



English Fell Running Championship 2016

Men's Open Championship



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

The following races will determine
the 2016 Championship :
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
Long: Borrowdale (6 August), Langdale (8 October)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Medium	Long	Tot.
1	Simon Bailey	Mercia Fell Runners	52	UP	49	PEN	49	LAN	52	SED	52	49	49	202
2	Samuel Tosh	Rossendale Harriers & AC	48	UP	52	PEN	52	LAN	49	SED	48	52	52	201
3	Ben Mounsey	Calder Valley Fell Runners	47	UP	52	BLA	46	LAN	46	SED	47	52	46	191
4	Rob Hope	Pudsey & Bramley AC	47	SED	48	PEN	48	BOR	46	UP	47	48	48	189
5	Carl Bell	Keswick AC	44	UP	45	PEN	49	BOR	48	LAN	44	45	49	186
=6	Steven Hebblethwaite	Keswick AC	49	UP	47	BLA	45	BOR	43	SED	49	47	45	184
=6	Rhys Findlay-Robinson	Dark Peak Fell Runners	43	UP	48	BLA	47	LAN	46	PEN	43	48	47	184
8	Jamie Parkinson	Pudsey & Bramley AC	48	SED	42	PEN	41	BOR	41	BLA	48	42	41	172
9	Mark Lamb	Keswick AC	40	SED	44	PEN	44	LAN	43	BLA	40	44	44	171
10	Karl Gray	Calder Valley Fell Runners	42	UP	41	PEN	43	BOR	37	SED	42	41	43	163
11	Ian Holmes	Bingley Harriers & AC	40	UP	45	BLA	32	BOR	43	LAN	40	45	32	160
12	Jack Wood	Ilkley Harriers AC	45	UP	38	PEN	38	LAN	34	BOR	45	38	38	155
13	Neil Northrop	Dark Peak Fell Runners	38	UP	44	BLA	38	BOR	30	SED	38	44	38	150

14	Garry Greenhow	Ambleside AC	33	SED	39	PEN	35	LAN	17	UP	33	39	35	124
15	Rob Jebb	Bingley Harriers & AC	41	UP			40	BOR	41	SED	41	0	40	122
=16	Joe Baxter	Pudsey & Bramley AC	28	SED	34	BLA	31	LAN	25	BOR	28	34	31	118
=16	Morgan Donnelly	Borrowdale Fell Runners	44	SED			39	LAN	35	BOR	44	0	39	118
18	Sam Stead	Keswick AC	34	UP	35	BLA	13	LAN	29	PEN	34	35	13	111
=19	Matthew Elkington	Dark Peak Fell Runners	39	UP	36	PEN			34	SED	39	36	0	109
=19	Phil Winskill	Keswick AC	35	UP	27	BLA	18	LAN	29	SED	35	27	18	109
21	Luke Maude	Barlick Fell Runners	9	SED	39	BLA	33	BOR	26	LAN	9	39	33	107
=22	Martin Mikkelsen-Barron	Borrowdale Fell Runners	38	SED	22	PEN	44	BOR			38	22	44	104
=22	Adam Perry	Helm Hill Runners	23	UP	38	BLA	28	LAN	15	PEN	23	38	28	104
=24	Tom Addison	Helm Hill Runners	31	UP	46	BLA			23	PEN	31	46	0	100
=24	Sam Watson	Wharfedale Harriers			34	PEN	36	BOR	30	BLA	0	34	36	100
=26	Mark Addison	Helm Hill Runners	45	SED	47	PEN			6	BLA	45	47	0	98
=26	Nicholas Barber	Pennine Fell Runners	9	UP	26	BLA	41	LAN	22	BOR	9	26	41	98
28	Josh Williams	Dark Peak Fell Runners	16	UP	25	PEN	30	LAN	20	BOR	16	25	30	91
29	Jim Davies	Borrowdale Fell Runners	17	SED	42	BLA	30	BOR			17	42	30	89
30	Tim Ellis	Calder Valley Fell Runners	36	UP			36	LAN	16	SED	36	0	36	88
31	Graham Pearce	Pudsey & Bramley AC	24	UP	36	BLA	23	LAN			24	36	23	83
32	Robert Little	Dark Peak Fell Runners	35	SED	27	PEN			20	UP	35	27	0	82
33	Tom Saville	Dark Peak Fell Runners	27	UP	30	PEN			21	BLA	27	30	0	78

34	Kieran Hodgson	Helm Hill Runners	15	UP	24	PEN	29	BOR	7	LAN	15	24	29	75
35	Jack Wright	Ambleside AC	32	SED			42	LAN			32	0	42	74
36	Ted Mason	Wharfedale Harriers	31	SED			42	BOR			31	0	42	73
37	William Neill	Mercia Fell Runners	21	SED	33	PEN			18	UP	21	33	0	72
38	Matthew Lockyer	Pudsey & Bramley AC	24	SED	37	BLA			10	UP	24	37	0	71
39	Neal Crampton	Pudsey & Bramley AC	12	UP	17	PEN	22	LAN	17	BOR	12	17	22	68
40	Tom McGuinness	East Cheshire Harriers & Tameside AC	36	SED					30	UP	36	0	0	66
41	Calum Tinnion	Ellenborough AC					27	LAN	37	BOR	0	0	27	64
=42	Mark McGoldrick	Wharfedale Harriers			31	PEN	31	BOR			0	31	31	62
=42	Darren Kay	Calder Valley Fell Runners	32	UP	25	BLA	5	LAN			32	25	5	62
=42	Richard McGrath	Ellenborough AC					34	LAN	28	BOR	0	0	34	62
45	Tom Brunt	Dark Peak Fell Runners	21	UP	40	BLA					21	40	0	61
=46	William Cartwright	Matlock Athletic Club	28	UP	31	BLA					28	31	0	59
=46	Jon Bowie	Mercia Fell Runners	33	UP					26	SED	33	0	0	59
=46	Nick Leigh	Horwich RMI Harriers	22	UP	37	PEN					22	37	0	59
49	Pete Vale	Mercia Fell Runners					33	LAN	24	BOR	0	0	33	57
50	Paul Aitken	Helm Hill Runners	2	SED	16	BLA	20	LAN	16	BOR	2	16	20	54
=51	Felix McGrath	Westbury Harriers	29	UP					23	SED	29	0	0	52
=51	Ricky Lightfoot	Ellenborough AC					52	BOR			0	0	52	52
53	Kris Jones	Dark Peak Fell Runners			49	BLA					0	49	0	49

=54	Gavin Mulholland	Calder Valley Fell Runners	10	SED	19	PEN	16	LAN			10	19	16	45
=54	Jonathan Crickmore	Dark Peak Fell Runners					45	LAN			0	0	45	45
56	Gary Priestley	Salford Harriers AC			43	PEN					0	43	0	43
57	Kim Collison	Borrowdale Fell Runners					40	LAN			0	0	40	40
=58	Will Veitch	Borrowdale Fell Runners	19	SED	20	BLA					19	20	0	39
=58	James Hall	Wharfedale Harriers	39	SED							39	0	0	39
60	Steven Snape	Salford Harriers AC			35	PEN					0	35	0	35
61	Andrew Jebb	Bingley Harriers & AC			11	BLA	23	BOR			0	11	23	34
=62	Michael Barron	Ambleside AC	14	UP	19	BLA					14	19	0	33
=62	Ben Procter	Helm Hill Runners	1	UP	32	BLA					1	32	0	33
=62	Ben Abdelnoor	Ambleside AC			33	BLA					0	33	0	33
=62	John Heneghan	Pudsey & Bramley AC	27	SED			6	BOR			27	0	6	33
=66	Danny Hope	Horwich RMI Harriers			32	PEN					0	32	0	32
=66	John Matthew	North Leeds Fell Runners					32	LAN			0	0	32	32
=68	Stephen Pyke	Dark Peak Fell Runners			9	PEN	21	BOR			0	9	21	30
=68	Harry Holmes	York Knavesmire Harriers			16	PEN			14	BLA	0	16	0	30
=68	Tim Cowin	Helm Hill Runners	4	SED	5	PEN	21	LAN			4	5	21	30
=71	Steve Franklin	Totley AC	8	SED	21	PEN					8	21	0	29
=71	Alex Whittem	Calder Valley Fell Runners	3	UP	26	PEN					3	26	0	29
=71	Matt Reedy	Ambleside AC					29	LAN			0	0	29	29

74	Jack Smith	Wharfedale Harriers			28	BLA					0	28	0	28
75	Paul Tierney	Ambleside AC			24	BLA	3	LAN			0	24	3	27
=76	James Kevan	Horwich RMI Harriers	26	UP							26	0	0	26
=76	Christopher Holdsworth	Clayton le Moors Harriers					26	BOR			0	0	26	26
=78	Stuart Bond	Dark Peak Fell Runners	25	UP							25	0	0	25
=78	Nigel Wood	Helm Hill Runners	8	UP			15	BOR	2	LAN	8	0	15	25
=78	Peter Bray	Durham Fell Runners					25	LAN			0	0	25	25
=81	David Lund	Dark Peak Fell Runners	5	UP	10	PEN			9	BLA	5	10	0	24
=81	Will Boothman	Dark Peak Fell Runners					19	LAN	5	BOR	0	0	19	24
=81	George Foster	Ambleside AC					24	LAN			0	0	24	24
84	Lloyd Taggart	Manx Fell Runners			23	BLA					0	23	0	23
=85	John Helme	Ambleside AC			22	BLA					0	22	0	22
=85	Jon Deegan	Ambleside AC			12	BLA	10	BOR			0	12	10	22
87	Dominic Jones	Mercia Fell Runners	12	SED	8	PEN					12	8	0	20
=88	Jack Ross	Staffs Moorlands AC	19	UP							19	0	0	19
=88	Chris Arthur	Bowland Fell Runners					19	BOR			0	0	19	19
=90	Andy Swift	Penistone Footpath Runners & AC	14	SED					4	UP	14	0	0	18
=90	William Rigg	Black Combe Runners			18	BLA					0	18	0	18
=90	Ted Ferguson	Borrowdale Fell Runners					18	BOR			0	0	18	18
=90	Peter George	Keswick AC			8	BLA	8	BOR	2	PEN	0	8	8	18

94	Karl Steinegger	Ambleside AC			3	BLA	13	BOR			0	3	13	16
=95	Michael Ainsworth	Helm Hill Runners	15	SED							15	0	0	15
=95	Lee Amor	Ellenborough AC			15	BLA					0	15	0	15
=97	Paul Cornforth	Borrowdale Fell Runners					14	BOR			0	0	14	14
98	Mark Roberts	Borrowdale Fell Runners					14	LAN			0	0	14	14
=99	Shaun Godsman	Calder Valley Fell Runners	13	SED							13	0	0	13
=99	Peter Hodges	Dark Peak Fell Runners	13	UP							13	0	0	13
=99	David Taylor	Dark Peak Fell Runners			13	BLA					0	13	0	13
=99	Matt Perry	Clayton le Moors Harriers			13	PEN					0	13	0	13
=103	Chris Edis	Keswick AC	6	SED					6	UP	6	0	0	12
=103	David Cope	Howgill Harriers					12	BOR			0	0	12	12
=103	Chris Donnelly	Sale Harriers			12	PEN					0	12	0	12
=103	Richard Mellon	Bowland Fell Runners					12	LAN			0	0	12	12
=107	Phil Marsden	Bolton United Harriers & AC	11	UP							11	0	0	11
=107	Dan Golding	Ambleside AC					11	BOR			0	0	11	11
=107	Chris Roberts	Knavesmire Harriers			11	PEN					0	11	0	11
=107	Spencer Riley	Wharfedale Harriers					11	LAN			0	0	11	11
111	Peter Davies	Dark Peak Fell Runners					10	LAN			0	0	10	10
=112	Charlie Lowther	Eden Runners					9	BOR			0	0	9	9
=112	Jim Mann	Durham Fell Runners					9	LAN			0	0	9	9

