

ENGLISH CHAMPIONSHIP 2004		Short		Medium		Long		TOTAL
TEAMS	MEN O40	Buck	Sh M	Noon	Kent	3 Pks	Boro	POINTS
1	Bowland FR	12	12	9	9	9	7	42
2	Pennine FR	8	9	6	12	8	4	37
3	Borrowdale		5	12	8		12	37
4	Clayton Le Moors H	9	8	7	5	6	5	30
5	Horwich RMI Harriers		7	8	7	5	6	28
6	Dark Peak FR	7	4	2	4	4	9	24
7	Cumberland FR	5		4	6	0	8	23
8	Kendal AC	3		3	0	7		13
9	Holmfirth Harriers			0		12		12
10	Helm Hill Runners			5	3			8
11	Ilkley Harriers	6		0	0	2		8
12	Trafford AC		6					6
13	Todmorden Harriers	4		0	0		0	4
14	Keswick A.C.				1	0	3	4
15	Ambleside AC	2		0	2			4
16	Settle Harriers					3		3
17	Penistone Footpath runners		3					3
18	Mercia FR			1	0	0	2	3
19	Altrincham district AC		2		0			2
20	Saltwell						1	1
20	Saddleworth Runners					1		1
20	Keighley & Craven AC	1		0		0		1

ENGLISH CHAMPIONSHIP 2004		Short		Medium		Long		TOTAL
TEAMS	MEN O50	Buck	Sh M	Noon	Kent	3 Pks	Boro	POINTS
1	Horwich R.M.I. Harriers	12	12		12	9	5	45
2	Clayton Le Moors H	7	9	12	8	8	12	41
3	Cumberland FR	9		9	9		8	35
4	Dark Peak FR	8	6	3	6	7	9	30
5	Pennine FR	5	7	7	4			19
6	Kendal A.C.				5	12		17
7	Keswick AC				7		7	14
8	Ilkley Harriers	6		8				14
9	Bingley Harriers	3		5		6		14
10	Holmfirth Harriers			6	1	5		12
11	Rosendale	4					6	10
12	Borrowdale		8					8
13	Altrincham		5					5
14	Skyrac AC			4				4
15	Helsby		4					4
16	Calder Valley FR			2	2			4
17	Bowland				3			3

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