

MANCHESTER AREA CROSS COUNTRY LEAGUE

2016/2017 TEAM POINTS & POSITIONS

MATCH THREE – HEATON PARK – 3 DECEMBER 2016

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UNDER 11 GIRLS

GIRLS UNDER 11 – 3 to score – max points 12 [best three from four to count]						
1	SALFORD H & AC	6	7	8	21	12
2	LIVERPOOL H & AC	3	9	30	42	11
3	SALE H MANCHESTER AC	13	14	19	46	10
4	STOCKPORT H & AC	1	2	44	47	9
5	MACCLESFIELD H & AC	4	21	23	48	8
6	EAST CHESHIRE H & TAMESIDE AC	10	11	29	50	7
7	WARRINGTON AC	12	22	24	58	6
8	WIRRAL AC	5	16	45	66	5
9	TRAFFORD AC	20	26	27	73	4
10	VALE ROYAL AC	17	25	36	78	3
11	SALFORD METROPOLITAN AC	34	38	40	112	2

GIRLS UNDER 11 – B & C TEAMS – for interest only						
	SALFORD H & AC – B	15	18	28	61	
	SALFORD H & AC – C	32	41	49	122	
	MACCLESFIELD H & AC - B	48	51	52	151	

UNDER 11 BOYS

BOYS UNDER 11 – 3 to score - max points 10 [best three from four to count]						
1	SALFORD H & AC	2	4	5	11	10
2	SALE H MANCHESTER AC	3	9	12	24	9
3	MACCLESFIELD H & AC	6	10	13	29	8
4	EAST CHESHIRE H & TAMESIDE AC	7	20	32	59	7
5	MANCHESTER TRIATHLON	16	18	28	62	6

BOYS UNDER 11 – B TEAMS – for interest only						
	MACCLESFIELD H & AC – B	19	21	24	64	
	SALFORD H & AC – B	29	30	43	102	
	EAST CHESHIRE H & TAMESIDE AC – B	33	35	36	104	

UNDER 13 GIRLS

GIRLS UNDER 13 – 3 to score – max points 10 [best four from five to count]						
1	SALE H MANCHESTER AC	2	3	5	10	10
2	SALFORD H & AC	7	9	12	28	9
3	STOCKPORT H & AC	6	10	25	41	8
4	MANCHESTER H & AC	14	21	26	61	7
5	VALE ROYAL AC	1	32	40	73	6
6	LIVERPOOL H & AC	24	30	31	85	5
7	WARRINGTON AC	28	33	38	99	4

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GIRLS UNDER 13 – B & C TEAMS – <i>for interest only</i>					
	SALE H MANCHESTER AC – B	11	15	16	42
	SALE H MANCHESTER AC – C	17	19	20	56
	LIVERPOOL H & AC – B	34	35	43	112
	STOCKPORT H & AC – B	27	41	49	117

UNDER 13 BOYS

BOYS UNDER 13 – <i>3 to score - max points 10 [best four from five to count]</i>						
1	SALFORD H & AC	1	4	11	16	10
2	TRAFFORD AC	5	6	9	20	9
3	SALE H MANCHESTER AC	2	10	13	25	8
4	MACCLESFIELD H & AC	7	8	24	39	7
5	STOCKPORT H & AC	12	14	16	42	6
6	VALE ROYAL AC	3	23	31	57	5
7	MANCHESTER H & AC	21	29	32	82	4
8	ST HELENS SUTTON AC	25	53	54	132	3

BOYS UNDER 13 – B & C TEAMS – <i>for interest only</i>					
	SALE H MANCHESTER AC – B	17	19	22	58
	SALFORD H & AC – B	20	26	27	73
	SALE H MANCHESTER AC – C	28	34	35	97
	STOCKPORT H & AC – B	18	44	46	108
	MACCLESFIELD H & AC – B	37	38	50	125

UNDER 15 GIRLS

GIRLS UNDER 15 – <i>3 to score - max points 10 [best four from five to count]</i>						
1	MACCLESFIELD H & AC	1	3	4	8	10
2	SALE H MANCHESTER AC	2	5	8	15	9
3	SALFORD H & AC	6	13	16	35	8
4	EAST CHESHIRE H & TAMESIDE AC	7	11	21	39	7
5	STOCKPORT H & AC	10	17	22	49	6
6	WARRINGTON AC	15	19	34	68	5

