

MANCHESTER AREA CROSS COUNTRY LEAGUE
2017/2018 TEAM POINTS & POSITIONS
MATCH FOUR – WOODBANK PARK – 13 JANUARY 2018

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UNDER 11 GIRLS

GIRLS UNDER 11 – 3 to score – max points 12* [best three from four to count]

1	STOCKPORT HARRIERS & AC	1	3	7	11	12
2	SALE HARRIERS MANCHESTER AC	2	4	14	20	11
3	ALTRINCHAM & DISTRICT AC	5	12	17	34	10
4	SALFORD HARRIERS & AC	6	11	18	35	9
5	WARRINGTON AC	8	23	35	66	8
6	SALFORD METROPOLITAN AC	21	36	40	97	7
7	MACCLESFIELD HARRIERS & AC	15	43	46	104	6
8	LIVERPOOL HARRIERS & AC	32	33	45	110	5
9	VALE ROYAL AC	28	44	52	124	4
10	WIRRAL AC	39	41	49	129	3
11	ST HELENS SUTTON AC	37	48	58	143	2
12	TRAFFORD AC	24	51	68	143	1

*points increased from 11. Should there be more teams at the final match, the maximum points will be increased again and the previous points adjusted accordingly.

GIRLS UNDER 11 – B TEAMS – for interest only

	STOCKPORT HARRIERS & AC – B	9	10	13	32	
	SALE HARRIERS MANCHESTER – B	20	22	25	67	
	SALE HARRIERS MANCHESTER – C	26	27	29	82	
	ALTRINCHAM & DISTRICT AC – B	19	31	42	92	
	SALE HARRIERS MANCHESTER AC – D	38	47	50	135	
	VALE ROYAL AC – B	54	61	63	178	
	SALE HARRIERS MANCHESTER AC – E	55	64	67	186	

UNDER 11 BOYS

BOYS UNDER 11 – 3 to score – max points 10* [best three from four to count]

1	STOCKPORT HARRIERS & AC	2	3	4	9	10
2	SALE HARRIERS MANCHESTER AC	8	11	15	34	9
3	TRAFFORD AC	10	14	19	43	8
4	SALFORD HARRIERS & AC	16	30	37	83	7
5	ST HELENS SUTTON AC	29	31	34	94	6
6	VALE ROYAL AC	26	32	36	94	5
7	MANCHESTER TRIATHLON	35	42	47	124	4

*pts increased from 9. Should there be more teams at the final match, the maximum points will be increased again and the above points adjusted accordingly.

BOYS UNDER 11 – B TEAM – for interest only

	STOCKPORT HARRIERS & AC – B	6	7	13	26	
	SALE HARRIERS MANCHESTER AC – B	18	28	38	84	

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UNDER 13 GIRLS

GIRLS UNDER 13 – 3 to score – max points 11* [best four from five to count]						
1	WARRINGTON AC	1	10	13	24	11
2	SALE HARRIERS MANCHESTER & AC	6	9	15	30	10
3	LIVERPOOL HARRIERS & AC	3	11	18	32	9
4	TRAFFORD AC	8	12	24	44	8
5	STOCKPORT HARRIERS & AC	2	23	25	50	7
6	SALFORD HARRIERS & AC	4	21	32	57	6
7	EAST CHESHIRE HARRIERS & TAMESIDE AC	7	16	35	58	5
8	MACCLESFIELD HARRIERS & AC	5	28	50	83	4
9	ALTRINCHAM & DISTRICT AC	14	57	62	133	3

**should there be more teams at the final match, the maximum points will be increased and the previous points will be adjusted accordingly.*

GIRLS UNDER 13 – B & C TEAMS – for interest only						
	LIVERPOOL HARRIERS & AC – B	20	26	29	75	
	WARRINGTON AC – B	17	19	41	77	
	TRAFFORD AC – B	27	34	45	106	
	LIVERPOOL HARRIERS & AC – C	31	38	43	112	
	STOCKPORT HARRIERS & AC – B	36	37	44	117	
	EAST CHESHIRE HARRIERS & TAMESIDE AC – B	51	55	60	166	
	SALFORD HARRIERS & AC – B	47	53	71	171	
	STOCKPORT HARRIERS & AC – C	54	58	61	173	
	TRAFFORD AC – C	46	59	68	173	
	LIVERPOOL HARRIERS & AC – D	48	63	70	181	
	WARRINGTON AC – C	49	64	69	182	
	MACCLESFIELD HARRIERS & AC – B	66	67	73	206	

