

MANCHESTER AREA CROSS COUNTRY LEAGUE
2015/2016 TEAM POINTS & POSITIONS
MATCH FOUR – HEATON PARK – 16 JANUARY 2016

TEAM RESULTS – MATCH FOUR

<i>MATCH FOUR POINTS AND POSITIONS</i>	
Under 11 Girls	<i>page 2</i>
Under 11 Boys	
Under 13 Girls	
Under 13 Boys	<i>page 3</i>
Under 15 Girls	
Under 15 Boys	
Under 17 Girls	
Under 17 Boys	
Under 20 Women	<i>page 4</i>
Senior Women – Division One	
Senior Women – Division Two	
Senior Women – Division Three	
Senior Women – B Teams	<i>page 5</i>
Senior Women – C Plus Teams	
Vet Women – Division One	<i>page 6</i>
Vet Women – Division Two	
Vet Women – Division Three	
Vet Women – B Teams	<i>page 7</i>
Vet Women – C Plus Teams	
Senior Men – Division One	<i>page 8</i>
Senior Men – Division Two	
Senior Men – Division Three	
Senior Men – B Teams	<i>page 9</i>
Senior Men – C Plus Teams	
Vet Men – Division One	<i>page 10</i>
Vet Men – Division Two	
Vet Men – Division Three	
Vet Men – B Teams	
Vet Men – C Plus Teams	<i>page 11</i>
Under 20 Men	
Notes – Scoring in the event of a Tie	<i>page 12</i>
Notes – Individuals	
Contact details	

MANCHESTER AREA CROSS COUNTRY LEAGUE
2015/2016 TEAM POINTS & POSITIONS
MATCH FOUR – HEATON PARK – 16 JANUARY 2016

UNDER 11 GIRLS

GIRLS UNDER 11 – 3 to score – max points 10 [best four from five to count]						
1	SALE H MANCHESTER	1	4	8	13	10
2	VALE ROYAL AC	2	3	20	25	9
3	WARRINGTON AC	7	13	14	34	8
4	SALFORD H & AC	5	11	22	38	7
5	LIVERPOOL H & AC	6	12	25	43	6
6	MACCLESFIELD H & AC	19	21	26	66	5
7	ALTRINCHAM & DISTRICT AC	16	27	30	73	4
8	MANCHESTER H & AC	10	39	46	95	3

GIRLS UNDER 11 – B & C TEAMS – for interest only						
	SALE H MANCHESTER – B	9	17	18	44	
	WARRINGTON AC – B	32	34	44	110	

UNDER 11 BOYS

BOYS UNDER 11 – 3 to score - max points 10 [best four from five to count]						
1	TRAFFORD AC	1	7	13	21	10
2	SALE H MANCHESTER	6	9	12	27	9
3	VALE ROYAL AC	4	5	21	30	8
4	SALFORD MET AC	8	17	24	49	7
5	WARRINGTON AC	11	14	28	53	6
6	MACCLESFIELD H & AC	20	22	23	65	5
7	ST HELENS SUTTON AC	3	34	39	76	4

BOYS UNDER 11 – B TEAM – for interest only						
	SALFORD MET AC – B	26	27	29	82	

UNDER 13 GIRLS

GIRLS UNDER 13 – 3 to score – max points 10 [best four from five to count]						
1	SALE H MANCHESTER	1	5	8	14	10
2	SALFORD H & AC	6	7	9	22	9
3	EAST CHESHIRE H & TAMESIDE AC	3	15	18	36	8
4	STOCKPORT H & AC	4	13	21	38	7
5	MANCHESTER H & AC	12	22	33	67	6

GIRLS UNDER 13 – B & C TEAMS – for interest only						
	SALFORD H & AC – B	10	11	14	35	
	SALFORD H & AC – C	17	19	20	56	
	SALE H MANCHESTER – B	16	24	26	66	

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2015/2016 TEAM POINTS & POSITIONS
MATCH FOUR – HEATON PARK – 16 JANUARY 2016

UNDER 13 BOYS

BOYS UNDER 13 – 3 to score - max points 10 [best four from five to count]						
1	SALFORD H & AC	1	3	8	12	10
2	STOCKPORT H & AC	7	9	10	26	9
3	TRAFFORD AC	2	12	13	27	8
4	MACCLESFIELD H & AC	5	6	16	27	7

BOYS UNDER 13 – B TEAM – for interest only						
	STOCKPORT H & AC – B	11	15	22	48	

