

rank	Club	Long		Super Long				TOTAL
		Three Shires	Langdale	Duddon	Ennerdale	Buttermere	Wasdale	POINTS
1	Ambleside AC	99.1	89.8	88.9		76	92	280
2	Helm Hill Runners	68.4	85	86.2		72.2	84	255.1
3	Dark Peak FR	72	79.1	84.1	83.2	74.5	74.2	246.5
4	Keswick AC	74.7	88.5	49.1	81.1	70.4	73.5	243.1
5	Pennine FR	75.4	59.7	65.4		71.8	76.8	224
6	Clayton-le-Moors	81.5	70.1	71.4			70.5	223.4
7	Northern Fells	73.9	56	41.7	51.5	45.2	72.8	198.2
8	Cumberland FR	64.4	55.4	62.6	63.7	49	56.3	190.7
9	Bowland FR	77.6	69.4			42.5	62.9	183.1
10	Black Combe Runners	57.4	63	47.7	61.2			172
11	Barlick FR	60.9	54.1	50.2			47.1	158.2