UNDER 13 BOYS

BOYS UNDER 13 – 3 to score - max points 10* [best four from five to count]						
1	STOCKPORT HARRIERS & AC	1	4	6	11	10
2	SALE HARRIERS MANCHESTER AC	2	5	7	14	9
3	MACCLESFIELD HARRIERS & AC	3	12	17	32	8
4	SALFORD HARRIERS & AC	11	16	50	77	7
5	WARRINGTON AC	9	36	37	82	6
6	EAST CHESHIRE HARRIERS & TAMESIDE AC	26	31	41	98	5
7	TRAFFORD AC	24	29	45	98	4
8	ST HELENS SUTTON AC	18	20	65	103	3
9	BUXTON AC	30	40	57	127	2

**points increased from 8. Should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.*

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BOYS UNDER 13 – B & C TEAMS – for interest only

SALE HARRIERS MANCHESTER AC – B	13	14	15	42
STOCKPORT HARRIERS & AC – B	10	21	34	65
SALE HARRIERS MANCHESTER AC – C	22	28	39	89
MACCLESFIELD HARRIERS & AC – B	19	27	56	102
STOCKPORT HARRIERS & AC – C	42	44	47	133
EAST CHESHIRE HARRIERS & TAMESIDE AC - B	43	46	61	150
TRAFFORD AC – B	49	51	55	155
STOCKPORT HARRIERS & AC – D	59	60	62	181

UNDER 15 GIRLS

GIRLS UNDER 15 – 3 to score – max points 8* [best four from five to count]

1	STOCKPORT HARRIERS & AC	1	2	3	6	8
2	SALFORD HARRIERS & AC	4	6	8	18	7
3	BUXTON AC	9	18	19	46	6
4	EAST CHESHIRE HARRIERS & AC	11	13	22	46	5
5	SALE HARRIERS MANCHESTER AC	15	21	30	66	4
6	OLDHAM & ROYTON HARRIERS & AC	25	28	31	84	3

**should there be more teams at the final match, the maximum points will be increased and the previous points will be adjusted accordingly.*

GIRLS UNDER 15 – B & C TEAMS – for interest only

SALFORD HARRIERS & AC – B	10	12	16	38
STOCKPORT HARRIERS & AC – B	7	17	27	51

UNDER 15 BOYS

BOYS UNDER 15 – 3 to score - max points 9* [best four from five to count]

1	TRAFFORD AC	2	5	7	14	9
2	MACCLESFIELD HARRIERS & AC	1	12	13	26	8
3	STOCKPORT HARRIERS & AC	4	18	19	41	7
4	BUXTON AC	8	14	32	54	6
5	ST HELENS SUTTON	17	22	27	66	5
6	SALE HARRIERS MANCHESTER AC	20	28	29	77	4

**points increased from 6 to 9 after Match 2. Should there be more teams at the final match the maximum points will be increased and the previous points adjusted accordingly.*

BOYS UNDER 15 – B TEAMS – for interest only

STOCKPORT HARRIERS & AC – B	23	25	30	78
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UNDER 17 GIRLS

GIRLS UNDER 17 – 3 to score - maximum points 2* [best four from five to count]

1	LIVERPOOL HARRIERS & AC	1	7	10	18	2
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**should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.*

UNDER 17 BOYS

BOYS UNDER 17 – 3 to score - max points 7* [best four from five to count]

1	WARRINGTON AC	2	5	7	14	7
2	STOCKPORT HARRIERS & AC	4	6	19	29	6
3	TRAFFORD AC	3	9	22	34	5
4	BUXTON AC	10	11	14	35	4
5	SALFORD HARRIERS & AC	12	15	25	52	3

