ambleside AC			9				9
26	Andy Barnett	Dark Peak Fell Runners		8					8
26	Keith G Holmes	Dark Peak Fell Runners	2		6				8
26	Mick Moorhouse	Matlock Athletic Club	4	4					8
29	John Jones	Helm Hill Runners		7					7
30	Nick Sebley	Black Combe Runners	6						6
31	Neil Sidaway	Cumberland Fell Runners		5					5
31	Mark Pearson	Mercia Fell Runners	5						5
31	David Brock	Orion Harriers			5				5
34	Simon Brearley	Bowland Fell Runners			4				4
35	Steve Wathall	Black Combe Runners	3						3
35	Peter Grayson	Black Combe Runners			3				3
35	David Baglee	Eden Runners		3					3
38	Jon Bale	Cheshire Hill Racers	1						1
38	Dave Keeling	Cheshire Hill Racers		1					1

**Men's V65 Championship**

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Stephen Morran	Calder Valley Fell Runners	19	19	16				54
2	Dave Collins	Todmorden Harriers	22	13	18				53
3	Simon Entwisle	Pennine Fell Runners		22	22				44
4	Keith G Holmes	Dark Peak Fell Runners	16	12	14				42
5	Leigh Warburton	Bowland Fell Runners		17	19				36
6	Mick Moorhouse	Matlock Athletic Club	18	15					33
7	Tom Mcgaff	Cheshire Hill Racers		16	15				31
7	Geoff Pettengell	Mow Cop Runners		14	17				31
9	David Gould	Mercia Fell Runners	15	11					26
10	Andy Watts	Cheshire Hill Racers	14	10					24
11	Simon Brearley	Bowland Fell Runners		9	13				22
12	Keith Loan	Keswick AC		18					18
12	Robert Taylor	Pennine Fell Runners	12	6					18
14	Steve Wathall	Black Combe Runners	17						17
14	Michael McLoughlin	Preston Harriers	13	4					17
16	Graham McAra	Cheshire Hill Racers	11	2					13
17	Peter Grayson	Black Combe Runners			12				12
18	Michael Brooke	FRA	9	1					10
18	Les Thurston	Matlock Athletic Club	10						10
20	Trevor Symonds	Northern Fells Running Club		8					8
21	Ian Smith	Ribble Valley Runners		7					7
22	Stephen Atherton	Ambleside AC		5					5
23	Chris Horsfall	Handsworth Roadhogs		3					3

**Men's MV70 Championship**

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Chapel fell (S)	Shelf Moor (S)	Total
1	Mick Moorhouse	Matlock Athletic Club	12	12			24
2	Andy Watts	Cheshire Hill Racers	9	8			17
3	Michael McLoughlin	Preston Harriers	8	4			12
3	Robert Taylor	Pennine Fell Runners	7	5			12
5	David Gould	Mercia Fell Runners		9			9
6	Michael Brooke	FRA	5	3			8
7	Simon Brearley	Bowland Fell Runners		7			7
8	Les Thurston	Matlock Athletic Club	6				6
8	Ian Smith	Ribble Valley Runners		6			6

**Men's MV75 Championship**

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Chapel fell (S)	Shelf Moor (S)	Total
1							0
2							0
3							0
4							0
5							0
6							0

\* Creation of this Race Category occurs where there are at least 5 competitors in each of 3 or more races  
Therefore this category did not elicit sufficient competition this year to award prizes

