

MANCHESTER AREA CROSS COUNTRY LEAGUE

2014/2015 TEAM POINTS & POSITIONS

MATCH FOUR – HEATON PARK – 10 JANUARY 2015

UNDER 11 GIRLS

GIRLS UNDER 11 – 3 to score – max points 10 [best three from four to count]						
1	WARRINGTON AC	1	6	11	18	10
2	SALFORD H & AC	3	8	10	21	9
3	SALE H MANCHESTER AC	2	9	13	24	8
4	STOCKPORT H & AC	4	14	25	43	7
5	MANCHESTER H & AC	16	18	33	67	6
6	ST HELENS SUTTON AC	27	29	32	88	5

GIRLS UNDER 11 – B TEAM – for interest only						
	SALFORD H & AC – B	15	17	23	55	
	SALE H MANCHESTER AC – B	20	28	34	82	

UNDER 11 BOYS

BOYS UNDER 11 – 3 to score - max points 10 [best three from four to count]						
1	SALFORD H & AC	1	2	12	15	10
2	MACCLESFIELD H & AC	5	6	19	30	9
3	SALE H MANCHESTER AC	8	14	16	38	8
4	ST HELENS SUTTON AC	7	17	24	48	7
5	TRAFFORD AC	4	18	27	49	6

UNDER 13 GIRLS

GIRLS UNDER 13 – 3 to score – max points 10 [best four from five to count]						
1	MANCHESTER H & AC	2	3	6	11	10
2	LIVERPOOL H & AC	1	4	8	13	9
3	MACCLESFIELD H & AC	7	11	13	31	8
4	EAST CHESHIRE H & TAMESIDE AC	10	14	16	40	7
5	SALE H MANCHESTER AC	12	15	17	44	6
6	STOCKPORT H & AC	5	9	36	50	5
7	SALFORD H & AC	24	26	37	87	4
8	ST HELENS SUTTON AC	38	39	40	117	3

GIRLS UNDER 13 – B, C & D TEAMS – for interest only						
	SALE H MANCHESTER AC – B	19	20	21	60	
	SALE H MANCHESTER AC – C	23	28	30	81	
	SALE H MANCHESTER AC – D	31	32	33	96	

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UNDER 13 BOYS

BOYS UNDER 13 – 3 to score - max points 10 [best four from five to count]						
1	STOCKPORT H & AC	3	4	5	12	10
2	SALFORD H & AC	11	15	19	45	9
3	TRAFFORD AC	12	14	20	46	8
4	SALE H MANCHESTER AC	6	17	29	52	7
5	ST HELENS SUTTON AC	23	24	26	73	6

BOYS UNDER 13 – B & C TEAMS – for interest only						
	STOCKPORT H & AC – B	7	9	10	26	
	STOCKPORT H & AC – C	21	31	32	84	

UNDER 15 GIRLS

GIRLS UNDER 15 – 3 to score - max points 10 [best four from five to count]						
1	MANCHESTER H & AC	1	3	7	11	10
2	STOCKPORT H & AC	2	5	6	13	9
3	SALE H MANCHESTER AC	8	10	11	29	8
4	LIVERPOOL H & AC	4	13	20	37	7
5	SALFORD H & AC	9	19	24	52	6

GIRLS UNDER 15 – B TEAMS – for interest only						
	STOCKPORT H & AC – B	12	15	18	45	
	SALE H MANCHESTER AC – B	21	23	25	69	
	SALFORD H & AC – B	26	29	31	86	

UNDER 15 BOYS

BOYS UNDER 15 – 3 to score - max points 10 [best four from five to count]						
1	MANCHESTER H & AC	5	6	7	18	10
2	WIRRAL AC	10	14	15	39	9

UNDER 17 GIRLS

GIRLS UNDER 17 – 3 to score - maximum points 10 [best four from five to count]						
1	SALE H MANCHESTER AC	2	4	5	11	10

UNDER 17 BOYS

BOYS UNDER 17 – 3 to score - max points 10 [best four from five to count]						
1	STOCKPORT H & AC	4	5	6	15	10

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MATCH FOUR – HEATON PARK – 10 JANUARY 2015