**should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.*

SENIOR WOMEN – DIVISION ONE

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

1	UNIVERSITY OF MANCHESTER CCC	8	9	20	25	62	10
2	SALFORD H & AC	1	4	33	43	81	9
3	TRAFFORD AC	5	13	38	40	96	8
4	MANCHESTER TRIATHLON	21	23	31	42	117	7
5	CHORLTON RUNNERS	18	22	44	52	136	6
6	WILMSLOW RC	6	29	30	80	145	5
7	STOCKPORT H & AC	15	16	57	63	151	4
8	EAST CHESHIRE H & TAMESIDE AC	10	14	49	82	155	3
9	MACCLESFIELD H & AC	3	24	51	88	166	2
10	SALE H MANCHESTER AC	36	39	53	62	190	1

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SENIOR WOMEN – DIVISION TWO

<i>4 to score - max points 11 [overall - best four from five to count]</i>							
1	WIRRAL AC	11	41	64	78	194	11
2	ALTRINCHAM & DISTRICT AC	17	61	84	94	256	10
3	MANCHESTER FRONTRUNNERS	27	58	86	110	281	9
4	BRAMHALL RUNNERS	47	67	99	100	313	8
5	MANCHESTER YMCA HARRIERS	26	87	112	114	339	7
6	VALE ROYAL AC	37	46	144	154	381	6
7	SWINTON RC	54	74	129	139	396	5
8	GLOSSOPDALE HARRIERS	109	157	172	183	621	4
9	BELLE VUE RACERS	93	133	196	253	675	3
10	KNUTSFORD TRI CLUB	90	166	203	222	681	2
11	GOYT VALLEY STRIDERS	83	193	205	212	693	1

SENIOR WOMEN – DIVISION THREE

<i>4 to score - max points 10* [overall - best 4 from 5 to count]</i>							
1	BUXTON AC	19	77	125	137	358	10
2	SALFORD METROPOLITAN AC	73	85	105	120	383	9
3	MIDDLETON HARRIERS AC	32	92	181	198	503	8
4	STOCKPORT TRI CLUB	127	168	169	211	675	7
5	WINSTON RUNNERS	75	119	240	246	680	6
6	ST HELENS TRI	134	156	188	214	692	5
7	MANCHESTER H & AC	81	136	237	241	695	4
8	MARPLE RUNNERS	165	182	227	230	804	3

**should there be more teams at the final match, the maximum points will be increased and the previous points will be adjusted accordingly.*

SENIOR WOMEN – B TEAMS

<i>4 to score - max points 19* [overall - best 4 from 5 to count]</i>							
1	UNIVERSITY OF MANCHESTER – B	34	35	50	65	184	19
2	CHORLTON RUNNERS – B	55	68	69	72	264	18
3	SALFORD HARRIERS & AC – B	45	56	76	107	284	17
4	TRAFFORD AC – B	60	70	98	115	343	16
5	MANCHESTER TRIATHLON – B	48	89	101	113	351	15
6	STOCKPORT HARRIERS & AC – B	71	91	96	117	375	14
7	SALE HARRIERS MANCHESTER AC – B	97	122	124	145	488	13
8	MACCLESFIELD HARRIERS & AC – B	106	126	174	176	582	12
9	ALTRINCHAM & DISTRICT AC – B	95	108	128	271	602	11
10	MANCHESTER YMCA H – B	149	163	175	204	691	10
11	BUXTON AC – B	142	161	192	216	711	9

continued overleaf.....

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<i>SENIOR WOMEN – B TEAMS – continued.....</i>							
12	BRAMHALL RUNNERS – B	138	186	199	219	742	8
13	MANCHESTER FRONTRUNNERS – B	170	177	225	236	808	7
14	SALFORD METROPOLITAN AC – B	146	190	229	249	814	6
15	MARPLE RUNNERS – B	231	248	256	259	994	5
16	EAST CHESHIRE H & TAMESIDE – B	171	275	279	291	1016	4
17	WINSTON RUNNERS – B	263	267	276	277	1083	3

**pts increased from 11 at M2. Should there be more teams at the final match, the maximum points will be increased and previous points adjusted accordingly.*

