

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

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*[\*NB: last runner positions shown under points] p. 1 of 20 [bb: 1920 TEAMS-CUMULATIVE M3-17/12/19]*

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

## GIRLS UNDER 11 - TEAMS

GIRLS UNDER 11 – best three races to count		1	2*	3*	4*	5*	Points
1	WESPA FIRE ATHLETICS		12 6	12 5			24
2	LIVERPOOL H & AC		11 12	11 9			22
3	SALE H MANCHESTER AC		10 15	9 17			19
4	WIRRAL AC		8 32	10 15			18
5	SALFORD H & AC		9 24	8 31			17
6	EAST CHESHIRE & TAMESIDE AC		5 51	7 36			12
6	WARRINGTON AC		7 26	5 53			12
8	VALE ROYAL AC		2 66	6 54			8
9	STOCKPORT H & AC		6 46	-			6
10	TRAFFORD AC		4 62	-			4
11	MACCLESFIELD H & AC		3 74	-			3
12	BUXTON AC		1 58	-			1

## BOYS UNDER 11 - TEAMS

BOYS UNDER 11 – best three races to count		1	2*	3*	4*	5*	Points
1	SALE H MANCHESTER AC		11 7	11 9			22
2	WIRRAL AC		10 11	10 14			20
3	MACCLESFIELD H & AC		8 23	8 38			16
4	STOCKPORT H & AC		6 52	9 23			15
5	EAST CHESHIRE H & TAMESIDE AC		7 27	7 32			14
6	SALFORD H & AC		4 46	6 45			10
7	LIVERPOOL H & AC		9 9	-			9
8	VALE ROYAL AC		3 65	5 37			8
9	ST HELENS SUTTON AC		5 42	2 47			7
10	WARRINGTON AC		2 60	4 43			6
11	TRAFFORD AC		-	3 49			3
12	KNUTSFORD H & AC		1 69	-			1

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## GIRLS UNDER 13 - TEAMS

GIRLS UNDER 13 – best four races to count		1*	2*	3*	4*	5*	Points
1	STOCKPORT H & AC	12 4	12 5	10 16			34
2	SALFORD H & AC	11 15	11 8	11 11			33
3	WEST CHESHIRE AC	10 17	10 14	12 8			32
4	EAST CHESHIRE H & TAMESIDE AC	8 35	8 26	8 31			24
5	LIVERPOOL H & AC	5 37	6 38	7 40			18
5	WIRRAL AC	6 33	3 66	9 24			18
7	SALE H MANCHESTER AC	9 14	7 32	-			16
8	MACCLESFIELD H & AC	3 58	5 33	6 36			14
9	VALE ROYAL AC	-	4 63	5 42			9
10	ST HELENS SUTTON AC	2 66	1 70	4 50			7
11	TRAFFORD AC	4 56	2 59	-			6
<i>The following teams are not able to qualify:</i>							
	WARRINGTON AC	-	9 18	-			9
	ALTRINCHAM & DISTRICT AC	7 36	-	-			7
<i>Points from M1 increased from max 11 to 12</i>							

## BOYS UNDER 13 - TEAMS

BOYS UNDER 13 – best four races to count		1*	2*	3*	4*	5*	Points
1	WIRRAL AC	11 9	9 17	11 5			31
2	SALE H MANCHESTER AC	10 21	11 10	9 23			30
3	LIVERPOOL H & AC	7 36	10 13	10 14			27
4	STOCKPORT H & AC	8 28	8 23	5 31			21
5	TRAFFORD AC	6 29	7 22	7 37			20
6	EAST CHESHIRE H & TAMESIDE AC	4 32	6 34	8 27			18
7	MACCLESFIELD H & AC	5 33	5 35	6 29			16
8	ST HELENS SUTTON AC	3 38	2 48	4 38			9
9	SALFORD H & AC	2 50	3 36	-			5
10	BUXTON AC	1 59	1 69	-			2
<i>The following teams are not able to qualify:</i>							
	WESPA FIRE ATHLETICS	9 18	-	-			9
	VALE ROYAL AC	-	4 43	-			4

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# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

## GIRLS UNDER 15 - TEAMS

GIRLS UNDER 15 – best four races to count		1*	2*	3*	4*	5*	Points
1	SALE H MANCHESTER AC	11 8	11 7	11 6			33
2	LIVERPOOL H & AC	10 11	10 13	10 12			30
3	WARRINGTON AC	9 21	9 18	-			18
4	EAST CHESHIRE H & TAMESIDE AC	5 26	5 35	8 22			18
5	TRAFFORD AC	4 37	6 27	7 18			17
6	WIRRAL AC	7 31	-	9 15			16
6	WEST CHESHIRE AC	8 35	8 32	-			16
8	SALFORD H & AC	6 25	7 29	-			13
9	STOCKPORT H & AC	2 44	4 42	6 32			12
10	MACCLESFIELD H & AC	3 59	3 60	-			6
11	ST HELENS SUTTON AC	1 72	2 53	-			3

## BOYS UNDER 15 - TEAMS

BOYS UNDER 15 – best four races to count		1*	2*	3*	4*	5*	Points
1	WIRRAL AC	7 4	7 6	7 3			21
2	STOCKPORT H & AC	4 23	4 25	6 16			14
3	SALE H MANCHESTER AC	5 20	3 30	5 15			13
4	MACCLESFIELD H & AC	6 12	6 10	-			12
5	WEST CHESHIRE AC	2 33	5 24	4 19			11
6	TRAFFORD AC	3 29	1 33	3 30			7
<i>The following teams are not able to qualify:</i>							
	LIVERPOOL H & AC	-	2 27	-			2
	SALFORD H & AC	1 39	-	-			1

## GIRLS UNDER 17 - TEAMS

GIRLS UNDER 17 – best four races to count		1*	2*	3*	4*	5*	Points
1	SALE H MANCHESTER AC	4 16	5 12	5 13			14
2	SALFORD H & AC	5 13	3 16	-			8
3	STOCKPORT H & AC	3 17	4 18	-			7
4	EAST CHESHIRE H & TAMESIDE AC	2 28	2 26	-			4
5	OLDHAM & ROYTON H & AC	1 27	1 24	-			2

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## BOYS UNDER 17 - TEAMS

BOYS UNDER 17 – best four races to count		1*	2*	3*	4*	5*	Points
1	STOCKPORT H & AC	7 12	7 23	7 12			21
2	TRAFFORD AC	6 16	5 19	6 14			17
3	MACCLESFIELD H & AC	5 23	4 24	-			9
4	SALE H MANCHESTER AC	3 24	3 21	-			6
4	BUXTON AC	4 26	2 26	-			6
6	MANCHESTER H & AC	2 38	1 33	-			3
<i>The following team is not able to qualify:</i>							
	WARRINGTON AC	-	6 16	-			6
<i>Points from M1 increased from max 6 to 7 at M2</i>							

## UNDER 20 WOMEN

UNDER 20 WOMEN – best four races to count		1*	2*	3*	4*	5*	Points
<i>The following teams are not able to qualify:</i>							
	STOCKPORT H & AC	-	1 9	-			1
	MANCHESTER METROPOLITAN UNIV	1 10	-	-			1

## SENIOR WOMEN – DIVISION ONE

SNR WOMEN DIV ONE – best 4 races		1*	2*	3*	4*	5*	Points
1	CHORLTON RUNNERS	8 34	9 47	10 26			27
2	SALE H MANCHESTER AC	10 21	7 44	7 30			24
3	SALFORD H & AC	6 57	6 65	8 55			20
3	TRAFFORD AC	9 37	8 56	3 86			20
5	STOCKPORT H & AC	5 55	5 51	9 28			19
6	MACCLESFIELD H & AC	2 111	10 31	6 49			18
7	MANCHESTER TRIATHLON CLUB	3 116	4 59	5 68			12
8	WILMSLOW RC	7 51	2 102	2 128			11
8	EAST CHESHIRE H & TAMESIDE AC	4 105	3 117	4 121			11
<i>The following team is not able to qualify:</i>							
	UNIV. OF MANCHESTER A & CCC	-	1 178	-			1

