

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
BROUGH		APPLEBY		KENDAL		BLENCARN		CLIBURN
BROUGH SOWERBY		BLEATARN		STAVELEY		CULGAITH		CLIFTON
HARTLEY		BOLTON		TROUTBECK		EAMONT BRIDGE		CROSBY RAVENSWORTH
KABER		BRACKENBER		WINDERMERE		GAMBLESBY		GREENHOLME
KIRKBY STEPHEN		BRAMPTON				GLASSONBY		HACKTHORPE
NATEBY		BURRELLS				GREAT SALKELD		KELLETH
SMARDALE		COLBY				HIGH/LOW HESKET		KINGS MEABURN
STAINMORE		CROSBY GARRETT				HUNSONBY		LOWTHER
WINTON		DUFTON				KIRKBY THORE		MAULDS MEABURN
		FLAKEBRIDGE				KIRKOSWALD		MELKINTHORPE
		GRASSGILL				KNOCK		MORLAND
		GREAT ASBY				LANGWATHBY		NEWBY
		HILTON				LAZONBY		N-O-L
		HOFF				LITTLE SALKELD		ORTON
		MURTON				LONG MARTON		RAVENSTONEDALE
		MUSGRAVE				MELMERBY		REAGILL
		ORMSIDE				MILBURN / GULLAM		ROUNDTHTWAITE
		SANDFORD				NEWBIGGIN		SHAP
		SOULBY				OUSBY		SLEAGILL
		WARCOP				PENRITH		STRICKLAND
						PLUMPTON		TEBAY
						POOLEY BRIDGE		
						SKELTON/ELLONBY		
						SKIRWITH		
						STANTON		
						TEMPLE SOWERBY		
						TIRRILL		
						WINSKILL		