

MANCHESTER AREA CROSS COUNTRY LEAGUE

MATCH ONE – HEATON PARK – 23 OCTOBER 2010

UNDER 13 GIRLS

GIRLS UNDER 13 – 3 to score – max points 10 [best four from five to count]						
1	MOSTON & DISTRICT H	2	11	13	26	10
2	SALE HARRIERS MANCHESTER AC	3	12	21	36	9
3	STOCKPORT H & AC	4	16	18	38	8
4	MACCLESFIELD H & AC	6	10	23	39	7
5	ST HELENS SUTTON AC	8	15	19	42	6
6	SALFORD METROPOLITAN AC	9	17	26	52	5
7	HALTON & FRODSHAM H	1	30	36	67	4
8	EAST CHESHIRE H & TAMESIDE AC	24	32	33	89	3
9	TRAFFORD AC	31	34	43	108	2

GIRLS UNDER 13 – B TEAMS – for interest only						
	STOCKPORT H & AC – B	20	22	27	69	
	MOSTON & DISTRICT H – B	25	28	49	102	
	SALE HARRIERS MANCHESTER AC – B	35	39	42	116	
	ST HELENS SUTTON AC – B	44	47	48	139	

UNDER 13 BOYS

BOYS UNDER 13 – 3 to score - max points 10 [best four from five to count]						
1	SALE HARRIERS MANCHESTER AC	2	4	8	14	10
2	EAST CHESHIRE H & TAMESIDE AC	10	12	20	42	9
3	TRAFFORD AC	1	22	24	47	8
4	MOSTON & DISTRICT H	6	14	27	47	7
5	WEST CHESHIRE AC	18	19	33	70	6
6	MACCLESFIELD H & AC	16	25	36	77	5

BOYS UNDER 13 – B & C TEAMS – for interest only						
	SALE HARRIERS MANCHESTER AC - B	9	11	17	37	
	SALE HARRIERS MANCHESTER AC – C	21	23	28	72	

UNDER 15 GIRLS

GIRLS UNDER 15 – 3 to score - max points 10 [best four from five to count]						
1	SALE HARRIERS MANCHESTER AC	2	3	6	11	10
2	WIRRAL AC	4	8	12	24	9
3	STOCKPORT H & AC	1	5	19	25	8
4	ST HELENS SUTTON AC	9	10	11	30	7
5	TRAFFORD AC	15	21	24	60	6

GIRLS UNDER 15 – B TEAM – for interest only						
	SALE HARRIERS MANCHESTER AC – B	7	13	18	38	
	SALE HARRIERS MANCHESTER AC – C	22	23	27	72	

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UNDER 15 BOYS

BOYS UNDER 15 – 3 to score - max points 10 [best four from five to count]						
1	TRAFFORD AC	2	4	5	11	10
2	EAST CHESHIRE H & TAMESIDE AC	3	9	10	22	9
3	MOSTON & DISTRICT H	6	7	11	24	8
4	STOCKPORT H & AC	12	17	19	48	7
5	MACCLESFIELD H & AC	16	20	21	57	6

BOYS UNDER 15 – B TEAMS – for interest only						
	MACCLESFIELD H & AC – B	23	26	28	77	

UNDER 17 GIRLS

GIRLS UNDER 17 – 3 to score - maximum points 10 [best four from five to count]						
1	STOCKPORT H & AC	3	6	9	18	10
2	SALE HARRIERS MANCHESTER AC	5	8	11	24	9

UNDER 17 BOYS

BOYS UNDER 17 – 3 to score - maximum points 10 [best four from five to count]						
1	ST HELENS SUTTON AC	4	11	14	29	10
2	EAST CHESHIRE H & TAMESIDE AC	5	10	20	35	9
3	MACCLESFIELD H & AC	16	17	18	51	8

SENIOR WOMEN – DIVISION ONE

4 to score - max points 10 [best four from five to count]							
1	STOCKPORT H & AC	5	15	20	22	62	10
2	MACCLESFIELD H & AC	10	12	17	23	62	9
3	TRAFFORD AC	9	13	19	30	71	8
4	ALTRINCHAM & DISTRICT AC	1	8	28	48	85	7
5	SALE HARRIERS MANCHESTER AC	14	18	24	36	92	6
6	WILMSLOW RC	7	25	27	40	99	5
7	MANCHESTER TRIATHLON	21	33	35	59	148	4
8	TRAFFORD AC – B	31	42	47	57	177	3
9	STOCKPORT H & AC – B	37	41	61	69	208	2
10	BELLE VUE RACERS	64	94	96	105	359	1

