

**MANCHESTER AREA CROSS COUNTRY LEAGUE  
2009/2010 TEAM RESULTS AFTER FIVE MATCHES**

**UNDER 11 TEAMS**

<b>GIRLS UNDER 11 – 3 to score – max points 10</b>		<b>1</b>	<b>2</b>	<b>3</b>		<b>Points</b>
<b>1</b>	STOCKPORT H & AC	10	10	10		<b>30</b>
<b>2</b>	SALE HARRIERS MANCHESTER AC	9	9	9		<b>27</b>
<b>3</b>	HALTON & FRODSHAM H	8	8	8		<b>24</b>
<b>4</b>	MANCHESTER H & AC	6	7	7		<b>20</b>
<b>5</b>	WARRINGTON AC	5	5	6		<b>16</b>
<i>one race completed:</i>						
	TRAFFORD AC	7	-	-		7
	MOSTON & DISTRICT H	-	6	-		6
	SALFORD METROPOLITAN AC	-	-	5		5
	ST HELENS SUTTON AC	4	-	-		4

<b>BOYS UNDER 11 – 3 to score – max points 10</b>		<b>1</b>	<b>2</b>	<b>3</b>		<b>Points</b>
<b>1</b>	SALE HARRIERS MANCHESTER AC	10	10	10		<b>30</b>
<b>2</b>	WARRINGTON AC	9	9	9		<b>27</b>
<b>3</b>	MOSTON & DISTRICT H & AC	7	8	7		<b>22</b>
<i>two races completed:</i>						
	MACCLESFIELD H & AC	6	-	8		14
	TRAFFORD AC	5	7	-		12
<i>one race completed:</i>						
	ST HELENS SUTTON AC	8	-	-		8

**UNDER 13 TEAMS**

<b>GIRLS UNDER 13 – best four races - max 10 pts</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Points</b>
<b>1</b>	EAST CHESHIRE H & TAMESIDE AC	9	9	10	5	9	<b>37</b>
<b>2</b>	ST HELENS SUTTON AC	10	7	8	7	10	<b>35</b>
<b>3</b>	SALE HARRIERS MANCHESTER AC	7	8	9	9	8	<b>34</b>
<b>4</b>	SALFORD METROPOLITAN AC	6	10	6	8	-	<b>30</b>
<b>5</b>	STOCKPORT H & AC	8	6	7	6	7	<b>28</b>
<b>6</b>	TRAFFORD AC	5	5	5	3	4	<b>19</b>
<i>three races completed:</i>							
	MANCHESTER H & AC	-	-	4	4	5	13
<i>two races completed:</i>							
	MOSTON & DISTRICT H	-	-	3	-	6	9
	MACCLESFIELD H & AC	4	-	-	2	-	6
<i>one race completed:</i>							
	WARRINGTON AC	-	-	-	10	-	10

<b>BOYS UNDER 13 – best four races - max 10 points</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Points</b>
<b>1</b>	STOCKPORT H & AC	7	9	8	10	10	<b>37</b>
<b>2</b>	WARRINGTON AC	8	10	10	9	-	<b>37</b>
<b>3</b>	SALE HARRIERS MANCHESTER AC	10	7	9	8	8	<b>35</b>
<b>4</b>	MACCLESFIELD H & AC	9	6	6	7	7	<b>29</b>
<i>three races completed:</i>							
	MANCHESTER H & AC	-	8	7	-	9	24
<i>one race completed:</i>							
	ST HELENS SUTTON AC	-	5	-	-	-	5

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2009/2010 TEAM RESULTS AFTER FIVE MATCHES

## UNDER 15 TEAMS

<b>GIRLS UNDER 15</b> – best four races – max 10 points		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>Points</i>
<b>1</b>	STOCKPORT H & AC	10	10	10	10	10	<b>40</b>
<b>2</b>	SALE HARRIERS MANCHESTER AC	9	9	9	9	9	<b>36</b>
<b>3</b>	ST HELENS SUTTON AC	8	8	7	8	8	<b>32</b>
<i>one race completed:</i>							
	TRAFFORD AC	-	-	8	-	-	8

<b>BOYS UNDER 15</b> – best four races – max 10 points		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>Points</i>
<b>1</b>	SALE HARRIERS MANCHESTER AC	9	10	10	10	9	<b>39</b>
<b>2</b>	EAST CHESHIRE H & TAMESIDE AC	10	9	9	9	8	<b>37</b>
<b>3</b>	MACCLESFIELD H & AC	8	8	7	7	6	<b>30</b>
<i>two races completed:</i>							
	STOCKPORT H & AC	7	-	-	8	-	15
	WARRINGTON AC	-	7	8	-	-	15
	ST HELENS SUTTON AC	-	6	-	-	7	13
<i>one race completed:</i>							
	TRAFFORD AC	-	-	-	-	10	10

