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

CUMULATIVE POINTS & POSITIONS AFTER THREE MATCHES

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

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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**
The following teams are not able to qualify:							
	WARRINGTON AC	*-*	*9* *18*	*-*			***9***
	ALTRINCHAM & DISTRICT AC	*7* *36*	*-*	*-*			***7***
Points from M1 increased from max 11 to 12							

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**
The following teams are not able to qualify:							
	WESPA FIRE ATHLETICS	*9* *18*	*-*	*-*			***9***
	VALE ROYAL AC	*-*	*4* *43*	*-*			***4***

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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**
The following teams are not able to qualify:							
	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
The following team is not able to qualify:							
	WARRINGTON AC	-	6 16	-			6
Points from M1 increased from max 6 to 7 at M2							

UNDER 20 WOMEN

UNDER 20 WOMEN – *best four races to count*		1*	2*	3*	4*	5*	Points
The following teams are not able to qualify:							
	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
The following team is not able to qualify:							
	UNIV. OF MANCHESTER A & CCC	-	1 178	-			1

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SENIOR WOMEN – DIVISION TWO

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

SENIOR WOMEN – DIVISION THREE

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

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SENIOR WOMEN – B TEAMS

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

SENIOR WOMEN – C PLUS TEAMS

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

Senior Women C+ Teams continued …….

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

VETERAN WOMEN – DIVISION ONE

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

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VETERAN WOMEN – DIVISION TWO

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

VETERAN WOMEN – DIVISION THREE

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

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VETERAN WOMEN – B TEAMS

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

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VETERAN WOMEN – C PLUS TEAMS

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

MANCHESTER AREA CROSS COUNTRY LEAGUE
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UNDER 20 MEN

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

SENIOR MEN – DIVISION ONE

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

SENIOR MEN – DIVISION TWO

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

MANCHESTER AREA CROSS COUNTRY LEAGUE
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SENIOR MEN DIV TWO - continued		*1**	*2**	*3**	*4**	*5**	*Points*
7	**SALFORD METROPOLITAN AC**	*2* *284*	*5* *262*	*6* *208*			**13**
8	**BRAMHALL RUNNERS**	*4* *240*	*3* *256*	*5* *220*			**12**
9	**STOCKPORT TRI CLUB**	*6* *279*	*2* *379*	*3* *244*			**11**
10	**MANCHESTER H & AC**	*3* *273*	*1* *399*	*-*			**4**

SENIOR MEN – DIVISION THREE

SENIOR MEN DIV THREE – *best four races to count*		*1**	*2**	*3**	*4**	*5**	*Points*
1	**DIDSBURY RUNNERS**	*12* *201*	*10* *445*	*11* *226*			**33**
2	**MANCHESTER FRONTRUNNERS**	*11* *285*	*11* *362*	*9* *196*			**31**
3	**MIDDLETON H AC**	*4* *404*	*9* *421*	*10* *230*			**23**
4	**ST HELENS TRI**	*7* *326*	*7* *397*	*7* *222*			**21**
5	**MARPLE RUNNERS**	*8* *293*	*6* *438*	*6* *262*			**20**
6	**GOYT VALLEY STRIDERS**	*10* *265*	*4* *425*	*-*			**14**
6	**KNUTSFORD TRI CLUB**	*6* *360*	*8* *389*	*-*			**14**
8	**GLOSSOPDALE HARRIERS**	*5* *338*	*5* *480*	*-*			**10**
9	**START2JOG**	*3* *412*	*1* *506*	*-*			**4**
The following teams are not able to qualify:							
	WEST CHESHIRE AC	*-*	*-*	*12* *232*			***12***
	WARRINGTON AC	*-*	*12* *171*	*-*			***12***
	BELLE VUE RACERS	*9* *365*	*-*	*-*			***9***
	WIRRAL AC	*-*	*-*	*8* *272*			***8***
	STYAL RC	*-*	*3* *452*	*-*			***3***
	DRAGONS RC (SALE)	*-*	*2* *477*	*-*			***2***
Points from M1 increased from max 10 to 12							

MANCHESTER AREA CROSS COUNTRY LEAGUE
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SENIOR MEN – B TEAMS

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

SENIOR MEN – C PLUS TEAMS

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

Senior Men C+ Teams continued ……..

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

VETERAN MEN – DIVISION ONE

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

MANCHESTER AREA CROSS COUNTRY LEAGUE
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VETERAN MEN – DIVISION TWO

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

VETERAN MEN – DIVISION THREE

VETERAN MEN DIV THREE – *best four races to count*		*1**	*2**	*3**	*4**	*5**	*Points*
1	**BRAMHALL RUNNERS**	*10* *95*	*9* *106*	*9* *83*			**28**
2	**MARPLE RUNNERS**	*9* *124*	*7* *159*	*5* *142*			**21**
3	**SALFORD METROPOLITAN AC**	*7* *151*	*6* *183*	*6* *125*			**19**
4	**MANCHESTER FRONTRUNNERS**	*6* *184*	-	*7* *130*			**13**
5	**GLOSSOPDALE HARRIERS**	*8* *161*	*4* *226*	-			**12**
6	**KNUTSFORD TRI CLUB**	*4* *235*	*5* *206*	-			**9**
7	**MIDDLETON H AC**	*3* *242*	-	*4* *172*			**7**
8	**STYAL RC**	*2* *226*	*3* *259*	-			**5**
The following teams are not able to qualify:							
	WARRINGTON AC	-	*10* *79*	-			***10***
	WEST CHESHIRE AC	-	-	*10* *79*			***10***
	ST HELENS SUTTON AC	-	*8* *151*	-			***8***
	WIRRAL AC	-	-	*8* *171*			***8***
	BELLE VUE RACERS	*4* *239*	-	-			***4***
	DRAGONS RC (SALE)	-	*2* *277*	-			***2***
	WINSTON RUNNERS	-	*1* *298*	-			***1***
Points from M1 increased from max 9 to 10							

MANCHESTER AREA CROSS COUNTRY LEAGUE
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VETERAN MEN – B TEAMS

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

VETERAN MEN – C PLUS TEAMS

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

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

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
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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.

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