

MANCHESTER AREA CROSS COUNTRY LEAGUE
2015/2016 TEAM POINTS & POSITIONS
MATCH ONE – WOODBANK PARK – 10 OCTOBER 2015

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UNDER 13 GIRLS

GIRLS UNDER 13 – 3 to score – max points 10 [best four from five to count]						
1	SALE H MANCHESTER AC	1	3	6	10	10
2	SALFORD H & AC	5	9	10	24	9
3	EAST CHESHIRE H & TAMESIDE AC	4	11	18	33	8
4	STOCKPORT H & AC	8	12	22	42	7
5	MANCHESTER H & AC	14	23	27	64	6
6	MACCLESFIELD H & AC	2	31	38	71	5

GIRLS UNDER 13 – B & C TEAMS – for interest only						
	SALE H MANCHESTER AC – B	7	13	15	35	
	SALFORD H & AC – B	16	17	19	52	
	SALFORD H & AC – C	20	21	25	66	
	STOCKPORT H & AC – B	26	28	29	83	

UNDER 13 BOYS

BOYS UNDER 13 – 3 to score - max points 10 [best four from five to count]						
1	TRAFFORD AC	4	8	9	21	10
2	STOCKPORT H & AC	6	7	12	25	9
3	SALFORD H & AC	3	11	14	28	8
4	MACCLESFIELD H & AC	2	10	18	30	7
5	WARRINGTON AC	5	13	17	35	6
6	ST HELENS SUTTON AC	15	20	26	61	5

BOYS UNDER 13 – B TEAMS – for interest only						
	STOCKPORT H & AC – B	22	25	30	77	
	MACCLESFIELD H & AC – B	23	27	34	84	

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	MANCHESTER H & AC	5	9	21	35	9
3	MACCLESFIELD H & AC	11	12	14	37	8
4	STOCKPORT H & AC	17	19	20	56	7
5	WIRRAL AC	7	25	27	59	6
6	SALE H MANCHESTER AC	16	22	23	61	5
7	SALFORD H & AC	18	35	36	89	4

GIRLS UNDER 15 – B TEAMS – for interest only						
	LIVERPOOL H & AC – B	4	6	10	20	
	SALE H MANCHESTER AC - B	24	32	34	90	

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UNDER 15 BOYS

BOYS UNDER 15 – 3 to score - max points 10 [best four from five to count]						
1	SALE H MANCHESTER AC	9	12	16	37	10
2	STOCKPORT H & AC	5	13	19	37	9
3	TRAFFORD AC	6	10	24	40	8
4	SALFORD H & AC	15	25	33	73	7

BOYS UNDER 15 – B & C TEAMS – for interest only						
	STOCKPORT H & AC – B	23	28	30	81	
	STOCKPORT H & AC – C	31	32	36	99	

UNDER 17 GIRLS

GIRLS UNDER 17 – 3 to score - maximum points 10 [best four from five to count]						
1	STOCKPORT H & AC	2	7	8	17	10
2	SALE H MANCHESTER	3	5	9	17	9
3	SALFORD H & AC	13	20	21	54	8

GIRLS UNDER 17 – B TEAMS – for interest only						
	STOCKPORT H & AC – B	10	15	17	42	
	SALE H MANCHESTER AC – B	12	16	18	46	

UNDER 17 BOYS

BOYS UNDER 17 – 3 to score - max points 10 [best four from five to count]						
1	WARRINGTON AC	2	6	11	19	10
2	TRAFFORD AC	3	9	10	22	9
3	EAST CHESHIRE H & TAMESIDE AC	5	8	20	33	8
4	STOCKPORT H & AC	13	15	21	49	7
5	ST HELENS SUTTON AC	18	19	23	60	6

UNDER 20 WOMEN

UNDER 20 WOMEN – 3 to score - maximum points 10 [best four from five to count]						
1	UNIVERSITY OF MANCHESTER CCC	2	3	6	11	10

UNDER 20 – B TEAM – for interest only						
	UNIVERSITY OF MANCHESTER CCC – B	7	10	12	29	

