

### English Championships 2019 Individual Championship Medallists

	1st	2 <sup>nd</sup>	3rd
<b>Men</b>			
<b>Open</b>	Carl Bell (Keswick AC)	Mark Lamb (Keswick AC)	Rob Jebb (Helm Hill Runners)
<b>U23</b>	Nathan Lawson (Dark Peak Fell Runners)	Max Wainwright (Dark Peak Fell Runners)	Martin Howard (Calder Valley Fell Runners)
<b>Vets O40</b>	Rob Jebb (Helm Hill Runners)	Karl Gray (Calder Valley Fell Runners) Nick Leigh (Horwich RMI Harriers)	
<b>Vets O45</b>	Karl Gray (Calder Valley Fell Runners)	Darren Kay (Calder Valley Fell Runners)	Ian Holmes (Bingley Harriers & AC)
<b>Vets O50</b>	Ian Holmes (Bingley Harriers & AC)	Mark Roberts (Borrowdale Fell Runners)	David Birch (Keswick AC)
<b>Vets O55</b>	Mark Roberts (Borrowdale Fell Runners)	Paul Cornforth (Ambleside AC)	John Hooson (Ambleside AC)
<b>Vets O60</b>	William Proctor (Helm Hill Runners)	Michael Mallen (Keswick AC)	Ken Maynard (Sunderland Strollers)
<b>Vets O65</b>	Jack Holt (Clayton-le-Moors Harriers)	Nick Brooke (Dorset Doodlers RC)	Robert Taylor (Pennine Fell Runners)
<b>Vets O70</b>	Jack Holt (Clayton-le-Moors Harriers)	Kieran Carr (Clayton-le-Moors Harriers)	Robert Taylor (Pennine Fell Runners)
<b>Women</b>			
<b>Open</b>	Kelli Roberts (Helm Hill Runners)	Nichola Jackson (Ribble Valley Harriers)	Sharon Taylor (Helm Hill Runners)
<b>U23</b>	Hannah Russell (Helm Hill Runners)	Ellen Downs (Dark Peak Fell Runners)	Leah Williams (Loughborough University OC)
<b>Vets O40</b>	Helen Berry (Holmfirth Harriers AC)	Mel Price (Mercia Fell Runners)	Bianca Dyer (Helm Hill Runners)
<b>Vets O45</b>	Helen Berry (Holmfirth Harriers AC)	Mel Price (Mercia Fell Runners)	Bianca Dyer (Helm Hill Runners)
<b>Vets O50</b>	Judith Jepson (Dark Peak Fell Runners)	Deborah Gowans (Accrington Road Runners)	Jean Brown (Clayton-le-Moors Harriers)
<b>Vets O55</b>	Deborah Gowans (Accrington Road Runners)	Rowena Browne (Bowland Fell Runners)	Carol Evans (Settle Harriers)
<b>Vets O60</b>	Pat Goodall (Totlely AC)	Ann-Marie Jones (Macclesfield Harriers & AC)	Wendy Dodds (Clayton-le-Moors Harriers)
<b>Vets O65</b>	Ann-Marie Jones (Macclesfield Harriers & AC)	Katy Thompson (Clayton-le-Moors Harriers)	Wendy Dodds (Clayton-le-Moors Harriers)

### English Championships 2019 Team Medallists

	1st	2nd	3rd
<b>Men</b>			
<b>Open</b>	Keswick AC Carl Bell Mark Lamb Dan Mills James Appleton Calum Tinnion Brennan Townshend Steve Hebblethwaite John Battrick (8)	Dark Peak Fell Runners Rhys Findlay-Robinson Max Wainwright Tom Saville Josh Williams Will Boothman Oli Johnson Nathan Lawson (7)	Helm Hill Runners Rob Jebb Mark Addison Joshua Jardine Michael Ainsworth Adam Perry Kieran Hodgson Paul Aitken Joe Kenny Pete Rigby (9)
<b>Vets O40</b>	Calder Valley Fell Runners Karl Gray Darren Kay Adam Osborne Mark Taylor Mark Burton Shaun Godsman Gavin Mulholland (7)	Ambleside AC John Helme Jonathan Rylance Paul Cornforth John Hooson Matt Reedy Garry Greenhow (6)	Helm Hill Runners Rob Jebb Kieran Hodgson Tim Cowin Nigel Wood Rick Stuart Paul Reilly Tom Tipping (7)
<b>Vets O50</b>	Borrowdale Fell Runners Phil Davies Mark Roberts Barry Wilkinson Andrew Schofield Mike Fanning (5)	Dark Peak Fell Runners Stephen Pyke Jon Morgan David Taylor John Hunt Joe Blackett Mike Nolan (6)	Ambleside AC Paul Cornforth John Hooson Gary Thorpe Jon Deegan (4)
<b>Women</b>			
<b>Open</b>	Helm Hill Runners Sharon Taylor Kelli Roberts Hannah Russell (3)	Mercia Fell Runners Emma Gould Rachel Parker Mel Price Sara Willhoit Zoe Clare Barber Eloise Lee (6)	Dark Peak Fell Runners Megan Wilson Majka Kunicka Sally Fawcett Judith Jepson Sarah Lilleman Ellen Downs (6)
<b>Vets O40</b>	Helm Hill Runners Bianca Dyer Kate Simpson Rachel Slattery Caroline Holden Marie Robson Sharon Taylor (6)	Dark Peak Fell Runners Helen Elmore Nicky Spinks Nicola Parkin Jane Crowson Judith Jepson (5)	Todmorden Harriers Rebecca Patrick Claire Duffield Melanie Blackhurst Kate Mansell (4)