=114	Danny Collinge	Clayton le Moors Harriers			5	BLA			3	PEN	0	5	0	8
=114	Jonathan Wright	Todmorden Harriers					8	LAN			0	0	8	8
=116	Oscar Meanwell	Borrowdale Fell Runners	7	SED							7	0	0	7
=116	James Craig	Barlick Fell Runners	7	UP							7	0	0	7
=116	James Appleton	Keswick AC			7	BLA					0	7	0	7
=116	Dave Milliken	Horwich RMI Harriers					7	BOR			0	0	7	7
=116	James Logue	Calder Valley Fell Runners			7	PEN					0	7	0	7
=121	Luke Beresford	Ripley RC			6	PEN					0	6	0	6
=121	Harvey Lord	Black Combe Runners					6	LAN			0	0	6	6
=123	Adam Osborne	Leeds City Athletic Club			4	BLA					0	4	0	4
=123	Mark Irving	Bowland Fell Runners					4	BOR			0	0	4	4
=123	Noel Curtis	Pennine Fell Runners			4	PEN					0	4	0	4
=123	Tom Gibbs	Ambleside AC					4	LAN			0	0	4	4
127	Christoper Armit	Dark Peak Fell Runners					3	BOR			0	0	3	3
=128	Joe Mann	Ambleside AC			2	BLA					0	2	0	2
=128	Dave Ward	Pennine Fell Runners					2	BOR			0	0	2	2
=131	Nicholas Colburn	Manx Fell Runners			1	BLA					0	1	0	1
=131	Lee Newton	Keswick AC					1	BOR			0	0	1	1
=131	Andrew Worster	Todmorden Harriers			1	PEN					0	1	0	1

=131	John Hunt	Dark Peak Fell Runners					1	LAN			0	0	1	1
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English Fell Running Championship 2016

Men's O40 Championship



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The following races will determine
the 2016 Championship :
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
Long: Borrowdale (6 August), Langdale (8 October)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Medium	Long	Tot.
1	Rob Hope	Pudsey & Bramley AC	42	UP	42	PEN	42	BOR	42	SED	42	42	42	168
2	Ian Holmes	Bingley Harriers & AC	37	UP	42	BLA	42	LAN	37	SED	37	42	42	158
3	Karl Gray	Calder Valley Fell Runners	39	UP	39	PEN	39	BOR	38	LAN	39	39	39	155
4	Kieran Hodgson	Helm Hill Runners	34	UP	38	PEN	34	BOR	32	SED	34	38	34	138
5	Nigel Wood	Helm Hill Runners	33	UP	32	PEN	31	BOR	29	SED	33	32	31	125
6	Stephen Pyke	Dark Peak Fell Runners	28	UP	36	PEN	32	BOR	28	SED	28	36	32	124
=7	Jon Wright	Todmorden Harriers	29	UP	28	BLA	30	LAN	28	PEN	29	28	30	115
=7	Morgan Donnelly	Borrowdale Fell Runners	39	SED			39	LAN	37	BOR	39	0	39	115
9	Rob Jebb	Bingley Harriers & AC	38	UP			38	BOR	38	SED	38	0	38	114
10	Jim Davies	Borrowdale Fell Runners	35	SED	39	BLA	35	BOR			35	39	35	109
11	Gavin Mulholland	Calder Valley Fell Runners	33	SED	37	PEN	34	LAN			33	37	34	104
=12	Richard Houghton	Pennine Fell Runners	32	UP	29	PEN	18	BOR	22	SED	32	29	18	101
=12	Darren Kay	Calder Valley Fell Runners	36	UP	37	BLA	28	LAN			36	37	28	101

=14	James Logue	Calder Valley Fell Runners	23	UP	35	PEN	22	LAN	20	SED	23	35	22	100
=14	Tim Cowin	Helm Hill Runners	31	SED	34	PEN	35	LAN			31	34	35	100
16	Noel Curtis	Pennine Fell Runners	30	SED	33	PEN	14	LAN	19	UP	30	33	14	96
=17	Jon Deegan	Ambleside AC	21	SED	34	BLA	28	BOR			21	34	28	83
=17	David Taylor	Dark Peak Fell Runners	24	SED	35	BLA	24	LAN			24	35	24	83
19	David Milliken	Horwich RMI Harriers	24	UP	17	BLA	27	BOR	13	SED	24	17	27	81
20	Tom Brunt	Dark Peak Fell Runners	35	UP	38	BLA					35	38	0	73
=21	Dave Ward	Pennine Fell Runners			25	PEN	26	BOR	20	LAN	0	25	26	71
=21	John Hunt	Dark Peak Fell Runners	22	UP	24	PEN	25	LAN			22	24	25	71
=23	Steven Knowles	Pennine Fell Runners	26	UP	20	PEN	8	BOR	16	BLA	26	20	8	70
=23	Pete Vale	Mercia Fell Runners					37	LAN	33	BOR	0	0	37	70
25	Spencer Riley	Wharfedale Harriers			31	PEN	31	LAN			0	31	31	62
26	Steve Angus	Keswick AC	9	UP	13	BLA	24	BOR	15	LAN	9	13	24	61
=27	Christopher Leigh	Trafford Athletic Club	25	SED	31	BLA					25	31	0	56
=27	Rick Stuart	Helm Hill Runners	18	SED	27	PEN			11	BLA	18	27	0	56
29	Dan Golding	Ambleside AC			26	BLA	29	BOR			0	26	29	55
30	Darren Fishwick	Chorley Athletic and Triathlon Club	18	UP	21	PEN	12	BOR	3	SED	18	21	12	54
31	Antony Meanwell	Borrowdale Fell Runners	26	SED	23	BLA					26	23	0	49
=32	Dave Nuttall	Bowland Fell Runners	4	UP	17	PEN	14	BOR	13	LAN	4	17	14	48
=32	Nick Barber	Todmorden Harriers	16	UP	6	BLA	11	LAN	15	SED	16	6	11	48

34	Jon Rylance	Ambleside AC	23	SED			23	BOR			23	0	23	46
=35	Dan Wilkinson	Ilkley Harriers AC	21	UP	24	BLA					21	24	0	45
=35	Virgil Barton	Barlick Fell Runners	10	UP	14	PEN	12	LAN	9	BOR	10	14	12	45
=35	Jon Morgan	Dark Peak Fell Runners					23	BOR	22	BOR	0	0	23	45
38	Philip Pearson	Northern Fells Running Club			1	BLA	25	BOR	18	LAN	0	1	25	44
=39	James Byrne	Ambleside AC	14	SED	10	BLA	19	BOR			14	10	19	43
=39	Gareth Briggs	Dark Peak Fell Runners	20	UP	23	PEN					20	23	0	43
=39	Mike Robinson	Dark Peak Fell Runners	15	UP			20	BOR	8	LAN	15	0	20	43
=39	Paul Hobbs	Todmorden Harriers	7	SED	19	BLA	17	LAN			7	19	17	43
=43	Lloyd Taggart	Manx Fell Runners			36	BLA					0	36	0	36
=43	Matt Reedy	Ambleside AC					36	LAN			0	0	36	36
=45	Jason Williams	Calder Valley Fell Runners			4	PEN			31	UP	0	4	0	35
=45	Ed Gamble	Cheshire Hill Racers	17	UP	10	PEN			8	SED	17	10	0	35
47	Shaun Godsman	Calder Valley Fell Runners	34	SED							34	0	0	34
=48	Dan Duxbury	Ambleside AC			33	BLA					0	33	0	33
=48	Graeme Brown	Todmorden Harriers	17	SED			16	LAN			17	0	16	33
=48	Mark Roberts	Borrowdale Fell Runners					33	LAN			0	0	33	33
=51	Ross Litherland	Pennine Fell Runners			32	BLA					0	32	0	32
=51	Mike Johnson	Bowland Fell Runners	1	SED	6	PEN	5	BOR	20	BLA	1	6	5	32
=51	Carl Helliwell	Clayton le Moors Harriers	5	SED	18	PEN			9	BLA	5	18	0	32

=51	Matthew Hulley	Pennine Fell Runners			15	PEN	13	BOR	4	LAN	0	15	13	32
=51	Richard Mellon	Bowland Fell Runners					32	LAN			0	0	32	32
56	Mike Nolan	Dark Peak Fell Runners			16	PEN			15	BLA	0	16	0	31
=57	Stewart Gregory	Holme Pierrepont RC	30	UP							30	0	0	30
=57	Paul Crabtree	Wharfedale Harriers			30	BLA					0	30	0	30
=57	Paul Cornforth	Borrowdale Fell Runners					30	BOR			0	0	30	30
=57	David Kirkham	Wharfedale Harriers			30	PEN					0	30	0	30
61	Andy Brown	Bingley Harriers & AC			29	BLA					0	29	0	29
=62	Tim Werrett	Mercia Fell Runners	27	UP							27	0	0	27
=62	Tom Gibbs	Ambleside AC					27	LAN			0	0	27	27
64	Connor Carson	Kenilworth Runners			26	PEN					0	26	0	26
=65	Mike Egner	Settle Harriers	14	UP					11	SED	14	0	0	25
=65	Ian Grindley	Mercia Fell Runners	25	UP							25	0	0	25
=65	Mark Monwilliams	Ilkley Harriers AC			25	BLA					0	25	0	25
=68	Charlie McIntosh	Pudsey & Bramley AC			22	BLA					0	22	0	22
=68	Colin Walker	Pudsey & Bramley AC			22	PEN					0	22	0	22
=70	David Birch	Keswick AC					21	BOR			0	0	21	21
=70	Chris Robinson	Ambleside AC					21	LAN			0	0	21	21
72	Jonny Marchant	Helm Hill Runners	11	UP					9	SED	11	0	0	20
=73	Nicholas Charlesworth	Wharfedale Harriers	19	SED							19	0	0	19

=73	Craig Stansfield	Rosendale Harriers & AC	7	UP	12	PEN					7	12	0	19
=75	Peter Toaig	Borrowdale Fell Runners			18	BLA					0	18	0	18
=75	Steve Bell	Dark Peak Fell Runners	13	UP	5	PEN					13	5	0	18
=77	Christian Poulton	Cambridge Harriers					17	BOR			0	0	17	17
=77	Andrew Britton	Idle Athletic Club			11	PEN	6	BOR			0	11	6	17
=79	Simon Stainer	Ambleside AC	16	SED							16	0	0	16
=79	Neil Ashcroft	Ambleside AC	6	UP			10	BOR			6	0	10	16
=79	Dave Prosser	Keswick AC					16	BOR			0	0	16	16
82	Richard Pattinson	Calder Valley Fell Runners					15	BOR			0	0	15	15
83	Christopher Smale	Barlick Fell Runners			14	BLA					0	14	0	14
84	Neil Stabbs	Knavesmire Harriers			13	PEN					0	13	0	13
=85	Robert White	Buxton AC	12	UP							12	0	0	12
=85	Andrew Jackson	Bowland Fell Runners			12	BLA					0	12	0	12
=85	Simon Mounsey	Howgill Harriers	12	SED							12	0	0	12
88	Martin Holroyd	Borrowdale Fell Runners					11	BOR			0	0	11	11
=89	Craig Burrow	Helm Hill Runners	10	SED							10	0	0	10
=89	Christopher Balderson	Bowland Fell Runners					10	LAN			0	0	10	10
=91	Jonathan Collins	Stainland Lions RC			9	PEN					0	9	0	9
=91	Mark Wildsmith						9	LAN			0	0	9	9
=93	Mick Stenton	Dark Peak Fell Runners	8	UP							8	0	0	8