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# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

## SENIOR WOMEN – DIVISION TWO

<b>SNR WOMEN DIV 2 – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>ALTRINCHAM &amp; DISTRICT AC</b>	<b>9</b> <i>91</i>	<b>11</b> <i>80</i>	<b>11</b> <i>61</i>			<b>31</b>
<b>2</b>	<b>SWINTON RC</b>	<b>10</b> <i>84</i>	<b>6</b> <i>101</i>	<b>9</b> <i>102</i>			<b>25</b>
<b>2</b>	<b>WIRRAL AC</b>	<b>11</b> <i>79</i>	<b>4</b> <i>181</i>	<b>10</b> <i>84</i>			<b>25</b>
<b>4</b>	<b>SALFORD METROPOLITAN AC</b>	<b>5</b> <i>187</i>	<b>10</b> <i>95</i>	<b>8</b> <i>168</i>			<b>23</b>
<b>5</b>	<b>VALE ROYAL AC</b>	<b>4</b> <i>262</i>	<b>9</b> <i>90</i>	<b>5</b> <i>170</i>			<b>18</b>
<b>6</b>	<b>BUXTON AC</b>	<b>8</b> <i>125</i>	<b>7</b> <i>138</i>	-			<b>15</b>
<b>6</b>	<b>MANCHESTER YMCA H</b>	<b>7</b> <i>201</i>	<b>8</b> <i>94</i>	-			<b>15</b>
<b>8</b>	<b>MANCHESTER FRONTRUNNERS</b>	<b>6</b> <i>164</i>	<b>1</b> <i>282</i>	<b>6</b> <i>154</i>			<b>13</b>
<b>9</b>	<b>STOCKPORT TRI CLUB</b>	-	<b>5</b> <i>155</i>	<b>7</b> <i>129</i>			<b>12</b>
<b>10</b>	<b>MANCHESTER H &amp; AC</b>	<b>3</b> <i>182</i>	<b>3</b> <i>211</i>	<b>4</b> <i>174</i>			<b>10</b>
<b>11</b>	<b>BELLE VUE RACERS</b>	<b>2</b> <i>199</i>	<b>2</b> <i>212</i>	-			<b>4</b>

## SENIOR WOMEN – DIVISION THREE

<b>SENIOR WOMEN DIV 3 – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>BRAMHALL RUNNERS</b>	<b>6</b> <i>140</i>	<b>8</b> <i>131</i>	<b>7</b> <i>117</i>			<b>21</b>
<b>2</b>	<b>KNUTSFORD TRI CLUB</b>	<b>8</b> <i>126</i>	<b>9</b> <i>97</i>	-			<b>17</b>
<b>3</b>	<b>DIDSBURY RUNNERS</b>	<b>7</b> <i>144</i>	-	<b>9</b> <i>90</i>			<b>16</b>
<b>4</b>	<b>MARPLE RUNNERS</b>	<b>3</b> <i>208</i>	<b>6</b> <i>238</i>	<b>5</b> <i>144</i>			<b>14</b>
<b>5</b>	<b>WEST CHESHIRE AC</b>	-	<b>5</b> <i>261</i>	<b>8</b> <i>98</i>			<b>13</b>
<b>6</b>	<b>WINSTON RUNNERS</b>	<b>4</b> <i>176</i>	<b>7</b> <i>208</i>	-			<b>11</b>
<b>7</b>	<b>MIDDLETON H AC</b>	<b>2</b> <i>241</i>	<b>3</b> <i>245</i>	<b>6</b> <i>136</i>			<b>11</b>
<b>8</b>	<b>START2JOG</b>	<b>1</b> <i>271</i>	<b>1</b> <i>318</i>	-			<b>2</b>
<b><i>The following teams are not able to qualify:</i></b>							
	<b>MANCHESTER METROPOLITAN UNIV</b>	<b>9</b> <i>106</i>	-	-			<b>9</b>
	<b>GOYT VALLEY STRIDERS</b>	<b>5</b> <i>185</i>	-	-			<b>5</b>
	<b>STYAL RC</b>	-	<b>4</b> <i>274</i>	-			<b>4</b>
	<b>DRAGONS RC (SALE)</b>	-	<b>2</b> <i>256</i>	-			<b>2</b>

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## SENIOR WOMEN – B TEAMS

<b>SENIOR WOMEN B TEAMS – best 4 races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>SALE H MANCHESTER AC – B</b>	<b>15</b> <small>36</small>	<b>14</b> <small>75</small>	<b>13</b> <small>79</small>			<b>42</b>
<b>2</b>	<b>STOCKPORT H &amp; AC – B</b>	<b>14</b> <small>89</small>	<b>12</b> <small>110</small>	<b>14</b> <small>62</small>			<b>40</b>
<b>3</b>	<b>CHORLTON RUNNERS – B</b>	<b>12</b> <small>119</small>	<b>11</b> <small>107</small>	<b>15</b> <small>69</small>			<b>38</b>
<b>4</b>	<b>MACCLESFIELD H &amp; AC – B</b>	<b>8</b> <small>211</small>	<b>15</b> <small>87</small>	<b>12</b> <small>108</small>			<b>35</b>
<b>5</b>	<b>MANCHESTER TRI CLUB – B</b>	<b>10</b> <small>180</small>	<b>13</b> <small>83</small>	<b>11</b> <small>145</small>			<b>34</b>
<b>6</b>	<b>SWINTON RC – B</b>	<b>9</b> <small>203</small>	<b>5</b> <small>265</small>	<b>10</b> <small>172</small>			<b>24</b>
<b>7</b>	<b>TRAFFORD AC – B</b>	<b>13</b> <small>159</small>	<b>10</b> <small>105</small>	<b>-</b>			<b>23</b>
<b>8</b>	<b>WILMSLOW RC – B</b>	<b>11</b> <small>204</small>	<b>6</b> <small>217</small>	<b>-</b>			<b>17</b>
<b>9</b>	<b>BRAMHALL RUNNERS – B</b>	<b>7</b> <small>184</small>	<b>9</b> <small>188</small>	<b>-</b>			<b>16</b>
<b>10</b>	<b>BUXTON AC – B</b>	<b>6</b> <small>246</small>	<b>8</b> <small>173</small>	<b>-</b>			<b>14</b>
<b>11</b>	<b>MARPLE RUNNERS – B</b>	<b>3</b> <small>234</small>	<b>2</b> <small>271</small>	<b>9</b> <small>176</small>			<b>14</b>
<b>12</b>	<b>WINSTON RUNNERS – B</b>	<b>4</b> <small>247</small>	<b>1</b> <small>275</small>	<b>-</b>			<b>5</b>
<i>The following teams are not able to qualify:</i>							
	<b>SALFORD METROPOLITAN AC – B</b>	<b>-</b>	<b>7</b> <small>284</small>	<b>-</b>			<b>7</b>
	<b>MANCHESTER H &amp; AC – B</b>	<b>5</b> <small>232</small>	<b>-</b>	<b>-</b>			<b>5</b>
	<b>STOCKPORT TRI CLUB – B</b>	<b>-</b>	<b>4</b> <small>321</small>	<b>-</b>			<b>4</b>
	<b>MANCHESTER YMCA H – B</b>	<b>-</b>	<b>3</b> <small>331</small>	<b>-</b>			<b>3</b>
<i>Points from M1 increased from max 13 to 15</i>							

