

MANCHESTER AREA CROSS COUNTRY LEAGUE
2015/2016 TEAM POINTS & POSITIONS
MATCH TWO – SHERDLEY PARK – 7 NOVEMBER 2015

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UNDER 11 GIRLS

GIRLS UNDER 11 – 3 to score – max points 10 [best four from five to count]						
1	SALE H MANCHESTER AC	2	5	8	15	10
2	WARRINGTON AC	7	12	16	35	9
3	LIVERPOOL H & AC	10	18	19	47	8
4	SALFORD H & AC	3	14	39	56	7
5	MACCLESFIELD H & AC	11	20	26	57	6
6	ST HELENS SUTTON AC	23	36	40	99	5
7	SALFORD MET AC	28	32	43	103	4

GIRLS UNDER 11 – B & C TEAMS – for interest only						
	SALE H MANCHESTER AC – B	9	15	34	58	
	LIVERPOOL H & AC – B	21	24	31	76	
	LIVERPOOL H & AC – C	35	37	41	113	

UNDER 11 BOYS

BOYS UNDER 11 – 3 to score - max points 10 [best four from five to count]						
1	VALE ROYAL AC	2	11	20	33	10
2	SALE H MANCHESTER AC	9	12	13	34	9
3	SALFORD MET AC	4	15	28	47	8
4	TRAFFORD AC	1	24	32	57	7
5	MACCLESFIELD H & AC	14	22	23	59	6
6	LIVERPOOL H & AC	7	19	36	62	5
7	HALTON & FRODSHAM H	6	25	39	70	4
8	MANCHESTER TRIATHLON	34	35	38	107	3

BOYS UNDER 11 – B TEAM – for interest only						
	SALE H MANCHESTER AC – B	17	18	29	64	

UNDER 13 GIRLS

GIRLS UNDER 13 – 3 to score – max points 10 [best four from five to count]						
1	SALE H MANCHESTER AC	1	4	10	15	10
2	SALFORD H & AC	5	6	12	23	9
3	MANCHESTER H & AC	7	20	29	56	8
4	STOCKPORT H & AC	9	24	27	60	7
5	MACCLESFIELD H & AC	2	31	36	69	6
6	EAST CHESHIRE H & TAMESIDE AC	8	28	34	70	5
7	WIRRAL AC	3	35	46	84	4
8	LIVERPOOL H & AC	23	33	48	104	3

*In partnership with APTECO; and supported by: COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT,
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GIRLS UNDER 13 – B & C TEAMS – <i>for interest only</i>					
	SALE H MANCHESTER AC – B	11	13	15	39
	SALFORD H & AC – B	14	18	19	51
	SALE H MANCHESTER AC – C	16	17	39	72
	SALFORD H & AC – C	22	25	26	73

UNDER 13 BOYS

BOYS UNDER 13 – 3 to score - max points 10 [best four from five to count]						
1	SALFORD H & AC	2	5	10	17	10
2	TRAFFORD AC	6	7	9	22	9
3	WARRINGTON AC	3	12	13	28	8
4	MACCLESFIELD H & AC	4	17	22	43	7
5	STOCKPORT H & AC	14	15	27	56	6
6	SALE H MANCHESTER AC	19	21	28	68	5
7	ST HELENS SUTTON AC	18	24	29	71	4

BOYS UNDER 13 – B TEAM – <i>for interest only</i>					
	MACCLESFIELD H & AC – B	25	30	38	93

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	4	5	12	21	9
3	WIRRAL AC	8	9	30	47	8
4	SALE H MANCHESTER AC	14	16	19	49	7
5	MACCLESFIELD H & AC	6	15	40	61	6
6	STOCKPORT H & AC	17	23	27	67	5
7	EAST CHESHIRE H & TAMESIDE AC	20	24	25	69	4
8	SALFORD H & AC	13	29	31	73	3

GIRLS UNDER 15 – B & C TEAMS – <i>for interest only</i>					
	LIVERPOOL H & AC – B	7	10	37	54
	SALE H MANCHESTER AC – B	21	22	26	69
	SALE H MANCHESTER AC – C	32	39	42	113

