

ENGLISH CHAMPIONSHIP 2004		Short		Medium		Long		TOTAL
TEAMS	MEN	Buck	Sh M	Noon	Kent	3 Pks	Boro	POINTS
1	Borrowdale	9	1	9	12	12	12	45
2	Pudsey & Bramley AC	12	12	8	8	9	8	41
3	Mercia FR	7	9	6	9	7	7	32
4	Bingley Harriers	8		12	6	5	2	31
5	Ambleside AC	6		7	7	8	9	30
6	Dark Peak FR	5	5	5	0	0	6	21
7	Clayton Le Moors H	4	6	4	0	6	3	20
8	Bowland FR	3	8	3	5	3	1	19
9	Pennine FR	2	7	0	1	2	0	12
10	Keswick AC		3	0	2	0	4	9
11	Cumberland FR			0	3	0	5	8
12	Horwich RMI Harriers		2	1	4	0	0	7
13	Trafford AC	1	4	0	0			5
14	Holmfirth Harriers			0		4		4
15	Todmorden Harriers			2	0		0	2
16	Kendal AC			0	0	1		1

ENGLISH CHAMPIONSHIP 2004		Short		Medium		Long		TOTAL
TEAMS	LADIES	Buck	Sh M	Noon	Kent	3 Pks	Boro	POINTS
1	Bingley Harriers	12		12	12	12		48
2	Calder Valley FR	7	12	4	8	7	9	36
3	Ilkley Harriers	8	8	8	7	9	8	33
4	Dark Peak FR	6	9	7	5	8		30
5	Clayton Le Moors H	9	6	5	6		7	28
6	Keswick AC			9	9			18
7	Borrowdale						12	12
8	Holmfirth Harriers			6		6		12
9	Pennine FR		7	3				10
10	Todmorden	5			2			7
11	Cumberland FR			1	4			5
12	Kendal AC				3			3
13	Valley Striders			2				2
14	Helm Hill Runners				1			1

Key :	Noon: Noonstone	Medi	6 Mar	Kent: Kentmere	Medium	18 July
	3 Pks: Three Peaks	Long	25 Apr	Boro: Borrowdale	Long	7 Aug
	Buck: Buckden Pike	Shor	19 June	Sh M: Shelf Moor	Short	5 Sep