=93	Thomas Foster	Mercia Fell Runners			8	PEN					0	8	0	8
=95	John Brown	Ambleside AC			7	BLA					0	7	0	7
=95	Nick Ray	Ellenborough AC					7	BOR			0	0	7	7
=95	Calvin Routledge	Ambleside AC			7	PEN					0	7	0	7
=95	Leigh Warburton	Bowland Fell Runners					6	LAN	1	BOR	0	0	6	7
=95	Tom Pape	Dark Peak Fell Runners					7	LAN			0	0	7	7
100	Ivan Gee	Todmorden Harriers	6	SED							6	0	0	6
=101	Mark Walsh	Darwen Dashers RC	5	UP							5	0	0	5
=101	Joe Blackett	Dark Peak Fell Runners			5	BLA					0	5	0	5
=101	Robert Crawford	Howgill Harriers					5	LAN			0	0	5	5
=104	Ivan Holroyd	Keswick AC					4	BOR			0	0	4	4
=104	Matt Beresford	Kendal Amateur Athletic Club			4	BLA					0	4	0	4
=106	Craig Smith	Keswick AC					3	BOR			0	0	3	3
=106	Andy Lloyd	Horwich RMI Harriers	3	UP							3	0	0	3
=106	Garry Wilkinson	Clayton le Moors Harriers			3	BLA					0	3	0	3
=106	Marcel Darling	Shelton Striders	1	UP	2	PEN					1	2	0	3
=106	Peter Coates	Clayton le Moors Harriers			3	PEN					0	3	0	3
=111	Dave Sykes	Dark Peak Fell Runners					2	BOR			0	0	2	2
=111	Richard Byers	Cheshire Hill Racers	2	SED							2	0	0	2

=111	Matthew Hayes	East Hull Harriers					2	LAN			0	0	2	2
=114	Paul Hesketh	Clayton le Moors Harriers			1	PEN					0	1	0	1
=114	Paul Reilly	Helm Hill Runners					1	LAN			0	0	1	1



English Fell Running Championship 2016

Men's O45 Championship



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

**The following races will determine
the 2016 Championship :**
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
Long: Borrowdale (6 August), Langdale (8 October)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Medium	Long	Tot.
=1	Karl Gray	Calder Valley Fell Runners	42	UP	42	PEN	42	BOR	39	SED	42	42	42	165
=1	Ian Holmes	Bingley Harriers & AC	42	SED	42	BLA	42	LAN	39	UP	42	42	42	165
3	Stephen Pyke	Dark Peak Fell Runners	36	SED	38	PEN	37	BOR	34	UP	36	38	37	145
4	Jon Wright	Todmorden Harriers	35	UP	35	PEN	36	LAN	35	SED	35	35	36	141
5	Richard Houghton	Pennine Fell Runners	37	UP	36	PEN	28	BOR	32	SED	37	36	28	133
6	James Logue	Calder Valley Fell Runners	31	UP	37	PEN	31	LAN	30	SED	31	37	31	129
7	David Milliken	Horwich RMI Harriers	32	UP	26	BLA	34	BOR	26	SED	32	26	34	118
8	Jim Davies	Borrowdale Fell Runners	38	SED	39	BLA	38	BOR			38	39	38	115
9	Gavin Mulholland	Calder Valley Fell Runners	37	SED	39	PEN	38	LAN			37	39	38	114
10	Darren Kay	Calder Valley Fell Runners	38	UP	38	BLA	35	LAN			38	38	35	111
11	Steve Angus	Keswick AC	24	UP	23	BLA	32	BOR	28	LAN	24	23	32	107
12	Darren Fishwick	Chorley Athletic and Triathlon Club	29	UP	31	PEN	23	BOR	20	SED	29	31	23	103
13	David Taylor	Dark Peak Fell Runners	33	SED	36	BLA	33	LAN			33	36	33	102
=14	Jon Deegan	Ambleside AC	31	SED	35	BLA	35	BOR			31	35	35	101
=14	Dave Nuttall	Bowland Fell Runners	21	SED	29	PEN	24	BOR	27	LAN	21	29	24	101

16	John Hunt	Dark Peak Fell Runners	30	UP	32	PEN	34	LAN			30	32	34	96
=17	Mike Johnson	Bowland Fell Runners	18	SED	28	BLA	19	BOR	24	PEN	18	28	19	89
=17	Philip Pearson	Northern Fells Running Club	10	SED	17	BLA	33	BOR	29	LAN	10	17	33	89
19	Rick Stuart	Helm Hill Runners	28	SED	34	PEN			22	BLA	28	34	0	84
20	Mike Robinson	Dark Peak Fell Runners	27	UP			29	BOR	25	LAN	27	0	29	81
21	Ed Gamble	Cheshire Hill Racers	28	UP	26	PEN			23	SED	28	26	0	77
22	Craig Stansfield	Rossendale Harriers & AC	22	UP	27	PEN	12	LAN	14	SED	22	27	12	75
23	Steve Knowles	Pennine Fell Runners			30	PEN	23	LAN	20	BOR	0	30	23	73
24	Steve Bell	Dark Peak Fell Runners	25	UP	23	PEN	9	LAN	15	SED	25	23	9	72
25	Marcel Darling	Shelton Striders	17	UP	22	PEN	15	LAN	16	SED	17	22	15	70
=26	Mike Egnor	Settle Harriers	26	UP			16	BOR	25	SED	26	0	16	67
=26	Neil Ashcroft	Ambleside AC	21	UP	14	BLA	21	BOR	11	SED	21	14	21	67
28	Jon Morgan	Dark Peak Fell Runners					32	LAN	31	BOR	0	0	32	63
29	Mark Walsh	Darwen Dashers RC	20	UP	16	BLA	7	BOR	17	SED	20	16	7	60
30	Leigh Warburton	Bowland Fell Runners			14	PEN	24	LAN	17	BOR	0	14	24	55
31	Mike Nolan	Dark Peak Fell Runners			28	PEN			25	BLA	0	28	0	53
32	Paul Jeggo	Springfield Striders RC	16	UP	9	PEN	11	BOR	10	LAN	16	9	11	46
33	Chris Balderson	Bowland Fell Runners	13	SED			26	LAN			13	0	26	39
34	Andy Lloyd	Horwich RMI Harriers	18	UP	20	PEN					18	20	0	38
=35	Lloyd Taggart	Manx Fell Runners			37	BLA					0	37	0	37
=35	Craig Smith	Keswick AC					19	LAN	18	BOR	0	0	19	37
=35	Mark Roberts	Borrowdale Fell Runners					37	LAN			0	0	37	37

=38	Stewart Gregory	Holme Pierrepont RC	36	UP							36	0	0	36
=38	Paul Cornforth	Borrowdale Fell Runners					36	BOR			0	0	36	36
=38	Martin Holroyd	Borrowdale Fell Runners					22	BOR	14	LAN	0	0	22	36
=41	Paul Crabtree	Wharfedale Harriers			34	BLA					0	34	0	34
=41	Antony Meanwell	Borrowdale Fell Runners	34	SED							34	0	0	34
=43	Ian Grindley	Mercia Fell Runners	33	UP							33	0	0	33
=43	Richard Byers	Cheshire Hill Racers	14	UP					19	SED	14	0	0	33
=43	Ben Grant	Harrogate Harriers & AC	1	UP	17	PEN	13	BOR	2	BLA	1	17	13	33
=43	Connor Carson	Kenilworth Runners			33	PEN					0	33	0	33
47	Ivan Gee	Todmorden Harriers	22	SED	10	BLA					22	10	0	32
=48	Mark Mon-Williams	Ilkley Harriers AC			31	BLA					0	31	0	31
=48	Matt Beresford	Kendal Amateur Athletic Club	12	SED	19	BLA					12	19	0	31
=50	Charlie McIntosh	Pudsey & Bramley AC			30	BLA					0	30	0	30
=50	Tom McGaff	Cheshire Hill Racers	13	UP	9	BLA			8	SED	13	9	0	30
=50	David Birch	Keswick AC					30	BOR			0	0	30	30
53	Nicholas Charlesworth	Wharfedale Harriers	29	SED							29	0	0	29
=54	Peter Toaig	Borrowdale Fell Runners			27	BLA					0	27	0	27
=54	Simon Stainer	Ambleside AC	27	SED							27	0	0	27
=54	Christian Poulton	Cambridge Harriers					27	BOR			0	0	27	27
57	Dave Prosser	Keswick AC					26	BOR			0	0	26	26
=58	Richard Pattinson	Calder Valley Fell Runners					25	BOR			0	0	25	25
=58	Calvin Routledge	Ambleside AC			25	PEN					0	25	0	25

=60	Christopher Smale	Barlick Fell Runners			24	BLA					0	24	0	24
=60	Jonny Marchant	Helm Hill Runners	24	SED							24	0	0	24
62	Mick Stenton	Dark Peak Fell Runners	23	UP							23	0	0	23
63	Gary Thorpe	Ambleside AC					22	LAN			0	0	22	22
=64	John Brown	Ambleside AC			21	BLA					0	21	0	21
=64	Barry Atkinson	York Knavesmire Harriers	3	UP	18	PEN					3	18	0	21
=64	Paul Hesketh	Clayton le Moors Harriers			21	PEN					0	21	0	21
=64	Andrew Orr	Clayton le Moors Harriers					21	LAN			0	0	21	21
=68	Joe Blackett	Dark Peak Fell Runners			20	BLA					0	20	0	20
=68	Chris Davies	Saddleworth Runners Club	7	UP	13	PEN					7	13	0	20
=68	Vincent Booth	Cheshire Hill Racers	5	UP	15	PEN					5	15	0	20
=68	Steve Jackson	Horwich RMI Harriers			19	PEN	1	LAN			0	19	1	20
72	Garry Wilkinson	Clayton le Moors Harriers	1	SED	18	BLA					1	18	0	19
=73	Stephen Smithies	Calder Valley Fell Runners	12	UP	6	BLA					12	6	0	18
=73	Tim Tett	Dark Peak Fell Runners					18	LAN			0	0	18	18
75	Neil McKenzie	Ambe					17	LAN			0	0	17	17
=76	Paul Jenkinson	Eryri Harriers	11	UP					5	SED	11	0	0	16
=76	Geoff Gough	Clayton le Moors Harriers			16	PEN					0	16	0	16
=76	Lee Langdon	Pennine Fell Runners					16	LAN			0	0	16	16
=79	Andy Robinson	Mercia Fell Runners	15	UP							15	0	0	15
=79	Tim Raffle	Altrincham & District AC					15	BOR			0	0	15	15
=79	Andy Shaw	Holmfirth Harriers	3	SED	12	PEN					3	12	0	15

=79	Brian Horn	Borrowdale Fell Runners					10	BOR	5	LAN	0	0	10	15
83	Donald Ferguson	Keswick AC					14	BOR			0	0	14	14
=84	Phil Davies	Borrowdale Fell Runners			13	BLA					0	13	0	13
=84	Graham Schofield	Horwich RMI Harriers	8	UP	5	PEN					8	5	0	13
=84	Dave Soles	Pennine Fell Runners	2	SED			11	LAN			2	0	11	13
=84	Colin Moses	Wharfedale Harriers					13	LAN			0	0	13	13
88	Andy Davies	Mercia Fell Runners					12	BOR			0	0	12	12
=89	Jonathan Cooper	Helm Hill Runners			11	BLA					0	11	0	11
=89	Alan Life	Clayton le Moors Harriers	4	SED	7	BLA					4	7	0	11
=89	David White	Helm Hill Runners			11	PEN					0	11	0	11
=89	Darran Hawkins	Pennine Fell Runners	9	UP			2	LAN			9	0	2	11
=93	Leigh Hinchcliffe	Pudsey Pacers RC	10	UP							10	0	0	10
=93	Neil Hardiman	Clayton le Moors Harriers			10	PEN					0	10	0	10
=95	Jackie Winn	Ellenborough AC					9	BOR			0	0	9	9
=95	Ashley Kay	Dark Peak Fell Runners					7	LAN	2	BOR	0	0	7	9
=97	John Duff	Northumberland Fell Runners					8	BOR			0	0	8	8
=97	Brian Thompson	Helm Hill Runners			8	PEN					0	8	0	8
=97	David Keeling	Cheshire Hill Racers					8	LAN			0	0	8	8
=100	James Baron	Helm Hill Runners	7	SED							7	0	0	7
=100	Paul Shackleton	Clayton le Moors Harriers			7	PEN					0	7	0	7
=102	Ian Winterburn	Dark Peak Fell Runners	6	UP							6	0	0	6
=102	Dan Stewart	Holmfirth Harriers	6	SED							6	0	0	6

