

## Industry Liaison Executive regional areas

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	Barrow	Ambleside
Allonby	Bowness on Windermere	Appleby
Alston	Broughton in Furness	Brough
Aspatria	Cartmel	Carnforth
Borrowdale	Crook	Coniston
Brampton	Crosthwaite	Dent
Buttermere	Dalton in Furness	Elterwater
Carlisle	Grange over sands	Grasmere
Caulbeck	Greenod	Hawkshead
Cleator Moor	Kirkby Lonsdale	Kendal
Cockermouth	Levens	Kirkby Stephen
Dalston	Lowick Bridge	Kirkby Thore
Eskdale	Milnthorpe	Millburn
Frizington	Newby Bridge/Lakeside	Natland
Greystoke	Satterthwaite	Orton
Gosforth	Soutergate	Penrith
Holmrook	Staveley	Ravenstonedale
Keswick	Torver	Sawrey
Kirk Oswald	Ulverston	Sedbergh
Langwathby	Windermere up to Low Wood Hotel	Sedgewick
Lazonby		Shap
Longtown		Tebay
Maryport		Temple Sowerby
Millom		Ullswater/ Glenridding
Port Carlisle		
Rosthwaite		
Seascale		
Silloth		
Wigton		
Workington		
Whitehaven		