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SENIOR WOMEN – DIVISION ONE

<i>4 to score - max points 10 [overall - best four from five to count]</i>							
1	SALE H MANCHESTER AC	12	15	17	23	67	10
2	STOCKPORT H & AC	5	10	14	55	84	9
3	MACCLESFIELD H & AC	21	24	45	59	149	8
4	TRAFFORD AC	28	36	46	51	161	7
5	ALTRINCHAM & DISTRICT AC	7	44	52	68	171	6
6	WILMSLOW RC	18	26	47	91	182	5
7	CHORLTON RUNNERS	27	39	60	63	189	4
8	EAST CHESHIRE H & TAMESIDE AC	20	22	75	95	212	3
9	MANCHESTER TRIATHLON	54	65	108	112	339	2
-	SALFORD H & AC	-	-	-	-	-	-

SENIOR WOMEN – DIVISION TWO

<i>4 to score - max points 11 [overall - best four from five to count]</i>							
1	UNIVERSITY OF MANCHESTER CCC	2	3	4	8	17	11
2	GLOSSOPDALE HARRIERS	6	9	102	146	263	10
3	BELLE VUE RACERS	40	61	103	144	348	9
4	SWINTON RC	50	86	121	129	386	8
5	MANCHESTER H & AC	29	110	134	159	432	7
6	BRAMHALL RUNNERS	64	84	123	175	446	6
7	MANCHESTER YMCA HARRIERS	67	120	133	147	467	5
8	MIDDLETON HARRIERS AC	33	157	158	170	518	4
-	ST HELENS SUTTON AC	-	-	-	-	-	-
-	VALE ROYAL AC	-	-	-	-	-	-
-	WINSTON RUNNERS	-	-	-	-	-	-

SENIOR WOMEN – DIVISION THREE

<i>4 to score - max points 8* [overall - best four from five to count]</i>							
1	WIRRAL AC	13	32	89	101	235	8
2	MANCHESTER FRONTRUNNERS	41	66	138	142	387	7
3	SALFORD MET AC	79	100	104	148	431	6
4	DRAGONS RC SALE	37	87	105	226	455	5
5	HYDE VILLAGE STRIDERS	43	125	143	150	461	4
6	ST HELENS TRI	38	49	214	231	532	3
-	HORWICH RMI	-	-	-	-	-	-
-	WARRINGTON TRI	-	-	-	-	-	-

**should there be more teams at subsequent matches, the maximum points will be increased and the above points will be adjusted accordingly.*

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SENIOR WOMEN – B TEAMS

<i>4 to score - max points 17* [overall - best four from five to count]</i>							
1	UNIVERSITY OF MANCHESTER CCC – B	11	16	19	30	76	17
2	SALE H MANCHESTER AC – B	25	31	42	48	146	16
3	CHORLTON RUNNERS – B	71	73	93	97	334	15
4	STOCKPORT H & AC – B	57	92	94	116	359	14
5	ALTRINCHAM & DISTRICT AC – B	78	82	111	114	385	13
6	TRAFFORD AC – B	56	80	99	161	396	12
7	WILMSLOW RC – B	96	98	165	192	551	11
8	MACCLESFIELD H & AC – B	115	140	145	176	576	10
9	EAST CHESHIRE H & TAMESIDE AC – B	106	126	169	178	579	9
10	MANCHESTER TRIATHLON – B	118	135	162	168	583	8
11	SWINTON RC – B	141	149	172	203	665	7
12	BELLE VUE RACERS – B	179	183	187	208	757	6
13	MANCHESTER H & AC – B	166	186	197	235	784	5
14	HYDE VILLAGE STRIDERS - B	164	204	209	224	801	4
15	BRAMHALL RUNNERS – B	177	189	219	222	807	3
16	MIDDLETON H AC – B	191	196	205	225	817	2
17	MANCHESTER FRONTRUNNERS – B	156	199	217	247	819	1
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SENIOR WOMEN – C PLUS TEAMS