=102	Tim Jackson	Settle Harriers					6	BOR			0	0	6	6
=102	Steven Bamber	Preston Harriers			6	PEN					0	6	0	6
=102	Ian Warhurst	Pennine Fell Runners			3	BLA	3	LAN			0	3	3	6
=107	David Banks	Kendal Amateur Athletic Club			5	BLA					0	5	0	5
=107	David McGuire	Wharfedale Harriers					5	BOR			0	0	5	5
=109	Andy Dickenson	Dark Peak Fell Runners	4	UP							4	0	0	4
=109	Jonathan Boothman	Barlick Fell Runners			4	BLA					0	4	0	4
=109	Shaun Wilkinson	Keighley & Craven AC					4	BOR			0	0	4	4
=109	Martyn Pollitt	Burnden Road Runners			4	PEN					0	4	0	4
=109	Stephen Storey	Penistone Footpath Runners					4	LAN			0	0	4	4
114	Brian Horrocks	Clayton le Moors Harriers					3	BOR			0	0	3	3
=115	Gary Chadderton	Horwich RMI Harriers	2	UP							2	0	0	2
=115	Ivan Whigham	Clayton le Moors Harriers			2	PEN					0	2	0	2
=117	Steve Haswell	Morpeth Harriers					1	BOR			0	0	1	1
=117	Anthony Whitehouse	Totley AC			1	PEN					0	1	0	1



English Fell Running Championship 2016

Men's O50 Championship



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Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
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Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Medium	Long	Tot.
1	Ian Holmes	Bingley Harriers & AC	32	UP	32	BLA	32	BOR	32	SED	32	32	32	128
2	Stephen Pyke	Dark Peak Fell Runners	28	SED	32	PEN	28	BOR	28	BLA	28	32	28	116
3	Richard Houghton	Pennine Fell Runners	29	UP	29	PEN	24	BOR	26	SED	29	29	24	108
4	Dave Nuttall	Bowland Fell Runners	20	UP	26	PEN	24	LAN	20	SED	20	26	24	90
=5	Mike Johnson	Bowland Fell Runners	18	SED	25	BLA	18	BOR	24	PEN	18	25	18	85
=5	Philip Pearson	Northern Fells Running Club	15	SED	20	BLA	25	BOR	25	LAN	15	20	25	85
7	David Taylor	Dark Peak Fell Runners	27	SED	29	BLA	27	LAN			27	29	27	83
8	Steve Bell	Dark Peak Fell Runners	22	UP	23	PEN	15	LAN	19	BLA	22	23	15	79
9	Rick Stuart	Helm Hill Runners	24	SED	28	PEN			23	BLA	24	28	0	75
10	David Milliken	Horwich RMI Harriers	25	UP			26	BOR	23	SED	25	0	26	74
11	Ed Gamble	Cheshire Hill Racers	24	UP	25	PEN			21	SED	24	25	0	70
12	Mike Egner	Settle Harriers	23	UP	5	BLA	16	BOR	22	SED	23	5	16	66
13	Paul Jeggo	Springfield Striders RC	19	UP	13	PEN	16	LAN	14	SED	19	13	16	62

14	Jim Davies	Borrowdale	29	SED			29	BOR			29	0	29	58
=15	Leigh Warburton	Bowland Fell Runners			16	BLA	22	LAN	17	BOR	0	16	22	55
=15	John Hunt	Dark Peak Fell Runners			27	PEN	28	LAN			0	27	28	55
17	Ben Grant	Harrogate Harriers & AC	7	UP	19	PEN	13	BOR	12	BLA	7	19	13	51
18	Tom McGaff	Cheshire Hill Racers	16	UP	17	BLA			13	SED	16	17	0	46
19	Vincent Booth	Cheshire Hill Racers	11	UP	17	PEN	5	BOR	8	SED	11	17	5	41
20	Steve Jackson	Horwich RMI Harriers	3	SED	21	PEN	8	LAN	8	BLA	3	21	8	40
21	Chris Balderson	Bowland Fell Runners	16	SED			23	LAN			16	0	23	39
22	Martin Holroyd	Borrowdale					19	BOR	19	LAN	0	0	19	38
23	Richard Byers	Cheshire Hill Racers	19	SED					17	UP	19	0	0	36
24	Ian Warhurst	Pennine Fell Runners	5	SED	13	BLA	10	LAN	4	UP	5	13	10	32
25	Garry Wilkinson	Clayton le Moors Harriers	9	SED	21	BLA					9	21	0	30
=26	Barry Atkinson	York Knivesmire Harriers	9	UP	20	PEN					9	20	0	29
=26	Mark Roberts	Borrowdale					29	LAN			0	0	29	29
=28	Stewart Gregory	Holme Pierrepoint RC	28	UP							28	0	0	28
=28	Chris Davies	Saddleworth Runners Club	13	UP	15	PEN					13	15	0	28
=30	Mark Mon-williams	Ikley Harriers AC			27	BLA					0	27	0	27
=30	Alan Life	Clayton le Moors Harriers	12	SED	15	BLA					12	15	0	27
=30	Paul Cornforth	Borrowdale					27	BOR			0	0	27	27
=30	Dave Soles	Pennine Fell Runners	10	SED			17	LAN			10	0	17	27

=34	Ian Grindley	Mercia Fell Runners	26	UP						26	0	0	26
=34	Andy Shaw	Holmfirth Harriers AC	11	SED	14	PEN		1	UP	11	14	0	26
=34	Paul Hesketh	Clayton le Moors Harriers			22	PEN		4	BLA	0	22	0	26
=37	Nicholas Charlesworth	Wharfedale Harriers	25	SED						25	0	0	25
=37	Jackie Winn	Ellenborough AC	6	SED	9	BLA	10	BOR		6	9	10	25
=39	Christopher Smale	Barlick Fell Runners			24	BLA				0	24	0	24
=39	Darran Hawkins	Pennine Fell Runners	15	UP			9	LAN		15	0	9	24
=41	Christian Poulton	Cambridge Harriers					23	BOR		0	0	23	23
=41	Graham Schofield	Horwich RMI Harriers	14	UP	9	PEN				14	9	0	23
=41	Jon Tinman	Rossendale Harriers & AC	7	SED	10	BLA	6	LAN		7	10	6	23
=41	Brian Horn	Borrowdale					12	LAN	11	BOR	0	0	12
=45	Joe Blackett	Dark Peak Fell Runners			22	BLA				0	22	0	22
=45	Dave Prosser	Keswick AC					22	BOR		0	0	22	22
=47	Mick Stenton	Dark Peak Fell Runners	21	UP						21	0	0	21
=47	Richard Pattinson	Calder Valley Fell Runners					21	BOR		0	0	21	21
=47	Gary Thorpe	Ambleside					21	LAN		0	0	21	21
=50	Jonathan Cooper	Helm Hill Runners	2	SED	18	BLA				2	18	0	20
=50	Ashley Kay	Dark Peak Fell Runners					13	LAN	7	BOR	0	0	13
=50	Tim Tett	Dark Peak Fell Runners					20	LAN		0	0	20	20
=53	Andy Robinson	Mercia Fell Runners	18	UP						18	0	0	18

=53	Geoff Gough	Clayton le Moors Harriers			18	PEN					0	18	0	18
=53	Colin Moses	Wharfedale Harriers					18	LAN			0	0	18	18
56	Tim Raffle	Altrincham & District AC					15	BOR			0	0	15	15
=57	David Banks	Kendal Amateur Athletic Club			14	BLA					0	14	0	14
=57	Donald Ferguson	Keswick AC					14	BOR			0	0	14	14
=57	John Boothman	Barlick Fell Runners			4	PEN	8	LAN	2	BLA	0	4	8	14
=57	David Keeling	Cheshire Hill Racers					14	LAN			0	0	14	14
61	Brian Thompson	Helm Hill Runners	1	SED	12	PEN					1	12	0	13
=62	Roy Gibson	Kendal Amateur Athletic Club	6	UP	6	BLA					6	6	0	12
=62	Ian Winterburn	Dark Peak Fell Runners	12	UP							12	0	0	12
=64	Paul Shackleton	Clayton le Moors Harriers			11	PEN					0	11	0	11
=64	Stephen Storey	Penistone Footpath Runners & AC					11	LAN			0	0	11	11
=66	Andy Dickenson	Dark Peak Fell Runners	10	UP							10	0	0	10
=66	Steven Bamber	Preston Harriers			10	PEN					0	10	0	10
=68	Brian Horrocks	Clayton le Moors Harriers			1	BLA	8	BOR			0	1	8	9
=68	Shaun Wilkinson	Keighley & Craven AC					9	BOR			0	0	9	9
=68	Ivan Whigham	Clayton le Moors Harriers			6	PEN	3	LAN			0	6	3	9
=71	Gary Chadderton	Horwich RMI Harriers	8	UP							8	0	0	8
=71	Anthony Whitehouse	Totley AC	3	UP	5	PEN					3	5	0	8
=71	Martyn Pollitt	Burnden Road Runners			8	PEN					0	8	0	8

74	Steve Long	Tring RC			7	BLA					0	7	0	7
=75	Simon Rippon	Penistone Footpath Runners & AC	2	UP			4	BOR			2	0	4	6
=75	Huw Price	Bowland Fell Runners					6	BOR			0	0	6	6
=77	John Doyle	Pennine Fell Runners	5	UP							5	0	0	5
=77	John Rainford	Preston Harriers					5	LAN			0	0	5	5
=79	Jon Sharples	Clayton le Moors Harriers					2	BOR	2	LAN	0	0	2	4
=79	John Griffiths	Preston Harriers					4	LAN			0	0	4	4
=81	Mark Wharton	Calder Valley Fell Runners			3	BLA					0	3	0	3
=81	Keith Holmes	Dark Peak Fell Runners					3	BOR			0	0	3	3
=81	Brian Walton	Horwich RMI Harriers			3	PEN					0	3	0	3
84	Desmond Thorpe	Saddleworth Runners Club			2	PEN					0	2	0	2
85	Ian Charlesworth	Penistone Footpath Runners & AC			1	PEN					0	1	0	1



English Fell Running Championship 2016

Men's O55 Championship



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Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
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Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Medium	Long	Tot.
1	Mike Johnson	Bowland Fell Runners	29	SED	32	BLA	29	BOR	32	PEN	29	32	29	122
2	Philip Pearson	Northern Fells Running Club	28	SED	29	BLA	32	BOR	32	LAN	28	29	32	121
3	Mike Egner	Settle Harriers	32	UP	20	BLA	27	BOR	32	SED	32	20	27	111
4	Paul Jeggo	Springfield Striders RC	28	UP	24	BLA	27	LAN	27	SED	28	24	27	106
5	Ben Grant	Harrogate Harriers & AC	23	UP	27	PEN	26	BOR	25	BLA	23	27	26	101
=6	Leigh Warburton	Bowland Fell Runners	16	UP	27	BLA	29	LAN	28	BOR	16	27	29	100
=6	Tom McGaff	Cheshire Hill Racers	27	UP	28	BLA	19	LAN	26	SED	27	28	19	100
8	Steve Jackson	Horwich RMI Harriers	21	SED	29	PEN	22	LAN	22	BLA	21	29	22	94
9	Ian Warhurst	Pennine Fell Runners	23	SED	26	BLA	23	LAN	21	UP	23	26	23	93
10	Barry Atkinson	York Knavesmire Harriers	24	UP	28	PEN	17	BOR	17	BLA	24	28	17	86
11	Geoffrey Gough	Clayton le Moors Harriers	19	SED	26	PEN	16	LAN	19	UP	19	26	16	80
12	Brian Horn	Borrowdale Fell Runners	14	SED	15	PEN	25	LAN	24	BOR	14	15	25	78
13	Jackie Winn	Ellenborough AC	24	SED	23	BLA	23	BOR			24	23	23	70