## UNDER 17 TEAMS

<b>GIRLS UNDER 17</b> – best four races – max 10 pts		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>Points</i>
<b>1</b>	SALE HARRIERS MANCHESTER AC	10	-	9	9	10	<b>38</b>
<i>two races completed:</i>							
	EAST CHESHIRE H & TAMESIDE AC	-	-	10	10	-	20
<i>one race completed:</i>							
	TRAFFORD AC	-	10	-	-	-	10

<b>BOYS UNDER 17</b> – best four races – max 10 points		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>Points</i>
<b>1</b>	ST HELENS SUTTON AC	9	10	10	10	10	<b>40</b>
<i>three races completed:</i>							
	SALE HARRIERS MANCHESTER AC	10	9	9	-	-	28
	WARRINGTON AC	8	8	8	-	-	24
<i>two race completed:</i>							
	ALTRINCHAM & DISTRICT AC	6	-	7	-	-	13
<i>one race completed:</i>							
	MACCLESFIELD H & AC	7	-	-	-	-	7

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2009/2010 TEAM RESULTS AFTER FIVE MATCHES

## SENIOR WOMEN – DIVISION ONE

<i>best four races - max 10 points</i>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Points</b>
<b>1</b>	TRAFFORD AC	8	7	10	10	10	<b>38</b>
<b>2</b>	STOCKPORT H & AC	9	9	8	7	9	<b>35</b>
<b>3</b>	MACCLESFIELD H & AC	10	10	6	6	8	<b>34</b>
<b>4</b>	SALE HARRIERS MANCHESTER AC	6	8	9	9	7	<b>33</b>
<b>5</b>	MANCHESTER TRIATHLON	5	4	7	8	6	<b>26</b>
<b>6</b>	WILMSLOW RC	4	6	5	5	5	<b>21</b>
<b>7</b>	ALTRINCHAM & DISTRICT AC	7	5	4	4	4	<b>20</b>
<b>8</b>	BELLE VUE RACERS	1	2	3	3	2	<b>10</b>
<i>two races completed:</i>							
	ST HELENS SUTTON AC	3	3	-	-	-	6
	MANCHESTER YMCA H	2	-	-	-	3	5

## SENIOR WOMEN – DIVISION TWO

*NB: as per Matches 1 to 4, only B Teams have qualified for points*

<i>best four races - max 12 points</i>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Points</b>
<b>1</b>	TRAFFORD AC – B	11	10	12	11	12	<b>46</b>
<b>2</b>	STOCKPORT H & AC – B	10	11	10	12	11	<b>44</b>
<b>3</b>	SALE HARRIERS MANCHESTER – B	9	12	11	10	9	<b>42</b>
<b>4</b>	MACCLESFIELD H & AC – B	12	8	-	9	10	<b>39</b>
<b>5</b>	WILMSLOW RC – B	6	9	-	8	8	<b>31</b>
<b>6</b>	MANCHESTER TRIATHLON – B	7	6	9	6	7	<b>29</b>
<b>7</b>	SWINTON RC	-	7	8	7	5	<b>27</b>
<b>8</b>	MANCHESTER H & AC	4	4	6	5	6	<b>21</b>
<b>9</b>	MIDDLETON H AC	5	5	7	-	4	<b>21</b>
<i>three races completed:</i>							
	MANCHESTER H & AC – B	1	-	-	4	3	8
	BELLE VUE RACERS – B	3	2	-	-	2	7
<i>one race completed:</i>							
	ALTRINCHAM & DISTRICT AC – B	8	-	-	-	-	8
	ST HELENS SUTTON AC	-	3	-	-	-	3
	MIDDLETON H AC – B	2	-	-	-	-	2

## VETERAN WOMEN – DIVISION ONE

*NB: as per Matches 1 to 4, only B Teams have qualified for points*

<i>best four races - max 10 points</i>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Points</b>
<b>1</b>	STOCKPORT H & AC	9	9	9	10	10	<b>38</b>
<b>2</b>	MACCLESFIELD H & AC	10	10	7	8	9	<b>37</b>
<b>3</b>	TRAFFORD AC	8	7	10	9	8	<b>35</b>
<b>4</b>	WILMSLOW RC	6	8	8	7	7	<b>30</b>
<b>5</b>	MANCHESTER TRIATHLON	5	6	5	5	6	<b>22</b>
<b>6</b>	BELLE VUE RACERS	3	4	6	-	4	<b>17</b>
<b>7</b>	MANCHESTER H & AC	2	3	4	4	5	<b>16</b>
<i>two races completed:</i>							
	ALTRINCHAM & DISTRICT AC	7	-	-	6	-	13
	ST HELENS SUTTON AC	4	5	-	-	-	9
<i>nil races completed:</i>							
	MANCHESTER YMCA HARRIERS	-	-	-	-	-	-

