

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

<i>CUMULATIVE POINTS &amp; POSITIONS AFTER TWO MATCHES</i>	
	<i>page</i>
Under 11 Girls	2
Under 11 Boys	2
Under 13 Girls	3
Under 13 Boys	3
Under 15 Girls	4
Under 15 Boys	4
Under 17 Girls	4
Under 17 Boys	5
Under 20 Women	5
Senior Women – Division One	5
Senior Women – Division Two	6
Senior Women – Division Three	6
Senior Women – B Teams	7
Senior Women – C Plus Teams	7 & 8
Veteran Women – Division One	8
Veteran Women – Division Two	9
Veteran Women – Division Three	9
Veteran Women – B Teams	10
Veteran Women – C Plus Teams	11
Under 20 Men	12
Senior Men – Division One	12
Senior Men – Division Two	12 & 13
Senior Men – Division Three	13
Senior Men – B Teams	13 & 14
Senior Men – C Plus Teams	14 & 15
Veteran Men – Division One	15
Veteran Men – Division Two	15
Veteran Men – Division Three	16
Veteran Men – B Teams	16 & 17
Veteran Men – C Plus Teams	17
Scoring, Promotion, Relegation	18
Awards	19
Website, Photo, Twitter, Contact for queries	20

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*[\*NB: last runner positions shown under points] p. 1 of 20 [bb: 1920 TEAMS-CUMULATIVE M2-18/11/19]*

# 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
2	LIVERPOOL H & AC		11 12				11
3	SALE H MANCHESTER AC		10 15				10
4	SALFORD H & AC		9 24				9
5	WIRRAL AC		8 32				8
6	WARRINGTON AC		7 26				7
7	STOCKPORT H & AC		6 46				6
8	EAST CHESHIRE & TAMESIDE AC		5 51				5
9	TRAFFORD AC		4 62				4
10	MACCLESFIELD H & AC		3 74				3
11	VALE ROYAL AC		2 66				2
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
2	WIRRAL AC		10 11				10
3	LIVERPOOL H & AC		9 9				9
4	MACCLESFIELD H & AC		8 23				8
5	EAST CHESHIRE H & TAMESIDE AC		7 27				7
6	STOCKPORT H & AC		6 52				6
7	ST HELENS SUTTON AC		5 42				5
8	SALFORD H & AC		4 46				4
9	VALE ROYAL AC		3 65				3
10	WARRINGTON AC		2 60				2
11	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				24
2	SALFORD H & AC	11 15	11 8				22
3	WEST CHESHIRE AC	10 17	10 14				20
4	SALE H MANCHESTER AC	9 14	7 32				16
5	EAST CHESHIRE H & TAMESIDE AC	8 35	8 26				16
6	LIVERPOOL H & AC	5 37	6 38				11
7	WARRINGTON AC	-	9 18				9
8	WIRRAL AC	6 33	3 66				9
9	MACCLESFIELD H & AC	3 58	5 33				8
10	ALTRINCHAM & DISTRICT AC	7 36	-				7
11	TRAFFORD AC	4 56	2 59				6
12	VALE ROYAL AC	-	4 63				4
13	ST HELENS SUTTON AC	2 66	1 70				3
<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	SALE H MANCHESTER AC	10 21	11 10				21
2	WIRRAL AC	11 9	9 17				20
3	LIVERPOOL H & AC	7 36	10 13				17
4	STOCKPORT H & AC	8 28	8 23				16
5	TRAFFORD AC	6 29	7 22				13
6	EAST CHESHIRE H & TAMESIDE AC	4 32	6 34				10
7	MACCLESFIELD H & AC	5 33	5 35				10
8	WESPA FIRE ATHLETICS	9 18	-				9
9	SALFORD H & AC	2 50	3 36				5
9	ST HELENS SUTTON AC	3 38	2 48				5
11	VALE ROYAL AC	-	4 43				4
12	BUXTON AC	1 59	1 69				2

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## GIRLS UNDER 15 - TEAMS

<b>GIRLS UNDER 15 – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
1	SALE H MANCHESTER AC	11 8	11 7				22
2	LIVERPOOL H & AC	10 11	10 13				20
3	WARRINGTON AC	9 21	9 18				18
4	WEST CHESHIRE AC	8 35	8 32				16
5	SALFORD H & AC	6 25	7 29				13
6	TRAFFORD AC	4 37	6 27				10
7	EAST CHESHIRE H & TAMESIDE AC	5 26	5 35				10
8	WIRRAL AC	7 31	-				7
9	STOCKPORT H & AC	2 44	4 42				6
10	MACCLESFIELD H & AC	3 59	3 60				6
11	ST HELENS SUTTON AC	1 72	2 53				3

## BOYS UNDER 15 - TEAMS

<b>BOYS UNDER 15 – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
1	WIRRAL AC	7 4	7 6				14
2	MACCLESFIELD H & AC	6 12	6 10				12
3	SALE H MANCHESTER AC	5 20	3 30				8
4	STOCKPORT H & AC	4 23	4 25				8
5	WEST CHESHIRE AC	2 33	5 24				7
6	TRAFFORD AC	3 29	1 33				4
7	LIVERPOOL H & AC	-	2 27				2
8	SALFORD H & AC	1 39	-				1

## GIRLS UNDER 17 - TEAMS

<b>GIRLS UNDER 17 – best four races to count</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
1	SALE H MANCHESTER AC	4 16	5 12				9
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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# MANCHESTER AREA CROSS COUNTRY LEAGUE 2019/20 CUMULATIVE TEAM POINTS & POSITIONS

