

High Cup Nick Summary Results Juniors and Seniors 145 Seniors and 37 juniors

Seniors	Open Men	position overall	Club	Time	Seniors	Women	overall position	Club	Time
1st	Chris Steel	1	Borrowdale	1.04.18	1st	Pippa Maddams	19	Keswick	1.15.20
2nd	Nick Fish	2	Borrowdale	1.07.04	2nd	Catherine Evans	61	Keswick	1.25.02
3rd	Russell Maddams	3	Horwich	1.07.11	3rd	Beth Gregory Smith	78	Tynedale	1.29.06
Men Vet 40					Women Vet 40				
1st	Steve Birkinshaw	5	Borrowdale	1.08.46	1st	Sharon Schofield	84	Borrowdale	1.30.19
2nd	Martin Amor	6	CFR	1.10.17	2nd	Jacqueline Keuner	97	Swaledale	1.31.50
3rd	Nick Craig	8	Pennine	1.11.27	3rd	Jacqueline Shaw	115	Darwen Dashes	1.33.17
Men Vet 50					Women Vet 50				
1st	Neil Cassidy	42	Tynedale	1.21.34	1st	Debbie Thompson	109	Keswick	1.34.56
2nd	Karl Edwards	47	Fell Ponies	1.22.50	2nd	Janet Milton	119	Totley	1.39.52
3rd	David Owens	48	Keswick	1.22.50	3rd				
Men Vet 50					Women Vet 50				
1st	Mike McKenna	49	Dallum	1.23.15	1st				
2nd	Les Stephenson	80	Kendal	1.29.28	2nd				
3rd					3rd				
1st Team Borrowdale Chris Steele, Nick Fish, Steve Birkinshaw					1st Team Keswick:Pippa, Catherine, Debbie				

JUNIORS

14 years	Boys	Long Course					
1st	Jack Oakley	Arragons Triathlon		9.25			
2nd	Thomas Evans	Arragons Triathlon		9.41			
under 14s	Boys	Long Course			Under 14 GIRLS	Long Course	
1st	Thomas Criag	Pennine		8.37	1st	Ellen Regan	9.50
2nd	Fin Donovan	Arragons Triathlon		9.57			
3rd	Oliver Gutteridge	Pennine		10.04			
4th	Jake Butterworth	Arragons Triathlon		11.08			
5th	Henry Smith	Dufton		11.46			
6th	Joseph Gutteridge	Pennine		13.17			
Under 12	BOYS	Long Course				Long Course	
1st	Mark Donovan	Keswick		8.07	Under 12	GIRLS	
2nd	Elliott Matier	Arragons Triathlon		8.10	1st	Kerry Regan	9.57
3rd	Alec Sabey	Teesdale		8.22	2nd	Phoebe Tate	11.27
4th	James Wostear	Temple Sowerby		9.50	3rd	Eloise Evans	13.46
UNDER 10	BOYS	Short Course			UNDER 10	GIRLS	Short Course
1st=	Jack Lloyd	Eden Runners		4.20	1st	Sarah Atkinson	4.01
1st=	Edward Sabey	Teesdale		4.20	2nd	Amy Veitch	5.14
3rd	Charlie Craig	Pennine		4.24	3rd	Eliza Gutteridge	5.17
4th	Thomas Adams	CFR		5.12	4th	Rosie Dyer	5.32
5th	David Welch	Crackenthorpe		5.40	5th	Emily Palmer	6.15
6th	Connor Parkin	Dufton		6.01			
UNDER 8	BOYS	Short Course			UNDER 8	GIRLS	Short Course
1st	Louie Johnson	Clifton		4.38	1st	Holly Veitch	6.19
2nd	Robin Regan	CFR		5.15	2nd	Hannah Jo Egglestone	6.58
3rd	James Birkinshaw	Threlkeld		6.40			
4th	Barnaby Walkinshaw	CFR		6.53			
Under 6	fun run with parent	boys			Under 6	fun run with parent	girls
1st	Dylan Ruane	Penrith		7.57	1st	Juliette Welch	Crackenthorpe
2nd	Danny Welch	Crackenthorpe		8.48	2nd	Honor Thompsett	Scotland
3rd	Matthew Birkinshaw	Threlkeld		10.46	3rd	Morag Donnelly	Dufton