

RACE REPORT – 3rd May 2025

ROSS AND NAOMI WIN UKA LONG COURSE FELL & HILL CHAMPIONSHIPS AT STÙC A' CHROIN

Distance: 22.5 km; **Climb:** 1524 metres

Ross Gollan (East Sutherland Athletics Club) and Naomi Lang (Carnethy Hill Racing Club) were victorious in the UKA British Fell & Hill Championship (long course) race held over the Stùc a' Chroin course on Saturday.

The Stùc a' Chroin Hill Race in Strathyre in Scotland hosted the 2025 UK Athletics Long Course Hill and Fell Running Championships. It was a sunny day and perfect conditions for the 349 runners who tackled the 22.5km route with 1500 metres of climb.

The race starts in the village of Strathyre in the Loch Lomond & the Trossachs National Park and climbs to a col just below Meaell Mor before a steep descent into Glen Ample. The course then climbs steeply to Beinn Each (813m), then follows an undulating ridge to the top of the Stùc a' Chroin (975m) before descending again to Glen Ample. There is a last steep climb back over the col then the final long downhill to Strathyre.

In the men's race Ross Gollan (East Sutherland Athletics Club) took the win with a new course record of 2:04:21, but was pushed all the way by Findlay Grant (Dark Peak) who was just a few seconds behind in 2:04:38. Ewan Brown (Corstorphine AAC) took bronze medal (2:05:46).

Naomi Lang (Carnethy) was the leading female, also setting a new women's record (2:22:11). Catriona Graves (Highland Hill Runners) took the silver medal (2:37:56), whilst Grace Pow (Carnethy) was third (2:41:45).

Findlay Grant also took the under 23 men's gold medal, with Rebecca Magee (Newcastle & District AC) claiming the female U23 gold.

The winners in the female veteran categories were Caroline Marwick (Highland Hill Runners, F40), Sue Richmond (Pennine Fell Runners, F45), Angela Mudge (Ochil Hill Runners, F50), Jean Powell (Wharfedale Harriers F55), Rowena Browne (Bowland Fell Runners, F60) and Wendy Dodds (Dallam Running Club, F70).

The male veteran gold medal winners were Steve Halsall (Keswick AC, M40), Andy Fallas (Carnethy, M45), Rob Jeb (Helm Hill, M50), Karl Gray (Calder Valley, M55), Paul Cornforth (Ambleside AC, M60), Colin Donnolly (Cambuslang Harriers, M65) and Brian Thompson (Helm Hill, M70).

Thanks to the Stuc a Chroin organisers for hosting the UKA Championship Long Course race.

Results at <https://www.stucachroin5000.org.uk/race-news/>

MEDAL WINNERS

CATEGORY	GOLD	SILVER	BRONZE
FEMALE	Naomi Lang Carnethy	Catriona Graves Highland Hill Runners	Grace Pow Carnethy
F23	Rebecca Magee Newcastle & District AC	Gemma Griffiths Shettleston	
F40-44	Caroline Marwick Highland Hill Runners	Stephanie Provan Deeside Runners	Anna Wildman Pennine Fell Runners
F45-49	Sue Richmond Pennine Fell Runners	Michelle Slater Moray Road Runners	Nicola Dawson Westerlands Cross Country Club
F50-54	Angela Mudge Ochil Hill Runners	Molly Ralphson Trawden Athletic Club	Shona Robertson Shettleston
F55-59	Jean Powell Wharfedale Harriers	Veronique Oldham Cosmic Hillbashers	
F60-64	Rowena Browne Bowland Fell Runners	Vicky Thornton Forth Valley Orienteers	Tania Wilson Fife Athletic Club
F65-69			
F70	Wendy Dodds Dallam Running Club		
MALE	Ross Gollan East Sutherland Athletics Club	Finlay Grant Dark Peak Fell Runners	Ewan Brown Corstorphine AAC
M23	Finlay Grant Dark Peak Fell Runners	Charlie Allmond Ambleside AC	George Baker Ambleside AC
M40-44	Steve Halsall Keswick AC	Joe Symonds Shettleston Harriers	Tom Owens Lochaber Athletic Club
M45-49	Andrew Fallas Carnethy Hill Racing Club	Ted Mason Wharfedale Harriers	Steve Jacques Ambleside AC
M50-54	Robert Jebb Helm Hill Runners	Gavin Mulholland Calder Valley Fell Runners	Paul Faulkner Carnethy Hill Racing Club
M55-59	Karl Gray Calder Valley Fell Runners	Kenny Richmond Helm Hill Runners	Alastair Pringle Shettleston Harriers
M60-64	Paul Cornforth Ambleside AC	Stewart Whitlie	Des Crowe

		Carnethy Hill Racing Club	Penicuik Harriers
M65-69	Colin Donnelly Cambuslang Harriers	Philip Pearson Northern Fells Running Club	Don Reid Westerlands Cross Country Club
M70	Brian Thompson Helm Hill Runners	Paul Morris Keswick AC	Neil Owen Run Free Fell Runners