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2009/2010 TEAM RESULTS AFTER FIVE MATCHES

## VETERAN WOMEN – DIVISION TWO

*NB: As per Matches 1 to 4, only B Teams have qualified for points*

<i>best four races - max 12 points</i>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Points</b>
<b>1</b>	STOCKPORT H & AC – B	11	11	10	12	11	<b>45</b>
<b>2</b>	SALE HARRIERS MANCHESTER	12	-	11	9	12	<b>44</b>
<b>3</b>	TRAFFORD AC – B	9	-	12	11	10	<b>42</b>
<b>4</b>	SWINTON RC	-	10	9	10	5	<b>34</b>
<b>5</b>	MIDDLETON H AC	8	8	8	7	7	<b>31</b>
<i>three races completed:</i>							
	MACCLESFIELD H AC – B	10	9	-	-	9	28
<i>two races completed:</i>							
	WILMSLOW RC – B	-	12	-	-	6	18
	MANCHESTER TRIATHLON – B	6	6	-	-	-	12
	MIDDLETON H AC – B	7	-	-	-	3	10
	MANCHESTER H & AC – B	4	-	-	-	4	8
<i>one race completed:</i>							
	SALE HARRIERS MANCHESTER – B	-	-	-	-	8	8
	SWINTON RC – B	-	-	-	8	-	8
	ST HELENS SUTTON AC – B	-	7	-	-	-	7
	BELLE VUE RACERS – B	5	-	-	-	-	5

**WOMEN UNDER 20** – no qualifiers

## UNDER 20 MEN – no qualifying teams

<b>UNDER 20 MEN</b> – best four races - max 10 points		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Points</b>
<i>two races completed:</i>							
	EAST CHESHIRE H & TAMESIDE AC	-	10	-	-	10	20
	SALE HARRIERS MANCHESTER AC	10	-	10	-	-	20
	ST HELENS SUTTON AC	-	9	-	-	9	18

## SENIOR MEN – DIVISION ONE

<i>best four races - maximum 10 points</i>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Points</b>
<b>1</b>	TRAFFORD AC	8	10	10	8	10	<b>38</b>
<b>2</b>	SALE HARRIERS MANCHESTER AC	10	9	8	7	9	<b>36</b>
<b>3</b>	ALTRINCHAM & DISTRICT AC	9	7	6	9	8	<b>33</b>
<b>4</b>	WILMSLOW RC	4	5	9	10	6	<b>30</b>
<b>5</b>	EAST CHESHIRE H & TAMESIDE AC	6	8	7	6	7	<b>28</b>
<b>6</b>	STOCKPORT H & AC	5	4	4	5	5	<b>19</b>
<b>7</b>	MANCHESTER TRIATHLON	3	2	5	4	1	<b>14</b>
<b>8</b>	ST HELENS SUTTON AC	2	6	2	-	3	<b>13</b>
<b>9</b>	MACCLESFIELD H & AC	1	1	3	3	2	<b>9</b>
<i>three races completed:</i>							
	SALFORD H & AC	7	3	-	-	4	14

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2009/2010 TEAM RESULTS AFTER FIVE MATCHES

## SENIOR MEN – DIVISION TWO

*NB maximum number of points was revised from 23 to 27 points following Match Two  
Points for Matches 3 & 4 were adjusted prior to Match 5 by minus 1 as incorrect points, 28, were used.*

<i>best four races - maximum 27 points</i>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Points</b>
<b>1</b>	TRAFFORD AC – B	26	26	27	25	27	<b>106</b>
<b>2</b>	SALE HARRIERS MANCHESTER AC – B	27	24	24	26	26	<b>103</b>
<b>3</b>	MANCHESTER H & AC	23	22	-	27	24	<b>96</b>
<b>4</b>	EAST CHESHIRE H & TAMESIDE AC – B	19	25	22	22	25	<b>94</b>
<b>5</b>	WILMSLOW RC – B	11	-	25	23	23	<b>82</b>
<b>6</b>	SWINTON RC	17	16	21	21	21	<b>80</b>
<b>7</b>	SALE HARRIERS MANCHESTER AC – C	25	13	18	-	17	<b>73</b>
<b>8</b>	STOCKPORT H & AC – B	16	14	-	18	22	<b>70</b>
<b>9</b>	SALFORD METROPOLITAN AC	13	-	17	19	20	<b>69</b>
<i>three races completed:</i>							
	TRAFFORD AC – C	22	21	23	-	-	66
	ABC RUNNERS	-	23	19	24	-	66
	ALTRINCHAM & DISTRICT AC – B	24	15	15	-	-	54
	MANCHESTER YMCA HARRIERS	18	17	16	-	-	51
	MANCHESTER TRIATHLON – B	9	20	20	-	-	49
	BELLE VUE RACERS	15	10	-	17	-	42
	MACCLESFIELD H & AC – B	10	12	-	20	-	42
<i>two races completed:</i>							
	WARRINGTON AC	-	27	26	-	-	53
	ST HELENS SUTTON – B	-	19	-	-	18	37
	MANCHESTER TRIATHLON – C	-	11	14	-	-	25
	EAST CHESHIRE H & TAMESIDE AC – C	5	18	-	-	-	23
<i>one race completed:</i>							
	MIDDLETON H & AC	21	-	-	-	-	21
	SALE HARRIERS MANCHESTER AC – D	20	-	-	-	-	20
	WILMSLOW RC – C	-	-	-	-	19	19
	SALFORD H & AC - B	14	-	-	-	-	14
	ALTRINCHAM & DISTRICT AC - C	12	-	-	-	-	12
	TRAFFORD AC – D	8	-	-	-	-	8
	MANCHESTER METROPOLITAN UNIV	7	-	-	-	-	7
	SALE HARRIERS MANCHESTER AC – E	6	-	-	-	-	6