SENIOR WOMEN – C PLUS TEAMS

<i>4 to score - max points 18* [overall - best 4 from 5 to count]</i>							
1	CHORLTON RUNNERS – C	102	103	104	132	441	18
2	STOCKPORT HARRIERS & AC – C	121	123	141	143	528	17
3	MANCHESTER TRIATHLON – C	118	130	153	179	580	16
4	CHORLTON RUNNERS – D	135	140	148	162	585	15
5	SALE HARRIERS MANCHESTER AC – C	151	155	184	208	698	14
6	STOCKPORT HARRIERS & AC – D	152	159	189	228	728	13
7	CHORLTON RUNNERS – E	164	187	197	202	750	12
8	MANCHESTER TRIATHLON – D	191	194	200	201	786	11
9	MANCHESTER TRIATHLON – E	209	210	215	220	854	10
10	CHORLTON RUNNERS – F	206	207	213	232	858	9
11	MANCHESTER TRIATHLON – F	221	238	252	255	966	8
12	CHORLTON RUNNERS – G	233	242	250	264	989	7
13	BRAMHALL RUNNERS – C	239	282	283	284	1088	6
14	CHORLTON RUNNERS – H	272	273	278	293	1116	5
15	MARPLE RUNNERS – C	265	285	292	295	1137	4

**pts increased from 8 at M2. Should there be more teams at the final match, the maximum points will be increased and previous points adjusted accordingly.*

VETERAN WOMEN – DIVISION ONE

<i>3 to score - maximum points 10 [best 4 from 5 to count]</i>						
1	WILMSLOW RC	2	8	9	19	10
2	WIRRAL AC	3	14	25	42	9
3	TRAFFORD AC	13	22	28	63	8
4	ALTRINCHAM & DISTRICT AC	4	23	37	64	7
5	MANCHESTER TRIATHLON	5	16	50	71	6
6	CHORLTON RUNNERS	17	19	51	87	5
7	BRAMHALL RUNNERS	15	27	48	90	4
8	SALE H MANCHESTER AC	11	24	63	98	3
9	SWINTON RC	18	30	69	117	2
10	SALFORD METROPOLITAN AC	38	53	84	175	1

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VETERAN WOMEN – DIVISION TWO

<i>3 to score - maximum points 9 [best 4 from 5 to count]</i>						
1	STOCKPORT HARRIERS & AC	20	29	42	91	9
2	MANCHESTER FRONTRUNNERS	21	39	56	116	8
3	MACCLESFIELD HARRIERS & AC	6	54	66	126	7
4	BUXTON AC	32	65	77	174	6
5	MIDDLETON HARRIERS AC	10	43	124	177	5
6	VALE ROYAL AC	12	82	90	184	4
7	BELLE VUE RACERS	44	73	123	240	3
8	MANCHESTER HARRIERS & AC	35	76	155	266	2
9	EAST CHESHIRE HARRIERS & TAMESIDE AC	36	104	188	328	1

VETERAN WOMEN – DIVISION THREE

<i>3 to score - maximum points 11* [best 4 from 5 to count]</i>						
1	MANCHESTER YMCA HARRIERS	40	58	86	184	11
2	GLOSSOPDALE HARRIERS	55	93	105	253	10
3	STOCKPORT TRI CLUB	67	102	103	272	9
4	ST HELENS TRI	74	92	116	282	8
5	KNUTSFORD TRI CLUB	41	101	142	284	7
6	MARPLE RUNNERS	100	110	147	357	6
7	GOYT VALLEY STRIDERS	120	128	133	381	5
8	WINSTON RUNNERS	163	177	180	520	4

**pts increased from 8 from Match Two. Should there be more teams at the final match, the maximum points will be increased and previous points adjusted accordingly.*