GIRLS UNDER 15 – B & C TEAMS – <i>for interest only</i>					
	SALE H MANCHESTER AC – B	9	14	18	41
	SALE H MANCHESTER AC – C	20	28	30	78
	SALFORD H & AC – B	27	33	35	95

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UNDER 15 BOYS

BOYS UNDER 15 – 3 to score - max points 10 [best four from five to count]						
1	MACCLESFIELD H & AC	2	4	13	19	10
2	WARRINGTON AC	3	5	12	20	9
3	STOCKPORT H & AC	6	7	10	23	8
4	TRAFFORD AC	9	14	15	38	7
5	ST HELENS SUTTON AC	18	23	29	70	6

BOYS UNDER 15 – B & C TEAMS – for interest only						
	STOCKPORT H & AC – B	17	19	20	56	
	STOCKPORT H & AC – C	24	25	27	76	

UNDER 17 GIRLS

GIRLS UNDER 17 – 3 to score - maximum points 10 [best four from five to count]						
1	LIVERPOOL H & AC	2	5	6	13	10
2	WARRINGTON AC	1	3	11	15	9
3	STOCKPORT H & AC	4	8	13	25	8
4	SALFORD H & AC	7	9	10	26	7

UNDER 17 BOYS

BOYS UNDER 17 – 3 to score - max points 10 [best four from five to count]						
1	TRAFFORD AC	2	5	9	16	10
2	MANCHESTER H & AC	6	12	14	32	9
3	EAST CHESHIRE H & TAMESIDE AC	1	16	17	34	8
4	SALFORD H & AC	19	22	25	66	7

BOYS UNDER 17 – B TEAM – for interest only						
	TRAFFORD AC – B	10	11	21	42	

UNDER 20 WOMEN

UNDER 20 WOMEN – NO COMPLETE TEAMS						
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MANCHESTER AREA CROSS COUNTRY LEAGUE

2016/2017 TEAM POINTS & POSITIONS

MATCH THREE – HEATON PARK – 3 DECEMBER 2016

SENIOR WOMEN – DIVISION ONE

<i>4 to score - max points 10 [overall - best four from five to count]</i>							
1	UNIVERSITY OF MANCHESTER A & CCC	2	11	17	21	51	10
2	TRAFFORD AC	5	7	32	38	82	9
3	SALE H MANCHESTER AC	16	19	25	29	89	8
4	STOCKPORT H & AC	1	15	35	76	127	7
5	WILMSLOW RC	3	36	40	53	132	6
6	EAST CHESHIRE H & TAMESIDE AC	13	23	55	59	150	5
7	CHORLTON RUNNERS	37	41	42	48	168	4
8	ALTRINCHAM & DISTRICT AC	26	62	75	90	253	3
9	SWINTON RC	47	54	67	89	257	2
-	GLOSSOPDALE H	-	-	-	-	-	-

SENIOR WOMEN – DIVISION TWO

<i>4 to score - max points 11 [overall - best four from five to count]</i>							
1	MANCHESTER TRIATHLON	8	14	18	56	96	11
2	SALFORD H & AC	4	28	34	39	105	10
3	WIRRAL AC	20	31	33	122	206	9
4	MACCLESFIELD H & AC	12	43	58	98	211	8
5	MANCHESTER FRONTRUNNERS	24	30	83	93	230	7
6	BRAMHALL RUNNERS	64	73	77	101	315	6
7	BELLE VUE RACERS	80	95	114	121	410	5
8	MANCHESTER YMCA H	46	132	144	198	520	4
9	MIDDLETON H AC	84	145	146	150	525	3
10	ST HELENS TRI	65	140	181	202	588	2
-	MANCHESTER H & AC	-	-	-	-	-	-

SENIOR WOMEN – DIVISION THREE

<i>4 to score - max points 8* [overall - best four from five to count]</i>							
1	GOYT VALLEY STRIDERS	51	68	91	123	333	8
2	VALE ROYAL AC	27	102	116	119	364	7
3	HYDE VILLAGE STRIDERS	9	87	130	185	411	6
4	KNUTSFORD TRI CLUB	22	108	126	169	425	5
5	SALFORD METROPOLITAN AC	69	86	131	155	441	4
6	BUXTON AC	72	115	129	138	454	3
7	STOCKPORT TRI CLUB	100	165	166	170	601	2
<i>*should there be more teams at subsequent matches, the maximum points will be increased and the above points will be adjusted accordingly.</i>							

