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

Seniors	Open Men	position overall	Club	Time	Seniors	Women	overall positior	n 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	
1st	Thomas Criag	Pennine	8.37
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	
1st	Mark Donovan	Keswick	8.07
2nd	Elliott Matier	Arragons Triathlon	8.10
3rd	Alec Sabey	Teesdale	8.22
4th	James Wostear	Temple Sowerby	9.50
UNDER 10	BOYS	Short Course	
UNDER 10			
1st=	Jack Lloyd	Eden Runners	4.20
	Jack Lloyd Edward Sabey		4.20 4.20
1st=	Jack Lloyd	Eden Runners	
1st= 1st=	Jack Lloyd Edward Sabey	Eden Runners Teesdale	4.20
1st= 1st= 3rd	Jack Lloyd Edward Sabey Charlie Craig	Eden Runners Teesdale Pennine	4.20 4.24
1st= 1st= 3rd 4th	Jack Lloyd Edward Sabey Charlie Craig Thomas Adams	Eden Runners Teesdale Pennine CFR	4.20 4.24 5.12
1st= 1st= 3rd 4th 5th	Jack Lloyd Edward Sabey Charlie Craig Thomas Adams David Welch	Eden Runners Teesdale Pennine CFR Crackenthorpe	4.20 4.24 5.12 5.40
1st= 1st= 3rd 4th 5th	Jack Lloyd Edward Sabey Charlie Craig Thomas Adams David Welch	Eden Runners Teesdale Pennine CFR Crackenthorpe	4.20 4.24 5.12 5.40
1st= 1st= 3rd 4th 5th 6th	Jack Lloyd Edward Sabey Charlie Craig Thomas Adams David Welch Connor Parkin	Eden Runners Teesdale Pennine CFR Crackenthorpe Dufton	4.20 4.24 5.12 5.40
1st= 1st= 3rd 4th 5th 6th <b>UNDER 8</b>	Jack Lloyd Edward Sabey Charlie Craig Thomas Adams David Welch Connor Parkin BOYS	Eden Runners Teesdale Pennine CFR Crackenthorpe Dufton Short Course	4.20 4.24 5.12 5.40 6.01
1st= 1st= 3rd 4th 5th 6th <b>UNDER 8</b> 1st	Jack Lloyd Edward Sabey Charlie Craig Thomas Adams David Welch Connor Parkin BOYS Louie Johnson	Eden Runners Teesdale Pennine CFR Crackenthorpe Dufton Short Course Clifton	4.20 4.24 5.12 5.40 6.01 4.38
1st= 1st= 3rd 4th 5th 6th <b>UNDER 8</b> 1st 2nd	Jack Lloyd Edward Sabey Charlie Craig Thomas Adams David Welch Connor Parkin BOYS Louie Johnson Robin Regan	Eden Runners Teesdale Pennine CFR Crackenthorpe Dufton Short Course Clifton CFR	4.20 4.24 5.12 5.40 6.01 4.38 5.15
1st= 1st= 3rd 4th 5th 6th <b>UNDER 8</b> 1st 2nd 3rd 4th	Jack Lloyd Edward Sabey Charlie Craig Thomas Adams David Welch Connor Parkin <b>BOYS</b> Louie Johnson Robin Regan James Birkinshaw Barnaby Walkinshaw	Eden Runners Teesdale Pennine CFR Crackenthorpe Dufton Short Course Clifton CFR Threlkeld CFR	4.20 4.24 5.12 5.40 6.01 4.38 5.15 6.40
1st=   1st=   3rd   4th   5th   6th   UNDER 8   1st   2nd   3rd   4th   Under 6	Jack Lloyd Edward Sabey Charlie Craig Thomas Adams David Welch Connor Parkin BOYS Louie Johnson Robin Regan James Birkinshaw Barnaby Walkinshaw fun run with parent	Eden Runners Teesdale Pennine CFR Crackenthorpe Dufton Short Course Clifton CFR Threlkeld CFR boys	4.20 4.24 5.12 5.40 6.01 4.38 5.15 6.40 6.53
1st=   1st=   3rd   4th   5th   6th   UNDER 8   1st   2nd   3rd   4th   Under 6   1st	Jack Lloyd Edward Sabey Charlie Craig Thomas Adams David Welch Connor Parkin BOYS Louie Johnson Robin Regan James Birkinshaw Barnaby Walkinshaw <b>fun run with parent</b> Dylan Ruane	Eden Runners Teesdale Pennine CFR Crackenthorpe Dufton Short Course Clifton CFR Threlkeld CFR boys Penrith	4.20 4.24 5.12 5.40 6.01 4.38 5.15 6.40 6.53 7.57
1st=   1st=   3rd   4th   5th   6th   UNDER 8   1st   2nd   3rd   4th   Under 6	Jack Lloyd Edward Sabey Charlie Craig Thomas Adams David Welch Connor Parkin BOYS Louie Johnson Robin Regan James Birkinshaw Barnaby Walkinshaw fun run with parent	Eden Runners Teesdale Pennine CFR Crackenthorpe Dufton Short Course Clifton CFR Threlkeld CFR boys	4.20 4.24 5.12 5.40 6.01 4.38 5.15 6.40 6.53

Under 14 (	GIRLS	Long Course		
1st	Ellen Regan	CFR	9.50	
	Long Course			
Under 12	Long Course GIRLS			
1st	Kerry Regan	CFR	9.57	
2nd	Phoebe Tate	Pennine	11.27	
3rd	Eloise Evans	Arragons Triathlon	13.46	
510			13.40	
UNDER 10	GIRLS	Short Course		
1st	Sarah Atkinson	Helm Hill	4.01	
2nd	Amy Veitch	Newbiggin	5.14	
3rd	Eliza Gutteridge	Pennine	5.17	
4th	Rosie Dyer	St Helens Sutton	5.32	
5th	Emily Palmer	Gt. Asby	6.15	
UNDER 8	GIRLS	Short Course		
1st	Holly Veitch	Newbiggin	6.19	
2nd	Hannah Jo Egglestone	Dufton	6.58	
Under 6	fun run with parent	girls		
1st	Juliette Welch	Crackenthorpe	7.27	
2nd	Honor Thompsett	Scotland	10.34	
3rd	Morag Donnelly	Dufton	10.36	
2.0			10.00	