VETERAN WOMEN – B TEAMS

<i>3 to score - maximum points 17* [best 4 from 5 to count]</i>						
1	ALTRINCHAM & DISTRICT AC – B	45	46	68	159	17
2	TRAFFORD AC – B	47	59	85	191	16
3	CHORLTON RUNNERS – B	52	72	75	199	15
4	STOCKPORT HARRIERS & AC – B	62	64	79	205	14
5	WILMSLOW RC – B	34	60	139	233	13
6	MANCHESTER TRIATHLON - B	61	70	121	252	12
7	SALE HARRIERS MANCHESTER AC – B	83	88	91	262	11
8	SWINTON RC – B	78	95	109	282	10
9	BUXTON AC – B	80	96	119	295	9
10	BRAMHALL RUNNERS – B	49	114	140	303	8
11	MANCHESTER YMCA HARRIERS – B	98	107	127	332	7
12	VALE ROYAL AC – B	106	143	160	409	6
13	STOCKPORT TRI CLUB – B	132	138	146	416	5
14	MANCHESTER FRONTRUNNERS – B	145	154	176	475	4
15	MARPLE RUNNERS – B	149	165	171	485	3
16	BELLE VUE RACERS – B	168	172	182	522	2
17	MIDDLETON HARRIERS AC – B	179	183	193	555	1

**pts increased from 15 after Match Two, then to 17. Should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.*

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VETERAN WOMEN – C PLUS TEAMS

<i>3 to score - maximum points 16* [best 4 from 5 to count]</i>						
1	STOCKPORT HARRIERS & AC – C	81	89	94	264	16
2	CHORLTON RUNNERS – C	97	99	115	311	15
3	MANCHESTER TRIATHLON – C	125	126	131	382	14
4	CHORLTON RUNNERS – D	129	134	150	413	13
5	MANCHESTER TRIATHLON – D	136	141	156	433	12
6	STOCKPORT HARRIERS & AC – D	117	148	169	434	11
7	CHORLTON RUNNERS – E	151	159	185	495	10
8	BUXTON AC – C	137	164	199	500	9
9	MANCHESTER TRIATHLON – E	170	181	192	543	8
10	BRAMHALL RUNNERS – C	157	194	195	546	7
11	MARPLE RUNNERS – C	174	178	197	549	6
12	CHORLTON RUNNERS – F	186	190	203	579	5
13	BRAMHALL RUNNERS – D	196	200	201	597	4
14	CHORLTON RUNNERS – G	204	207	208	619	3
<i>*points increased from 8 at M2. Should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.</i>						

UNDER 20 WOMEN

UNDER 20 WOMEN – 3 to score – max points 1* [best four from five to count]						
	<i>No qualifying teams</i>					
<i>*should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.</i>						

UNDER 20 MEN

UNDER 20 MEN – 3 to score – max points 2* [best four from five to count]						
	<i>No qualifying teams</i>					
<i>*pts increased from 1. Should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.</i>						

MANCHESTER AREA CROSS COUNTRY LEAGUE

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SENIOR MEN – DIVISION ONE

<i>6 to score - maximum points 10 [best 4 from 5 to count]</i>									
1	SALE H MANCHESTER AC	3	7	18	22	34	36	120	10
2	CHORLTON RUNNERS	4	15	20	27	41	44	151	9
3	HORWICH RMI HARRIERS	2	11	35	37	38	59	182	8
4	SALFORD HARRIERS & AC	5	21	33	39	46	51	195	7
5	TRAFFORD AC	9	29	32	43	50	67	230	6
6	ALTRINCHAM & DISTRICT AC	1	10	12	77	80	95	275	5
7	WILMSLOW RC	25	26	68	70	91	115	395	4
8	STOCKPORT HARRIERS & AC	17	40	85	86	87	94	409	3
9	MANCHESTER TRIATHLON	16	47	92	99	143	146	543	2
10	MACCLESFIELD H & AC	49	89	124	155	158	166	741	1

SENIOR MEN – DIVISION TWO

<i>6 to score - maximum points 10 [best 4 from 5 to count]</i>									
1	E CHESHIRE H&TAMESIDE AC	6	19	56	101	140	178	500	10
2	BRAMHALL RUNNERS	60	81	121	125	148	174	709	9
3	VALE ROYAL AC	8	14	24	161	242	264	713	8
4	MANCHESTER FRONTRUNNERS	69	84	110	151	175	253	842	7
5	MANCHESTER YMCA H	28	114	116	183	279	332	1052	6
6	MANCHESTER H & AC	71	241	246	250	266	296	1370	5
7	BELLE VUE RACERS	176	204	219	245	282	351	1477	4
-	DRAGONS RC SALE	-	-	-	-	-	-	-	-
-	GLOSSOPDALE HARRIERS	-	-	-	-	-	-	-	-
-	UNIV OF MANCHESTER	-	-	-	-	-	-	-	-