## SENIOR WOMEN – C PLUS TEAMS

<b>SENIOR WOMEN C PLUS – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>SALE H MANCHESTER AC – C</b>	<b>22</b> <small>59</small>	<b>22</b> <small>139</small>	<b>21</b> <small>122</small>			<b>65</b>
<b>2</b>	<b>CHORLTON RUNNERS – C</b>	<b>18</b> <small>133</small>	<b>21</b> <small>132</small>	<b>22</b> <small>111</small>			<b>61</b>
<b>3</b>	<b>STOCKPORT H &amp; AC – C</b>	<b>20</b> <small>132</small>	<b>20</b> <small>143</small>	<b>20</b> <small>161</small>			<b>60</b>
<b>4</b>	<b>CHORLTON RUNNERS – D</b>	<b>14</b> <small>220</small>	<b>14</b> <small>202</small>	<b>19</b> <small>134</small>			<b>47</b>
<b>5</b>	<b>SALE H MANCHESTER AC – D</b>	<b>21</b> <small>80</small>	<b>16</b> <small>194</small>	<b>-</b>			<b>37</b>
<b>6</b>	<b>MANCHESTER TRI CLUB – C</b>	<b>13</b> <small>251</small>	<b>19</b> <small>200</small>	<b>-</b>			<b>32</b>
<b>6</b>	<b>STOCKPORT H &amp; AC – D</b>	<b>17</b> <small>146</small>	<b>15</b> <small>184</small>	<b>-</b>			<b>32</b>
<b>8</b>	<b>STOCKPORT H &amp; AC – E</b>	<b>16</b> <small>177</small>	<b>11</b> <small>296</small>	<b>-</b>			<b>27</b>
<i>Senior Women C+ Teams continued .....</i>							

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<b>SENIOR WOMEN C+ TEAMS - continued</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>9</b>	<b>BRAMHALL RUNNERS – C</b>	<b>12</b> <small>277</small>	<b>10</b> <small>276</small>	-			<b>22</b>
<b>10</b>	<b>MARPLE RUNNERS – C</b>	<b>11</b> <small>258</small>	<b>5</b> <small>319</small>	-			<b>16</b>
<b>10</b>	<b>WINSTON RUNNERS – C</b>	<b>10</b> <small>268</small>	<b>6</b> <small>295</small>	-			<b>16</b>
<b>12</b>	<b>CHORLTON RUNNERS – E</b>	-	<b>12</b> <small>239</small>	<b>18</b> <small>166</small>			<b>30</b>
<b>13</b>	<b>MARPLE RUNNERS – D</b>	<b>9</b> <small>276</small>	<b>1</b> <small>340</small>	-			<b>10</b>
<i>The following teams are not able to qualify:</i>							
	<b>SALE H MANCHESTER AC – E</b>	<b>19</b> <small>147</small>	-	-			<b>19</b>
	<b>TRAFFORD AC – C</b>	-	<b>18</b> <small>179</small>	-			<b>18</b>
	<b>MACCLESFIELD H &amp; AC – C</b>	-	<b>17</b> <small>195</small>	-			<b>17</b>
	<b>SALE H MANCHESTER AC – F</b>	<b>15</b> <small>196</small>	-	-			<b>15</b>
	<b>MANCHESTER TRI CLUB – D</b>	-	<b>13</b> <small>236</small>	-			<b>13</b>
	<b>BUXTON AC – C</b>	-	<b>9</b> <small>283</small>	-			<b>9</b>
	<b>CHORLTON RUNNERS – F</b>	-	<b>8</b> <small>267</small>	-			<b>8</b>
	<b>MANCHESTER TRI CLUB – E</b>	-	<b>7</b> <small>285</small>	-			<b>7</b>
	<b>SALFORD METROPOLITAN AC – C</b>	-	<b>4</b> <small>308</small>	-			<b>4</b>
	<b>CHORLTON RUNNERS - G</b>	-	<b>3</b> <small>332</small>	-			<b>3</b>
	<b>WINSTON RUNNERS – D</b>	-	<b>2</b> <small>323</small>	-			<b>2</b>
<b>Points from M1 increased from max 14 to 22</b>							

## VETERAN WOMEN – DIVISION ONE

<b>VET WOMEN DIV ONE – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>SALE H MANCHESTER AC</b>	<b>10</b> <small>11</small>	<b>7</b> <small>29</small>	<b>9</b> <small>11</small>			<b>26</b>
<b>2</b>	<b>CHORLTON RUNNERS</b>	<b>6</b> <small>54</small>	<b>9</b> <small>20</small>	<b>10</b> <small>12</small>			<b>25</b>
<b>3</b>	<b>STOCKPORT H &amp; AC</b>	<b>7</b> <small>27</small>	<b>8</b> <small>25</small>	<b>8</b> <small>17</small>			<b>23</b>
<b>4</b>	<b>MACCLESFIELD H &amp; AC</b>	<b>5</b> <small>60</small>	<b>10</b> <small>16</small>	<b>4</b> <small>67</small>			<b>19</b>
<b>5</b>	<b>WIRRAL AC</b>	<b>9</b> <small>32</small>	<b>1</b> <small>114</small>	<b>6</b> <small>36</small>			<b>16</b>
<b>6</b>	<b>ALTRINCHAM &amp; DISTRICT AC</b>	<b>3</b> <small>50</small>	<b>5</b> <small>42</small>	<b>7</b> <small>22</small>			<b>15</b>
<b>7</b>	<b>WILMSLOW RC</b>	<b>8</b> <small>25</small>	<b>6</b> <small>46</small>	-			<b>14</b>
<b>8</b>	<b>TRAFFORD AC</b>	<b>4</b> <small>59</small>	<b>4</b> <small>49</small>	<b>5</b> <small>52</small>			<b>13</b>
<b>9</b>	<b>VALE ROYAL AC</b>	<b>1</b> <small>104</small>	<b>3</b> <small>48</small>	<b>3</b> <small>116</small>			<b>7</b>
<b>10</b>	<b>BUXTON AC</b>	<b>2</b> <small>57</small>	<b>2</b> <small>85</small>	-			<b>4</b>

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# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

## VETERAN WOMEN – DIVISION TWO

<b>VET WOMEN DIV TWO – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>MANCHESTER TRIATHLON CLUB</b>	<b>7</b> <i>80</i>	<b>9</b> <i>33</i>	<b>9</b> <i>40</i>			<b>25</b>
<b>2</b>	<b>SWINTON RC</b>	<b>9</b> <i>43</i>	<b>7</b> <i>56</i>	<b>7</b> <i>38</i>			<b>23</b>
<b>3</b>	<b>EAST CHESHIRE H &amp; TAMESIDE AC</b>	<b>6</b> <i>150</i>	<b>5</b> <i>109</i>	<b>6</b> <i>76</i>			<b>17</b>
<b>3</b>	<b>MANCHESTER FRONTRUNNERS</b>	<b>8</b> <i>69</i>	<b>4</b> <i>204</i>	<b>5</b> <i>72</i>			<b>17</b>
<b>5</b>	<b>SALFORD METROPOLITAN AC</b>	-	<b>8</b> <i>52</i>	<b>8</b> <i>28</i>			<b>16</b>
<b>6</b>	<b>STOCKPORT TRI CLUB</b>	-	<b>6</b> <i>97</i>	<b>4</b> <i>64</i>			<b>10</b>
<b>7</b>	<b>MANCHESTER H &amp; AC</b>	<b>5</b> <i>118</i>	<b>3</b> <i>146</i>	<b>2</b> <i>120</i>			<b>10</b>
<b>8</b>	<b>MIDDLETON H AC</b>	<b>4</b> <i>149</i>	<b>2</b> <i>172</i>	<b>3</b> <i>88</i>			<b>9</b>
<i>The following team is not able to qualify:</i>							
	<b>ST HELENS TRI</b>	-	<b>1</b> <i>220</i>	-			<b>1</b>