Women's Open Championship

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Victoria Wilkinson	Bingley Harriers & AC	28	28	32				88
2	Nichola Jackson	Keswick AC	29	29	29				87
3	Antonia Fan	Ambleside AC	26	24	27				77
4	Phillipa Williams	Dark Peak Fell Runners	32	32					64
5	Lisa Watson	Dark Peak Fell Runners	21	15	24				60
6	Caroline Lambert	Middlesbrough AC (Mandale)	22	22	14				58
7	Emily Cowper-Coles	Denby Dale AC		26	28				54
7	Sharon Taylor	Helm Hill Runners	27	27					54
9	Despina Berdeni	Dark Peak Fell Runners	14	17	22				53
10	Catherine Taylor	Black Combe Runners	25	25					50
11	Eve Pannone	Eden Runners	24		25				49
12	Mel Price	Mercia Fell Runners	20	11	16				47
13	Katie Lord	Ambleside AC	18	9	17				44
14	Anna Lupton	Black Combe Runners		18	21				39
14	Alexandra Whitaker	Harrogate Harriers & AC		20	19				39
16	Abbie Pearse	Steel City Striders RC	19	19					38
17	Celia Powell	Ambleside AC	15		18				33
18	Beth Hanson	Ambleside AC		12	20				32
19	Sally Fawcett	Dark Peak Fell Runners	10	6	13				29
20	Lou Osborn	Ambleside AC	13	13					26
20	Rose Mather	York Knavesmire Harriers			26				26
22	Sophie Likeman	Cumberland Fell Runners	16	8					24
23	Natalie Beadle	Ambleside AC			23				23
23	Lizzie Browne	Black Combe Runners		23					23
23	Sara Willhoit	Mercia Fell Runners	23						23
26	Janie Oates	Helm Hill Runners	17		5				22
27	Chloe Leather	Liverpool Pembroke & Sefton H AC		21					21
28	Bianca Dyer	Helm Hill Runners	9		9				18
28	Sue Richmond	Pennine Fell Runners	3		15				18
30	Betty Bergstrand	Middlesbrough AC (Mandale)		17					17
31	Lauren Munro-Bennett	Ambleside AC	4	1	10				15
31	Rachel Rose	Dark Peak Fell Runners		3	12				15
33	Shirley Murray	Keswick AC		14					14
34	Lizzie Richardson	Eryri Harriers	12						12
35	Molly Browne	Birmingham Running Athletics & Tri	11						11
35	Sarah Hodgson	Keswick AC			11				11
37	Lindsey Brindle	Horwich R M I Harriers		10					10
38	Kate Macfarlane	Carnethy Hill Running Club			8				8
38	Sarah Murtagh	Helm Hill Runners	8						8
40	Jenni Boocock	Bingley Harriers & AC	7						7
40	Hinda Hardaker	Keighley & Craven AC		7					7
40	Philippa Wakefield	Keswick AC			7				7
43	Jules Toone	Mercia Fell Runners	6						6
43	Lisa Parker	Rosendale Harriers & AC			6				6
45	Sarah Pike	Black Combe Runners		5					5
45	Susannah Richardson	Calder Valley Fell Runners	5						5
47	Nicola Richards	Mercia Fell Runners			4				4
47	Hannah Cairns	Wharfedale Harriers		4					4
49	Natasha Butterfield	Calder Valley Fell Runners	2		1				3
49	Imogen Trinder	Glossopdale Harriers	1		2				3
49	Finty Royle	Lancaster University			3				3
53	Rachel Pilling	Pudsey & Bramley AC		2					2

**Women's U23 Championship**

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedber g (L)	Shelf Moor (S)	Total
1	Eve Pannone	Eden Runners	12		12				24
2	Alexandra Whitaker	Harrogate Harriers & AC		9	9				18
3	Finty Royle	Lancaster University		7	8				15
4	Chloe Leather	Liverpool Pembroke & Sefton H AC		12					12
5	Betty Bergstrand	Middlesbrough AC (Mandale)		8					8
6	Alice Gamble	Sheffield University Orienteering		6					6
7	Abbie Walker	Sheffield University Orienteering		5					5
8	Laura Francis	Nidd Valley Road Runners		4					4