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UNDER 15 BOYS

BOYS UNDER 15 – 3 to score - max points 10 [best four from five to count]						
1	WIRRAL AC	4	11	17	32	10
2	TRAFFORD AC	1	12	22	35	9
3	SALE H MANCHESTER AC	8	14	15	37	8
4	STOCKPORT H & AC	13	21	25	59	7
5	SALFORD H & AC	16	23	24	63	6

UNDER 17 GIRLS

GIRLS UNDER 17 – 3 to score - maximum points 10 [best four from five to count]						
1	STOCKPORT H & AC	1	3	9	13	10
2	LIVERPOOL H & AC	2	7	23	32	9
3	SALE H MANCHESTER AC	8	13	14	35	8
4	SALFORD H & AC	11	18	19	48	7

GIRLS UNDER 17 – B TEAM – for interest only						
	SALE H MANCHESTER AC – B	15	20	21	56	

UNDER 17 BOYS

BOYS UNDER 17 – 3 to score - max points 10 [best four from five to count]						
1	WARRINGTON AC	1	4	7	12	10
2	TRAFFORD AC	6	9	16	31	9
3	SALE H MANCHESTER AC	8	13	17	38	8
4	EAST CHESHIRE H & TAMESIDE AC	10	11	26	47	7
5	STOCKPORT H & AC	18	19	21	58	6
6	ST HELENS SUTTON AC	22	24	25	71	5

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	5	10	10

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SENIOR WOMEN – DIVISION ONE

SNR WOMEN DIV ONE - 4 to score - max points 10 [overall - best four from five to count]							
1	STOCKPORT H & AC	2	6	10	14	32	10
2	SALE H MANCHESTER AC	7	18	19	20	64	9
3	TRAFFORD AC	9	28	29	37	103	8
4	CHORLTON RUNNERS	35	41	43	56	175	7
5	ALTRINCHAM & DISTRICT AC	31	38	57	67	193	6
6	EAST CHESHIRE H & TAMESIDE AC	25	65	66	86	242	5
7	MANCHESTER TRIATHLON	46	62	81	90	279	4
8	MACCLESFIELD H & AC	32	64	87	111	294	3
-	SALFORD H & AC	-	-	-	-	-	-
-	WILMSLOW RC	-	-	-	-	-	-

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	3	4	5	11	23	11
2	ST HELENS SUTTON AC	13	15	45	61	134	10
3	GLOSSOPDALE HARRIERS	12	42	70	83	207	9
4	BRAMHALL RUNNERS	60	68	69	79	276	8
5	SWINTON RC	53	99	100	108	360	7
6	MANCHESTER H & AC	34	88	132	133	387	6
7	BELLE VUE RACERS	47	59	141	156	403	5
8	MANCHESTER YMCA HARRIERS	85	93	128	199	505	4
9	MIDDLETON HARRIERS AC	95	143	158	163	559	3
-	VALE ROYAL AC	-	-	-	-	-	-
-	WINSTON RUNNERS	-	-	-	-	-	-

SENIOR WOMEN – DIVISION THREE

SNR WOMEN DIV THREE - 4 to score - max points 8* [overall - best four from five to count]							
1	WIRRAL AC	16	51	82	84	233	8
2	HYDE VILLAGE STRIDERS	24	96	103	146	369	7
3	ST HELENS TRI	33	39	137	160	369	6
4	MANCHESTER FRONTRUNNERS	26	55	123	183	387	5
5	DRAGONS RC SALE	50	77	117	154	398	4
6	SALFORD MET AC	76	80	125	140	421	3
-	HORWICH RMI	-	-	-	-	-	-
-	WARRINGTON TRI	-	-	-	-	-	-

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

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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 AC – B	21	30	40	44	135	17
2	STOCKPORT H & AC – B	22	36	54	75	187	16
3	CHORLTON RUNNERS – B	58	74	78	91	301	15
4	MANCHESTER TRIATHLON – B	109	116	121	127	473	14
5	EAST CHESHIRE H & TAMESIDE AC – B	122	134	144	161	561	13
6	ALTRINCHAM & DISTRICT AC – B	71	150	164	178	563	12
7	BRAMHALL RUNNERS – B	102	142	185	186	615	11
8	MIDDLETON H AC – B	166	175	182	188	711	10