SENIOR WOMEN – DIVISION ONE

<i>4 to score - max points 10 [best four from five to count]</i>							
1	STOCKPORT H & AC	<i>1</i>	<i>3</i>	<i>4</i>	<i>14</i>	<i>22</i>	10
2	SALE H MANCHESTER AC	<i>6</i>	<i>9</i>	<i>18</i>	<i>23</i>	<i>56</i>	9
3	MACCLESFIELD H & AC	<i>11</i>	<i>16</i>	<i>19</i>	<i>20</i>	<i>66</i>	8
4	TRAFFORD AC	<i>7</i>	<i>12</i>	<i>33</i>	<i>37</i>	<i>89</i>	7
5	MANCHESTER TRIATHLON	<i>13</i>	<i>17</i>	<i>31</i>	<i>60</i>	<i>121</i>	6
6	WILMSLOW RC	<i>8</i>	<i>32</i>	<i>40</i>	<i>45</i>	<i>125</i>	5
7	SALE H MANCHESTER AC - B	<i>24</i>	<i>26</i>	<i>47</i>	<i>52</i>	<i>149</i>	4
8	TRAFFORD AC – B	<i>38</i>	<i>43</i>	<i>57</i>	<i>71</i>	<i>209</i>	3
-	VALE ROYAL AC			-			-
-	WIRRAL AC			-			-

SENIOR WOMEN* – DIVISION TWO

<i>4 to score - max points 33 [best four from five to count]</i>							
1	STOCKPORT H & AC – B	<i>15</i>	<i>35</i>	<i>39</i>	<i>73</i>	<i>162</i>	33
2	ST HELENS SUTTON AC	<i>10</i>	<i>30</i>	<i>56</i>	<i>70</i>	<i>166</i>	32
3	EAST CHESHIRE H & TAMESIDE AC	<i>21</i>	<i>46</i>	<i>53</i>	<i>62</i>	<i>182</i>	31
4	CHORLTON RUNNERS	<i>27</i>	<i>55</i>	<i>58</i>	<i>61</i>	<i>201</i>	30
5	WILMSLOW RC – B	<i>49</i>	<i>51</i>	<i>63</i>	<i>76</i>	<i>239</i>	29
6	MACCLESFIELD H & AC – B	<i>34</i>	<i>36</i>	<i>92</i>	<i>93</i>	<i>255</i>	28
7	ALTRINCHAM & DISTRICT AC	<i>28</i>	<i>44</i>	<i>94</i>	<i>115</i>	<i>281</i>	27
8	MANCHESTER H & AC	<i>22</i>	<i>85</i>	<i>109</i>	<i>113</i>	<i>329</i>	26
9	BELLE VUE RACERS	<i>68</i>	<i>69</i>	<i>96</i>	<i>121</i>	<i>354</i>	25
10	SALE H MANCHESTER AC – C	<i>82</i>	<i>89</i>	<i>95</i>	<i>99</i>	<i>365</i>	24
11	MANCHESTER YMCA H	<i>54</i>	<i>78</i>	<i>103</i>	<i>134</i>	<i>369</i>	23
12	EAST CHESHIRE H & TAMESIDE AC - B	<i>72</i>	<i>80</i>	<i>100</i>	<i>123</i>	<i>375</i>	22
13	BRAMHALL RUNNERS	<i>64</i>	<i>75</i>	<i>86</i>	<i>155</i>	<i>380</i>	21
14	MANCHESTER TRIATHLON – B	<i>65</i>	<i>88</i>	<i>104</i>	<i>124</i>	<i>381</i>	20
15	CHORLTON RUNNERS – B	<i>74</i>	<i>90</i>	<i>106</i>	<i>114</i>	<i>384</i>	19
16	STOCKPORT H & AC – C	<i>81</i>	<i>102</i>	<i>107</i>	<i>108</i>	<i>398</i>	18
17	SWINTON RC	<i>50</i>	<i>97</i>	<i>127</i>	<i>136</i>	<i>410</i>	17
18	RADCLIFFE AC	<i>29</i>	<i>116</i>	<i>138</i>	<i>148</i>	<i>431</i>	16
19	MANCHESTER FRONTRUNNERS	<i>105</i>	<i>117</i>	<i>125</i>	<i>137</i>	<i>484</i>	15
20	MIDDLETON H AC	<i>42</i>	<i>146</i>	<i>151</i>	<i>154</i>	<i>493</i>	14
21	CHORLTON RUNNERS – C	<i>118</i>	<i>129</i>	<i>135</i>	<i>161</i>	<i>543</i>	13

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22	HYDE VILLAGE STRIDERS	87	152	163	164	566	12
23	MANCHESTER TRIATHLON – C	131	142	150	159	582	11
24	BELLE VUE RACERS – B	126	128	165	175	594	10
25	WINSTON RUNNERS	141	147	170	171	629	9
26	MIDDLETON H AC – B	167	169	174	177	687	8