MANCHESTER AREA CROSS COUNTRY LEAGUE

MATCH ONE – HEATON PARK – 23 OCTOBER 2010

SENIOR WOMEN – DIVISION TWO

<i>4 to score - max points 20* [best four from five to count]</i>							
1	MACCLESFIELD H & AC – B	26	32	38	70	166	20
2	SALE HARRIERS MANCHESTER AC – B	43	45	46	52	186	19
3	WILMSLOW RC – B	44	49	50	55	198	18
4	MANCHESTER FRONTRUNNERS	34	62	73	92	261	17
5	SWINTON RC	29	79	81	85	274	16
6	SALE HARRIERS MANCHESTER AC – C	67	72	75	77	291	15
7	WILMSLOW RC – C	56	78	82	84	300	14
8	TRAFFORD AC – C	60	68	83	93	304	13
9	STOCKPORT H & AC – C	71	74	97	102	344	12
10	ST HELENS SUTTON AC	2	101	106	147	356	11
11	MIDDLETON H AC	63	87	107	126	383	10
12	MMU H	54	110	113	117	394	9
13	MANCHESTER TRIATHLON – B	66	103	109	120	398	8
14	MANCHESTER H & AC	88	100	108	112	408	7
15	BELLE VUE RACERS – B	114	116	119	123	472	6
16	MANCHESTER TRIATHLON – C	124	129	132	133	518	5
17	MANCHESTER FRONTRUNNERS – B	104	136	138	140	518	4
18	MANCHESTER H & AC – B	121	127	144	148	540	3
19	MMU H – B	128	130	141	145	544	2
20	MIDDLETON H AC – B	131	135	139	143	548	1

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

UNDER 20 WOMEN

UNDER 20 WOMEN – 3 to score - maximum points 10 [best four from five to count]						
1	MMU H	6	7	9	22	10

VETERAN WOMEN – DIVISION ONE

<i>3 to score - maximum points 10 [best 4 from 5 to count] – updated 11/12/10, however no diff to pts</i>						
1	STOCKPORT H & AC	3	5	6	14	10
2	WILMSLOW RC	1	8	10	19	9
3	TRAFFORD AC	4	13	14	31	8
4	MACCLESFIELD H & AC	7	9	15	31	7
5	SALE HARRIERS MANCHESTER AC	17	27	35	79	6
6	MANCHESTER TRIATHLON	16	30	34	80	5
7	ALTRINCHAM & DISTRICT AC	11	23	51	85	4
8	STOCKPORT H & AC – B	20	32	37	89	3
9	BELLE VUE RACERS	55	56	62	173	2
10	MANCHESTER H & AC	58	65	68	191	1

MANCHESTER AREA CROSS COUNTRY LEAGUE

MATCH ONE – HEATON PARK – 23 OCTOBER 2010

VETERAN WOMEN – DIVISION TWO

3 to score - maximum points 15 [best 4 from 5 to count] – updated 11/12/10, pts affected from psn 7*

1	WILMSLOW RC – B	19	21	24	64	15
2	WILMSLOW RC – C	25	28	29	82	14
3	TRAFFORD AC – B	22	31	36	89	13
4	SWINTON RC	12	45	49	106	12
5	MANCHESTER FRONTRUNNERS	33	39	53	125	11
6	STOCKPORT H & AC – C	38	40	57	135	10
7	MACCLESFIELD H AC – B	18	44	77	139	9
8	WILMSLOW RC – D	46	48	52	146	8
9	SALE HARRIERS MANCHESTER AC – B	41	43	80	164	7
10	ST HELENS SUTTON AC	59	63	84	206	6
11	MIDDLETON H AC	64	74	78	216	5
12	STOCKPORT H & AC – D	60	67	91	218	4
13	MANCHESTER TRIATHLON – B	71	73	75	219	3
14	MANCHESTER FRONTRUNNERS – B	61	79	88	228	2
15	MANCHESTER H & AC – B	83	85	89	257	1