UNDER 15 GIRLS

GIRLS UNDER 15 – 3 to score - max points 10 [best four from five to count]						
1	LIVERPOOL H & AC	1	2	3	6	10
2	SALE H MANCHESTER AC	6	14	15	35	9
3	MANCHESTER H & AC	4	12	20	36	8
4	EAST CHESHIRE H & TAMESIDE AC	11	13	26	50	7
5	WIRRAL AC	5	21	28	54	6

GIRLS UNDER 15 – B & C TEAMS – for interest only						
	SALE H MANCHESTER – B	16	17	19	52	
	LIVERPOOL H & AC – B	9	27	29	65	

UNDER 15 BOYS

BOYS UNDER 15 – 3 to score - max points 10 [best four from five to count]						
1	SALE H MANCHESTER	3	6	8	17	10
2	SALFORD H & AC	2	9	13	24	9
3	STOCKPORT H & AC	4	5	17	26	8

UNDER 17 GIRLS

GIRLS UNDER 17 – 3 to score - maximum points 10 [best four from five to count]						
1	STOCKPORT H & AC	1	3	5	9	10
2	SALFORD H & AC	7	12	13	32	9
3	SALE H MANCHESTER	10	11	14	35	8

UNDER 17 BOYS

BOYS UNDER 17 – 3 to score - max points 10 [best four from five to count]						
1	MANCHESTER H & AC	3	5	7	15	10
2	EAST CHESHIRE H & TAMESIDE AC	4	6	12	22	9
3	STOCKPORT H & AC	11	13	15	39	8

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MATCH FOUR – HEATON PARK – 16 JANUARY 2016

UNDER 20 WOMEN

UNDER 20 WOMEN – 3 to score - maximum points 10 [best four from five to count]							
1	UNIVERSITY OF MANCHESTER CCC	<i>1</i>	<i>2</i>	<i>4</i>	<i>7</i>	10	

SENIOR WOMEN – DIVISION ONE

SNR WOMEN DIV ONE - 4 to score - max points 10 [overall - best four from five to count]							
1	SALE H MANCHESTER AC	<i>7</i>	<i>11</i>	<i>17</i>	<i>19</i>	54	10
2	TRAFFORD AC	<i>2</i>	<i>5</i>	<i>23</i>	<i>26</i>	56	9
3	EAST CHESHIRE H & TAMESIDE AC	<i>6</i>	<i>13</i>	<i>47</i>	<i>50</i>	116	8
4	CHORLTON RUNNERS	<i>22</i>	<i>33</i>	<i>35</i>	<i>39</i>	129	7
5	STOCKPORT H & AC	<i>16</i>	<i>30</i>	<i>37</i>	<i>46</i>	129	6
6	WILMSLOW RC	<i>18</i>	<i>27</i>	<i>41</i>	<i>52</i>	138	5
7	ALTRINCHAM & DISTRICT AC	<i>31</i>	<i>48</i>	<i>60</i>	<i>84</i>	223	4
8	MANCHESTER TRIATHLON	<i>12</i>	<i>53</i>	<i>76</i>	<i>115</i>	256	3
9	MACCLESFIELD H & AC	<i>28</i>	<i>36</i>	<i>106</i>	<i>109</i>	279	2
-	SALFORD H & AC	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	-	-

SENIOR WOMEN – DIVISION TWO

SNR WOMEN DIV TWO - 4 to score - max points 11 [overall - best four from five to count]							
1	UNIVERSITY OF MANCHESTER CCC	<i>1</i>	<i>4</i>	<i>10</i>	<i>14</i>	29	11
2	BRAMHALL RUNNERS	<i>54</i>	<i>57</i>	<i>59</i>	<i>68</i>	238	10
3	SWINTON RC	<i>24</i>	<i>70</i>	<i>71</i>	<i>74</i>	239	9
4	MANCHESTER YMCA HARRIERS	<i>80</i>	<i>81</i>	<i>96</i>	<i>101</i>	358	8
5	MANCHESTER H & AC	<i>64</i>	<i>69</i>	<i>116</i>	<i>132</i>	381	7
6	MIDDLETON HARRIERS AC	<i>38</i>	<i>130</i>	<i>131</i>	<i>145</i>	444	6
7	BELLE VUE RACERS	<i>93</i>	<i>123</i>	<i>129</i>	<i>138</i>	483	5
-	GLOSSOPDALE HARRIERS	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	-	-
-	ST HELENS SUTTON AC	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	-	-
-	VALE ROYAL AC	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	-	-
-	WINSTON RUNNERS	<i>-</i>	<i>-</i>	<i>-</i>	<i>-</i>	-	-