**should there be more teams at subsequent matches, the maximum points will be increased and the above points and those for Matches One, Two & Three will be adjusted accordingly.*

UNDER 20 WOMEN

1	STOCKPORT H & AC	1	2	3	6	10
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VETERAN WOMEN – DIVISION ONE

3 to score - maximum points 10 [best 4 from 5 to count]

1	MACCLESFIELD H & AC	3	4	5	12	10
2	WILMSLOW RC	2	10	19	31	9
3	TRAFFORD AC	11	14	17	42	8
4	WILMSLOW RC – B	21	23	27	71	7
5	SALE H MANCHESTER AC	7	24	43	74	6
6	MANCHESTER TRIATHLON	9	29	42	80	5
7	ALTRINCHAM & DISTRICT AC	18	46	89	153	4
8	SWINTON RC	22	69	74	165	3
-	SALE H MANCHESTER AC – B				-	-
-	WIRRAL AC				-	-

VETERAN WOMEN* – DIVISION TWO

3 to score - maximum points 24 [increased from 22] [best 4 from 5 to count]

1	STOCKPORT H & AC	13	15	34	62	24
2	MACCLESFIELD H & AC – B	6	12	45	63	23
3	RADCLIFFE AC	8	61	76	145	22
4	BELLE VUE RACERS	31	48	68	147	21
5	EAST CHESHIRE H & TAMESIDE AC	37	50	66	153	20
6	BRAMHALL RUNNERS	28	40	88	156	19
7	STOCKPORT H & AC – B	53	54	73	180	18
8	MIDDLETON H AC	16	81	84	181	17
9	GLOSSOPDALE HARRIERS	49	63	71	183	16
10	MANCHESTER FRONTRUNNERS	52	62	75	189	15
11	MANCHESTER H & AC	55	59	79	193	14

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12	CHORLTON RUNNERS	25	60	111	196	13
13	HYDE VILLAGE STRIDERS	41	85	94	220	12
13	ST HELENS STRIDERS	20	92	108	220	12
15	MACCLESFIELD H & AC – C	56	80	86	222	11
16	WINSTON RUNNERS	78	82	99	259	10
17	BELLE VUE RACERS – B	70	96	104	270	9
18	MIDDLETON H AC – B	87	97	98	282	8
19	WINSTON RUNNERS – B	100	102	113	315	7
20	MIDDLETON H AC – C	103	106	109	318	6

SENIOR MEN – DIVISION ONE

6 to score - maximum points 10 [best 4 from 5 to count]

1	SALE H MANCHESTER AC	1	4	7	8	9	11	40	10	
2	WILMSLOW RC	6	17	22	28	37	43	153	9	
3	TRAFFORD AC	12	14	33	35	47	52	193	8	
4	ALTRINCHAM & DISTRICT AC	2	3	24	44	54	78	205	7	
5	SWINTON RC	26	27	29	36	63	74	255	6	
6	SALFORD H & AC	13	18	21	41	79	84	256	5	
7	STOCKPORT H & AC	15	16	42	58	65	76	272	4	
8	EAST CHESHIRE H & TAMESIDE AC	5	34	56	66	69	92	322	3	
9	TRAFFORD AC – B	62	70	75	87	88	100	482	2	
-	SALFORD H & AC – B	-								-

SENIOR MEN* – DIVISION TWO

6 to score - maximum points 44 [best 4 from 5 to count]

1	SALE H MANCHESTER AC – B	19	31	46	48	50	51	245	44
2	CHORLTON RUNNERS	40	45	49	71	110	123	438	43
3	SALE H MANCHESTER AC – C	57	73	80	81	95	103	489	42
4	WILMSLOW RC – B	55	59	82	85	93	135	509	41
5	MANCHESTER TRIATHLON	10	64	97	104	117	119	511	40
6	ST HELENS SUTTON AC	20	25	67	118	213	214	657	39
7	ALTRINCHAM & DISTRICT AC – B	90	94	108	115	125	152	684	38
8	MACCLESFIELD H & AC	68	83	107	116	158	169	701	37
9	KNUTSFORD TRI CLUB	60	109	120	129	132	168	718	36
10	STOCKPORT H & AC – B	101	102	111	121	140	144	719	35
11	VALE ROYAL AC	61	72	98	133	142	273	779	34
12	SALE H MANCHESTER AC – D	112	134	149	155	164	178	892	33
13	CHORLTON RUNNERS – B	130	131	141	165	174	175	916	32