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

UNDER 20 MEN

UNDER 20 MEN – 3 to score - maximum points 10 [best four from five to count]

1	SALE HARRIERS MANCHESTER AC	1	3	7	11	10
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SENIOR MEN – DIVISION ONE

6 to score - maximum points 10 [best 4 from 5 to count] – updated 11/12/10, however no diff to pts

1	TRAFFORD AC	4	7	9	11	12	19	62	10
2	SALE HARRIERS MANCHESTER AC	3	8	20	26	27	38	122	9
3	ALTRINCHAM & DISTRICT AC	1	2	15	29	44	61	152	8
4	STOCKPORT H & AC	5	6	17	25	45	60	158	7
5	TRAFFORD AC – B	28	37	40	47	57	58	267	6
6	SALE HARRIERS MANCHESTER – B	39	48	50	59	85	102	383	5
7	MANCHESTER TRIATHLON	34	51	56	65	105	107	417	4
8	WILMSLOW RC	33	35	64	98	106	131	467	3
9	ST HELENS SUTTON AC	10	63	78	100	121	123	495	2
10	EAST CHESHIRE H & TAMESIDE AC	53	82	86	88	96	120	525	1

MANCHESTER AREA CROSS COUNTRY LEAGUE

MATCH ONE – HEATON PARK – 23 OCTOBER 2010

SENIOR MEN – DIVISION TWO

6 to score - maximum points 27 [best 4 from 5 to count] – updated 11/12/10, pts+psns have changed

1	SALFORD H & AC	13	16	21	22	23	30	125	27
2	SALFORD H & AC – B	42	62	68	70	84	105	431	26
3	MIDDLETON H AC	24	36	66	99	108	157	490	25
4	STOCKPORT H & AC – B	72	76	80	97	110	136	571	24
5	TRAFFORD AC – C	75	77	91	94	117	118	572	23
6	MACCLESFIELD H & AC	14	32	71	124	144	188	573	22
7	SWINTON RC	73	81	92	95	134	137	612	21
8	MANCHESTER H & AC	41	43	49	79	184	236	632	20
9	ALTRINCHAM & DISTRICT AC – B	83	87	93	103	112	175	653	19
10	ABC RUNNERS	54	115	126	135	143	153	726	18
11	MANCHESTER YMCA H	52	67	111	133	196	218	777	17
12	MANCHESTER FRONTRUNNERS	55	101	130	148	172	176	782	16
13	MANCHESTER TRIATHLON – B	113	114	122	141	149	152	791	15
14	SALE H MANCHESTER AC - C	109	116	119	129	154	168	795	14
15	MMU H	46	90	170	185	189	192	872	13
16	EAST CHESHIRE H & TAMESIDE AC - B	139	158	163	182	191	204	1037	12
17	SALFORD H & AC – C	145	155	166	171	210	224	1071	11
18	WILMSLOW RC – B	147	162	164	197	200	208	1078	10
19	MANCHESTER TRIATHLON – C	156	160	177	180	201	213	1087	9
20	SWINTON RC – B	151	161	174	198	202	269	1155	8
21	SALFORD METROPOLITAN AC	125	165	206	221	233	250	1200	7
22	MANCHESTER FRONTRUNNERS–B	179	186	203	207	212	216	1203	6
23	SALE H MANCHESTER AC – D	169	181	193	209	242	271	1265	5
24	BELLE VUE RACERS	150	194	214	235	252	253	1298	4
25	MANCHESTER TRIATHLON – D	217	222	223	230	234	240	1366	3
26	MANCHESTER YMCA H – B	225	232	238	258	261	275	1489	2
27	MANCHESTER TRIATHLON – E	241	243	264	270	279	286	1583	1

**should there be more teams at subsequent matches, the maximum points will be increased and the above points adjusted accordingly. NB all positions from 134 include an additional runner missed from the main match result. Main result will be corrected before Match Two.*

VETERAN MEN – DIVISION ONE

4 to score – max points 10 [best 4 from 5 to count] – updated 11/12/10, however no diff to pts