SENIOR WOMEN – DIVISION THREE

SNR WOMEN DIV THREE - 4 to score - max points 8* [overall - best four from five to count]							
1	WIRRAL AC	<i>15</i>	<i>40</i>	<i>90</i>	<i>166</i>	311	8
2	ST HELENS TRI	<i>32</i>	<i>61</i>	<i>87</i>	<i>151</i>	331	7
3	MANCHESTER FRONTRUNNERS	<i>25</i>	<i>43</i>	<i>125</i>	<i>157</i>	350	6
4	DRAGONS RC SALE	<i>42</i>	<i>62</i>	<i>110</i>	<i>176</i>	390	5
5	SALFORD MET AC	<i>66</i>	<i>89</i>	<i>124</i>	<i>133</i>	412	4

**should there be more teams at the final match, the maximum points (8) will be increased and the above points and those of previous matches will be adjusted accordingly.*

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2015/2016 TEAM POINTS & POSITIONS

MATCH FOUR – HEATON PARK – 16 JANUARY 2016

SENIOR WOMEN – B TEAMS

SNR WOMEN B TEAMS - 4 to score - max points 17* [overall - best four from five to count]							
1	SALE H MANCHESTER – B	20	21	29	34	104	17
2	CHORLTON RUNNERS – B	51	55	58	72	236	16
3	STOCKPORT H & AC – B	79	82	92	94	347	15
4	TRAFFORD AC – B	56	88	107	142	393	14
5	MANCHESTER TRIATHLON – B	117	118	120	135	490	13
6	SWINTON RC – B	111	114	119	146	490	12
7	EAST CHESHIRE H & TAMESIDE AC – B	103	141	150	186	580	11
8	BELLE VUE RACERS – B	147	158	178	179	662	10
9	MIDDLETON HARRIERS AC – B	160	162	169	182	673	9
10	MANCHESTER YMCA H – B	134	185	191	213	723	8
11	ST HELENS TRI – B	156	181	193	194	724	7
12	BRAMHALL RUNNERS – B	172	190	196	206	764	6

**should there be more teams at the final match, the maximum points (17) will be increased and the above points and those of previous matches will be adjusted accordingly.*

SENIOR WOMEN – C PLUS TEAMS

SNR WOMEN C PLUS TEAMS - 4 to score - max points 14* [overall - best 4 from 5 to count]							
1	SALE H MANCHESTER – C	44	45	49	63	201	14
2	SALE H MANCHESTER – D	65	67	73	78	283	13
3	CHORLTON RUNNERS – C	75	77	83	112	347	12
4	SALE H MANCHESTER – E	91	95	97	102	385	11
5	STOCKPORT H & AC – C	98	99	104	105	406	10
6	SALE H MANCHESTER – F	108	140	144	152	544	9
7	CHORLTON RUNNERS – D	126	127	139	164	556	8
8	MANCHESTER TRIATHLON – C	136	154	161	167	618	7
9	SWINTON RC – C	149	177	180	197	703	6
10	CHORLTON RUNNERS – E	165	183	189	195	732	5
11	CHORLTON RUNNERS – F	199	204	205	209	817	4

**should there be more teams at the final match, the maximum points (14) will be increased and the above points and those of previous matches will be adjusted accordingly.*

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VETERAN WOMEN – DIVISION ONE

VET WOMEN DIV ONE - 3 to score - maximum points 10 [best 4 from 5 to count]						
1	SALE H MANCHESTER AC	2	4	8	14	10
2	WILMSLOW RC	3	6	12	21	9
3	STOCKPORT H & AC	9	36	38	83	8
4	EAST CHESHIRE H & TAMESIDE AC	17	19	53	89	7
5	MANCHESTER TRIATHLON	21	34	63	118	6
6	TRAFFORD AC	23	43	56	122	5
7	MIDDLETON HARRIERS AC	10	73	74	157	4
8	BELLE VUE RACERS	48	67	80	195	3
	<i>GLOSSOPDALE HARRIERS</i>	-	-	-	-	-
	<i>MACCLESFIELD H & AC</i>	-	-	-	-	-