<i>4 to score - max points 14* [overall - best four from five to count]</i>							
1	UNIVERSITY OF MANCHESTER CCC – C	35	72	77	81	265	14
2	SALE H MANCHESTER AC – C	53	62	69	83	267	13
3	SALE H MANCHESTER AC – D	85	88	90	109	372	12
4	CHORLTON RUNNERS – C	107	117	127	131	482	11
5	STOCKPORT H & AC – C	119	128	130	132	509	10
6	SALE H MANCHESTER AC – E	122	137	152	154	565	9
7	SALE H MANCHESTER AC – F	160	163	167	173	663	8
8	CHORLTON RUNNERS – D	174	181	185	202	742	7
9	SALE H MANCHESTER AC – G	193	194	195	211	793	6
10	MANCHESTER TRIATHLON – C	182	184	201	229	796	5
11	SWINTON RC – C	206	210	218	243	877	4
12	CHORLTON RUNNERS – E	215	221	230	232	898	3
13	BRAMHALL RUNNERS – C	236	237	248	250	971	2
14	CHORLTON RUNNERS – F	238	246	249	251	984	1
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VETERAN WOMEN – DIVISION ONE

<i>3 to score - maximum points 10 [best 4 from 5 to count]</i>						
1	SALE H MANCHESTER AC	2	5	7	14	10
2	WILMSLOW RC	3	8	14	25	9
3	TRAFFORD AC	9	17	21	47	8
4	MACCLESFIELD H & AC	4	6	56	66	7
5	STOCKPORT H & AC	22	40	57	119	6
6	EAST CHESHIRE H & TAMESIDE AC	31	41	50	122	5
7	MANCHESTER TRIATHLON	20	51	55	126	4
8	MIDDLETON HARRIERS AC	11	85	86	182	3
9	GLOSSOPDALE HARRIERS	46	80	83	209	2
10	BELLE VUE RACERS	47	101	104	252	1

VETERAN WOMEN – DIVISION TWO

<i>3 to score - maximum points 9 [best 4 from 5 to count]</i>						
1	ALTRINCHAM & DISTRICT AC	13	18	27	58	9
2	BRAMHALL RUNNERS	25	35	63	123	8
3	SWINTON RC	16	61	68	145	7
4	CHORLTON RUNNERS	24	66	70	160	6
5	MANCHESTER FRONTRUNNERS	26	74	77	177	5
6	MANCHESTER H & AC	53	72	87	212	4
7	WINSTON RUNNERS	117	128	129	374	3
-	MANCHESTER YMCA HARRIERS	-	-	-	-	-
-	SALFORD H & AC	-	-	-	-	-

VETERAN WOMEN – DIVISION THREE

<i>3 to score - maximum points 7* [best 4 from 5 to count]</i>						
1	WIRRAL AC	1	37	45	83	7
2	HYDE VILLAGE STRIDERS	12	64	78	154	6
3	ST HELENS TRI	15	130	141	286	5
-	HORWICH RMI	-	-	-	-	-
-	ST HELENS SUTTON AC	-	-	-	-	-
-	VALE ROYAL AC	-	-	-	-	-
-	WARRINGTON TRI	-	-	-	-	-
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VETERAN WOMEN – B TEAMS

<i>3 to score - maximum points 14* [best 4 from 5 to count]</i>						
1	SALE H MANCHESTER AC – B	<i>10</i>	<i>19</i>	<i>23</i>	52	14
2	ALTRINCHAM & DISTRICT AC – B	<i>32</i>	<i>34</i>	<i>54</i>	120	13
3	WILMSLOW RC – B	<i>39</i>	<i>42</i>	<i>43</i>	124	12
4	TRAFFORD AC – B	<i>33</i>	<i>44</i>	<i>89</i>	166	11
5	STOCKPORT H & AC – B	<i>59</i>	<i>67</i>	<i>69</i>	195	10
6	MANCHESTER TRIATHLON – B	<i>58</i>	<i>73</i>	<i>103</i>	234	9
7	EAST CHESHIRE H & TAMESIDE AC – B	<i>65</i>	<i>93</i>	<i>100</i>	258	8
8	SWINTON RC – B	<i>76</i>	<i>96</i>	<i>120</i>	292	7
9	BRAMHALL RUNNERS – B	<i>98</i>	<i>99</i>	<i>110</i>	307	6
10	MIDDLETON H AC – B	<i>94</i>	<i>112</i>	<i>115</i>	321	5
11	CHORLTON RUNNERS – B	<i>102</i>	<i>106</i>	<i>119</i>	327	4
12	HYDE VILLAGE STRIDERS – B	<i>91</i>	<i>121</i>	<i>125</i>	337	3
13	MANCHESTER H & AC – B	<i>107</i>	<i>116</i>	<i>145</i>	368	2
14	BELLE VUE RACERS – B	<i>108</i>	<i>124</i>	<i>151</i>	383	1
<i>*should there be more teams at subsequent matches, the maximum points will be increased and the above points will be adjusted accordingly.</i>						