14	Keith Holmes	Dark Peak Fell Runners	16	SED	13	BLA	20	BOR	17	LAN	16	13	20	66
15	Jon Sharples	Clayton le Moors Harriers	10	SED	16	BLA	20	LAN	19	BOR	10	16	20	65
16	Anthony Whitehouse	Totley AC	20	UP	17	PEN	9	BOR	14	BLA	20	17	9	60
17	Brian Horrocks	Clayton le Moors Harriers	18	SED	19	BLA	22	BOR			18	19	22	59
18	Brian Thompson	Helm Hill Runners	20	SED	21	PEN	5	BOR	12	BLA	20	21	5	58
19	Brian Walton	Horwich RMI Harriers	12	SED	16	PEN	15	BOR	10	UP	12	16	15	53
20	Chris Davies	Saddleworth Runners Club	25	UP	24	PEN					25	24	0	49
=21	Chris Wilcox	Buckley Runners	17	UP			16	BOR	15	SED	17	0	16	48
=21	Andy Shaw	Holmfirth Harriers AC	25	SED	23	PEN					25	23	0	48
23	Ashley Kay	Dark Peak Fell Runners					26	LAN	21	BOR	0	0	26	47
24	Graham Schofield	Horwich RMI Harriers	26	UP	20	PEN					26	20	0	46
25	Roy Gibson	Kendal Amateur Athletic Club	22	UP	21	BLA					22	21	0	43
26	Dave Bowen	Pennine Fell Runners	13	SED	13	PEN	12	LAN	1	BOR	13	13	12	39
27	Richard Bellaries	Clayton le Moors Harriers			9	PEN	14	BOR	14	LAN	0	9	14	37
28	Martyn Pollitt	Burnden Road Runners	15	UP	19	PEN					15	19	0	34
29	Peter Jackson	Barlick Fell Runners	11	UP	11	PEN	8	LAN			11	11	8	30
30	Mick Stenton	Dark Peak Fell Runners	29	UP							29	0	0	29
=31	Stephen Storey	Penistone Footpath Runners & AC			4	BLA	24	LAN			0	4	24	28
=31	Tim Tett	Dark Peak Fell Runners					28	LAN			0	0	28	28
33	Nicholas Olszewski	Clayton le Moors Harriers			14	PEN	13	BOR			0	14	13	27

34	Paul Mason	Cumberland Fell Runners			8	BLA	18	BOR			0	8	18	26
=35	Andy Hauser	Holmfirth Harriers AC	14	UP	11	BLA					14	11	0	25
=35	Adrian Baker	Dark Peak Fell Runners	17	SED					8	UP	17	0	0	25
37	Alan Renfree	Fell Runners Association	9	UP	15	BLA					9	15	0	24
38	John Rainford	Preston Harriers					21	LAN			0	0	21	21
39	Andy Watts	Cheshire Hill Racers	11	SED	2	BLA	3	BOR	4	UP	11	2	3	20
40	Michael Mcloughlin	Preston Harriers	2	SED	8	PEN	8	BOR	1	BLA	2	8	8	19
=41	Jack Holt	Clayton le Moors Harriers			18	BLA					0	18	0	18
=41	Simon Reed	Dark Peak Fell Runners	18	UP							18	0	0	18
=41	John Webber	Dark Peak Fell Runners					18	LAN			0	0	18	18
44	Kieran Carr	Clayton le Moors Harriers	5	SED	12	PEN					5	12	0	17
=45	Rick Ansell	Tring RC	8	SED	6	BLA	2	BOR			8	6	2	16
=45	Nick Andralojc	Harrogate Harriers & AC			7	PEN	9	LAN			0	7	9	16
=47	Graham Mcara	Cheshire Hill Racers	7	UP	5	BLA			3	PEN	7	5	0	15
=47	Andrew Firth	Clayton le Moors Harriers					11	LAN	4	BOR	0	0	11	15
=47	Brian MacFayden	Macclesfield Harriers					15	LAN			0	0	15	15
=50	Dick Spendlove	Calder Valley Fell Runners	9	SED	5	PEN					9	5	0	14
=50	Steve Wathall	Retford AC	1	UP			13	LAN			1	0	13	14
=52	Barry Rawlinson	Rossendale Harriers					12	BOR			0	0	12	12
=52	Dave Tait	Dark Peak Fell Runners	1	SED	1	PEN	10	LAN			1	1	10	12

54	John Norrey	Manx Fell Runners					11	BOR			0	0	11	11
=55	Gerrard Meneaud	Ambleside AC			10	BLA					0	10	0	10
=55	Tim Murray	Helm Hill Runners	7	SED					3	UP	7	0	0	10
=55	Stephen Dixon	Valley Striders					7	BOR	3	LAN	0	0	7	10
58	John Ewart	Holmfirth Harriers AC			9	BLA					0	9	0	9
=59	Nick Hewitt	Bowland Fell Runners			7	BLA					0	7	0	7
=59	Andrew Hearle	Mercia Fell Runners					7	LAN			0	0	7	7
=61	Dave Collins	Todmorden Harriers	6	UP							6	0	0	6
=61	Peter Hudson	Mercia Fell Runners	6	SED							6	0	0	6
=61	Phil Hodgson	Todmorden Harriers					6	BOR			0	0	6	6
=61	Ron Rees	Pennine Fell Runners			6	PEN					0	6	0	6
=61	David Gill	Denby Dale Travellers					6	LAN			0	0	6	6
=66	Martyn Goodwin	Penistone Footpath Runners & AC	5	UP							5	0	0	5
=66	Nigel Horney	Keswick AC					5	BOR			0	0	5	5
=66	David Gould	Mercia Fell Runners	3	SED	2	PEN					3	2	0	5
=69	Philip Barnes	Pennine Fell Runners	4	SED							4	0	0	4
=69	Andrew Duncan	Northumberland Fell Runners					4	LAN			0	0	4	4
71	Martin Roberts	Todmorden Harriers			3	BLA					0	3	0	3
72	Andrew Davies	Bridgnorth Running Club	2	UP							2	0	0	2

73	Brent Lindsay	Penistone Footpath Runners & AC					1	LAN			0	0	1	1
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English Fell Running Championship 2016

Men's O60 Championship



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

**The following races will determine
the 2016 Championship :**
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
Long: Borrowdale (6 August), Langdale (8 October)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Medium	Long	Tot.
1	Mike Egner	Settle Harriers	22	UP	16	BLA	22	BOR	22	SED	22	16	22	82
2	Tom McGaff	Cheshire Hill Racers	19	UP	22	BLA	16	LAN	19	SED	19	22	16	76
3	Ben Grant	Harrogate Harriers & AC	17	SED	19	BLA	19	BOR	19	PEN	17	19	19	74
4	Steve Jackson	Horwich RMI Harriers	16	SED	22	PEN	18	LAN	17	BLA	16	22	18	73
5	Brian Horn	Borrowdale Fell Runners	12	SED	12	PEN	22	LAN	18	BOR	12	12	22	64
6	Keith Holmes	Dark Peak Fell Runners	14	SED	12	BLA	16	BOR	15	LAN	14	12	16	57
7	Jon Sharples	Clayton le Moors Harriers	8	SED	14	BLA	17	LAN	15	BOR	8	14	17	54
8	Jackie Winn	Ellenborough AC	18	SED	18	BLA	17	BOR			18	18	17	53
9	Brian Thompson	Helm Hill Runners	15	SED	17	PEN	9	LAN	11	BLA	15	17	9	52
10	Anthony Whitehouse	Totley AC	15	UP	14	PEN	9	BOR	13	BLA	15	14	9	51
11	Brian Walton	Horwich RMI Harriers	10	UP	13	PEN	13	BOR	10	SED	10	13	13	46
12	Chris Wilcox	Buckley Runners	14	UP			14	BOR	13	SED	14	0	14	41
13	Dave Bowen	Pennine Fell Runners	11	SED	11	PEN	12	LAN	4	BOR	11	11	12	38

14	Chris Davies	Saddleworth Runners Club	17	UP	18	PEN					17	18	0	35
=15	Graham Schofield	Horwich RMI Harriers	18	UP	16	PEN					18	16	0	34
=15	Richard Bellaries	Clayton le Moors Harriers	1	SED	8	PEN	13	LAN	12	BOR	1	8	13	34
17	Andy Watts	Cheshire Hill Racers	9	SED	5	BLA	6	LAN	7	UP	9	5	6	27
=18	Andy Hauser	Holmfirth Harriers AC	13	UP	10	BLA					13	10	0	23
=18	Michael McLoughlin	Preston Harriers	4	SED	7	PEN	8	BOR	4	BLA	4	7	8	23
=20	Graham Mcara	Cheshire Hill Racers	9	UP	6	BLA	1	BOR	3	PEN	9	6	1	19
=20	Stephen Storey	Penistone Footpath Runners					19	LAN			0	0	19	19
22	Kieran Carr	Clayton le Moors Harriers	6	SED	10	PEN					6	10	0	16
=23	Jack Holt	Clayton le Moors Harriers			15	BLA					0	15	0	15
=23	Dick Spendlove	Calder Valley Fell Runners	7	SED	5	PEN			3	UP	7	5	0	15
=23	Dave Tait	Dark Peak Fell Runners	3	SED	1	PEN	11	LAN			3	1	11	15
=26	Stephen Dixon	Valley Striders					7	BOR	7	LAN	0	0	7	14
=26	Brian MacFayden	Macclesfield Harriers					14	LAN			0	0	14	14
=28	Nick Hewitt	Bowland Fell Runners	4	UP	7	BLA					4	7	0	11
=28	Barry Rawlinson	Rossendale Harriers & AC					11	BOR			0	0	11	11
=28	David Gould	Mercia Fell Runners	5	SED	2	PEN	2	LAN	2	UP	5	2	2	11
=28	Ron Rees	Pennine Fell Runners			6	PEN	5	LAN			0	6	5	11
32	Andrew Hearle	Mercia Fell Runners					10	LAN			0	0	10	10
33	Gerrard Meneaud	Ambleside AC			9	BLA					0	9	0	9

=34	Dave Collins	Todmorden Harriers	8	UP						8	0	0	8
=34	John Ewart	Holmfirth Harriers AC			8	BLA				0	8	0	8
=34	Andrew Duncan	Northumberland Fell Runners					8	LAN		0	0	8	8
=37	Andrew Davies	Bridgnorth Running Club	6	UP						6	0	0	6
=37	Phil Hodgson	Todmorden Harriers					6	BOR		0	0	6	6
39	Frank Fielding	Pennine Fell Runners	5	UP						5	0	0	5
40	Adrian Dixon	FRA					4	LAN		0	0	4	4
=41	Dave Kershaw	Chorley Athletic & Tri Club					3	BOR		0	0	3	3
=41	Trevor Symonds	FRA					3	LAN		0	0	3	3
=43	Jeff Norman	Altrincham and District AC	2	SED						2	0	0	2
=43	Alan Black	Cambridge Harriers					2	BOR		0	0	2	2
=45	John Birchenough	Rosendale Harriers & AC	1	UP						1	0	0	1
=45	Mike Troup	Ambleside AC					1	LAN		0	0	1	1



English Fell Running Championship 2016

Men's O65 Championship



Organised by The Fell Runner's Association Ltd

& sponsored by Pete Bland Sports and inov-8

The following races will determine
the 2016 Championship :
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
Long: Borrowdale (6 August), Langdale (8 October)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Medium	Long	Tot.
1	Ben Grant	Harrogate Harriers & AC	22	UP	22	BLA	22	BOR	22	PEN	22	22	22	88
2	Andy Watts	Cheshire Hill Racers	19	UP	18	BLA	19	LAN	18	SED	19	18	19	74
3	Dave Tait	Dark Peak Fell Runners	15	SED	17	PEN	22	LAN	12	UP	15	17	22	66
4	Adrian Dixon	Fell Runners Association	13	UP	17	BLA	18	LAN	16	BOR	13	17	18	64
5	Dick Spendlove	Calder Valley Fell Runners	17	UP	18	PEN			17	SED	17	18	0	52
6	Kieran Carr	Clayton le Moors Harriers	16	UP	19	PEN			16	SED	16	19	0	51
=7	Jeffrey Norman	Altrincham and District AC	14	UP	15	BLA			15	PEN	14	15	0	44
=7	Alan Brentnall	Pennine Fell Runners	15	UP	16	PEN			13	SED	15	16	0	44
=9	Jackie Winn	Ellenborough AC	22	SED			19	BOR			22	0	19	41
=9	Les Thurston	Bishops Stortford/Matlock RC	8	UP	10	PEN	15	LAN	8	SED	8	10	15	41
11	Graham Breeze	Wharfedale Harriers	11	UP	11	BLA			10	SED	11	11	0	32
12	Martin Walsh	Bowland Fell Runners					16	LAN	15	BOR	0	0	16	31
13	Jeremy Brayshaw	Totley AC	7	SED	9	PEN			6	BLA	7	9	0	22