VETERAN WOMEN – DIVISION TWO

VET WOMEN DIV TWO - 3 to score - maximum points 9 [best 4 from 5 to count]						
1	ALTRINCHAM & DISTRICT AC	7	18	26	51	9
2	SWINTON RC	5	31	33	69	8
3	BRAMHALL RUNNERS	22	24	25	71	7
4	MANCHESTER H & AC	28	30	64	122	6
5	MANCHESTER YMCA HARRIERS	37	51	77	165	5
6	CHORLTON RUNNERS	39	70	71	180	4
7	MANCHESTER FRONTRUNNERS	14	69	125	208	3
	<i>SALFORD H & AC</i>	-	-	-	-	-
	<i>WINSTON RUNNERS</i>	-	-	-	-	-

VETERAN WOMEN – DIVISION THREE

VET WOMEN DIV THREE - 3 to score - maximum points 7* [best 4 from 5 to count]						
1	WIRRAL AC	1	11	45	57	7
2	ST HELENS TRI	27	42	91	160	6
3	SALFORD MET AC	44	68	76	188	5
*should there be more teams at subsequent matches, the maximum points (7) will be increased and the above points and those for Match Two will be adjusted accordingly.						

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MATCH FOUR – HEATON PARK – 16 JANUARY 2016

VETERAN WOMEN – B TEAMS

VET WOMEN B TEAMS - 3 to score - maximum points 14* [best 4 from 5 to count]						
1	SALE H MANCHESTER – B	15	16	29	60	14
2	STOCKPORT H & AC – B	47	50	54	151	13
3	SWINTON RC – B	60	62	89	211	12
4	MANCHESTER TRIATHLON – B	65	78	94	237	11
5	MANCHESTER H & AC – B	75	84	107	266	10
6	MIDDLETON HARRIERS AC – B	86	98	100	284	9
7	EAST CHESHIRE H & TAMESIDE AC – B	82	90	114	286	8
8	BELLE VUE RACERS – B	87	96	109	292	7
9	ST HELENS TRI – B	95	112	121	328	6
10	CHORLTON RUNNERS – B	102	117	126	345	5
11	BRAMHALL RUNNERS – B	106	118	123	347	4
<i>*should there be more teams at the final match, the maximum points (14) will be increased and the above points and those of previous matches will be adjusted accordingly.</i>						

VETERAN WOMEN – C PLUS TEAMS

VET WOMEN C PLUS TEAMS - 3 to score - maximum points 10* [best 4 from 5 to count]						
1	SALE H MANCHESTER – C	32	35	46	113	10
2	SALE H MANCHESTER – D	49	52	57	158	9
3	STOCKPORT H & AC – C	55	72	88	215	8
4	SALE H MANCHESTER – E	81	85	92	258	7
5	MANCHESTER TRIATHLON – C	99	103	129	331	6
6	MIDDLETON HARRIERS AC – C	105	113	120	338	5
7	SWINTON RC – C	108	111	124	343	4
8	CHORLTON RUNNERS – C	131	132	136	399	3
<i>*should there be more teams at the final match, the maximum points (10) will be increased and the above points and those of previous matches will be adjusted accordingly.</i>						

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MATCH FOUR – HEATON PARK – 16 JANUARY 2016

SENIOR MEN – DIVISION ONE

SNR MEN DIV ONE - 6 to score - maximum points 10 [best 4 from 5 to count]									
1	SALFORD H & AC	6	7	9	10	16	17	65	10
2	TRAFFORD AC	3	8	13	14	23	33	94	9
3	SALE H MANCHESTER AC	5	12	21	25	29	34	126	8
4	STOCKPORT H & AC	1	52	57	61	65	71	307	7
5	WILMSLOW RC	28	36	45	62	73	78	322	6
6	ALTRINCHAM & DISTRICT AC	2	26	59	79	87	98	351	5
7	MANCHESTER TRI	18	24	80	100	113	118	453	4
8	CHORLTON RUNNERS	15	22	75	90	126	135	463	3
9	SWINTON RC	32	39	92	125	132	207	627	2
10	MACCLESFIELD H & AC	43	58	106	151	160	161	679	1