**should there be more teams at subsequent matches, the maximum points (17) will be increased and the above points and those of Match One 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 AC – C	48	49	52	72	221	14
2	CHORLTON RUNNERS – C	92	98	101	114	405	13
3	STOCKPORT H & AC – C	89	104	105	112	410	12
4	SALE H MANCHESTER AC – D	106	107	115	124	452	11
5	SALE H MANCHESTER AC – E	131	136	145	147	559	10
6	MANCHESTER TRIATHLON – C	138	144	155	162	599	9
7	CHORLTON RUNNERS – D	130	148	179	181	638	8
8	CHORLTON RUNNERS – E	189	192	197	198	776	7

**should there be more teams at subsequent matches, the maximum points (14) will be increased and the above points and those for Match One will be adjusted accordingly.*

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	3	13	18	10
2	TRAFFORD AC	7	8	34	49	9
3	MANCHESTER TRIATHLON	14	24	37	75	8
4	GLOSSOPDALE HARRIERS	12	31	38	81	7
5	EAST CHESHIRE H & TAMESIDE AC	26	27	41	94	6
6	STOCKPORT H & AC	20	44	55	119	5
7	MIDDLETON HARRIERS AC	49	85	93	227	4
8	BELLE VUE RACERS	83	91	106	280	3
-	MACCLESFIELD H & AC	-	-	-	-	-
-	WILMSLOW RC	-	-	-	-	-

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VETERAN WOMEN – DIVISION TWO

VET WOMEN DIV TWO - 3 to score - maximum points 9 [best 4 from 5 to count]						
1	ALTRINCHAM & DISTRICT AC	9	10	22	41	9
2	BRAMHALL RUNNERS	23	29	30	82	8
3	SWINTON RC	19	51	52	122	7
4	MANCHESTER YMCA HARRIERS	40	47	71	158	6
5	CHORLTON RUNNERS	46	53	73	172	5
6	MANCHESTER H & AC	43	75	76	194	4
-	MANCHESTER FRONTRUNNERS	-	-	-	-	-
-	SALFORD H & AC	-	-	-	-	-
-	WINSTON RUNNERS	-	-	-	-	-

VETERAN WOMEN – DIVISION THREE

VET WOMEN DIV THREE - 3 to score - maximum points 7* [best 4 from 5 to count]						
1	WIRRAL AC	1	17	39	57	7
2	DRAGONS RC SALE	16	36	63	115	6
3	SALFORD MET AC	35	69	82	186	5
4	ST HELENS TRI	11	80	95	186	4
<i>*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.</i>						

VETERAN WOMEN – B TEAMS

VET WOMEN B TEAMS - 3 to score - maximum points 14* [best 4 from 5 to count]						
1	SALE H MANCHESTER AC – B	15	18	33	66	14
2	ALTRINCHAM & DISTRICT AC – B	28	32	90	150	13
3	MANCHESTER TRIATHLON – B	45	57	62	164	12
4	GLOSSOPDALE HARRIERS – B	50	60	89	199	11
5	EAST CHESHIRE H & TAMESIDE AC – B	66	77	86	229	10
6	BRAMHALL RUNNERS – B	54	84	113	251	9
7	SWINTON RC – B	56	102	103	261	8
8	MIDDLETON H AC – B	98	100	107	305	7
9	ST HELENS TRI – B	101	115	120	336	6
10	CHORLTON RUNNERS – B	110	122	123	355	5
<i>*should there be more teams at subsequent matches, the maximum points (14) will be increased and the above points and those of Match One will be adjusted accordingly.</i>						