VETERAN WOMEN – C PLUS TEAMS

<i>3 to score - maximum points 10* [best 4 from 5 to count]</i>						
1	SALE H MANCHESTER AC – C	<i>28</i>	<i>36</i>	<i>38</i>	102	10
2	SALE H MANCHESTER AC – D	<i>52</i>	<i>62</i>	<i>88</i>	202	9
3	STOCKPORT H & AC – C	<i>71</i>	<i>84</i>	<i>111</i>	266	8
4	SALE H MANCHESTER AC – E	<i>90</i>	<i>97</i>	<i>114</i>	301	7
5	SWINTON RC – C	<i>123</i>	<i>126</i>	<i>133</i>	382	6
6	MIDDLETON H AC – C	<i>122</i>	<i>138</i>	<i>139</i>	399	5
7	CHORLTON RUNNERS – C	<i>131</i>	<i>135</i>	<i>142</i>	408	4
8	BRAMHALL RUNNERS – C	<i>134</i>	<i>136</i>	<i>146</i>	416	3
9	BRAMHALL RUNNERS – D	<i>147</i>	<i>154</i>	<i>156</i>	457	2
10	CHORLTON RUNNERS – D	<i>153</i>	<i>155</i>	<i>157</i>	465	1
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UNDER 20 MEN

UNDER 20 MEN – 3 to score – max points 2* [best four from five to count]						
1	UNIVERSITY OF MANCHESTER CCC	6	9	14	29	2
2	STOCKPORT H & AC	7	13	15	35	1
*should there be more teams at subsequent matches, the maximum points will be increased and the above points will be adjusted accordingly.						

SENIOR MEN – DIVISION ONE

<i>6 to score - maximum points 10 [best 4 from 5 to count]</i>									
1	SALE H MANCHESTER AC	4	8	10	13	16	21	72	10
2	SALFORD H & AC	3	6	12	18	28	38	105	9
3	TRAFFORD AC	9	11	17	24	30	52	143	8
4	STOCKPORT H & AC	1	2	20	41	50	70	184	7
5	CHORLTON RUNNERS	29	43	45	80	85	86	368	6
6	ALTRINCHAM & DISTRICT AC	5	25	31	105	113	136	415	5
7	MANCHESTER TRIATHLON	7	22	96	104	127	130	486	4
8	WILMSLOW RC	48	59	77	87	100	126	497	3
9	SWINTON RC	33	57	68	170	181	182	691	2
10	MACCLESFIELD H & AC	47	83	90	114	183	197	714	1

SENIOR MEN – DIVISION TWO

<i>6 to score - maximum points 11 [best 4 from 5 to count]</i>									
1	E CHESHIRE H & TAMESIDE AC	19	36	37	44	54	58	248	11
2	UNIV OF MANCHESTER CCC	15	34	40	56	73	78	296	10
3	MANCHESTER YMCA HARRIERS	72	101	110	160	205	243	891	9
4	MANCHESTER H & AC	42	62	140	168	245	274	931	8
5	BRAMHALL RUNNERS	123	131	161	165	184	191	955	7
6	MANCHESTER FRONTRUNNERS	92	134	192	208	209	233	1068	6
7	VALE ROYAL AC	60	139	174	195	306	349	1223	5
8	BELLE VUE RACERS	138	169	210	259	267	268	1311	4
9	KNUTSFORD TRI CLUB	125	164	180	237	323	324	1353	3
10	MIDDLETON H AC	278	375	379	400	402	419	2253	2
-	ST HELENS SUTTON AC	-	-	-	-	-	-	-	-

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SENIOR MEN – DIVISION THREE

<i>6 to score - maximum points 9* [best 4 from 5 to count]</i>									
1	ST HELENS TRI	99	122	201	207	257	272	1158	9
2	HORWICH RMI	14	65	194	248	332	368	1211	8
3	GLOSSOPDALE HARRIERS	108	129	156	157	348	355	1253	7
4	SALFORD MET AC	121	158	212	219	309	322	1341	6
5	DRAGONS RC SALE	23	152	249	253	363	415	1455	5
-	LIVERPOOL H & AC	-	-	-	-	-	-	-	
-	WARRINGTON TRI CLUB	-	-	-	-	-	-	-	
-	WEST CHESHIRE AC	-	-	-	-	-	-	-	
-	WINSTON RUNNERS	-	-	-	-	-	-	-	
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SENIOR MEN – B TEAMS