## VETERAN WOMEN – DIVISION THREE

<b>VET WOMEN DIV THREE – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>BRAMHALL RUNNERS</b>	<b>10</b> <i>86</i>	<b>12</b> <i>69</i>	<b>11</b> <i>57</i>			<b>33</b>
<b>2</b>	<b>SALFORD H &amp; AC</b>	<b>12</b> <i>73</i>	<b>11</b> <i>100</i>	-			<b>23</b>
<b>3</b>	<b>MARPLE RUNNERS</b>	<b>5</b> <i>154</i>	<b>8</b> <i>167</i>	<b>10</b> <i>73</i>			<b>23</b>
<b>4</b>	<b>WEST CHESHIRE AC</b>	-	<b>10</b> <i>111</i>	<b>12</b> <i>59</i>			<b>22</b>
<b>5</b>	<b>WINSTON RUNNERS</b>	<b>9</b> <i>113</i>	<b>9</b> <i>144</i>	-			<b>18</b>
<b>6</b>	<b>BELLE VUE RACERS</b>	<b>7</b> <i>117</i>	<b>7</b> <i>141</i>	-			<b>14</b>
<b>7</b>	<b>DRAGONS RC (SALE)</b>	-	<b>3</b> <i>166</i>	<b>9</b> <i>111</i>			<b>12</b>
<b>8</b>	<b>GOYT VALLEY STRIDERS</b>	<b>8</b> <i>121</i>	<b>2</b> <i>171</i>	-			<b>10</b>
<b>8</b>	<b>MANCHESTER YMCA H</b>	<b>6</b> <i>139</i>	<b>4</b> <i>223</i>	-			<b>10</b>
<i>The following teams are not able to qualify:</i>							
	<b>KNUTSFORD TRI CLUB</b>	<b>11</b> <i>77</i>	-	-			<b>11</b>
	<b>STYAL RC</b>	-	<b>6</b> <i>185</i>	-			<b>6</b>
	<b>GLOSSOPDALE HARRIERS</b>	-	<b>5</b> <i>170</i>	-			<b>5</b>
	<b>START2JOG</b>	-	<b>1</b> <i>239</i>	-			<b>1</b>
<i>Points from M1 increased from max 8 to 12</i>							

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# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

## VETERAN WOMEN – B TEAMS

<b>VET WOMEN B TEAMS – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>SALE H MANCHESTER AC – B</b>	<b>18</b> 29	<b>17</b> 67	<b>18</b> 56			<b>53</b>
<b>2</b>	<b>CHORLTON RUNNERS – B</b>	<b>15</b> 71	<b>15</b> 70	<b>16</b> 78			<b>46</b>
<b>2</b>	<b>STOCKPORT H &amp; AC – B</b>	<b>17</b> 51	<b>14</b> 72	<b>15</b> 108			<b>46</b>
<b>4</b>	<b>MANCHESTER TRI CLUB – B</b>	<b>10</b> 127	<b>16</b> 79	<b>13</b> 100			<b>39</b>
<b>5</b>	<b>SWINTON RC – B</b>	<b>13</b> 116	<b>8</b> 188	<b>14</b> 98			<b>35</b>
<b>6</b>	<b>BRAMHALL RUNNERS – B</b>	<b>9</b> 125	<b>11</b> 120	<b>11</b> 117			<b>31</b>
<b>7</b>	<b>MACCLESFIELD H &amp; AC – B</b>	<b>12</b> 112	<b>18</b> 73	-			<b>30</b>
<b>8</b>	<b>WILMSLOW RC – B</b>	<b>14</b> 128	<b>13</b> 107	-			<b>27</b>
<b>9</b>	<b>ALTRINCHAM &amp; DISTRICT AC – B</b>	-	<b>6</b> 192	<b>17</b> 63			<b>23</b>
<b>10</b>	<b>BUXTON AC – B</b>	<b>11</b> 130	<b>10</b> 113	-			<b>21</b>
<b>11</b>	<b>MARPLE RUNNERS – B</b>	<b>4</b> 165	<b>4</b> 193	<b>10</b> 119			<b>18</b>
<b>12</b>	<b>MIDDLETON HARRIERS AC – B</b>	<b>3</b> 199	<b>2</b> 240	<b>12</b> 97			<b>17</b>
<b>13</b>	<b>BELLE VUE RACERS – B</b>	<b>6</b> 156	<b>5</b> 195	-			<b>11</b>
<b>14</b>	<b>WINSTON RUNNERS – B</b>	<b>5</b> 167	<b>3</b> 197	-			<b>8</b>
<i>The following teams are not able to qualify:</i>							
	<b>WIRRAL AC – B</b>	<b>16</b> 78	-	-			<b>16</b>
	<b>TRAFFORD AC – B</b>	-	<b>12</b> 118	-			<b>12</b>
	<b>SALFORD METROPOLITAN AC – B</b>	-	<b>9</b> 206	-			<b>9</b>
	<b>MANCHESTER FRONTRUNNERS – B</b>	<b>8</b> 169	-	-			<b>8</b>
	<b>STOCKPORT TRI CLUB – B</b>	-	<b>7</b> 136	-			<b>7</b>
	<b>MANCHESTER H &amp; AC - B</b>	<b>7</b> 145	-	-			<b>7</b>
	<b>STYAL RC – B</b>	-	<b>1</b> 243	-			<b>1</b>
<i>Points from M1 increased from max 16 to 18</i>							

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# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

## VETERAN WOMEN – C PLUS TEAMS

<b>VET WOMEN C PLUS – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>CHORLTON RUNNERS – C</b>	<b>19</b> <i>129</i>	<b>23</b> <i>82</i>	<b>23</b> <i>104</i>			<b>65</b>
<b>2</b>	<b>SALE H MANCHESTER AC – C</b>	<b>23</b> <i>44</i>	<b>22</b> <i>89</i>	-			<b>45</b>
<b>3</b>	<b>STOCKPORT H &amp; AC – C</b>	<b>22</b> <i>82</i>	<b>21</b> <i>91</i>	-			<b>43</b>
<b>4</b>	<b>SALE H MANCHESTER – D</b>	<b>21</b> <i>92</i>	<b>19</b> <i>137</i>	-			<b>40</b>
<b>4</b>	<b>STOCKPORT H &amp; AC – D</b>	<b>20</b> <i>91</i>	<b>20</b> <i>125</i>	-			<b>40</b>
<b>6</b>	<b>MARPLE RUNNERS – C</b>	<b>11</b> <i>182</i>	<b>4</b> <i>238</i>	<b>22</b> <i>123</i>			<b>37</b>
<b>7</b>	<b>MACCLESFIELD H &amp; AC – C</b>	<b>14</b> <i>181</i>	<b>18</b> <i>134</i>	-			<b>32</b>
<b>8</b>	<b>STOCKPORT H &amp; AC – E</b>	<b>18</b> <i>106</i>	<b>13</b> <i>216</i>	-			<b>31</b>
<b>9</b>	<b>BUXTON AC – C</b>	<b>12</b> <i>174</i>	<b>15</b> <i>182</i>	-			<b>27</b>
<b>9</b>	<b>CHORLTON RUNNERS – D</b>	<b>13</b> <i>183</i>	<b>14</b> <i>155</i>	-			<b>27</b>
<b>11</b>	<b>BRAMHALL RUNNERS – C</b>	<b>9</b> <i>197</i>	<b>16</b> <i>153</i>	-			<b>25</b>
<b>12</b>	<b>WINSTON RUNNERS – C</b>	<b>10</b> <i>189</i>	<b>7</b> <i>213</i>	-			<b>17</b>
<b>13</b>	<b>MARPLE RUNNERS – D</b>	<b>8</b> <i>196</i>	<b>1</b> <i>250</i>	-			<b>9</b>
<i>The following teams are not able to qualify:</i>							
	<b>SALE H MANCHESTER AC – E</b>	<b>17</b> <i>131</i>	-	-			<b>17</b>
	<b>MANCHESTER TRI CLUB – C</b>	-	<b>17</b> <i>165</i>	-			<b>17</b>
	<b>STOCKPORT H &amp; AC – F</b>	<b>16</b> <i>168</i>	-	-			<b>16</b>
	<b>SWINTON RC – C</b>	<b>15</b> <i>173</i>	-	-			<b>15</b>
	<b>MANCHESTER TRI CLUB – D</b>	-	<b>12</b> <i>187</i>	-			<b>12</b>
	<b>CHORLTON RUNNERS – E</b>	-	<b>11</b> <i>190</i>	-			<b>11</b>
	<b>MACCLESFIELD H &amp; AC – D</b>	-	<b>10</b> <i>221</i>	-			<b>10</b>
	<b>BUXTON AC – D</b>	-	<b>9</b> <i>210</i>	-			<b>9</b>
	<b>BRAMHALL RUNNERS – D</b>	-	<b>8</b> <i>235</i>	-			<b>8</b>
	<b>MANCHESTER TRI CLUB – E</b>	-	<b>6</b> <i>231</i>	-			<b>6</b>
	<b>SALFORD METROPOLITAN AC – C</b>	-	<b>5</b> <i>226</i>	-			<b>5</b>
	<b>CHORLTON RUNNERS – F</b>	-	<b>3</b> <i>242</i>	-			<b>3</b>
	<b>WINSTON RUNNERS – D</b>	-	<b>2</b> <i>236</i>	-			<b>2</b>
<b>Points from M1 increased from max 16 to 23</b>							