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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 AC – C	61	68	74	203	10
2	MANCHESTER TRIATHLON – C	65	70	81	216	9
3	SALE H MANCHESTER AC – D	79	88	92	259	8
4	MANCHESTER TRIATHLON – D	86	97	111	294	7
5	MIDDLETON H AC – C	112	116	117	345	6
<i>*should there be more teams at subsequent matches, the maximum points (10) will be increased and the above points and those for Match One will be adjusted accordingly.</i>						

UNDER 20 MEN

UNDER 20 MEN – 3 to score – max points 2* [best four from five to count]						
1	UNIVERSITY OF MANCHESTER CCC	8	10	18	36	2
2	STOCKPORT H & AC	6	14	19	39	1
<i>*should there be more teams at subsequent matches, the maximum points (2) will be increased and the above points and those for Match One will be adjusted accordingly.</i>						

SENIOR MEN – DIVISION ONE

SNR MEN DIV ONE - 6 to score - maximum points 10 [best 4 from 5 to count]									
1	SALE H MANCHESTER AC	9	12	17	20	26	27	111	10
2	STOCKPORT H & AC	1	2	6	19	34	50	112	9
3	TRAFFORD AC	10	14	15	21	28	46	134	8
4	SALFORD H & AC	13	16	30	38	79	121	297	7
5	MANCHESTER TRIATHLON	8	24	40	77	90	93	332	6
6	CHORLTON RUNNERS	18	59	65	71	122	126	461	5
7	WILMSLOW RC	42	49	54	99	125	129	498	4
8	MACCLESFIELD H & AC	44	57	68	81	154	159	563	3
9	ALTRINCHAM & DISTRICT AC	3	97	151	182	213	216	862	2
10	SWINTON RC	127	214	218	247	251	285	1342	1

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SENIOR MEN – DIVISION TWO

SNR MEN DIV TWO - 6 to score - maximum points 11 [best 4 from 5 to count]									
1	UNIV OF MANCHESTER CCC	7	23	36	48	55	63	232	11
2	E CHESHIRE H & TAMESIDE AC	29	43	56	58	60	91	337	10
3	VALE ROYAL AC	31	39	86	113	124	132	525	9
4	ST HELENS SUTTON AC	41	72	85	96	104	160	558	8
5	MANCHESTER FRONTRUNNERS	106	108	130	153	164	177	838	7
6	MANCHESTER H & AC	33	67	166	184	202	205	857	6
7	MANCHESTER YMCA HARRIERS	74	95	136	185	187	274	951	5
8	BRAMHALL RUNNERS	100	111	156	181	201	208	957	4
9	MIDDLETON H AC	199	252	257	264	269	270	1511	3
10	BELLE VUE RACERS	145	215	250	281	326	328	1545	2
-	KNUTSFORD TRI CLUB	-	-	-	-	-	-	-	-

SENIOR MEN – DIVISION THREE

SNR MEN DIV THREE - 6 to score - maximum points 9* [best 4 from 5 to count]									
1	HORWICH RMI	4	5	22	37	69	76	213	9
2	ST HELENS TRI	83	105	116	152	198	229	883	8
3	SALFORD MET AC	146	163	167	224	241	258	1199	7

**should there be more teams at subsequent matches, the maximum points (9) will be increased and the above points and those for Match One will be adjusted accordingly.*

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	32	35	45	47	53	62	274	17
2	STOCKPORT H & AC – B	66	75	80	82	94	114	511	16
3	TRAFFORD AC – B	52	61	89	112	118	119	551	15
4	MANCHESTER TRIATHLON – B	98	128	133	134	142	158	793	14
5	UNIV OF MANCHESTER CCC – B	78	117	144	183	189	236	947	13
6	CHORLTON RUNNERS – B	139	169	172	190	200	207	1077	12
7	VALE ROYAL AC – B	147	193	197	203	263	280	1283	11
8	E CHESHIRE H & TAMESIDE - B	107	188	210	255	262	272	1294	10
9	MANCHESTER FRONTRUNNERS – B	186	191	192	230	254	275	1328	9
10	MACCLESFIELD H & AC – B	171	178	194	206	266	323	1338	8
11	MANCHESTER H & AC – B	223	227	240	245	249	297	1481	7
12	MIDDLETON H AC – B	283	300	301	316	324	327	1851	6