SENIOR MEN – DIVISION TWO

SNR MEN DIV TWO - 6 to score - maximum points 11 [best 4 from 5 to count]									
1	E CHESHIRE H & TAMESIDE AC	4	19	31	41	69	95	259	11
2	UNIV OF MANCHESTER CCC	27	42	44	54	74	108	349	10
3	MANCHESTER YMCA H	37	48	67	111	192	251	706	9
4	MANCHESTER FRONTRUNNERS	70	83	129	159	169	179	789	8
5	VALE ROYAL AC	76	86	94	162	202	257	877	7
6	BRAMHALL RUNNERS	123	130	141	149	150	188	881	6
7	KNUTSFORD TRI CLUB	56	127	156	157	177	220	893	5
8	MANCHESTER H & AC	30	165	167	197	200	205	964	4
9	BELLE VUE RACERS	104	152	195	213	254	292	1210	3
10	MIDDLETON H AC	245	263	268	288	306	307	1677	2
-	ST HELENS SUTTON AC	-	-	-	-	-	-	-	-

SENIOR MEN – DIVISION THREE

SNR MEN DIV THREE - 6 to score - maximum points 9* [best 4 from 5 to count]									
1	HORWICH RMI	11	20	47	49	50	91	268	9
2	GLOSSOPDALE HARRIERS	64	105	185	231	235	270	1090	8
3	SALFORD MET AC	122	144	155	228	234	259	1142	7
4	WINSTON RUNNERS	229	269	291	293	299	300	1681	6

**should there be more teams at the final match, the maximum points (9) will be increased and the above points and those of previous matches will be adjusted accordingly.*

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MATCH FOUR – HEATON PARK – 16 JANUARY 2016

SENIOR MEN – B TEAMS

SNR MEN B TEAMS - 6 to score - maximum points 17* [best 4 from 5 to count]									
1	SALE H MANCHESTER – B	38	40	46	53	55	63	295	17
2	TRAFFORD AC – B	35	68	77	93	103	136	512	16
3	SALFORD H & AC – B	51	60	81	82	97	164	535	15
4	STOCKPORT H & AC – B	72	84	85	102	109	117	569	14
5	ALTRINCHAM & DISTRICT – B	107	112	116	120	148	158	761	13
6	MANCHESTER TRIATHLON – B	124	131	134	146	154	223	912	12
7	CHORLTON RUNNERS – B	143	174	178	211	216	232	1154	11
8	EAST CHESHIRE H & TAMESIDE – B	99	175	215	260	285	303	1337	10
9	BRAMHALL RUNNERS – B	189	199	209	237	248	269	1371	9
10	MANCHESTER FRONTRUNNERS – B	218	233	241	247	264	287	1490	8

**should there be more teams at the final match, the maximum points (17) will be increased and the above points and those of previous matches will be adjusted accordingly.*

SENIOR MEN – C PLUS TEAMS

SNR MEN C PLUS TEAMS - 6 to score - maximum points 20* [best 4 from 5 to count]									
1	SALE H MANCHESTER – C	89	96	101	114	115	119	634	20
2	SALE H MANCHESTER – D	121	137	138	140	147	171	854	19
3	STOCKPORT H & AC – C	133	166	182	191	193	201	1066	18
4	ALTRINCHAM & DISTRICT – C	173	180	184	186	214	250	1187	17
5	SALE H MANCHESTER – E	187	196	217	226	246	266	1338	16
6	STOCKPORT H & AC – D	212	219	227	240	249	312	1459	15
7	MANCHESTER TRIATHLON – C	243	273	277	278	282	294	1647	14

**should there be more teams at the final match, the maximum points (20) will be increased and the above points and those of previous matches will be adjusted accordingly.*

VETERAN MEN – DIVISION ONE

VET MEN DIV ONE - 4 to score - max points 10 [best four from five to count]							
1	WILMSLOW RC	6	10	13	23	52	10
2	SALE H MANCHESTER AC	11	12	14	19	56	9
3	SALFORD H & AC	2	3	21	31	57	8
4	TRAFFORD AC	1	9	29	35	74	7
5	STOCKPORT H & AC	18	22	24	26	90	6
6	SWINTON RC	8	34	55	60	157	5
7	ALTRINCHAM & DISTRICT AC	20	43	46	49	158	4
8	EAST CHESHIRE H & TAMESIDE AC	25	37	40	82	184	3
9	VALE ROYAL AC	36	74	100	138	348	2
	ST HELENS SUTTON AC	-	-	-	-	-	-

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2015/2016 TEAM POINTS & POSITIONS
MATCH FOUR – HEATON PARK – 16 JANUARY 2016