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# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

## UNDER 20 MEN

<b>UNDER 20 MEN – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>TRAFFORD AC</b>	<b>4</b> 9	<b>5</b> 10	-			<b>9</b>
<b>2</b>	<b>SALFORD H &amp; AC</b>	<b>5</b> 14	<b>3</b> 16	-			<b>8</b>
<b>3</b>	<b>UNIVERSITY OF MANCHESTER AC</b>	<b>2</b> 21	<b>4</b> 12	-			<b>6</b>
<i>The following teams are not able to qualify:</i>							
	<b>SALE H MANCHESTER AC</b>	<b>3</b> 11	-	-			<b>3</b>
	<b>WARRINGTON AC</b>	-	<b>2</b> 17	-			<b>2</b>
	<b>STOCKPORT H &amp; AC</b>	<b>1</b> 20	-	-			<b>1</b>

## SENIOR MEN – DIVISION ONE

<b>DIV ONE SENIOR MEN – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>SALE H MANCHESTER AC</b>	<b>9</b> 34	<b>9</b> 31	<b>10</b> 14			<b>28</b>
<b>2</b>	<b>SALFORD H &amp; AC</b>	<b>10</b> 26	<b>10</b> 23	<b>7</b> 51			<b>27</b>
<b>3</b>	<b>TRAFFORD AC</b>	<b>8</b> 36	<b>8</b> 38	<b>8</b> 53			<b>24</b>
<b>4</b>	<b>CHORLTON RUNNERS</b>	<b>4</b> 92	<b>7</b> 67	<b>9</b> 46			<b>20</b>
<b>5</b>	<b>HORWICH RMI</b>	<b>7</b> 81	<b>6</b> 74	<b>5</b> 131			<b>18</b>
<b>6</b>	<b>STOCKPORT H &amp; AC</b>	<b>5</b> 97	<b>5</b> 86	<b>6</b> 77			<b>16</b>
<b>7</b>	<b>ALTRINCHAM &amp; DISTRICT AC</b>	<b>6</b> 74	<b>4</b> 113	<b>4</b> 116			<b>14</b>
<b>8</b>	<b>WILMSLOW RC</b>	<b>3</b> 180	<b>3</b> 264	<b>3</b> 142			<b>9</b>
<b>9</b>	<b>MANCHESTER TRI CLUB</b>	<b>1</b> 232	<b>2</b> 231	<b>2</b> 135			<b>5</b>
<b>10</b>	<b>BUXTON AC</b>	<b>2</b> 268	<b>1</b> 400	-			<b>3</b>

## SENIOR MEN – DIVISION TWO

<b>SNR MEN DIV TWO – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>EAST CHESHIRE H &amp; TAC</b>	<b>9</b> 148	<b>10</b> 111	<b>8</b> 212			<b>27</b>
<b>2</b>	<b>MACCLESFIELD H &amp; AC</b>	<b>8</b> 170	<b>8</b> 134	<b>10</b> 105			<b>26</b>
<b>3</b>	<b>UNIVERSITY OF MANCHESTER</b>	<b>10</b> 72	<b>9</b> 76	-			<b>19</b>
<b>4</b>	<b>VALE ROYAL AC</b>	<b>5</b> 329	<b>6</b> 303	<b>7</b> 199			<b>18</b>
<b>5</b>	<b>MANCHESTER YMCA H</b>	-	<b>7</b> 182	<b>9</b> 172			<b>16</b>
<b>6</b>	<b>SWINTON RC</b>	<b>7</b> 291	<b>4</b> 201	<b>4</b> 223			<b>15</b>
<i>Senior Men Division Two Teams continued .....</i>							

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# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

<i>SENIOR MEN DIV TWO - continued</i>		<i>1*</i>	<i>2*</i>	<i>3*</i>	<i>4*</i>	<i>5*</i>	<i>Points</i>
<b>7</b>	<b>SALFORD METROPOLITAN AC</b>	<b>2</b> <small>284</small>	<b>5</b> <small>262</small>	<b>6</b> <small>208</small>			<b>13</b>
<b>8</b>	<b>BRAMHALL RUNNERS</b>	<b>4</b> <small>240</small>	<b>3</b> <small>256</small>	<b>5</b> <small>220</small>			<b>12</b>
<b>9</b>	<b>STOCKPORT TRI CLUB</b>	<b>6</b> <small>279</small>	<b>2</b> <small>379</small>	<b>3</b> <small>244</small>			<b>11</b>
<b>10</b>	<b>MANCHESTER H &amp; AC</b>	<b>3</b> <small>273</small>	<b>1</b> <small>399</small>	<b>-</b>			<b>4</b>

## SENIOR MEN – DIVISION THREE

<i>SENIOR MEN DIV THREE – best four races to count</i>		<i>1*</i>	<i>2*</i>	<i>3*</i>	<i>4*</i>	<i>5*</i>	<i>Points</i>
<b>1</b>	<b>DIDSBURY RUNNERS</b>	<b>12</b> <small>201</small>	<b>10</b> <small>445</small>	<b>11</b> <small>226</small>			<b>33</b>
<b>2</b>	<b>MANCHESTER FRONTRUNNERS</b>	<b>11</b> <small>285</small>	<b>11</b> <small>362</small>	<b>9</b> <small>196</small>			<b>31</b>
<b>3</b>	<b>MIDDLETON H AC</b>	<b>4</b> <small>404</small>	<b>9</b> <small>421</small>	<b>10</b> <small>230</small>			<b>23</b>
<b>4</b>	<b>ST HELENS TRI</b>	<b>7</b> <small>326</small>	<b>7</b> <small>397</small>	<b>7</b> <small>222</small>			<b>21</b>
<b>5</b>	<b>MARPLE RUNNERS</b>	<b>8</b> <small>293</small>	<b>6</b> <small>438</small>	<b>6</b> <small>262</small>			<b>20</b>
<b>6</b>	<b>GOYT VALLEY STRIDERS</b>	<b>10</b> <small>265</small>	<b>4</b> <small>425</small>	<b>-</b>			<b>14</b>
<b>6</b>	<b>KNUTSFORD TRI CLUB</b>	<b>6</b> <small>360</small>	<b>8</b> <small>389</small>	<b>-</b>			<b>14</b>
<b>8</b>	<b>GLOSSOPDALE HARRIERS</b>	<b>5</b> <small>338</small>	<b>5</b> <small>480</small>	<b>-</b>			<b>10</b>
<b>9</b>	<b>START2JOG</b>	<b>3</b> <small>412</small>	<b>1</b> <small>506</small>	<b>-</b>			<b>4</b>