14	Peter Ehrhardt	Todmorden Harriers	5	SED	8	BLA			8	PEN	5	8	0	21
=15	Jack Holt	Clayton le Moors Harriers			19	BLA					0	19	0	19
=15	Barry Rawlinson	Rosendale Harriers					19	BOR			0	0	19	19
=17	Andrew Davies	Bridgnorth Running Club	18	UP							18	0	0	18
=17	Neville Griffiths	Spectrum Striders	7	UP	11	PEN					7	11	0	18
19	Peter Reed	Northumberland Fell Runners					17	LAN			0	0	17	17
20	Norman Eames	Rochdale Harriers & AC			16	BLA					0	16	0	16
=21	John Taylor	Bowland Fell Runners			14	BLA					0	14	0	14
=21	Ian Marshall	Cambridge Harriers					14	BOR			0	0	14	14
23	Tony Wimbush	Skipton AC			13	PEN					0	13	0	13
=24	Robert Taylor	Pennine Fell Runners			12	BLA					0	12	0	12
=24	Chris Clark	Keswick AC	9	SED					3	UP	9	0	0	12
26	Mike Hind	Borrowdale Fell Runners	11	SED							11	0	0	11
=27	Michael Crook	Horwich RMI Harriers	10	UP							10	0	0	10
=27	John Owen	Barnet and District AC			10	BLA					0	10	0	10
29	Neville McGraw	Glossopdale Harriers	9	UP							9	0	0	9
30	Paul Walsh	Bowland Fell Runners			9	BLA					0	9	0	9
31	Roger Ashby	Pennine Fell Runners	4	SED	4	BLA					4	4	0	8
32	Dennis Lucas	Rochdale Harriers & AC			7	BLA					0	7	0	7
=33	Arthur Clare-Hay	Mercia Fell Runners	1	UP	5	BLA					1	5	0	6

=33	John Armistead	Dark Peak Fell Runners	6	UP							6	0	0	6
=33	Roger Hall	Wharfedale Harriers	6	SED							6	0	0	6
36	Raymond Brown	Penistone Footpath Runners & AC	5	UP							5	0	0	5



English Fell Running Championship 2016

Men's O70 Championship

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



The following races will determine
the 2016 Championship :
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Medium Pts	Medium Race	Other Pts	Other Race	Short	Medium	Total
1	Dick Spendlove	Calder Valley Fell Runners	12	UP	9	PEN	12	SED	12	9	33
2	Kieran Carr	Clayton le Moors Harriers	9	UP	12	PEN	9	SED	9	12	30
3	Jeffrey Norman	Altrincham and District AC	8	UP	12	BLA	8	SED	8	12	28
4	Graham Breeze	Wharfedale Harriers	7	UP	8	BLA	7	SED	7	8	22
5	Peter Ehrhardt	Todmorden Harriers	6	SED	6	PEN	5	BLA	6	6	17
6	Neville Griffiths	Spectrum Striders	5	UP	7	PEN			5	7	12
=7	John Owen	Barnet and District AC			7	BLA			0	7	7
=7	Roger Ashby	Pennine Fell Runners	5	SED	2	BLA			5	2	7
=9	Paul Walsh	Bowland Fell Runners			6	BLA			0	6	6
=9	Neville McGraw	Glossopdale Harriers	6	UP					6	0	6
=11	John Armistead	Dark Peak Fell Runners	4	UP					4	0	4
=11	Dennis Lucas	Rochdale Harriers & AC			4	BLA			0	4	4
=11	Arthur Clare-Hay	Mercia Fell Runners	1	UP	3	BLA			1	3	4

14	Raymond Brown	Penistone Footpath Runners & AC	3	UP					3	0	3
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English Fell Running Championship 2016

Men's U23 Championship

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



The following races will determine
the 2016 Championship :
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Medium Pts	Medium Race	Other Pts	Other Race	Short	Medium	Total
1	Matthew Elkington	Dark Peak Fell Runners	12	UP	12	PEN	8	SED	12	12	32
2	Tom Saville	Dark Peak Fell Runners	7	UP	12	BLA	9	PEN	7	12	28
3	Danny Collinge	Clayton le Moors Harriers	4	UP	8	BLA	8	PEN	4	8	20
4	Tom McGuinness	East Cheshire Harriers & Tameside AC	9	UP			9	SED	9	0	18
5	Felix McGrath	Westbury Harriers	8	UP			7	SED	8	0	15
6	Joe Mann	Ambleside AC	6	UP	7	BLA			6	7	13
7	James Hall	Wharfedale Harriers	12	SED					12	0	12
=8	David Cope	Howgill Harriers	4	SED	5	BLA			4	5	9
=8	Oscar Meanwell	Borrowdale Fell Runners	5	SED	4	BLA			5	4	9
=8	William Rigg	Black Combe Runners			9	BLA			0	9	9
11	Nicholas Colburn	Manx Fell Runners			6	BLA			0	6	6
12	Jack Wright	Ambleside AC	5	UP					5	0	5
=13	Gavin Lloyd	Black Combe Runners	1	SED	2	BLA			1	2	3

=13	Alex Hinchcliffe	Helm Hill	3	SED					3	0	3
=13	Jordan Mcdonald	Clayton le Moors Harriers			3	BLA			0	3	3
=13	Louis Forshaw-Perring	Buxton AC	3	UP					3	0	3
17	Patrick Twentyman	Buxton AC	2	UP					2	0	2
=18	Ben Ratcliffe	Keele University Athletics & Cross Country	1	UP					1	0	1
=18	James Broom	Borrowdale Fell Runners			1	BLA			0	1	1
=18	George Pier	Clayton le Moors Harriers	1	SED					1	0	1



English Fell Running Championship 2016

Women's Open Championship



Organised by The Fell Runner's Association Ltd

& sponsored by Pete Bland Sports and inov-8

**The following races will determine
the 2016 Championship :**
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
Long: Borrowdale (6 August), Langdale (8 October)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Medium	Long	Tot.
1	Victoria Wilkinson	Bingley Harriers & AC	32	SED	32	BLA	32	LAN	29	UP	32	32	32	125
=2	Nichola Jackson	Preston Harriers	27	SED	29	PEN	29	BOR	29	LAN	27	29	29	114
=2	Lou Roberts	Ambleside AC	28	UP	26	BLA	32	BOR	28	LAN	28	26	32	114
4	Sharon Taylor	Helm Hill Runners	26	UP	32	PEN	27	BOR	27	LAN	26	32	27	112
5	Helen Berry	Holmfirth Harriers AC	27	UP	27	PEN	26	BOR	24	LAN	27	27	26	104
6	Sophie Horrocks	Rosendale Harriers & AC	17	SED	28	PEN	28	BOR	25	LAN	17	28	28	98
7	Emma Gould	Mercia Fell Runners	25	SED	28	BLA	15	LAN	26	PEN	25	28	15	94
8	Heidi Dent	Howgill Harriers	32	UP	29	BLA			28	SED	32	29	0	89
=9	Gayle Sugden	Calder Valley Fell Runners	21	UP	23	PEN	23	BOR	21	SED	21	23	23	88
=9	Judith Jepson	Dark Peak Fell Runners	19	UP	21	PEN	26	LAN	22	BOR	19	21	26	88
=11	Mel Price	Mercia Fell Runners	25	UP	16	BLA	18	BOR	24	SED	25	16	18	83
=11	Catherine Spurden	Keswick AC	22	SED	25	BLA	17	LAN	19	PEN	22	25	17	83
13	Lucy Collins	Calder Valley Fell Runners	22	UP	20	PEN	17	BOR	15	SED	22	20	17	74

14	Anna Bartlett	Mercia Fell Runners	14	SED	9	BLA	23	SED	19	BOR	14	9	23	65
15	Alice Forster	Manx Fell Runners	16	SED	25	PEN	11	BOR	6	UP	16	25	11	58
16	Claire Green	Pudsey & Bramley AC	23	UP	14	BLA			19	SED	23	14	0	56
17	Nicky Spinks	Dark Peak Fell Runners	18	UP	17	PEN	20	BOR			18	17	20	55
18	Hannah Russell	Helm Hill Runners	17	UP	23	BLA			12	SED	17	23	0	52
19	Lindsey Oldfield	Calder Valley Fell Runners	14	UP	12	PEN	10	BOR	10	BLA	14	12	10	46
20	Lucy Spain	Helm Hill Runners					25	BOR	18	LAN	0	0	25	43
21	Steph Jones	Ambleside AC					21	BOR	21	LAN	0	0	21	42
22	Rachel Pilling	Pudsey & Bramley AC	11	UP	14	PEN	14	LAN	2	SED	11	14	14	41
23	Jenn Mattinson	Keswick AC	5	UP	24	PEN			11	BLA	5	24	0	40
24	Nicola Parkin	Dark Peak Fell Runners	9	UP			16	BOR	12	LAN	9	0	16	37
25	Jo Buckley	Calder Valley Fell Runners	4	SED	16	PEN	14	BOR			4	16	14	34
26	Sara Willhoit	Mercia Fell Runners	20	UP			13	LAN			20	0	13	33
27	Rachel Hill	Settle Harriers	13	SED			19	LAN			13	0	19	32
28	Jenny Caddick	Dark Peak Fell Runners					16	LAN	15	BOR	0	0	16	31
=29	Kirsty Hall	Wharfedale Harriers	18	SED	12	BLA					18	12	0	30
=29	Zoe Proctor	Pennine Fell Runners	8	UP	22	PEN					8	22	0	30
31	Hannah Horsburgh	Keswick AC	29	SED							29	0	0	29
=32	Anna Hoogkamer	Ambleside AC/Dark Peak Fell Runners	10	SED	11	PEN			7	BLA	10	11	0	28
=32	Catherine Niblock	Helm Hill Runners			6	BLA	12	BOR	10	LAN	0	6	12	28

34	Chloe Routledge	Ambleside AC	16	UP			3	LAN	8	SED	16	0	3	27
=35	Helen Elmore	Dark Peak Fell Runners	7	SED	18	PEN					7	18	0	25
=35	Deborah Gowans	Accrington Road Runners	2	UP	15	PEN	8	LAN			2	15	8	25
=37	Lizzie Adams	Black Combe Runners			24	BLA					0	24	0	24
=37	Nina Walkinshaw	Howgill Harriers					24	BOR			0	0	24	24
=39	Sarah Mccormack	Ambleside AC			22	BLA					0	22	0	22
=39	Sarah Ridgway	Mercia Fell Runners					22	LAN			0	0	22	22
41	Anwen Darlington	York Knavesmire Harriers			21	BLA					0	21	0	21
42	Jenny Rice	Helm Hill Runners			13	BLA	7	LAN			0	13	7	20
43	Lindsey Brindle	Horwich RMI Harriers			19	BLA					0	19	0	19
44	Jean Powell	Wharfedale Harriers			8	PEN	6	LAN	4	BOR	0	8	6	18
45	Jane Reedy	Ambleside AC			17	BLA					0	17	0	17
=46	Tracey Greenway	Derby Athletic Club	15	UP							15	0	0	15
=46	Rowena Browne	Bowland Fell Runners	3	SED	2	PEN	5	BOR	5	LAN	3	2	5	15
48	Sue Richmond				5	PEN	9	LAN			0	5	9	14
=49	Kerry Cornforth	Borrowdale Fell Runners					13	BOR			0	0	13	13
=49	Clare Olliffe				13	PEN					0	13	0	13
=51	Sally Newman	Saddleworth Runners Club	12	UP							12	0	0	12
=51	Jo Gillyon	Keswick AC			4	PEN	8	BOR			0	4	8	12
=53	Alison Richards				7	PEN	4	LAN			0	7	4	11