Women's V40 Championship

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Victoria Wilkinson	Bingley Harriers & AC	22	22	22				66
2	Mel Price	Mercia Fell Runners	18	16	18				52
3	Sally Fawcett	Dark Peak Fell Runners	16	13	16				45
4	Sharon Taylor	Helm Hill Runners	19	19					38
5	Anna Lupton	Black Combe Runners		18	19				37
6	Bianca Dyer	Helm Hill Runners	15	8	13				36
7	Sue Richmond	Pennine Fell Runners	12	6	17				35
8	Lou Osborn	Ambleside AC	17	17					34
9	Natasha Butterfield	Calder Valley Fell Runners	11	9	9				29
10	Rachel Rose	Dark Peak Fell Runners		11	15				26
11	Lisa Parker	Rossendale Harriers & AC	10		11				21
12	Philippa Wakefield	Keswick AC		7	12				19
13	Lindsey Brindle	Horwich R M I Harriers		15					15
13	Deborah Gowans	Todmorden Harriers	6	2	7				15
15	Rowena Browne	Bowland Fell Runners	5	1	8				14
15	Hinda Hardaker	Keighley & Craven AC		14					14
15	Sara Hodgson	Keswick AC			14				14
15	Jules Toone	Mercia Fell Runners	14						14
19	Susannah Richardson	Calder Valley Fell Runners	13						13
20	Sarah Pike	Black Combe Runners		12					12
22	Nicola Richards	Mercia Fell Runners			10				10
22	Rachel Pilling	Pudsey & Bramley AC		10					10
23	Hayley Gill	Matlock Athletic Club	9						9
23	Deborah Millington	Mercia Fell Runners	7		2				9
25	Jean Brown	Clayton-le-Moors Harriers	8						8
26	Jane Reedy	Ambleside AC			6				6
27	Jane Crowson	Dark Peak Fell Runners			5				5
27	Ellie Debenham	Heughscar Hares		5					5
29	Jo Buckley	Bingley Harriers & AC	4						4
29	Ruth Thackray	Bingley Harriers & AC		4					4
31	Katherine Klunder	Chorley Athletic & Tri			4				4
32	Jane Meeks	Borrowdale Fell Runners			3				3
32	Catherine Evans	Keswick AC		3					3
32	Rebecca Patrick	Todmorden Harriers	3						3
35	Lucy Burnett	Keswick AC	2						2
36	Stella Chrisanthou	Calder Valley Fell Runners			1				1
36	Melanie Blackhurst	Todmorden Harriers	1						1

Women's V45 Championship

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Mel Price	Mercia Fell Runners	22	19	22				63
2	Bianca Dyer	Helm Hill Runners	18	16	17				51
3	Sue Richmond	Pennine Fell Runners	17	14	19				50
4	Lou Osborn	Ambleside AC	19	22					41
5	Lisa Parker	Rosendale Harriers & AC	16	9	15				40
6	Deborah Gowans	Todmorden Harriers	12	12	12				36
7	Rowena Browne	Bowland Fell Runners	11	11	13				35
8	Philippa Wakefield	Keswick AC		15	16				31
9	Sara Hodgson	Keswick AC		10	18				28
10	Deborah Millington	Mercia Fell Runners	13	4	8				25
11	Nicola Richards	Mercia Fell Runners	5		14				19
12	Hinda Hardaker	Keighley & Craven AC		18					18
13	Sarah Pike	Black Combe Runners		17					17
14	Jane Reedy	Ambleside AC		5	11				16
15	Hayley Gill	Matlock Athletic Club	15						15
15	Rebecca Patrick	Todmorden Harriers	9	6					15
17	Jean Brown	Clayton-le-Moors Harriers	14						14
17	Melanie Blackhurst	Todmorden Harriers	7	7					14
19	Ruth Thackray	Bingley Harriers & AC		13					13
19	Stella Chrisanthou	Calder Valley Fell Runners	6		7				13
19	Jane Crowson	Dark Peak Fell Runners		3	10				13
22	Jo Buckley	Bingley Harriers & AC	10						10
23	Jane Meeks	Borrowdale Fell Runners			9				9
24	Jean Powell	Wharfedale Harriers	1	2	5				8
24	Trudi Entwistle	Calder Valley Fell Runners		8					8
24	Lucy Burnett	Keswick AC	8						8
27	Kerry Cornforth	Keswick AC	4		3				7
28	Rowan Ranner	Helm Hill Runners			6				6
29	Gillian Atkinson	Keswick AC			4				4
30	Caroline Holden	Helm Hill Runners	3		2				5
31	Jennie Stevens	Dark Peak Fell Runners	2						2
32	Marcia Frith	Helm Hill Runners			1				1
32	Catherine Holden	Calder Valley Fell Runners		1					1