*The following teams are not able to qualify:*

	<b>WEST CHESHIRE AC</b>	<b>-</b>	<b>-</b>	<b>12</b> <small>232</small>			<b>12</b>
	<b>WARRINGTON AC</b>	<b>-</b>	<b>12</b> <small>171</small>	<b>-</b>			<b>12</b>
	<b>BELLE VUE RACERS</b>	<b>9</b> <small>365</small>	<b>-</b>	<b>-</b>			<b>9</b>
	<b>WIRRAL AC</b>	<b>-</b>	<b>-</b>	<b>8</b> <small>272</small>			<b>8</b>
	<b>STYAL RC</b>	<b>-</b>	<b>3</b> <small>452</small>	<b>-</b>			<b>3</b>
	<b>DRAGONS RC (SALE)</b>	<b>-</b>	<b>2</b> <small>477</small>	<b>-</b>			<b>2</b>

*Points from M1 increased from max 10 to 12*

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

## SENIOR MEN – B TEAMS

<b>SENIOR MEN B TEAMS – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>SALE H MANCHESTER – B</b>	<b>15</b> <small>76</small>	<b>15</b> <small>92</small>	<b>15</b> <small>95</small>			<b>45</b>
<b>2</b>	<b>SALFORD H &amp; AC – B</b>	<b>16</b> <small>70</small>	<b>16</b> <small>87</small>	<b>12</b> <small>193</small>			<b>44</b>
<b>3</b>	<b>CHORLTON RUNNERS – B</b>	<b>11</b> <small>184</small>	<b>14</b> <small>117</small>	<b>14</b> <small>119</small>			<b>39</b>
<b>4</b>	<b>STOCKPORT H &amp; AC – B</b>	<b>13</b> <small>121</small>	<b>12</b> <small>154</small>	<b>13</b> <small>150</small>			<b>38</b>
<b>5</b>	<b>ALTRINCHAM &amp; DISTRICT - B</b>	<b>12</b> <small>179</small>	<b>10</b> <small>260</small>	<b>9</b> <small>231</small>			<b>31</b>
<b>6</b>	<b>TRAFFORD AC – B</b>	<b>14</b> <small>126</small>	<b>13</b> <small>204</small>	-			<b>27</b>
<b>7</b>	<b>MANCHESTER TRI CLUB – B</b>	<b>8</b> <small>372</small>	<b>7</b> <small>305</small>	<b>11</b> <small>195</small>			<b>26</b>
<b>8</b>	<b>BRAMHALL RUNNERS – B</b>	<b>9</b> <small>306</small>	<b>5</b> <small>381</small>	<b>8</b> <small>250</small>			<b>22</b>
<b>9</b>	<b>SALFORD METROPOLITAN – B</b>	<b>7</b> <small>367</small>	<b>6</b> <small>366</small>	<b>7</b> <small>276</small>			<b>20</b>
<b>10</b>	<b>MACCLESFIELD H &amp; AC – B</b>	-	<b>9</b> <small>281</small>	<b>10</b> <small>218</small>			<b>19</b>
<b>11</b>	<b>WILMSLOW RC – B</b>	<b>10</b> <small>282</small>	<b>2</b> <small>475</small>	-			<b>12</b>
<b>12</b>	<b>MARPLE RUNNERS – B</b>	<b>5</b> <small>384</small>	<b>1</b> <small>483</small>	<b>6</b> <small>283</small>			<b>12</b>
<i>The following teams are not able to qualify:</i>							
	<b>HORWICH RMI H – B</b>	-	<b>11</b> <small>322</small>	-			<b>11</b>
	<b>EAST CHESHIRE H &amp; TAC – B</b>	-	<b>8</b> <small>353</small>	-			<b>8</b>
	<b>MANCHESTER FRONTRUNNERS – B</b>	<b>6</b> <small>374</small>	-	-			<b>6</b>
	<b>SWINTON RC – B</b>	-	<b>4</b> <small>386</small>	-			<b>4</b>
	<b>MANCHESTER YMCA H – B</b>	-	<b>3</b> <small>417</small>	-			<b>3</b>
<i>Points from M1 increased from max 12 to 16</i>							

## SENIOR MEN – C PLUS TEAMS

<b>SNR MEN C PLUS TEAMS – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>SALE H MANCHESTER AC – C</b>	<b>21</b> <small>114</small>	<b>21</b> <small>121</small>	<b>20</b> <small>253</small>			<b>62</b>
<b>2</b>	<b>CHORLTON RUNNERS – C</b>	<b>13</b> <small>304</small>	<b>19</b> <small>186</small>	<b>21</b> <small>176</small>			<b>53</b>
<b>3</b>	<b>STOCKPORT H &amp; AC – C</b>	<b>17</b> <small>211</small>	<b>16</b> <small>228</small>	<b>19</b> <small>243</small>			<b>52</b>
<b>4</b>	<b>SALFORD H &amp; AC – C</b>	<b>20</b> <small>116</small>	<b>20</b> <small>137</small>	-			<b>40</b>
<b>5</b>	<b>SALFORD H &amp; AC – D</b>	<b>19</b> <small>174</small>	<b>18</b> <small>191</small>	-			<b>37</b>
<b>6</b>	<b>SALE H MANCHESTER AC – D</b>	<b>18</b> <small>171</small>	<b>17</b> <small>230</small>	-			<b>35</b>
<b>7</b>	<b>CHORLTON RUNNERS – D</b>	-	<b>15</b> <small>221</small>	<b>18</b> <small>266</small>			<b>33</b>
<i>Senior Men C+ Teams continued .....</i>							

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# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

<i>SNR MEN C+ TEAMS - continued</i>		<i>1*</i>	<i>2*</i>	<i>3*</i>	<i>4*</i>	<i>5*</i>	<i>Points</i>
<b>8</b>	<b>SALE H MANCHESTER AC – E</b>	<b>16</b> <small>264</small>	<b>13</b> <small>315</small>	-			<b>29</b>
<b>9</b>	<b>STOCKPORT H &amp; AC – D</b>	<b>14</b> <small>321</small>	<b>12</b> <small>307</small>	-			<b>26</b>
<b>10</b>	<b>ALTRINCHAM &amp; DISTRICT – C</b>	<b>15</b> <small>322</small>	<b>8</b> <small>432</small>	-			<b>23</b>
<i>The following teams are not able to qualify:</i>							
	<b>SALFORD H &amp; AC – E</b>	-	<b>14</b> <small>363</small>	-			<b>14</b>
	<b>BRAMHALL RUNNERS – C</b>	<b>12</b> <small>362</small>	-	-			<b>12</b>
	<b>CHORLTON RUNNERS – E</b>	-	<b>11</b> <small>299</small>	-			<b>11</b>
	<b>MARPLE RUNNERS – C</b>	<b>11</b> <small>409</small>	-	-			<b>11</b>
	<b>CHORLTON RUNNERS – F</b>	-	<b>10</b> <small>370</small>	-			<b>10</b>
	<b>MANCHESTER TRI CLUB – C</b>	-	<b>9</b> <small>365</small>	-			<b>9</b>
	<b>STOCKPORT H &amp; AC – E</b>	-	<b>7</b> <small>464</small>	-			<b>7</b>
	<b>CHORLTON RUNNERS – G</b>	-	<b>6</b> <small>418</small>	-			<b>6</b>
	<b>SALFORD METROPOLITAN – C</b>	-	<b>5</b> <small>444</small>	-			<b>5</b>
	<b>MACCLESFIELD H &amp; AC – C</b>	-	<b>4</b> <small>446</small>	-			<b>4</b>
	<b>SWINTON RC – C</b>	-	<b>3</b> <small>485</small>	-			<b>3</b>
	<b>MANCHESTER TRI – D</b>	-	<b>2</b> <small>495</small>	-			<b>2</b>
	<b>CHORLTON RUNNERS – H</b>	-	<b>1</b> <small>458</small>	-			<b>1</b>
<i>Points from M1 increased from max 11 to 21</i>							