SENIOR MEN – DIVISION THREE

<i>6 to score - maximum points 12* [best 4 from 5 to count]</i>									
1	SWINTON RC	45	72	102	131	173	179	702	12
2	ST HELENS TRI	78	111	130	133	194	198	844	11
3	SALFORD METROPOLITAN AC	100	109	185	190	206	225	1015	10
4	BUXTON AC	31	147	189	199	207	291	1064	9
5	GOYT VALLEY STRIDERS	138	157	170	244	254	292	1255	8
6	MARPLE RUNNERS	187	191	220	239	256	262	1355	7
7	KNUTSFORD TRI CLUB	136	205	236	257	277	281	1392	6
8	MIDDLETON HARRIERS AC	129	177	212	302	314	380	1514	5
9	STOCKPORT TRI CLUB	48	234	278	335	348	361	1604	4

**pts increased from 9 after Match Two. Should there be more teams at the final match, the maximum points will be increased and previous points adjusted accordingly.*

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MANCHESTER AREA CROSS COUNTRY LEAGUE

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SENIOR MEN – B TEAMS

<i>6 to score – maximum points 16* [best 4 from 5 to count]</i>									
1	SALE H MANCHESTER AC – B	42	52	62	66	76	90	388	16
2	CHORLTON RUNNERS – B	54	55	73	96	97	98	473	15
3	SALFORD HARRIERS & AC – B	53	65	88	93	103	105	507	14
4	TRAFFORD AC – B	74	82	112	156	203	226	853	13
5	ALTRINCHAM & DISTRICT AC – B	127	128	165	180	182	188	970	12
6	STOCKPORT H & AC – B	123	149	152	213	218	228	1083	11
7	MANCHESTER TRIATHLON – B	160	193	197	217	240	252	1259	10
8	WILMSLOW RC – B	142	159	172	221	243	325	1262	9
9	EAST CHESH H&TAMESIDE – B	208	210	223	261	272	286	1460	8
10	BRAMHALL RUNNERS – B	230	232	235	265	283	287	1532	7
11	ST HELENS TRI – B	231	259	273	295	310	319	1687	6
12	SWINTON RC – B	201	209	305	315	338	378	1746	5
13	MACCLESFIELD H & AC – B	233	238	321	346	374	388	1900	4
14	SALFORD MET AC – B	286	297	301	328	344	354	1909	3
15	MANCHESTER FRONTRUNNERS – B	270	318	322	327	333	353	1923	2
16	MARPLE RUNNERS – B	294	307	320	334	357	376	1988	1

**points decreased from 17 following club correction. Should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.*

SENIOR MEN – C PLUS TEAMS

<i>6 to score - maximum points 15* [best 4 from 5 to count]</i>									
1	CHORLTON RUNNERS – C	106	108	117	118	126	141	716	15
2	SALE H MANCHESTER AC – C	107	122	132	134	139	144	778	14
3	SALFORD HARRIERS & AC – C	113	120	135	186	214	303	1071	13
4	SALE H MANCHESTER AC – D	150	162	169	181	215	255	1132	12
5	CHORLTON RUNNERS – D	192	195	196	200	202	216	1201	11
6	CHORLTON RUNNERS – E	222	224	229	251	263	267	1456	10
7	CHORLTON RUNNERS – F	268	274	289	290	300	306	1727	9
8	SALE H MANCHESTER AC – E	260	276	280	284	345	358	1803	8
9	MANCHESTER TRIATHLON – C	269	308	330	356	367	385	2015	7
10	CHORLTON RUNNERS – G	311	313	329	364	371	384	2072	6
11	BRAMHALL RUNNERS – C	309	326	337	352	377	382	2083	5