**Women's V50 Championship**

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Mel Price	Mercia Fell Runners	12	9	12				33
2	Lou Osborn	Ambleside AC	9	12					21
3	Deborah Gowans	Todmorden Harriers	6	6	6				18
4	Rowena Browne	Bowland Fell Runners	5	5	7				17
5	Bianca Dyer	Helm Hill Runners		8	8				16
6	Sara Hodgson	Keswick AC		4	9				13
7	Deborah Millington	Mercia Fell Runners	7		3				10
8	Jean Brown	Clayton-le-Moors Harriers	8						8
9	Ruth Thackray	Bingley Harriers & AC		7					7
10	Jane Crowson	Dark Peak Fell Runners			5				5
10	Rebecca Patrick	Todmorden Harriers	4	1					5
10	Melanie Blackhurst	Todmorden Harriers	3	2					5
13	Jane Meeks	Borrowdale Fell Runners			4				4
13	Stella Chrisanthou	Calder Valley Fell Runners	2		2				4
15	Trudi Entwistle	Calder Valley Fell Runners		3					3
17	Jean Powell	Wharfedale Harriers			1				1
17	Kerry Cornforth	Keswick AC	1						1

**Women's WV55 Championship**

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Deborah Gowans	Todmorden Harriers	12	12	8				32
2	Rowena Browne	Bowland Fell Runners	9	9	9				27
3	Sara Hodgson	Keswick AC		8	12				20
4	Jean Powell	Wharfedale Harriers	6	5	5				16
5	Melanie Blackhurst	Todmorden Harriers	8	7					15
6	Jane Crowson	Dark Peak Fell Runners		6	7				13
7	Caroline Holden	Helm Hill Runners	7	2	3				12
8	Gillian Atkinson	Keswick AC		4	4				8
9	Wendy Dodds	Dallam Running Club	5		2				7
9	Jane Meeks	Borrowdale Fell Runners			6				6
11	Flora Gunner	Croft Ambrey RC	4						4
12	Margaret Kodz	FRA	3						3
12	Alison Weston	Ilkley Harriers & AC		3					3
14	Denise Tunstall	Durham Fell Runners	2						2
15	Sara Staniek	Ambleside AC		1					1

**Women's WV60 Championship**

Pos	Name	Club	Long Mynd (M)	Fairfield (M)	Duddon Valley (L)	Chapel fell (S)	Sedberg (L)	Shelf Moor (S)	Total
1	Rowena Browne	Bowland Fell Runners	12	12	12				36
2	Wendy Dodds	Dallam Running Club	9	7	7				23
3	Jane Crowson	Dark Peak Fell Runners		9	9				18
4	Flora Gunner	Croft Ambrey RC	8						8
4	Becky Weight	Bingley Harriers & AC		8					8
4	Jane Meeks	Borrowdale Fell Runners			8				8
7	Margaret Kodz	FRA	7						7
8	Pat Goodall	Totley AC		6					6
9	Caroline Glover	Wharfedale Harriers		5					5
10	Nicky Butler	Keswick AC		4					4
11	Jan Forrester	Belper Harriers		3					3
12	Lesley Malarkey	Keswick AC		2					2
13	Hilary Lane	North Leeds Fell Runners		1					1

**Women's WV65 Championship**

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Long Mynd (M)</b>	<b>Fairfield (M)</b>	<b>Chapel fell (S)</b>	<b>Shelf Moor (S)</b>	<b>Total</b>
1	Wendy Dodds	Dallam Running Club	12	9			21
2	Becky Weight	Bingley Harriers & AC		12			12
3	Pat Goodall	Totley AC		8			8
4	Jan Forrester	Belper Harriers		7			7
5	Lesley Malarkey	Keswick AC		6			6

**Women's WV70 Championship**

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Long Mynd (M)</b>	<b>Fairfield (M)</b>	<b>Chapel fell (S)</b>	<b>Shelf Moor (S)</b>	<b>Total</b>
1	Wendy Dodds	Dallam Running Club	12	12			24
2	Jan Forrester	Belper Harriers		9			9
3	Lesley Malarkey	Keswick AC		8			8

\* Creation of this Race Category occurs where there are at least 5 competitors in each of 3 or more races