## VETERAN MEN – DIVISION ONE

<i>VETERAN MEN DIV ONE – best four races to count</i>		<i>1*</i>	<i>2*</i>	<i>3*</i>	<i>4*</i>	<i>5*</i>	<i>Points</i>
<b>1</b>	<b>SALFORD H &amp; AC</b>	<b>10</b> <small>17</small>	<b>7</b> <small>33</small>	<b>9</b> <small>24</small>			<b>26</b>
<b>2</b>	<b>HORWICH RMI H</b>	<b>9</b> <small>44</small>	<b>9</b> <small>29</small>	<b>6</b> <small>43</small>			<b>24</b>
<b>3</b>	<b>CHORLTON RUNNERS</b>	<b>2</b> <small>154</small>	<b>10</b> <small>19</small>	<b>10</b> <small>25</small>			<b>22</b>
<b>4</b>	<b>STOCKPORT H &amp; AC</b>	<b>6</b> <small>40</small>	<b>8</b> <small>43</small>	<b>7</b> <small>35</small>			<b>21</b>
<b>5</b>	<b>SALE H MANCHESTER AC</b>	<b>7</b> <small>36</small>	<b>5</b> <small>32</small>	<b>8</b> <small>44</small>			<b>20</b>
<b>6</b>	<b>WILMSLOW RC</b>	<b>4</b> <small>75</small>	<b>6</b> <small>54</small>	<b>5</b> <small>55</small>			<b>15</b>
<b>7</b>	<b>TRAFFORD AC</b>	<b>8</b> <small>58</small>	<b>3</b> <small>123</small>	-			<b>11</b>
<b>8</b>	<b>ALTRINCHAM &amp; DISTRICT AC</b>	<b>5</b> <small>69</small>	<b>4</b> <small>47</small>	<b>2</b> <small>99</small>			<b>11</b>
<b>9</b>	<b>EAST CHESHIRE H &amp; TAMESIDE AC</b>	<b>3</b> <small>138</small>	<b>1</b> <small>180</small>	<b>4</b> <small>123</small>			<b>8</b>
<b>10</b>	<b>MANCHESTER TRI CLUB</b>	<b>1</b> <small>137</small>	<b>2</b> <small>99</small>	<b>3</b> <small>73</small>			<b>6</b>

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# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

## VETERAN MEN – DIVISION TWO

<b>VETERAN MEN DIV TWO – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>MACCLESFIELD H &amp; AC</b>	<b>8</b> <i>99</i>	<b>8</b> <i>48</i>	<b>8</b> <i>63</i>			<b>24</b>
<b>2</b>	<b>VALE ROYAL AC</b>	<b>6</b> <i>142</i>	<b>6</b> <i>140</i>	<b>7</b> <i>88</i>			<b>19</b>
<b>3</b>	<b>SWINTON RC</b>	<b>2</b> <i>224</i>	<b>7</b> <i>93</i>	<b>5</b> <i>160</i>			<b>14</b>
<b>4</b>	<b>BUXTON AC</b>	<b>7</b> <i>90</i>	<b>5</b> <i>179</i>	<b>-</b>			<b>12</b>
<b>5</b>	<b>STOCKPORT TRI CLUB</b>	<b>5</b> <i>147</i>	<b>3</b> <i>185</i>	<b>4</b> <i>138</i>			<b>12</b>
<b>6</b>	<b>ST HELENS TRI</b>	<b>1</b> <i>178</i>	<b>4</b> <i>191</i>	<b>6</b> <i>98</i>			<b>11</b>
<b>7</b>	<b>GOYT VALLEY STRIDERS</b>	<b>4</b> <i>134</i>	<b>2</b> <i>207</i>	<b>-</b>			<b>6</b>
<b>8</b>	<b>MANCHESTER H &amp; AC</b>	<b>3</b> <i>141</i>	<b>1</b> <i>196</i>	<b>-</b>			<b>4</b>

## VETERAN MEN – DIVISION THREE

<b>VETERAN MEN DIV THREE – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>BRAMHALL RUNNERS</b>	<b>10</b> <i>95</i>	<b>9</b> <i>106</i>	<b>9</b> <i>83</i>			<b>28</b>
<b>2</b>	<b>MARPLE RUNNERS</b>	<b>9</b> <i>124</i>	<b>7</b> <i>159</i>	<b>5</b> <i>142</i>			<b>21</b>
<b>3</b>	<b>SALFORD METROPOLITAN AC</b>	<b>7</b> <i>151</i>	<b>6</b> <i>183</i>	<b>6</b> <i>125</i>			<b>19</b>
<b>4</b>	<b>MANCHESTER FRONTRUNNERS</b>	<b>6</b> <i>184</i>	<b>-</b>	<b>7</b> <i>130</i>			<b>13</b>
<b>5</b>	<b>GLOSSOPDALE HARRIERS</b>	<b>8</b> <i>161</i>	<b>4</b> <i>226</i>	<b>-</b>			<b>12</b>
<b>6</b>	<b>KNUTSFORD TRI CLUB</b>	<b>4</b> <i>235</i>	<b>5</b> <i>206</i>	<b>-</b>			<b>9</b>
<b>7</b>	<b>MIDDLETON H AC</b>	<b>3</b> <i>242</i>	<b>-</b>	<b>4</b> <i>172</i>			<b>7</b>
<b>8</b>	<b>STYAL RC</b>	<b>2</b> <i>226</i>	<b>3</b> <i>259</i>	<b>-</b>			<b>5</b>

*The following teams are not able to qualify:*

	<b>WARRINGTON AC</b>	<b>-</b>	<b>10</b> <i>79</i>	<b>-</b>			<b>10</b>
	<b>WEST CHESHIRE AC</b>	<b>-</b>	<b>-</b>	<b>10</b> <i>79</i>			<b>10</b>
	<b>ST HELENS SUTTON AC</b>	<b>-</b>	<b>8</b> <i>151</i>	<b>-</b>			<b>8</b>
	<b>WIRRAL AC</b>	<b>-</b>	<b>-</b>	<b>8</b> <i>171</i>			<b>8</b>
	<b>BELLE VUE RACERS</b>	<b>4</b> <i>239</i>	<b>-</b>	<b>-</b>			<b>4</b>
	<b>DRAGONS RC (SALE)</b>	<b>-</b>	<b>2</b> <i>277</i>	<b>-</b>			<b>2</b>
	<b>WINSTON RUNNERS</b>	<b>-</b>	<b>1</b> <i>298</i>	<b>-</b>			<b>1</b>

*Points from M1 increased from max 9 to 10*

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# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