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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 AC – C	64	73	92	101	102	103	535	20
2	SALE H MANCHESTER AC – D	115	131	137	143	149	165	840	19
3	STOCKPORT H & AC – C	120	135	174	175	180	196	980	18
4	MANCHESTER TRIATHLON – C	161	179	195	232	238	244	1249	17
5	STOCKPORT H & AC – D	211	217	226	239	243	308	1444	16
6	CHORLTON RUNNERS – C	209	225	234	242	266	288	1484	15
7	SALE H MANCHESTER AC – E	222	261	268	271	276	279	1577	14
<i>*should there be more teams at subsequent matches, the maximum points (20) will be increased and the above points and those for Match One will be adjusted accordingly.</i>									

VETERAN MEN – DIVISION ONE

VET MEN DIV ONE - 4 to score - max points 10 [best four from five to count]								
1	TRAFFORD AC		1	2	27	31	61	10
2	STOCKPORT H & AC		9	12	20	29	70	9
3	WILMSLOW RC		5	6	23	36	70	8
4	SALE H MANCHESTER AC		8	11	39	43	101	7
5	EAST CHESHIRE H & TAMESIDE AC		7	19	25	66	117	6
6	VALE ROYAL AC		17	28	40	45	130	5
7	SALFORD H & AC		3	14	33	99	149	4
8	ST HELENS SUTTON AC		21	51	53	76	201	3
9	ALTRINCHAM & DISTRICT AC		22	83	86	92	283	2
10	SWINTON RC		37	84	87	137	345	1

VETERAN MEN – DIVISION TWO

VET MEN DIV TWO - 4 to score – max points 10 [best 4 from 5 to count]								
1	MACCLESFIELD H & AC		15	47	57	69	188	10
2	MANCHESTER TRI		41	50	52	62	205	9
3	BRAMHALL RUNNERS		24	48	64	74	210	8
4	MANCHESTER H & AC		4	55	77	91	227	7
5	MIDDLETON H AC		108	113	117	122	460	6
6	MANCHESTER YMCA H		65	125	133	140	463	5
-	KNUTSFORD TRI CLUB		-	-	-	-	-	-
-	MANCHESTER FRONTRUNNERS		-	-	-	-	-	-
-	WARRINGTON TRI		-	-	-	-	-	-
-	WEST CHESHIRE AC		-	-	-	-	-	-

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VETERAN MEN – DIVISION THREE

VET MEN DIV THREE - 4 to score – max points 8* [best 4 from 5 to count]							
1	HORWICH RMI	10	13	35	94	152	8
2	ST HELENS TRI	16	30	73	93	212	7
3	CHORLTON RUNNERS	34	58	67	97	256	6
4	SALFORD MET AC	54	89	102	118	363	5
5	WINSTON RUNNERS	96	130	138	153	517	4
6	BELLE VUE RACERS	85	129	162	164	540	3
<i>*should there be more teams at subsequent matches, the maximum points (8) will be increased and the above points and those of Match One will be adjusted accordingly.</i>							

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	32	42	59	60	193	12
2	VALE ROYAL AC – B	68	72	75	116	331	11
3	MANCHESTER TRIATHLON – B	70	95	100	104	369	10
4	BRAMHALL RUNNERS – B	79	82	105	106	372	9
5	SALE H MANCHESTER AC – B	44	121	126	127	418	8
6	E CHESHIRE H & TAMESIDE AC – B	80	111	115	124	430	7
7	MIDDLETON H AC – B	123	131	144	145	543	6
<i>*should there be more teams at subsequent matches, the maximum points (12) will be increased and the above points and those of Match One will be adjusted accordingly.</i>							

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	63	71	81	90	305	11
<i>*should there be more teams at subsequent matches, the maximum points (11) will be increased and the above points and those for Match One adjusted accordingly.</i>							

MANCHESTER AREA CROSS COUNTRY LEAGUE
2015/2016 TEAM POINTS & POSITIONS
MATCH TWO – SHERDLEY PARK – 7 NOVEMBER 2015

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.*