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MATCH THREE – HEATON PARK – 3 DECEMBER 2016

SENIOR WOMEN – B TEAMS

<i>4 to score - max points 12* [overall - best four from five to count]</i>							
1	SALE H MANCHESTER AC – B	49	57	66	74	246	12
2	CHORLTON RUNNERS – B	50	60	70	82	262	11
3	SALFORD H & AC – B	45	52	105	110	312	10
4	MANCHESTER TRIATHLON – B	63	71	96	106	336	9
5	ALTRINCHAM & DISTRICT AC – B	94	103	104	192	493	8
6	SWINTON RC – B	111	117	134	168	530	7
7	MANCHESTER FRONTRUNNERS – B	127	128	142	154	551	6
8	BRAMHALL RUNNERS – B	153	157	159	171	640	5
9	MIDDLETON H AC – B	152	176	179	183	690	4

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SENIOR WOMEN – C PLUS TEAMS

<i>4 to score - max points 14* [overall - best four from five to count]</i>							
1	SALE H MANCHESTER AC – C	78	99	118	120	415	14
2	CHORLTON RUNNERS – C	88	92	133	135	448	13
3	MANCHESTER TRIATHLON – C	112	124	151	184	571	12
4	CHORLTON RUNNERS – D	147	156	158	162	623	11
5	CHORLTON RUNNERS – E	172	175	186	193	726	10
6	CHORLTON RUNNERS – F	197	200	210	217	818	9

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VETERAN WOMEN – DIVISION ONE

<i>3 to score - maximum points 10 [best 4 from 5 to count]</i>						
1	WILMSLOW RC	1	12	13	26	10
2	SALE H MANCHESTER AC	3	8	21	32	9
3	SWINTON RC	16	18	28	62	8
4	ALTRINCHAM & DISTRICT AC	5	24	34	63	7
5	EAST CHESHIRE H & TAMESIDE AC	19	22	38	79	6
6	BRAMHALL RUNNERS	25	32	36	93	5
7	MANCHESTER TRIATHLON	20	30	49	99	4
8	TRAFFORD AC	15	39	85	139	3
9	MIDDLETON H AC	40	87	88	215	2
10	STOCKPORT H & AC	35	79	107	221	1

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MATCH THREE – HEATON PARK – 3 DECEMBER 2016

VETERAN WOMEN – DIVISION TWO

<i>3 to score - maximum points 9 [best 4 from 5 to count]</i>						
1	WIRRAL AC	4	10	11	25	9
2	CHORLTON RUNNERS	14	45	77	136	8
3	BELLE VUE RACERS	48	62	78	188	7
4	SALFORD METROPOLITAN AC	29	75	97	201	6
5	MACCLESFIELD H & AC	50	56	104	210	5
6	ST HELENS TRI	26	82	117	225	4
7	MANCHESTER H & AC	23	122	125	270	3
-	GLOSSOPDALE H	-	-	-	-	-
-	MANCHESTER YMCA H	-	-	-	-	-

VETERAN WOMEN – DIVISION THREE

<i>3 to score - maximum points 7* [best 4 from 5 to count]</i>						
1	VALE ROYAL AC	6	53	64	123	7
2	MANCHESTER FRONTRUNNERS	9	46	72	127	6
3	BUXTON AC	31	63	80	174	5
4	HYDE VILLAGE STRIDERS	2	74	121	197	4
5	GOYT VALLEY STRIDERS	44	69	90	203	3
6	DRAGONS RC (SALE)	41	61	118	220	2
7	STOCKPORT TRI CLUB	52	105	106	263	1

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

VETERAN WOMEN – B TEAMS

<i>3 to score - maximum points 10* [best 4 from 5 to count]</i>						
1	SALE H MANCHESTER AC – B	27	33	37	97	10
2	ALTRINCHAM & DISTRICT AC – B	43	47	54	144	9
3	SWINTON RC – B	42	59	65	166	8
4	WILMSLOW RC – B	17	58	103	178	7
5	MANCHESTER FRONTRUNNERS – B	73	84	96	253	6
6	MANCHESTER TRIATHLON – B	60	93	120	273	5
7	CHORLTON RUNNERS – B	89	98	99	286	4
8	MIDDLETON H AC – B	92	94	113	299	3
9	BRAMHALL RUNNERS – B	95	100	110	305	2
10	BUXTON AC – B	81	130	132	343	1