VETERAN MEN – DIVISION TWO

VET MEN DIV TWO - 4 to score – max points 10 [best 4 from 5 to count]							
1	MANCHESTER TRI	47	51	59	69	226	10
2	BRAMHALL RUNNERS	54	58	67	90	269	9
3	MANCHESTER H & AC	7	78	99	160	344	8
4	KNUTSFORD TRI CLUB	56	71	112	115	354	7
5	MACCLESFIELD H & AC	68	73	113	128	382	6
6	MANCHESTER YMCA H	93	142	155	163	553	5
7	MIDDLETON H AC	129	144	149	178	600	4
	MANCHESTER FRONTRUNNERS	-	-	-	-	-	-
	WARRINGTON TRI	-	-	-	-	-	-
	WEST CHESHIRE AC	-	-	-	-	-	-

VETERAN MEN – DIVISION THREE

VET MEN DIV THREE - 4 to score – max points 8* [best 4 from 5 to count]							
1	HORWICH RMI	4	15	16	17	52	8
2	CHORLTON RUNNERS	5	62	106	134	307	7
3	SALFORD MET AC	70	121	140	154	485	6
4	BELLE VUE RACERS	96	135	180	182	593	5

**should there be more teams at the final match, the maximum points (8) will be increased and the above points and those of previous matches will be adjusted accordingly.*

VETERAN MEN – B TEAMS

VET MEN B TEAMS - 4 to score – max points 12* [best 4 from 5 to count]							
1	STOCKPORT H & AC – B	27	32	33	41	133	12
2	WILMSLOW RC – B	28	30	57	79	194	11
3	SALE H MANCHESTER – B	38	48	52	64	202	10
4	ALTRINCHAM & DISTRICT AC – B	53	66	72	81	272	9
5	SALFORD H & AC – B	39	76	83	95	293	8
6	HORWICH RMI – B	75	80	127	162	444	7
7	BRAMHALL RUNNERS – B	91	98	131	166	486	6
8	MANCHESTER TRI – B	114	153	157	161	585	5

**should there be more teams at the final match, the maximum points (12) will be increased and the above points and those of previous matches will be adjusted accordingly.*

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MANCHESTER AREA CROSS COUNTRY LEAGUE
2015/2016 TEAM POINTS & POSITIONS
MATCH FOUR – HEATON PARK – 16 JANUARY 2016

VETERAN MEN – C PLUS TEAMS

VET MEN C PLUS TEAMS - 4 to score – max points 11 [best 4 from 5 to count]							
1	STOCKPORT H & AC – C	44	50	61	77	232	11
2	ALTRINCHAM & DISTRICT AC – C	84	87	88	108	367	10
3	STOCKPORT H & AC – D	85	92	94	107	378	9
4	SALE H MANCHESTER – C	65	89	110	117	381	8
5	STOCKPORT H & AC – E	111	118	126	183	538	7
6	ALTRINCHAM & DISTRICT AC – D	132	133	137	143	545	6
7	SALE H MANCHESTER – D	130	147	148	159	584	5
<i>*should there be more teams at the final match, the maximum points (11) will be increased and the above points and those of previous matches will be adjusted accordingly.</i>							

UNDER 20 MEN

UNDER 20 MEN – 3 to score – max points 2* [best four from five to count]	
NO COMPLETE TEAMS	
<i>*should there be more teams at the final match, the maximum points (2) will be increased and the above points and those of previous matches will be adjusted accordingly.</i>	

SCORING IN THE EVENT OF A TIE

Where two teams score the same number of points, the team whose last counter finishers closest to the winner takes the higher number of points.

Taking the best 4 races, if one team finishes higher 3 times, that team wins. If both teams finish higher twice, the positions of the last counting runners in each of the 4 races will determine the winning team. For vet teams the positions gained in the vet race are used.

The number of achievable points is determined by the number of competing teams. For example, there were 12 Vet Mens B Teams in Match One, so 12 is the number of points awarded to the first team. If more teams finish in subsequent matches, the number of points will be changed accordingly and the previous match points will be updated. If fewer teams compete, the points do not change.

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2015/2016 TEAM POINTS & POSITIONS
MATCH FOUR – HEATON PARK – 16 JANUARY 2016

INDIVIDUALS – FINAL POINTS

In the event that two runners finish on the same number of points:

if one runner finishes higher 3 times, that runner wins;

if both runners finish higher twice, the winner will be determined by

their positions in relation to the winner of each race;

for vets the positions gained in the vet race are used.

WEBSITES:

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