## VETERAN MEN – B TEAMS

<b>VETERAN MEN B TEAMS – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>STOCKPORT H &amp; AC – B</b>	<b>13</b> <i>63</i>	<b>12</b> <i>65</i>	<b>14</b> <i>54</i>			<b>39</b>
<b>2</b>	<b>SALE H MANCHESTER AC - B</b>	<b>12</b> <i>108</i>	<b>14</b> <i>52</i>	<b>11</b> <i>154</i>			<b>37</b>
<b>3</b>	<b>CHORLTON RUNNERS – B</b>	<b>6</b> <i>200</i>	<b>11</b> <i>115</i>	<b>13</b> <i>110</i>			<b>30</b>
<b>4</b>	<b>SALFORD H &amp; AC – B</b>	<b>14</b> <i>30</i>	<b>13</b> <i>69</i>	<b>-</b>			<b>27</b>
<b>5</b>	<b>BRAMHALL RUNNERS – B</b>	<b>9</b> <i>131</i>	<b>5</b> <i>153</i>	<b>9</b> <i>137</i>			<b>23</b>
<b>6</b>	<b>ALTRINCHAM &amp; DISTRICT AC – B</b>	<b>11</b> <i>115</i>	<b>8</b> <i>162</i>	<b>-</b>			<b>19</b>
<b>7</b>	<b>HORWICH RMI H – B</b>	<b>-</b>	<b>9</b> <i>168</i>	<b>10</b> <i>153</i>			<b>19</b>
<b>8</b>	<b>SALFORD METROPOLITAN AC – B</b>	<b>8</b> <i>197</i>	<b>3</b> <i>204</i>	<b>7</b> <i>174</i>			<b>18</b>
<b>9</b>	<b>WILMSLOW RC – B</b>	<b>10</b> <i>119</i>	<b>7</b> <i>143</i>	<b>-</b>			<b>17</b>
<b>10</b>	<b>MARPLE RUNNERS - B</b>	<b>7</b> <i>204</i>	<b>1</b> <i>251</i>	<b>6</b> <i>170</i>			<b>14</b>
<b>11</b>	<b>STOCKPORT TRI CLUB – B</b>	<b>5</b> <i>214</i>	<b>2</b> <i>246</i>	<b>-</b>			<b>7</b>
<i>The following teams are not able to qualify:</i>							
	<b>MANCHESTER TRIATHLON – B</b>	<b>-</b>	<b>-</b>	<b>12</b> <i>93</i>			<b>12</b>
	<b>MACCLESFIELD H &amp; AC – B</b>	<b>-</b>	<b>10</b> <i>126</i>	<b>-</b>			<b>10</b>
	<b>ST HELENS TRI – B</b>	<b>-</b>	<b>-</b>	<b>8</b> <i>162</i>			<b>8</b>
	<b>SWINTON RC – B</b>	<b>-</b>	<b>4</b> <i>217</i>	<b>-</b>			<b>4</b>
	<b>VALE ROYAL AC – B</b>	<b>3</b> <i>246</i>	<b>-</b>	<b>-</b>			<b>3</b>
<i>Points from M1 increased from max 12 to 14</i>							

## VETERAN MEN – C PLUS TEAMS

<b>VETERAN MEN C PLUS – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
<b>1</b>	<b>STOCKPORT H &amp; AC – C</b>	<b>16</b> <i>103</i>	<b>17</b> <i>98</i>	<b>17</b> <i>116</i>			<b>50</b>
<b>2</b>	<b>BRAMHALL RUNNERS – C</b>	<b>14</b> <i>167</i>	<b>7</b> <i>240</i>	<b>16</b> <i>151</i>			<b>37</b>
<b>3</b>	<b>SALFORD H &amp; AC – C</b>	<b>17</b> <i>77</i>	<b>13</b> <i>292</i>	<b>-</b>			<b>30</b>
<b>3</b>	<b>STOCKPORT H &amp; AC – D</b>	<b>15</b> <i>153</i>	<b>15</b> <i>138</i>	<b>-</b>			<b>30</b>
<b>5</b>	<b>SALE H MANCHESTER AC – C</b>	<b>13</b> <i>205</i>	<b>16</b> <i>150</i>	<b>-</b>			<b>29</b>
<b>6</b>	<b>STOCKPORT H &amp; AC – E</b>	<b>11</b> <i>221</i>	<b>12</b> <i>220</i>	<b>-</b>			<b>23</b>
<b>7</b>	<b>MARPLE RUNNERS – C</b>	<b>10</b> <i>227</i>	<b>1</b> <i>296</i>	<b>-</b>			<b>11</b>
<i>Senior Men C+ Teams continued .....</i>							

In partnership with Run North West and supported by: ATHLETE MATTERS,  
CITY OF MANCHESTER ATHLETICS and COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

<i>Veteran Men C+ Teams continued .....</i>							
<i>The following teams are not able to qualify:</i>							
	CHORLTON RUNNERS – C	-	<b>14</b> <small>186</small>	-			14
	BRAMHALL RUNNERS – D	12 <small>202</small>	-	-			12
	MANCHESTER TRI CLUB – C	-	<b>11</b> <small>198</small>	-			11
	CHORLTON RUNNERS – D	-	<b>10</b> <small>216</small>	-			10
	MACCLESFIELD H & AC – C	-	<b>9</b> <small>239</small>	-			9
	BRAMHALL RUNNERS – E	<b>9</b> <small>241</small>	-	-			9
	ALTRINCHAM & DISTRICT AC – C	-	<b>8</b> <small>242</small>	-			8
	CHORLTON RUNNERS – E	-	<b>6</b> <small>231</small>	-			6
	SALE H MANCHESTER AC – D	-	<b>5</b> <small>269</small>	-			5
	MANCHESTER TRI CLUB – D	-	<b>4</b> <small>293</small>	-			4
	SWINTON RC – C	-	<b>3</b> <small>284</small>	-			3
	CHORLTON RUNNERS – F	-	<b>2</b> <small>263</small>	-			2
<i>Points from M1 increased from max 9 to 17</i>							

## **SCORING IN THE EVENT OF A TIE**

**Where two teams score the same number of points, the team whose last counter finished closest to the winner takes the higher number of points.**

**Taking the best 4\*\* races, if one team finishes higher 3 times, that team will win. If both teams finish higher twice, the positions of the last counting runners in each of the 4 races will determine the winning team.**

*(\*\*U11's = best 3 races.)*

**For vet teams the positions gained in the vet race will be used.**

***Senior & Vet Teams: The number of achievable points is determined by the number of competing teams. For example, if there were 12 Vet Mens B Teams in Match One, 12 is the number of points awarded to the first team. If more teams finish in subsequent matches, the number of points are changed accordingly and the previous match points are updated. If fewer teams compete, the points do not change.***

MANCHESTER AREA CROSS COUNTRY LEAGUE  
2019/20 CUMULATIVE TEAM POINTS & POSITIONS

**PROMOTION / RELEGATION**

*The bottom three teams from Division One  
will be relegated to Division Two*

*The top three teams from Division Two  
will be promoted to Division One*

*The bottom three teams from Division Two  
will be relegated to Division Three*

*The top three teams from Division Three  
will be promoted to Division Two*

**AWARDS**

**DIVISION ONE TEAMS**

*Medals will be awarded to the top three Clubs in Division One  
irrespective of the number of completing teams.*

**DIVISIONS TWO, THREE, B & C+ TEAMS**

*Medals will be awarded to the top three Clubs in  
Divisions Two, Three, 'B' & 'C Plus'  
depending on the number of completing teams,  
i.e. 10 or more completing teams = First, Second, Third;  
6 to 9 completing teams = First, Second;  
5 or fewer teams = First.*

*In addition, awards will be given to the First placed Clubs in  
Divisions One, Two, Three, B and C Plus.*

**MANCHESTER AREA CROSS COUNTRY LEAGUE  
2019/20 CUMULATIVE TEAM POINTS & POSITIONS**

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