

	Total	Cockermouth	Penrith
U9 Male			
1 Cumberland Fell Runners	24	12	12
U9 Female			
None			
U11 Male			
1 Eden Runners	24	12	12
U11 Female			
None			
U13 Male			
1 Ambleside AC	12		11
2 Leven Valley AC	11		12
U13 Female			
1 Annan & District AC	12		11
2 Kendal Amateur Athletic Club	11		12
U15 Male			
1 Kendal Amateur Athletic Club	24	12	12
U15 Female			
1 Eden Runners	23	12	11
2 Leven Valley AC	12		12
U17 Male			
1 Border Harriers & AC	24	12	12
U17 Female			
None			

		Total	Cockermouth	Penrith
Senior Men				
1	Derwent AC Cockermouth	21	12	9
1	Eden Runners	21	11	10
2	Keswick AC	18	10	8
3	DH Runners	14	8	6
4	Derwent AC Cockermouth	B 13	9	4
5	Eden Runners	B 12	7	5
5	Border Harriers & AC	12		12
6	Border Harriers & AC	B 11		11
7	Leven Valley AC	7		7
8	Cumberland AC	6	6	
Senior Women				
1	Eden Runners	23	12	11
2	Keswick AC	21	11	10
3	Derwent AC Cockermouth	18	10	8
4	Eden Runners	B 15	9	6
5	Ambleside AC	12		12
6	Border Harriers & AC	9		9
7	DH Runners	7		7
8	Leven Valley AC	5		5
9	DH Runners	B 4		4