

## English Championships 2022 Individual Medallists

	1st	2 <sup>nd</sup>	3rd
<b>Men</b>			
<b>Open</b>	Matthew Elkington Ambleside AC	Brennan Townshend Keswick AC	Ben Rothery Ilkley Harriers AC
<b>U23</b>	Harry Bolton Keswick AC	Alex Mason Dark Peak Fell Runners	Toby Gill Matlock AC
<b>Vets O40</b>	Doni Clarke Todmorden Harriers	Robert Jebb Helm Hill Runners	Matthew Roberts Calder Valley Fell Runners
<b>Vets O45</b>	Robert Jebb Helm Hill Runners	Karl Gray Calder Valley Fell Runners	Gavin Mulholland Calder Valley Fell Runners
<b>Vets O50</b>	Karl Gray Calder Valley Fell Runners	Gavin Mulholland Calder Valley Fell Runners	Charlie McIntosh Pudsey & Bramley AC
<b>Vets O55</b>	Jon Deegan Ambleside AC	John Hunt Dark Peak Fell Runners	
		Charlie McIntosh Pudsey & Bramley AC	
<b>Vets O60</b>	Mark Roberts Borrowdale Fell Runners	Philip Pearson Northern Fells Running Club	William Procter Helm Hill Runners
<b>Vets O65</b>	William Procter Helm Hill Runners	Richard Bellaries Clayton-le-Moors Harriers	Keith G Holmes Dark Peak Fell Runners
<b>Vets O70</b>	Robert Taylor Pennine Fell Runners	Andy Watts Cheshire Hill Racers	David Tait Dark Peak Fell Runners
<b>Women</b>			
<b>Open</b>	Hannah Russell Helm Hill Runners	Nichola Jackson Keswick AC	Sharon Taylor Helm Hill Runners
<b>U23</b>	Eve Pannone Eden Runners	Finty Royle Lancaster University	Alice Gamble Sheffield University
<b>Vets O40</b>	Sharon Taylor Helm Hill Runners	Emma Hopkinson Wharfedale Harriers	Majka Kunicka Dark Peak Fell Runners
<b>Vets O45</b>	Lou Osborn Ambleside AC	Ruth Thackray Bingley Harriers & AC	Deborah Gowans Todmorden Harriers
<b>Vets O50</b>	Lou Osborn Ambleside AC	Ruth Thackray Bingley Harriers & AC	Deborah Gowans Todmorden Harriers
<b>Vets O55</b>	Deborah Gowans Todmorden Harriers	Melanie Blackhurst Todmorden Harriers	Rowena Browne Bowland Fell Runners
<b>Vets O60</b>	Rowena Browne Bowland Fell Runners	Becky Weight Bingley Harriers & AC	Wendy Dodds Dallam Running Club
<b>Vets O65</b>	Pat Goodall Totleley AC	Wendy Dodds Dallam Running Club	Jan Forrester Matlock AC

## English Championships 2022 Team Championship Medallists

	1st	2 <sup>nd</sup>	3rd
<b>Men</b>			
<b>Open</b>	Keswick AC (7) Harry Bolton Mark Lamb Sam Stead Steve Halsall Brennan Townshend John Battrick Matthew Atkinson	Dark Peak Fell Runners (12) Nathan Lawson Jonathan Crickmore Bertie Houghton Alex Mason Joe Woodley Tom Saville Oli Johnson Aidan Smith Josh Williams Finlay Grant Euan Patton Chet Gillespie	Calder Valley Fell Runners (9) Matthew Roberts Gavin Mulholland Martin Howard Karl Gray Mark Taylor Gavin Roberts Adam Osborne Ben Mounsey Darren Kay
<b>MV40</b>	Calder Valley Fell Runners (6) Matthew Roberts Gavin Mulholland Karl Gray Mark Taylor Darren Kay Ben Mounsey	Helm Hill Runners (7) Robert Jebb Michael Ainsworth Kieran Hodgson Paul Aitken Kenny Richmond Nigel Wood James Parsons	Horwich RMI (6) Julian Goudge Dan Gilbert Danny Hope James Titmuss Nick Leigh Alastair Murray
<b>MV50</b>	Calder Valley Fell Runners (4) Gavin Mulholland Karl Gray Mark Taylor Darren Kay	Helm Hill Runners (5) James Baron William Procter Jacob Dyer Steven Paterson Kenny Richmond	Dark Peak Fell Runners (7) John Hunt Joe Blackett Charlie Elliot Gareth Briggs Simon Patton Mike Robinson Andy Barnett
<b>Women</b>			
<b>Open</b>	Helm Hill Runners (7) Hannah Russell Victoria Thompson Janie Oates Sharon Taylor Kelli Roberts Bianca Dyer Caroline Holden	Dark Peak Fell Runners (7) Majka Kunicka Sally Fawcett Bethan Nadin Lisa Watson Zanthe Wray Anna Watkinson-Powell Rachel Thorley	Mercia Fell Runners (6) Nicola Richards Deborah Millington Eloise Lee Miriam Jones-Walters Mel Price Sarah Willhoit
<b>WV40</b>	Calder Valley Fell Runners (5) Susannah Richardson Natasha Butterfield Catherine Holden Helen Buchan Trudi Entwistle	Helm Hill Runners (5) Bianca Dyer Marie Robson Alison Richards Sharon Taylor Caroline Holden	Todmorden Harriers (6) Deborah Gowans Claire Shaw Melanie Blackhurst Kathleen Brierley Rebecca Patrick Emma Fiedler