1	WILMSLOW RC	6	7	16	38	67	10
2	TRAFFORD AC	13	25	33	35	106	9
3	STOCKPORT H & AC	14	22	28	44	108	8
4	SALE HARRIERS MANCHESTER AC	3	9	43	53	108	7
5	EAST CHESHIRE H & TAMESIDE AC	29	31	37	57	154	6
6	SWINTON RC	23	34	36	64	157	5
7	ALTRINCHAM & DISTRICT AC	2	15	46	115	178	4
8	MACCLESFIELD H & AC	4	49	60	87	201	3
9	WILMSLOW RC – B	41	54	62	72	229	2
10	EAST CHESHIRE H & TAMESIDE AC – B	69	73	89	98	329	1

MANCHESTER AREA CROSS COUNTRY LEAGUE
MATCH ONE – HEATON PARK – 23 OCTOBER 2010

VETERAN MEN – DIVISION TWO

<i>4 to score – max points 23 [best 4 from 5 to count] – updated 11/12/10, pts+psn changes to psns 15-18</i>							
1	SALFORD H & AC	<i>1</i>	<i>4</i>	<i>19</i>	<i>21</i>	45	23
2	MANCHESTER TRIATHLON	<i>17</i>	<i>42</i>	<i>47</i>	<i>59</i>	165	22
3	MANCHESTER YMCA H	<i>11</i>	<i>18</i>	<i>45</i>	<i>92</i>	166	21
4	ST HELENS SUTTON AC	<i>26</i>	<i>48</i>	<i>52</i>	<i>61</i>	187	20
5	MIDDLETON H AC	<i>8</i>	<i>39</i>	<i>68</i>	<i>76</i>	191	19
6	ABC RUNNERS	<i>12</i>	<i>50</i>	<i>65</i>	<i>70</i>	197	18
7	SALFORD H & AC – B	<i>30</i>	<i>40</i>	<i>67</i>	<i>75</i>	212	17
8	MANCHESTER H & AC	<i>10</i>	<i>27</i>	<i>117</i>	<i>118</i>	272	16
9	TRAFFORD AC – B	<i>51</i>	<i>58</i>	<i>103</i>	<i>108</i>	320	15
10	SALE HARRIERS MANCHESTER AC – B	<i>66</i>	<i>77</i>	<i>78</i>	<i>101</i>	322	14
11	STOCKPORT H & AC – B	<i>55</i>	<i>88</i>	<i>91</i>	<i>113</i>	347	13
12	MANCHESTER TRIATHLON – B	<i>71</i>	<i>83</i>	<i>97</i>	<i>106</i>	357	12
13	WILMSLOW RC – C	<i>74</i>	<i>93</i>	<i>96</i>	<i>100</i>	363	11
14	MIDDLETON H AC – B	<i>81</i>	<i>84</i>	<i>86</i>	<i>142</i>	393	10
15	SALFORD H & AC – C	<i>79</i>	<i>102</i>	<i>111</i>	<i>123</i>	415	9
16	BELLE VUE RACERS	<i>63</i>	<i>90</i>	<i>134</i>	<i>154</i>	441	8
17	MANCHESTER TRIATHLON – C	<i>110</i>	<i>114</i>	<i>119</i>	<i>121</i>	464	7
18	SALFORD METROPOLITAN AC	<i>99</i>	<i>109</i>	<i>116</i>	<i>140</i>	464	6
19	SWINTON RC – B	<i>82</i>	<i>94</i>	<i>143</i>	<i>147</i>	466	5
20	MANCHESTER YMCA H – B	<i>107</i>	<i>112</i>	<i>133</i>	<i>135</i>	487	4
21	MACCLESFIELD H & AC – B	<i>124</i>	<i>125</i>	<i>128</i>	<i>141</i>	518	3
22	ALTRINCHAM & DISTRICT AC – B	<i>122</i>	<i>131</i>	<i>137</i>	<i>150</i>	540	2
23	MANCHESTER H & AC – B	<i>136</i>	<i>139</i>	<i>147</i>	<i>151</i>	575	1
<i>*should there be more teams at subsequent matches, the maximum points will be increased and the above points adjusted accordingly.</i>							

Senior & Veteran Teams: Division One is made up of the top eight teams from last season's Division One and the top two teams from Division Two. **Division Two** is made up of the bottom two teams from last season's Division One, the Division Two teams finishing third or lower and new teams.

NB – All Teams: where there is a tie, the team whose last counter is nearest the winner, takes the higher points.

Any queries regarding the results, please contact
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