=53	Gemma Ford	Todmorden Harriers & AC					11	LAN			0	0	11	11
=55	Pippa Wilkie	Dark Peak Fell Runners	10	UP							10	0	0	10
=55	Pauline May	Todmorden Harriers & AC			10	PEN					0	10	0	10
=57	Carol Evans	Settle Harriers	5	SED					4	UP	5	0	0	9
=57	Steph Curtis	Pennine Fell Runners	9	SED							9	0	0	9
=57	Natalie Hawkrigg	Northern Fells Running Club					9	BOR			0	0	9	9
=57	Claire Aspinall				9	PEN					0	9	0	9
=57	Rachael Crossland	Calder Valley Fell Runners					7	BOR	2	LAN	0	0	7	9
62	Kelly Whiteside	Barlick Fell Runners			8	BLA					0	8	0	8
63	Elizabeth Batt	Dark Peak Fell Runners	7	UP							7	0	0	7
=64	Rachel Mellor	Keswick AC					6	BOR			0	0	6	6
=64	Molly Ralphson				6	PEN					0	6	0	6
66	Sophie Martin	Wharfedale Harriers			5	BLA					0	5	0	5
67	Kate Archer	Ilkley Harriers AC			4	BLA					0	4	0	4
=63	Eleanor Johnstone	Imperial College					3	BOR			0	0	3	3
=63	Holly Martin	Pennine Fell Runners			3	BLA					0	3	0	3
=63	Becky Weight				3	PEN					0	3	0	3
=71	Outi Kamarainen	Ilkley Harriers AC					2	BOR			0	0	2	2
=71	Nina Skilton	Cannock & Stafford AC			2	BLA					0	2	0	2

=73	Victoria Haworth	Keswick AC					1	BOR			0	0	1	1
=73	Joanne Goorney	Lytham St Annes RR Club	1	UP							1	0	0	1
=73	Ellie Crownshaw	Dark Peak Fell Runners			1	BLA					0	1	0	1
=73	Helena Croft	Holmfirth Harriers AC	1	SED							1	0	0	1
=73	Pat Goodall				1	PEN					0	1	0	1
=73	Alison Weston	Ilkley Harriers AC					1	LAN			0	0	1	1



English Fell Running Championship 2016

Women's O40 Championship



Organised by The Fell Runner's Association Ltd

& sponsored by Pete Bland Sports and inov-8

The following races will determine
the 2016 Championship :

Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
Long: Borrowdale (6 August), Langdale (8 October)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Medium	Long	Tot.
1	Lou Roberts	Ambleside AC	22	UP	22	BLA	22	BOR	22	LAN	22	22	22	88
2	Helen Berry	Holmfirth Harriers AC	19	SED	22	PEN	19	BOR	19	UP	19	22	19	79
3	Gayle Sugden	Calder Valley Fell Runners	18	SED	19	PEN	18	BOR	19	BLA	18	19	18	74
4	Mel Price	Mercia Fell Runners	22	SED	17	BLA	14	BOR	18	UP	22	17	14	71
5	Judith Jepson	Dark Peak Fell Runners	16	UP	18	PEN	19	LAN	17	BOR	16	18	19	70
6	Anna Bartlett	Mercia Fell Runners	15	SED	15	BLA	17	LAN	15	BOR	15	15	17	62
7	Nicky Spinks	Dark Peak Fell Runners	15	UP	16	PEN	16	BOR			15	16	16	47
8	Helen Elmore	Dark Peak Fell Runners	13	UP	17	PEN			11	SED	13	17	0	41
9	Deborah Gowans	Accrington Road Runners	7	SED	14	PEN	11	LAN	7	UP	7	14	11	39
=10	Jo Buckley	Calder Valley Fell Runners	9	SED	15	PEN	11	BOR			9	15	11	35
=10	Nicola Parkin	Dark Peak Fell Runners	10	UP			13	BOR	12	LAN	10	0	13	35
12	Rowena Browne	Bowland Fell Runners	8	SED	9	BLA	9	LAN	8	PEN	8	9	9	34
=13	Kirsty Hall	Wharfedale Harriers	16	SED	16	BLA					16	16	0	32

=13	Jo Gillyon	Keswick AC	2	SED	10	PEN	8	BOR	12	BLA	2	10	8	32
15	Jean Powell	Wharfedale Harriers			13	PEN	10	LAN	6	BOR	0	13	10	29
16	Rachel Hill	Settle Harriers	14	SED			14	LAN			14	0	14	28
17	Jenny Caddick	Dark Peak Fell Runners					13	LAN	12	BOR	0	0	13	25
18	Alison Richards	Helm Hill Runners	4	SED	12	PEN	8	LAN			4	12	8	24
19	Nina Skilton	Cannock & Stafford AC	5	SED	13	BLA			4	UP	5	13	0	22
=20	Jane Reedy	Ambleside AC			18	BLA					0	18	0	18
=20	Carol Evans	Settle Harriers	10	SED					8	UP	10	0	0	18
22	Alison Weston	Ilkley Harriers AC			5	BLA	7	LAN	5	BOR	0	5	7	17
=23	Carrie Gibson	Helm Hill Runners			10	BLA			6	PEN	0	10	0	16
=23	Sarah Ridgway	Mercia Fell Runners					16	LAN			0	0	16	16
25	Becky Weight	Bingley Harriers & AC			9	PEN	5	LAN	1	BLA	0	9	5	15
=26	Kelly Whiteside	Barlick Fell Runners			14	BLA					0	14	0	14
=26	Tracey Greenway	Derby Athletic Club	14	UP							14	0	0	14
28	Ann-Marie Jones	Altrincham and District AC	3	SED	8	BLA			2	UP	3	8	0	13
=29	Sally Newman	Saddleworth Runners Club	12	UP							12	0	0	12
=29	Steph Curtis	Pennine Fell Runners	12	SED							12	0	0	12
=31	Claire Russell	Cumberland Fell Runners			11	BLA					0	11	0	11
=31	Pippa Wilkie	Dark Peak Fell Runners	11	UP							11	0	0	11
=31	Molly Ralphson	Trawden AC			11	PEN					0	11	0	11

34	Kerry Cornforth	Borrowdale Fell Runners					10	BOR			0	0	10	10
=35	Elizabeth Batt	Dark Peak Fell Runners	9	UP							9	0	0	9
=35	Natalie Hawkrigg	Norther Fells Running Club					9	BOR			0	0	9	9
=37	Lesley Latchem	Penistone Footpath Runners & AC			7	BLA					0	7	0	7
=37	Pat Goodall	Totley AC			7	PEN					0	7	0	7
=37	Jacqueline Keavney	Richmondshire & Zetland Harriers			4	PEN	2	LAN	1	BOR	0	4	2	7
=40	Helen Winskill	Keswick AC			3	BLA	3	BOR			0	3	3	6
=40	Michelle Foxwell	Ambleside AC			6	BLA					0	6	0	6
=40	Rebecca Patrick	Todmorden Harriers	6	SED							6	0	0	6
=40	Joanne Goorney	Lytham St Annes RR Club	6	UP							6	0	0	6
=40	Kirsty Hewitson	Dark Peak Fell Runners					6	LAN			0	0	6	6
=45	Astrid Gibbs	Ambleside AC	5	UP							5	0	0	5
=45	Natalie Murphy	Rossendale Harriers & AC			5	PEN					0	5	0	5
=45	Marie Robson	Helm Hill Runners			2	BLA	3	LAN			0	2	3	5
=48	Caroline Muhamad	Borrowdale Fell Runners					4	BOR			0	0	4	4
=48	Kathleen Brierley	Todmorden Harriers			4	BLA					0	4	0	4
=48	Joanne Warboys-Hodgson	Denby Dale Athletics Club	3	UP					1	SED	3	0	0	4
=48	Wendy Dodds	Clayton-le-Moors Harriers			1	PEN	2	BOR	1	LAN	0	1	2	4
=48	Helen Price	Harrogate Harriers					4	LAN			0	0	4	4
53	Jane Mellor	Pennine Fell Runners			3	PEN					0	3	0	3

54	Caroline Holden	Helm Hill Runners	1	UP							1	0	0	1
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English Fell Running Championship 2016

Women's O45 Championship



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

**The following races will determine
the 2016 Championship :**
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
Long: Borrowdale (6 August), Langdale (8 October)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Med- ium	Long	Tot.
1	Judith Jepson	Dark Peak Fell Runners	22	UP	22	PEN	22	BOR	22	LAN	22	22	22	88
2	Anna Bartlett	Mercia Fell Runners	22	SED	22	BLA	19	LAN	18	BOR	22	22	19	81
3	Rowena Browne	Bowland Fell Runners	15	SED	17	BLA	15	BOR	15	PEN	15	17	15	62
4	Deborah Gowans	Accrington Road Runners	14	SED	18	PEN	16	LAN	12	UP	14	18	16	60
5	Nicky Spinks	Dark Peak Fell Runners	19	UP	19	PEN	19	BOR			19	19	19	57
6	Jean Powell	Wharfedale Harriers	6	SED	17	PEN	15	LAN	14	BOR	6	17	15	52
7	Nicola Parkin	Dark Peak Fell Runners	15	UP			17	BOR	17	LAN	15	0	17	49
8	Alison Weston	Ilkley Harriers AC	5	SED	15	BLA	13	BOR	13	LAN	5	15	13	46
=9	Nina Skilton	Cannock & Stafford AC	12	SED	18	BLA			10	UP	12	18	0	40
=9	Becky Weight	Bingley Harriers & AC			16	PEN	12	LAN	12	BLA	0	16	12	40
11	Rachel Hill	Settle Harriers	19	SED			18	LAN			19	0	18	37
=12	Ann-Marie Jones	Altrincham and District AC	11	SED	16	BLA			9	UP	11	16	0	36
=12	Jane Mellor	Pennine Fell Runners	6	UP	11	PEN	9	BOR	10	BLA	6	11	9	36
14	Jacqueline Keavney	Richmond and Zetland	2	SED	12	PEN	10	BOR	9	LAN	2	12	10	33
15	Carol Evans	Settle Harriers	16	SED					13	UP	16	0	0	29
=16	Marie Robson	Helm Hill Runners	1	UP	13	BLA	10	LAN	4	PEN	1	13	10	28

=16	Wendy Dodds	Clayton-le-Moors Harriers			9	PEN	11	BOR	8	LAN	0	9	11	28
18	Patricia Goodall	Totley AC	7	SED	14	PEN			4	UP	7	14	0	25
19	Eleanor Knowles	Ambleside AC	3	UP	9	BLA	6	BOR	5	PEN	3	9	6	23
20	Jo Wilcox	Helm Hill Runners	8	SED	8	PEN	4	LAN			8	8	4	20
21	Kelly Whiteside	Barlick Fell Runners			19	BLA					0	19	0	19
22	Tracey Greenway	Derby Athletic Club	18	UP							18	0	0	18
=23	Sally Newman	Saddleworth Runners Club	17	UP							17	0	0	17
=23	Steph Curtis	Pennine Fell Runners	17	SED							17	0	0	17
=25	Pippa Wilkie	Dark Peak Fell Runners	16	UP							16	0	0	16
=25	Kerry Cornforth	Borrowdale Fell Runners					16	BOR			0	0	16	16
=27	Kathleen Brierley	Todmorden Harriers			14	BLA					0	14	0	14
=27	Elizabeth Batt	Dark Peak Fell Runners	14	UP							14	0	0	14
=27	Julie Gardner	Macclesifeld Harriers			7	PEN	7	BOR			0	7	7	14
=30	Rebecca Patrick	Todmorden Harriers	13	SED							13	0	0	13
=30	Natalie Murphy	Rossendale Harriers			13	PEN					0	13	0	13
=32	Caroline Muhamad	Borrowdale Fell Runners					12	BOR			0	0	12	12
=32	Caroline Holden	Helm Hill Runners	8	UP					4	SED	8	0	0	12
=34	Kirsty Bryan-jones	Dark Peak Fell Runners			11	BLA					0	11	0	11
=34	Joanne Goorney	Lytham St Annes RR Club	11	UP							11	0	0	11
=34	Helen Price	Harrogate Harriers					11	LAN			0	0	11	11
37	Joann Warboys-Hodgson	Denby Dale Athletic Club	10	SED							10	0	0	10
38	Denise Wright	Bingley Harriers & AC			7	BLA	2	LAN	1	PEN	0	7	2	10