**points increased from 10 after Match Two. Should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.*

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VETERAN MEN – DIVISION ONE

<i>4 to score - max points 10 [best four from five to count]</i>							
1	SALFORD H & AC	3	7	10	13	33	10
2	TRAFFORD AC	5	6	14	28	53	9
3	SALE H MANCHESTER AC	1	8	21	32	62	8
4	CHORLTON RUNNERS	11	12	17	36	76	7
5	WILMSLOW RC	4	22	24	33	83	6
6	STOCKPORT H & AC	29	30	34	49	142	5
7	ALTRINCHAM & DISTRICT AC	25	35	52	53	165	4
8	BRAMHALL RUNNERS	18	51	65	81	215	3
9	MANCHESTER TRIATHLON	37	60	63	72	232	2
10	HORWICH RMI HARRIERS	9	109	136	196	450	1

VETERAN MEN – DIVISION TWO

<i>4 to score – max points 8 [best 4 from 5 to count]</i>							
1	MACCLESFIELD H & AC	50	68	70	75	263	8
2	EAST CHESHIRE H & TAMESIDE AC	38	59	83	101	281	7
3	SWINTON RC	39	80	84	96	299	6
4	VALE ROYAL AC	2	73	121	133	329	5
5	KNUTSFORD TRI CLUB	56	99	131	138	424	4
6	MARPLE RUNNERS	88	90	119	153	450	3
7	MANCHESTER YMCA HARRIERS	87	140	180	199	606	2
8	MANCHESTER H & AC	124	127	154	205	610	1

VETERAN MEN – DIVISION THREE

<i>4 to score – max points 12* [best 4 from 5 to count]</i>							
1	ST HELENS TRI	26	43	55	112	236	12
2	MANCHESTER FRONTRUNNERS	23	42	82	206	353	11
3	GOYT VALLEY STRIDERS	57	69	123	129	378	10
4	SALFORD METROPOLITAN AC	89	100	145	155	489	9
5	BUXTON AC	64	94	150	190	498	8
6	STOCKPORT TRI CLUB	115	139	182	195	631	7
7	WINSTON RUNNERS	183	186	189	203	761	6

**points increased from 6 after Match Two. Should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.*

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VETERAN MEN – B TEAMS

<i>4 to score – max points 17* [best 4 from 5 to count]</i>							
1	SALFORD HARRIERS & AC – B	15	16	20	31	82	17
2	SALE H MANCHESTER AC – B	54	58	61	86	259	16
3	WILMSLOW RC – B	45	71	79	105	300	15
4	CHORLTON RUNNERS – B	46	92	93	95	326	14
5	STOCKPORT H & AC – B	66	67	103	110	346	13
6	ALTRINCHAM & DISTRICT AC – B	74	85	102	156	417	12
7	BRAMHALL RUNNERS – B	111	113	116	134	474	11
8	MANCHESTER TRIATHLON – B	91	120	135	178	524	10
9	EAST CHESHIRE H & TAMESIDE AC – B	107	146	148	165	566	9
10	MACCLESFIELD HARRIERS & AC – B	114	118	173	193	598	8
11	MARPLE RUNNERS – B	162	172	181	200	715	7
12	KNUTSFORD TRI CLUB – B	142	170	175	229	716	6
13	SALFORD METROPOLITAN AC – B	159	191	198	213	761	5
14	ST HELENS TRI – B	171	174	220	231	796	4
<i>*points increased from 14 after Match Two. Should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.</i>							

VETERAN MEN – C PLUS TEAMS

<i>4 to score – max points 10* [best 4 from 5 to count]</i>							
1	SALFORD HARRIERS & AC – C	41	44	48	160	293	10
2	SALE H MANCHESTER AC – C	104	130	137	141	512	9
3	CHORLTON RUNNERS – C	106	128	149	158	541	8
4	STOCKPORT H & AC – C	126	132	152	169	579	7
5	BRAMHALL RUNNERS – C	144	147	163	177	631	6
6	CHORLTON RUNNERS – D	164	166	207	224	761	5
7	BRAMHALL RUNNERS – D	184	219	223	226	854	4
<i>*should there be more teams at the final match, the maximum points will be increased and the previous points adjusted accordingly.</i>							

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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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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 qualifying teams.*

DIVISION TWO, THREE, B & C PLUS TEAMS

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