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VETERAN WOMEN – C PLUS TEAMS

<i>3 to score - maximum points 9* [best 4 from 5 to count]</i>						
1	CHORLTON RUNNERS – C	102	112	129	343	9
2	SWINTON RC – C	108	114	123	345	8
3	MIDDLETON H AC – C	116	119	124	359	7
4	CHORLTON RUNNERS – D	133	141	142	416	6

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

SENIOR MEN – DIVISION ONE

<i>6 to score - maximum points 10 [best 4 from 5 to count]</i>									
1	SALE H MANCHESTER AC	4	5	8	10	14	23	64	10
2	TRAFFORD AC	3	9	17	20	27	31	107	9
3	WILMSLOW RC	19	24	26	34	43	56	202	8
4	SALFORD H & AC	6	18	37	50	55	64	230	7
5	CHORLTON RUNNERS	12	39	41	44	58	82	276	6
6	STOCKPORT H & AC	1	46	67	80	94	97	385	5
7	ALTRINCHAM & DISTRICT AC	11	15	21	85	192	195	519	4
8	EAST CHESHIRE H & TAMESIDE AC	28	49	173	184	303	307	1044	3
9	MANCHESTER YMCA H	100	197	219	225	289	304	1334	2
-	UNIV OF MANCHESTER A & CCC	-	-	-	-	-	-	-	-

SENIOR MEN – DIVISION TWO

<i>6 to score - maximum points 10 [best 4 from 5 to count]</i>									
1	MANCHESTER TRIATHLON	16	29	59	61	68	90	323	10
2	HORWICH RMI	2	13	53	54	142	164	428	9
3	MANCHESTER FRONTRUNNERS	63	69	93	117	132	156	630	8
4	MACCLESFIELD H & AC	62	104	123	128	151	170	738	7
5	VALE ROYAL AC	22	60	76	216	222	234	830	6
6	MANCHESTER H & AC	30	75	174	193	199	205	876	5
7	MIDDLETON H AC	88	112	131	150	227	243	951	4
8	BRAMHALL RUNNERS	137	147	160	177	217	256	1094	3
9	SWINTON RC	42	149	241	260	291	295	1278	2
-	SALFORD METROPOLITAN AC	-	-	-	-	-	-	-	-

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SENIOR MEN – DIVISION THREE

<i>6 to score - maximum points 8* [best 4 from 5 to count]</i>									
1	BUXTON AC	7	35	45	48	52	143	330	8
2	ST HELENS TRI	83	101	122	185	191	252	934	7
3	GLOSSOPDALE HARRIERS	72	74	107	213	215	261	942	6
4	KNUTSFORD TRI CLUB	159	172	200	221	240	245	1237	5
5	GOYT VALLEY STRIDERS	119	166	198	239	268	296	1286	4
6	BELLE VUE RACERS	136	180	238	254	293	294	1395	3

SENIOR MEN – B TEAMS

<i>6 to score - maximum points 13* [best 4 from 5 to count]</i>									
1	SALE H MANCHESTER AC – B	25	36	38	47	65	70	281	13
2	SALFORD H & AC – B	71	81	92	98	113	140	595	12
3	WILMSLOW RC – B	89	102	114	116	120	126	667	11
4	MANCHESTER TRIATHLON – B	96	108	115	124	129	141	713	10
5	CHORLTON RUNNERS – B	84	109	110	133	153	157	746	9
6	STOCKPORT H & AC – B	121	125	194	218	224	236	1118	8
7	MANCHESTER FRONTRUNNERS – B	167	182	211	269	288	306	1423	7
8	MIDDLETON H AC – B	263	279	286	297	314	330	1768	6