## VETERAN MEN – DIVISION ONE

<i>best four races - maximum 10 points</i>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>Points</b>
<b>1</b>	WILMSLOW RC	10	10	10	10	10	<b>40</b>
<b>2</b>	EAST CHESHIRE H & TAMESIDE AC	7	9	9	6	7	<b>32</b>
<b>3</b>	ALTRINCHAM & DISTRICT AC	9	8	6	9	-	<b>32</b>
<b>4</b>	TRAFFORD AC	6	7	8	8	8	<b>31</b>
<b>5</b>	STOCKPORT H & AC	8	5	7	7	9	<b>31</b>
<b>6</b>	MACCLESFIELD H & AC	4	4	5	5	5	<b>19</b>
<b>7</b>	SALE HARRIERS MANCHESTER AC	5	3	4	4	6	<b>19</b>
<b>8</b>	SWINTON RC	3	2	3	3	4	<b>13</b>
<b>9</b>	ST HELENS SUTTON AC	2	6	2	-	3	<b>13</b>
<b>10</b>	MANCHESTER YMCA HARRIERS	-	1	1	2	2	<b>6</b>

**MANCHESTER AREA CROSS COUNTRY LEAGUE  
2009/2010 TEAM RESULTS AFTER FIVE MATCHES**

**VETERAN MEN – DIVISION TWO**

<i>best four races - maximum 15 points</i>		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>Points</i>
<b>1</b>	WILMSLOW RC – B	11	12	15	15	14	<b>56</b>
<b>2</b>	EAST CHESHIRE H & TAMESIDE AC – B	14	15	11	13	-	<b>53</b>
<b>3</b>	MIDDLETON H AC	8	-	12	14	12	<b>46</b>
<b>4</b>	MANCHESTER TRIATHLON	10	11	13	10	10	<b>44</b>
<b>5</b>	STOCKPORT H & AC – B	12	9	10	7	13	<b>44</b>
<b>6</b>	MACCLESFIELD H & AC – B	4	6	9	12	-	<b>31</b>
<b>7</b>	BELLE VUE RACERS	5	5	-	8	7	<b>25</b>
<i>three races completed:</i>							
	SALFORD H & AC	15	14	-	-	15	44
	TRAFFORD AC – B	9	13	14	-	-	36
	WILMSLOW RC – C	-	-	8	11	11	30
	SALFORD METROPOLITAN	-	-	6	9	8	23
<i>two races completed:</i>							
	MANCHESTER H & AC	13	7	-	-	-	20
	ALTRINCHAM & DISTRICT AC – B	7	8	-	-	-	15
	SALE HARRIERS MANCHESTER AC – B	3	-	-	-	9	12
<i>one race completed:</i>							
	ST HELENS SUTTON AC – B	-	10	-	-	-	10
	MANCHESTER TRIATHLON – B	-	-	7	-	-	7
	SALFORD H & AC – B	6	-	-	-	-	6
	WILMSLOW RC – D	-	-	-	-	6	6
	EAST CHESHIRE H & TAMESIDE AC - C	2	-	-	-	-	2

**NB: ALL RACES**

*In the event of a tie: where one of the teams has completed five races and the other team four, the team with five races wins; where both teams have the same number of races, looking at each race, the team whose last runner is closest to the winner determines the winning team.*

**ANY QUERIES AND/OR CORRECTIONS**

*Please email Brenda Bradshaw on  
[arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com)*

*who will get back to you as soon as possible.  
Currently out of the country but hopefully still  
picking up emails!*

*Alternatively, contact Bob Lynch  
[pauline\\_lynch@hotmail.com](mailto:pauline_lynch@hotmail.com)*