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14	MANCHESTER TRIATHLON – B	124	126	138	154	202	222	966	31
15	MANCHESTER YMCA H	53	114	145	146	252	262	972	30
16	BRAMHALL RUNNERS	137	139	182	185	193	205	1041	29
17	STOCKPORT H & AC – C	147	157	171	184	188	197	1044	28
18	ALTRINCHAM & DISTRICT AC – C	159	166	177	189	198	229	1118	27
19	BELLE VUE RACERS	156	186	192	194	196	223	1147	26
20	SWINTON RC – B	143	191	204	208	221	224	1191	25
21	E CHESHIRE H & TAMESIDE AC - B	99	113	220	246	251	278	1207	24
22	SALE H MANCHESTER AC – E	179	183	195	199	231	234	1221	23
23	MANCHESTER FRONTRUNNERS	136	161	212	219	257	261	1246	22
24	MANCHESTER H & AC	148	187	190	245	259	272	1301	21
25	MIDDLETON H AC	91	173	230	268	277	282	1321	20
26	WILMSLOW RC – C	150	151	163	280	295	314	1353	19
27	CHORLTON RUNNERS – C	176	206	209	241	258	275	1365	18

UNDER 20 MEN

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

NO COMPLETE TEAMS

VETERAN MEN – DIVISION ONE

4 to score - max points 10 [best four from five to count]

1	SALE H MANCHESTER AC	1	2	3	13	19	10	
2	WILMSLOW RC	8	9	11	15	43	9	
3	TRAFFORD AC	4	12	18	31	65	8	
4	EAST CHESHIRE H & TAMESIDE AC	16	20	23	39	98	7	
5	WILMSLOW RC – B	17	28	30	35	110	6	
6	STOCKPORT H & AC	19	26	41	42	128	5	
7	SALFORD H & AC	5	29	44	85	163	4	
8	ST HELENS SUTTON AC	21	49	108	109	287	3	
9	BRAMHALL RUNNERS	86	94	103	123	406	2	
-	SALFORD H & AC – B	-						-

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MATCH FOUR – HEATON PARK – 10 JANUARY 2015

VETERAN MEN* – DIVISION TWO

<i>4 to score – max points 33 [best 4 from 5 to count]</i>							
1	ALTRINCHAM & DISTRICT AC	6	14	33	36	89	33
2	SALE H MANCHESTER AC – B	24	27	43	68	162	32
3	SWINTON RC	7	25	61	93	186	31
4	KNUTSFORD TRI CLUB	47	50	56	57	210	30
5	MACCLESFIELD H & AC	22	45	70	77	214	29
6	ALTRINCHAM & DISTRICT AC – B	46	54	65	71	236	28
7	TRAFFORD AC – B	32	40	66	99	237	27
8	STOCKPORT H & AC – B	51	59	62	69	241	26
9	MANCHESTER TRIATHLON	53	55	67	100	275	25
10	VALE ROYAL AC	38	58	60	149	305	24
11	ALTRINCHAM & DISTRICT AC – C	75	82	92	97	346	23
12	SALE H MANCHESTER AC – C	83	84	87	98	352	22
13	STOCKPORT H & AC – C	78	88	91	96	353	21
14	CHORLTON RUNNERS	52	81	104	131	368	20
15	MIDDLETON H AC	34	80	121	151	386	19
16	BELLE VUE RACERS	89	95	114	130	428	18
17	EAST CHESHIRE H & TAMESIDE AC – B	48	112	135	138	433	17
18	MANCHESTER H & AC	63	90	134	148	435	16
19	WILMSLOW RC – C	64	74	154	169	461	15
20	SWINTON RC – B	102	113	115	136	466	14
21	STOCKPORT H & AC – D	105	116	141	146	508	13
22	ST HELENS STRIDERS	106	132	140	147	525	12
23	SALE H MANCHESTER AC – D	122	125	127	158	532	11
24	MACCLESFIELD H & AC – B	101	111	157	178	547	10
25	ALTRINCHAM & DISTRICT AC – D	120	128	144	163	555	9
26	MANCHESTER YMCA H	142	162	164	171	639	8

**Division Two – Men & Women - Seniors & Veterans: should there be more teams at subsequent matches, the maximum points will be increased and previous points will be adjusted accordingly.*

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SCORING IN THE EVENT OF A TIE

TEAMS

[applies to INDIVIDUALS too]

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 54 Snr Mens teams in Match 1, 10 in Div.1 leaving 44 for Div.2. 44 is therefore 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.

**Any queries please contact Brenda tel: 0161-796 6310;
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