SENIOR MEN – C PLUS TEAMS

<i>6 to score - maximum points 12* [best 4 from 5 to count]</i>									
1	SALE H MANCHESTER AC – C	73	77	79	86	87	99	501	12
2	SALE H MANCHESTER AC – D	103	106	127	134	138	139	747	11
3	MANCHESTER TRIATHLON – C	145	152	163	171	186	196	1013	10
4	CHORLTON RUNNERS – C	165	168	181	183	189	190	1076	9
5	SALE H MANCHESTER AC – E	146	155	169	176	220	228	1094	8
6	CHORLTON RUNNERS – D	201	207	233	244	246	259	1390	7
7	MANCHESTER TRIATHLON – D	202	229	237	253	264	267	1452	6
8	SALE H MANCHESTER AC – F	231	250	262	278	286	287	1594	5
9	MANCHESTER TRIATHLON – E	273	274	283	301	310	317	1758	4

UNDER 20 MEN

UNDER 20 MEN – 3 to score – max points 2* [best four from five to count]								
1	TRAFFORD AC			1	3	6	10	2
2	MANCHESTER MET UNI AC			7	9	13	7	1

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VETERAN MEN – DIVISION ONE

<i>4 to score - max points 10 [best four from five to count]</i>							
1	WILMSLOW RC	5	6	9	13	33	10
2	SALFORD H & AC	4	8	11	15	38	9
3	SALE H MANCHESTER AC	1	2	21	28	52	8
4	STOCKPORT H & AC	16	23	33	34	106	7
5	TRAFFORD AC	3	7	39	69	118	6
6	MANCHESTER TRIATHLON	42	49	55	58	204	5
7	BRAMHALL RUNNERS	52	60	100	126	338	4
8	MANCHESTER H & AC	77	91	96	120	384	3
9	SWINTON RC	61	116	129	148	454	2
10	EAST CHESHIRE H & TAMESIDE AC	76	81	158	162	477	1

VETERAN MEN – DIVISION TWO

<i>4 to score – max points 10 [best 4 from 5 to count]</i>							
1	CHORLTON RUNNERS	25	26	40	41	132	10
2	MACCLESFIELD H & AC	38	48	62	74	222	9
3	HORWICH RMI	12	56	71	135	274	8
4	ALTRINCHAM & DISTRICT AC	27	84	86	93	290	7
5	VALE ROYAL AC	20	99	102	112	333	6
6	MIDDLETON H AC	29	107	132	140	408	5
7	KNUTSFORD TRI CLUB	67	115	156	157	495	4
8	MANCHESTER YMCA H	87	105	146	159	497	3
-	ST HELENS SUTTON AC	-	-	-	-	-	-
-	SALFORD METROPOLITAN AC	-	-	-	-	-	-

VETERAN MEN – DIVISION THREE

<i>4 to score – max points 6* [best 4 from 5 to count]</i>							
1	BUXTON AC	10	57	83	103	253	6
2	GLOSSOPDALE HARRIERS	18	19	97	130	264	5
3	ST HELENS TRI	36	45	123	167	371	4
4	STOCKPORT TRI CLUB	78	82	117	133	410	3
5	BELLE VUE RACERS	80	124	150	151	505	2
6	GOYT VALLEY STRIDERS	114	153	175	181	623	1

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VETERAN MEN – B TEAMS

<i>4 to score – max points 12* [best 4 from 5 to count]</i>							
1	SALFORD H & AC – B	17	24	32	35	108	12
2	WILMSLOW RC - B	30	43	47	64	184	11
3	SALE H MANCHESTER HC - B	37	51	53	59	200	10
4	STOCKPORT H & AC – B	44	46	85	101	276	9
5	MANCHESTER TRIATHLON – B	70	75	88	109	342	8
6	CHORLTON RUNNERS – B	63	72	118	119	372	7
<i>*should there be more teams at subsequent matches, the maximum points will be increased and the above points adjusted accordingly.</i>							

VETERAN MEN – C PLUS TEAMS

<i>4 to score – max points 8 [best 4 from 5 to count]</i>							
1	SALE H MANCHESTER AC – C	65	73	108	111	357	8
2	WILMSLOW RC – C	66	79	90	183	418	7
3	SALE H MANCHESTER AC – D	122	131	139	145	537	6
4	MANCHESTER TRIATHLON – C	136	143	170	174	623	5
<i>*should there be more teams at subsequent matches, the maximum points will be increased and the above points adjusted accordingly.</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 is 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.

INDIVIDUALS – FINAL POINTS

In the event that two runners finish on the same number of points: if one runner finishes higher 3 times, that runner wins. If both runners finish higher twice, the winner will be determined by their positions in relation to the winner of each race.

For vets the positions gained in the vet race are used.

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