<i>6 to score - maximum points 17* [best 4 from 5 to count]</i>									
1	SALE H MANCHESTER – B	26	27	35	51	55	61	255	17
2	STOCKPORT H & AC – B	76	89	94	102	103	106	570	16
3	TRAFFORD AC – B	64	82	84	93	111	141	575	15
4	SALFORD H & AC – B	46	81	107	112	124	142	612	14
5	E CHESHIRE H & TAMESIDE - B	63	88	91	117	145	234	738	13
6	UNIV OF MANCHESTER CCC – B	79	97	109	155	159	176	775	12
7	MANCHESTER TRIATHLON – B	148	167	175	188	190	202	1070	11
8	WILMSLOW RC – B	144	149	171	198	230	273	1165	10
9	CHORLTON RUNNERS – B	162	172	211	216	217	225	1203	9
10	ALTRINCHAM & DISTRICT AC – B	173	196	214	218	220	221	1242	8
11	MANCHESTER FRONTRUNNERS – B	255	258	265	266	276	285	1605	7
12	BRAMHALL RUNNERS – B	228	239	260	269	319	340	1655	6
13	MACCLESFIELD H & AC – B	204	236	270	284	392	425	1811	5
14	BELLE VUE RACERS – B	313	325	334	337	370	371	2050	4
15	MANCHESTER H & AC – B	312	316	317	367	393	412	2117	3
16	MANCHESTER YMCA H – B	287	302	385	394	403	411	2182	2
17	SWINTON RC – B	298	345	351	387	404	407	2192	1
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SENIOR MEN – C PLUS TEAMS

<i>6 to score - maximum points 20* [best 4 from 5 to count]</i>									
1	SALE H MANCHESTER AC – C	66	67	69	74	75	95	446	20
2	SALE H MANCHESTER AC – D	98	133	135	137	143	163	809	19
3	STOCKPORT H & AC – C	116	119	120	128	150	185	818	18
4	SALE H MANCHESTER AC – E	166	177	189	199	200	215	1146	17
5	STOCKPORT H & AC – D	187	238	244	250	251	252	1422	16
6	UNIV OF MANCHESTER CCC – C	186	224	226	275	277	333	1521	15
7	MANCHESTER TRIATHLON – C	206	232	241	269	295	296	1559	14
8	CHORLTON RUNNERS – C	227	254	262	279	280	293	1595	13
9	SALFORD H & AC – C	179	240	242	305	328	384	1678	12
10	SALE H MANCHESTER AC – F	223	235	256	310	335	354	1713	11
11	STOCKPORT H & AC – E	271	286	294	315	320	321	1807	10
12	ALTRINCHAM & DISTRICT AC – C	261	264	283	308	352	368	1836	9
13	MANCHESTER TRIATHLON – D	297	303	307	311	318	336	1872	8
14	MANCHESTER FRONTRUNNERS – C	291	300	301	338	353	366	1949	7
15	E CHESHIRE H & TAMESIDE AC – C	247	263	342	356	374	378	1960	6
16	CHORLTON RUNNERS – D	299	304	341	343	347	380	2014	5
17	WILMSLOW RC – C	288	292	361	383	396	397	2117	4
18	SALE H MANCHESTER AC – G	364	372	381	382	388	398	2285	3
19	MANCHESTER TRIATHLON – E	346	359	418	428	432	437	2420	2
20	CHORLTON RUNNERS – E	408	429	434	435	436	439	2581	1
<i>*should there be more teams at subsequent matches, the maximum points will be increased and the above points will be adjusted accordingly.</i>									

