

rank	Club	Long		Super Long				TOTAL
		Three Shires	Langdale	Duddon	Ennerdale	Wasdale	Borrowdale	POINTS
1	Dark Peak FR	90.1	91	92.6	96.8	92.6	85.6	282
2	Borrowdale FR	90.1	94.1		95.5		76.9	266.5
3	Wharfedale Harriers	83.1	59.3		90.8		84	257.9
4	Helm Hill Runners	80.8	87.6	82.7	83		72.1	253.3
5	Bowland FR	77.9	86.4	85.4	64.7	74.1	69.2	245.9
6	Ambleside AC	87.7	89.7		85.7		69.9	245.3
7	Bingley Harriers		87.5		88.9		68.5	245
8	Keswick AC	71.8	83.5		82.2	71.6	77.6	243.3
9	Calder Valley FR	43	80.1		91.2		71.4	242.7
10	Ellenborough AC	76.6	82.4		69.6		87.1	239.1
11	Clayton-le-Moors	70.7	81.7	68.8	77.7	72.5	68.2	232
12	Black Combe Runners	79.9	79.3	74.6	61.1	74.5		229
13	Ilkley Harriers	51.3	78.4		71.6	69.1		219.2
14	Pennine FR		81.8		75.8		59.3	216.9
15	Glossopdale Harriers			77.9	73.6		62.7	214.1
16	Cumberland FR	51.9	75.4	68.4	63.4		43.3	207.2
17	Horwich RMI Harriers		61.2		86.9		57.2	205.2
18	Kendal	70.6	69.2	65			50.1	185.7
19	Lonsdale	61.1		59.7		62.2	50.1	183
20	Chorley AC	62	57.7	48.7	45		63.4	174.1
21	Esk Valley		55.3			41	57.5	153.8