

VICTORIES FOR CARNETHY AND AMBLESIDE IN THE 2025 UK ATHLETICS FELL RELAYS

Penantigi Isaf Farm, Dinas Mawddwy, Meirionnydd, Saturday 18 October 2025

Leg 1: Solo - Cwm Rhiw-erch (4.2km 513m ascent/descent)

Leg 2: Pairs - Craig Portas (11.1km 758m ascent)

Leg 3: Navigation, Pairs (Approx 11km 719m ascent)

Leg 4: Solo - Moel Cwm yr Eglwys (4.4km, 513m)

Carnethy HRC male team and Ambleside AC female team claimed the gold medals at the 36th Fell & Hill Relays which were held in one of the most beautiful parts of Wales. Nestled among the rugged peaks and sweeping valleys of South Snowdonia, Dinas Mawddwy offers a landscape as breathtaking as it is bold and at 11am, the leg one runners representing 200 teams from all corners of the British Isles (including three from Northern Ireland and one from the Isle of Man) were on the start line. The event was hosted by Clwb Rhedeg Meirionnydd (Meirionnydd Running Club) and sponsored by Pete Bland Sports.

Early morning cloud shrouded the mountain tops, but by the start time, this had cleared, and weather conditions were perfect for fell running. Sam Bentham (Ilkley Harriers) was the early leader on the short first leg before Dan Haworth (Matlock AC) overtook him on the steep climb up Cwm Rhiw-erch. On the precipitous descent, Ben Sharrock (Ambleside) and Sam, flew past Dan with Ben finishing ahead of Sam in 30.01. Ambleside also set the fastest time on the long second leg through Tom Simpson/ Oscar Subuh-Symons (1:00:11), opening up a lead of nearly two minutes over Carnethy. The pairing of Harry Cooling & Alistair Thornton were quickest on the navigation leg (58:58) which moved Howgill Harriers into third place. Second fastest, Alistair Masson/Alexander Cheplin moved their club, Carnethy, to within thirteen seconds of Ambleside. The final leg matched Ambleside's Jack Wright against Matthew Knowles of Carnethy; Matthew set the fastest time on this leg (26:57) to seal victory in 2:57:57 for last year's runners-up, Carnethy. Meanwhile, Jack secured the silver medals for Ambleside, whilst Keswick moved ahead of Howgill to take third place.

Sara Wilhoit (Mercia Fell Runners) set the fastest female time (35:58) on the first leg for the third consecutive year, ahead of Eve Pannone (Ambleside) and Abbie Pearse (Steel City Striders). Ambleside pairings were quickest on the next two legs through Sarah McCormack/Scarlet Dale (1:12:14) and Natalie Beadle/Celia Powell (1:13:08), establishing a lead of more than ten minutes over Black Combe Runners and Dark Peak Fell Runners. In 2024, the final Dark Peak runner, Emily Cowper-Coles, ensured that her club would finish as champion, ahead of Ambleside. Cowper Coles set the fastest leg 4 time (33:45), whilst Bryony Halcrow's second fastest time confirmed that Ambleside would take gold in 2025. Black Combe had to settle for third place.

In the male v40 category, Calder Valley Fell Runners repeated their 2024 victory. Steve Hebblethwaite (Keswick) was fastest on the leg 1; on the next two legs, Calder Valley pairs of Gav Roberts/Math Roberts and Ben Mounsey/Karl Grey opened a gap of over four minutes over Shettleston Harriers and Dark Peak who were only separated by ten seconds. Joe Dale (Dark Peak) was less than forty seconds slower than Wharfedale's Ted Mason who set the fastest last leg time. Joe finished only 35 seconds behind Ed Hyland of Calder Valley, but secured second place for his club with Shettleston Harriers taking the bronze medals.

Runners from different clubs set the fastest times in the female v40 category. On the first leg, Victoria Wilkinson (Bingley Harriers) was over two minutes ahead of Jane McCarthy (Ilkley). On the long leg, Lou Osborne/Hazel Robinson (Keswick AC) were only forty seconds quicker than Natasha Butterfield/Susie Richardson (Calder Valley). After this leg, fourth placed Pennine Fell Runners were just over a minute ahead of Mercia Fell Runners in fifth, but it was these two teams who would fight for the gold and silver medals over the last two legs. Sue Richmond/Anna Wildman (Pennine) set the fastest time on the nav leg but this was only one second quicker than Mercia's pair, Deborah Millington/Nicola Richards. On the last leg, Eleanor Fowler (Mercia) set the second fastest

time, overtaking Steph Curtis to snatch gold. Despite setting the quickest leg time, Sally Fawcett (Dark Peak) was unable to catch Katie Poulter from the 2024 winners, Ilkley, who therefore took the bronze medals.

The most competitive category was the male v50 with four teams finishing within two minutes of each other. After Mike Frost (Mercia) had set the fastest time on the opening leg, Helm Hill, through Kieran Hodgson & Will Acland, opened up a lead of exactly two minutes over Calder Valley and Dark Peak. On the nav leg, James Logue & Mark Taylor gave Calder Valley a lead of over one and a half minutes over Helm Hill. Keswick's David Birch was over two minutes faster than any other runner on the final leg, thus pipping Dark Peak for third place by three seconds. David finished only ten seconds behind second placed Calder Valley, whilst Helm Hill won by nearly two minutes. Dark Peak dominated the female v50 category, setting the quickest times on every leg through Pippa Wilkie, Helen Elmore/Nicky Spinks, Kirsty Bryan-Jones/Jane Crowson and Liz Batt, and finishing over thirty minutes ahead of Keswick and Helm Hill who finished less than a minute apart in second and third place.

Vet 60 teams can include any mix of male and female runners; the majority of teams included all male runners with Pennine leading the way, three minutes ahead of Westerlands CCC and Bowland Fell Runners who were separated by twenty-one seconds. The Holmfirth team should be congratulated as the only team to field an equal number of male and female runners.

Carnethy were winners of the Mixed Open category just over thirty seconds of another Carnethy team – their female team had last minute problems with injuries and availability. Sheffield University were third, six minutes in arrears.

Many thanks to Meirionnydd Running Club for all their hard work in making the 2025 Relays such an enormous success. Make a date in your diary – the 2026 relays will be hosted by Todmorden Harriers and held on 17th October 2026.

Results:

www.sportident.co.uk/results/Meirionnydd/2025/BritishFellRelay/