VETERAN MEN – DIVISION ONE

<i>4 to score - max points 10 [best four from five to count]</i>							
1	TRAFFORD AC	1	2	21	27	51	10
2	WILMSLOW RC	8	12	18	23	61	9
3	EAST CHESHIRE H & TAMESIDE AC	6	10	24	25	65	8
4	SALE H MANCHESTER AC	13	16	29	30	88	7
5	STOCKPORT H & AC	15	17	28	33	93	6
6	SALFORD H & AC	4	19	37	39	99	5
7	SWINTON RC	3	11	66	70	150	4
8	ALTRINCHAM & DISTRICT AC	35	40	78	88	241	3
9	VALE ROYAL AC	52	67	136	166	421	2
-	ST HELENS SUTTON AC	-	-	-	-	-	-

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VETERAN MEN – DIVISION TWO

<i>4 to score – max points 10 [best 4 from 5 to count]</i>							
1	BRAMHALL RUNNERS	45	50	62	76	233	10
2	MANCHESTER H & AC	5	53	65	119	242	9
3	MANCHESTER TRI	34	64	74	83	255	8
4	MACCLESFIELD H & AC	20	79	84	97	280	7
5	MANCHESTER YMCA H	38	85	125	133	381	6
6	KNUTSFORD TRI CLUB	63	69	148	149	429	5
7	MANCHESTER FRONTRUNNERS	26	108	179	215	528	4
8	MIDDLETON H AC	120	186	190	208	704	3
-	WARRINGTON TRI	-	-	-	-	-	-
-	WEST CHESHIRE AC	-	-	-	-	-	-

VETERAN MEN – DIVISION THREE

<i>4 to score – max points 8* [best 4 from 5 to count]</i>							
1	CHORLTON RUNNERS	7	22	87	121	237	8
2	ST HELENS TRI	31	44	82	117	274	7
3	HORWICH RMI	14	77	103	155	349	6
4	GLOSSOPDALE HARRIERS	49	61	165	170	445	5
5	BELLE VUE RACERS	109	114	150	156	529	4
6	SALFORD MET AC	89	139	147	174	549	3
7	DRAGONS RC SALE	176	221	222	240	859	2
-	WINSTON RUNNERS	-	-	-	-	-	-

**should there be more teams at subsequent matches, the maximum points will be increased and the above points adjusted accordingly.*

VETERAN MEN – B TEAMS

<i>4 to score – max points 12* [best 4 from 5 to count]</i>							
1	STOCKPORT H & AC – B	36	41	43	48	168	12
2	WILMSLOW RC – B	32	47	56	80	215	11
3	SALE H MANCHESTER AC – B	68	75	81	86	310	10
4	SALFORD H & AC – B	46	55	100	135	336	9
5	ALTRINCHAM & DISTRICT AC – B	90	91	111	113	405	8
6	E CHESHIRE H & TAMESIDE AC – B	42	95	112	161	410	7
7	BRAMHALL RUNNERS – B	93	99	110	115	417	6
8	MANCHESTER TRIATHLON – B	130	131	134	137	532	5
9	CHORLTON RUNNERS – B	132	162	164	191	649	4
10	SWINTON RC – B	71	168	212	224	675	3
11	MANCHESTER H & AC – B	144	180	202	218	744	2
12	MANCHESTER YMCA H – B	196	203	211	217	827	1

**should there be more teams at subsequent matches, the maximum points will be increased and the above points adjusted accordingly.*

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VETERAN MEN – C PLUS TEAMS

<i>4 to score – max points 11 [best 4 from 5 to count]</i>							
1	STOCKPORT H & AC – C	58	72	73	98	301	11
2	STOCKPORT H & AC – D	101	104	105	106	416	10
3	WILMSLOW RC – C	94	118	126	128	466	9
4	SALE H MANCHESTER AC – C	96	107	140	157	500	8
5	STOCKPORT H & AC – E	116	124	129	143	512	7
6	ALTRINCHAM & DISTRICT AC – C	123	138	169	181	611	6
7	MANCHESTER TRIATHLON – C	141	145	158	173	617	5
8	STOCKPORT H & AC – F	146	153	199	213	711	4
9	SALE H MANCHESTER AC – D	177	184	192	193	746	3
10	WILMSLOW RC – D	175	194	204	205	778	2
11	SALFORD H & AC – C	152	195	226	232	805	1
<i>*should there be more teams at subsequent matches, the maximum points will be increased and the above points 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.

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.

Any queries please contact Brenda tel: 0161-796 6310; email arnoldbradshaw@btinternet.com.