

Sunday 3 rd May 2026 Sedbergh European 14.5km/ 980m Trial Race, Cumbria						
1	Matthew Knowles	Lancashire		1	Naomi Lang	Scotland West
2	Thomas Hilton	Scotland East		2	Elle Twentyman	Derbyshire
3	Tom Wood	North Wales		3	Scout Adkin	Cumbria
MU23				WU23		
1	Thomas Hilton	Scotland East		1	Lex Whitaker	Yorkshire
2	Sam Bentham	Yorkshire		2	Efa Baines	North Wales
3	Freddie Roden	Yorkshire		3	Louisa Brown	Scotland West
Men's Teams				Women's Teams		
1	Cumbria = 33	10 th Tim Lomont 11 th John Battrick 12 th George Foster 36 th Charlie Allmond DNF Oliver Dawson		1	Cumbria = 22 1 st by last highest scoring finisher - 3 to count	3 rd Scout Adkin 9 th Betty Bergstrand 10 th Hannah Russell 16 th Lizzie Browne
2	Scotland North = 38	7 th Finlay Todd 14 th Joseph Wright 17 th Ross Gollan 31 st Caiden Thom		2	Scotland West = 22	1 st Naomi Lang 6 th Emily McNicol 15 th Ella Peters 29 th Louisa Brown U23
3	Yorkshire = 53	15 th Sam Bentham U23 16 th Freddie Roden U23 22 nd Edward Hobbs U23 23 rd Martin Howard 42 nd David Lewis		3	Yorkshire = 23	5 th Caroline Lambert 7 th Emily Cowper-Coles 11 th Lex Whitaker U23 19 th Emma Moran DNF Jemima Elgood