39	Lucy Aphramor	Mercia Fell Runners	9	SED							9	0	0	9
40	Leslie Malarkey	Keswick AC					6	LAN	2	BOR	0	0	6	8
=41	Sue Haslam	Scarborough Athletic Club			5	BLA			2	PEN	0	5	0	7
=41	Sue Howarth	Mercia Fell Runners					7	LAN			0	0	7	7
=43	Mandy Clarke	Bingley Harriers & AC			6	BLA					0	6	0	6
=43	Anne Ferguson	Burnden Road Runners			6	PEN					0	6	0	6
45	Jane Davies	Borrowdale Fell Runners					5	BOR			0	0	5	5
=46	Annabel Holmes	Keswick AC	5	UP							5	0	0	5
=46	Jane Leonard	Todmorden Harriers					5	LAN			0	0	5	5
=48	Hester Cox	Settle Harriers					4	BOR			0	0	4	4
=48	Lindsay Buck	Cumberland Fell Runners			4	BLA					0	4	0	4
50	Judy Howells	Wharfedale Harriers			3	BLA					0	3	0	3
=51	Samantha Ayers	Keswick AC	3	SED							3	0	0	3
=51	Barbara Savage	Clayton-le-Moors Harriers			3	PEN					0	3	0	3
=51	Bernie Gibson	Derwent Valley Running Club					3	LAN			0	0	3	3
=54	Jo Bednall	Buxton AC	2	UP							2	0	0	2
=54	Jackie Casey	Black Combe Runners			2	BLA					0	2	0	2
=56	Jude Stansfield	Glossopdale Harriers					1	BOR			0	0	1	1
=56	Kate Mansell	Todmorden Harriers					1	LAN			0	0	1	1



English Fell Running Championship 2016

Women's O50 Championship



Organised by The Fell Runner's Association Ltd

& sponsored by Pete Bland Sports and inov-8

The following races will determine
the 2016 Championship :
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
Long: Borrowdale (6 August), Langdale (8 October)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Medium	Long	Tot.
1	Rowena Browne	Bowland Fell Runners	9	SED	12	BLA	9	BOR	8	LAN	9	12	9	38
2	Judith Jepson	Dark Peak Fell Runners			12	PEN	12	BOR	12	LAN	0	12	12	36
3	Deborah Gowans	Accrington Road Runners	8	SED	9	PEN	9	LAN	5	UP	8	9	9	31
4	Alison Weston	Ilkley Harriers AC	5	SED	8	BLA	8	BOR	7	LAN	5	8	8	28
=5	Ann-Marie Jones	Altrincham and District AC	7	SED	9	BLA			4	UP	7	9	0	20
=5	Becky Weight	Bingley Harriers & AC			8	PEN	6	LAN	6	BLA	0	8	6	20
7	Jacqueline Keavney	Richmond and Zetland	3	SED	5	PEN	6	BOR	5	LAN	3	5	6	19
8	Carol Evans	Settle Harriers	12	SED					6	UP	12	0	0	18
9	Jane Mellor	Pennine Fell Runners	2	SED	5	BLA	5	BOR	4	PEN	2	5	5	16
=10	Patricia Goodall	Totley AC	6	SED	6	PEN			1	BLA	6	6	0	13
=10	Wendy Dodds	Clayton-le-Moors Harriers			2	PEN	7	BOR	4	LAN	0	2	7	13
12	Tracey Greenway	Derby Athletic Club	12	UP							12	0	0	12
13	Sally Newman	Saddleworth Runners Club	9	UP							9	0	0	9

=14	Pippa Wilkie	Dark Peak Fell Runners	8	UP							8	0	0	8
=14	Kathleen Brierley	Todmorden Harriers	1	SED	7	BLA					1	7	0	8
=16	Elizabeth Batt	Dark Peak Fell Runners	7	UP							7	0	0	7
=16	Caroline Holden	Helm Hill Runners	4	SED				3	UP		4	0	0	7
=18	Sue Haslam	Scarborough Athletic Club			4	BLA					0	4	0	4
=18	Julie Gardner	Macclesfield Harriers			1	PEN	3	BOR			0	1	3	4
=18	Lesley Malarkey	Keswick AC					2	BOR	2	LAN	0	0	2	4
=21	Lindsay Buck	Cumberland Fell Runners			3	BLA					0	3	0	3
=21	Sue Howarth	Mercia Fell Runners					3	LAN			0	0	3	3
23	Jackie Casey	Black Combe Runners			2	BLA					0	2	0	2
=24	Denise Tunstall	Durham Fell Runners					1	BOR			0	0	1	1
=24	Jane Leonard	Todmorden Harriers					1	LAN			0	0	1	1



English Fell Running Championship 2016

Women's O55 Championship



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

The following races will determine
the 2016 Championship :
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)
Long: Borrowdale (6 August), Langdale (8 October)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Med. Pts	Med. Race	Long Pts	Long Race	Other Pts	Other Race	Short	Med-ium	Long	Tot.
1	Becky Weight	Bingley Harriers & AC	7	UP	12	PEN	12	LAN	9	BLA	7	12	12	40
2	Wendy Dodds	Clayton le Moors Harriers	7	SED	8	PEN	12	BOR	9	LAN	7	8	12	36
3	Ann-Marie Jones	Altrincham and District AC	12	SED	12	BLA			9	UP	12	12	0	33
4	Patricia Goodall	Totley AC	9	SED	9	PEN			8	UP	9	9	0	26
5	Julie Gardner	Macclesfield Harriers & AC	4	SED	7	PEN	8	BOR	1	UP	4	7	8	20
=6	Sue Haslam	Scarborough Athletic Club	3	UP	8	BLA			5	PEN	3	8	0	16
=6	Lesley Malarkey	Keswick AC			2	PEN	7	BOR	7	LAN	0	2	7	16
=8	Sally Newman	Saddleworth Runners Club	12	UP							12	0	0	12
=8	Sue Howarth	Mercia Fell Runners	4	UP			8	LAN			4	0	8	12
10	Anne Ferguson	Burnden Road Runners	5	UP	6	PEN					5	6	0	11
11	Kath Brierley	Todmorden Harriers	8	SED							8	0	0	8
=12	Lindsay Buck	Cumberland Fell Runners			7	BLA					0	7	0	7
=12	Katy Thompson	Clayton le Moors Harriers			4	PEN			3	BLA	0	4	0	7

=14	Jackie Casey	Black Combe Runners			6	BLA					0	6	0	6
=14	Alison Brentnall	Pennine Fell Runners	3	SED	3	PEN					3	3	0	6
=14	Jane Leonard	Todmorden Harriers					6	LAN			0	0	6	6
17	Pauline Symonds	Howgill Harriers	5	SED							5	0	0	5
18	Hilary Tucker	North Leeds Fell Runners			4	BLA					0	4	0	4
=19	Gwen Kinloch	Burnden Road Runners	2	UP							2	0	0	2
=19	Kate Ayres	Ambleside AC			2	BLA					0	2	0	2
=19	Linda Lord	Clayton le Moors Harriers	1	SED	1	BLA					1	1	0	2
=19	Louise Lyness	Black Combe Runners	2	SED							2	0	0	2
23	Caroline Pollard	Wharfedale Harriers			1	PEN					0	1	0	1



English Fell Running Championship 2016

Women's O60 Championship

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



The following races will determine
the 2016 Championship :
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Medium Pts	Medium Race	Other Pts	Other Race	Short	Medium	Total
1	Ann-Marie Jones	Altrincham and District AC	12	SED	12	BLA	12	SED	12	12	36
2	Patricia Goodall	Totley AC	9	UP	12	PEN	9	SED	9	12	30
3	Wendy Dodds	Clayton le Moors Harriers	9	SED	9	PEN	8	UP	9	9	26
4	Sue Haslam	Scarborough Athletic Club	7	UP	9	BLA	8	PEN	7	9	24
=5	Katy Thompson	Clayton le Moors Harriers	3	UP	7	BLA	7	PEN	3	7	17
=5	Alison Brentnall	Pennine Fell Runners	6	SED	6	PEN	5	UP	6	6	17
7	Linda Lord	Clayton le Moors Harriers	6	UP	6	BLA	4	SED	6	6	16
8	Lou Lyness	Black Combe Runners	5	SED	5	BLA	4	UP	5	5	14
9	Lesley Malarkey	Keswick AC	3	SED	5	PEN	2	UP	3	5	10
10	Pauline Symonds	Howgill Harriers	7	SED					7	0	7
11	Moyra Parfitt	Todmorden Harriers	1	UP	4	BLA			1	4	5
12	Beryl Buckley	Glossopdale Harriers			3	BLA			0	3	3
13	Brenda Roberts	Saddleworth Runners	1	SED					1	0	1



English Fell Running Championship 2016

Women's O65 Championship

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



**The following races will determine
the 2016 Championship :**
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Medium Pts	Medium Race	Other Pts	Other Race	Short	Medium	Total
1	Wendy Dodds	Clayton le Moors Harriers	12	SED	12	PEN	12	UP	12	12	36
2	Linda Lord	Clayton le Moors Harriers	9	UP	12	BLA	7	SED	9	12	28
3	Alison Brentnall	Pennine Fell Runners	9	SED	9	PEN	8	UP	9	9	26
4	Lou Lyness	Black Combe Runners	8	SED	9	BLA	7	UP	8	9	24
5	Lesley Malarkey	Keswick AC	6	SED	8	PEN	6	UP	6	8	20
6	Moyra Parfitt	Todmorden Harriers	5	UP	8	BLA			5	8	13
7	Beryl Buckley	Glossopdale Harriers	4	UP	7	BLA			4	7	11
8	Brenda Roberts	Saddleworth Runners	5	SED					5	0	5
9	Karen Goss	Clayton le Moors Harriers	3	UP					3	0	3



English Fell Running Championship 2016

Women's U23 Championship

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



The following races will determine
the 2016 Championship :
Short: Up the Nab (7 May), Sedbergh Sports (9 July)
Medium: Black Combe (12 March), Pendle 3 Peaks (20 August)

Any queries to Carl Bedson (carl.bedson@btinternet.com)

Pos	Name	Club	Short Pts	Short Race	Medium Pts	Medium Race	Other Pts	Other Race	Short	Medium	Total
1	Hannah Russell	Helm Hill Runners	12	UP	12	BLA	12	SED	12	12	36
2	Anna Hoogkamer	Ambleside AC/Dark Peak Fell Runners	10	SED	12	PEN	9	BLA	10	12	31
3	Ellie Crownshaw	Dark Peak Fell Runners	8	SED	8	BLA	7	UP	8	8	23
4	Hannah Bradley	Cumberland Fell Runners	6	SED	9	PEN	7	BLA	6	9	22
=5	Chloe Routledge	Ambleside AC	9	UP			9	SED	9	0	18
=5	Hannah Newbold	Barlick Fell Runners	5	UP	8	PEN	5	SED	5	8	18
7	Rachael Crossland	Calder Valley Fell Runners	6	UP	5	BLA	5	SED	6	5	16
8	Josie Lloyd	Mercia Fell Runners			6	BLA			0	6	6
9	Katie Wright	Ambleside AC	4	SED					4	0	4