## BOYS UNDER 17 - TEAMS

BOYS UNDER 17 – best four races to count		1*	2*	3*	4*	5*	Points
1	STOCKPORT H & AC	7 <small>12</small>	7 <small>23</small>				14
2	TRAFFORD AC	6 <small>16</small>	5 <small>19</small>				11
3	MACCLESFIELD H & AC	5 <small>23</small>	4 <small>24</small>				9
4	WARRINGTON AC	-	6 <small>16</small>				6
5	SALE H MANCHESTER AC	3 <small>24</small>	3 <small>21</small>				6
6	BUXTON AC	4 <small>26</small>	2 <small>26</small>				6
7	MANCHESTER H & AC	2 <small>38</small>	1 <small>33</small>				3
<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
1	STOCKPORT H & AC	-	1 <small>9</small>				1
1	MANCHESTER METROPOLITAN UNIV	1 <small>10</small>	-				1

## SENIOR WOMEN – DIVISION ONE

SNR WOMEN DIV ONE – best 4 races		1*	2*	3*	4*	5*	Points
1	SALE H MANCHESTER AC	10 <small>21</small>	7 <small>44</small>				17
2	CHORLTON RUNNERS	8 <small>34</small>	9 <small>47</small>				17
3	TRAFFORD AC	9 <small>37</small>	8 <small>56</small>				17
4	MACCLESFIELD H & AC	2 <small>111</small>	10 <small>31</small>				12
5	SALFORD H & AC	6 <small>57</small>	6 <small>65</small>				12
6	STOCKPORT H & AC	5 <small>55</small>	5 <small>51</small>				10
7	WILMSLOW RC	7 <small>51</small>	2 <small>102</small>				9
8	MANCHESTER TRIATHLON CLUB	3 <small>116</small>	4 <small>59</small>				7
8	EAST CHESHIRE H & TAMESIDE AC	4 <small>105</small>	3 <small>117</small>				7
10	UNIV. OF MANCHESTER A & CCC	-	1 <small>178</small>				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>
1	<b>ALTRINCHAM &amp; DISTRICT AC</b>	<b>9</b> <i>91</i>	<b>11</b> <i>80</i>				<b>20</b>
2	<b>SWINTON RC</b>	<b>10</b> <i>84</i>	<b>6</b> <i>101</i>				<b>16</b>
3	<b>WIRRAL AC</b>	<b>11</b> <i>79</i>	<b>4</b> <i>181</i>				<b>15</b>
4	<b>SALFORD METROPOLITAN AC</b>	<b>5</b> <i>187</i>	<b>10</b> <i>95</i>				<b>15</b>
5	<b>BUXTON AC</b>	<b>8</b> <i>125</i>	<b>7</b> <i>138</i>				<b>15</b>
5	<b>MANCHESTER YMCA H</b>	<b>7</b> <i>201</i>	<b>8</b> <i>94</i>				<b>15</b>
7	<b>VALE ROYAL AC</b>	<b>4</b> <i>262</i>	<b>9</b> <i>90</i>				<b>13</b>
8	<b>MANCHESTER FRONTRUNNERS</b>	<b>6</b> <i>164</i>	<b>1</b> <i>282</i>				<b>7</b>
9	<b>MANCHESTER H &amp; AC</b>	<b>3</b> <i>182</i>	<b>3</b> <i>211</i>				<b>6</b>
10	<b>STOCKPORT TRI CLUB</b>	<b>-</b>	<b>5</b> <i>155</i>				<b>5</b>
11	<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>
1	<b>KNUTSFORD TRI CLUB</b>	<b>8</b> <i>126</i>	<b>9</b> <i>97</i>				<b>17</b>
2	<b>BRAMHALL RUNNERS</b>	<b>6</b> <i>140</i>	<b>8</b> <i>131</i>				<b>14</b>
3	<b>WINSTON RUNNERS</b>	<b>4</b> <i>176</i>	<b>7</b> <i>208</i>				<b>11</b>
4	<b>MANCHESTER METROPOLITAN UNIV</b>	<b>9</b> <i>106</i>	<b>-</b>				<b>9</b>
5	<b>MARPLE RUNNERS</b>	<b>3</b> <i>208</i>	<b>6</b> <i>238</i>				<b>9</b>
6	<b>DIDSBURY RUNNERS</b>	<b>7</b> <i>144</i>	<b>-</b>				<b>7</b>
7	<b>GOYT VALLEY STRIDERS</b>	<b>5</b> <i>185</i>	<b>-</b>				<b>5</b>
8	<b>WEST CHESHIRE AC</b>	<b>-</b>	<b>5</b> <i>261</i>				<b>5</b>
9	<b>MIDDLETON H AC</b>	<b>2</b> <i>241</i>	<b>3</b> <i>245</i>				<b>5</b>
10	<b>STYAL RC</b>	<b>-</b>	<b>4</b> <i>274</i>				<b>4</b>
11	<b>DRAGONS RC (SALE)</b>	<b>-</b>	<b>2</b> <i>256</i>				<b>2</b>
12	<b>START2JOG</b>	<b>1</b> <i>271</i>	<b>1</b> <i>318</i>				<b>2</b>

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[\*NB: last runner positions shown under points] p. 6 of 20 [bb: 1920 TEAMS-CUMULATIVE M2-18/11/19]

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

## 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>
1	SALE H MANCHESTER AC – B	15 <small>36</small>	14 <small>75</small>				29
2	STOCKPORT H & AC – B	14 <small>89</small>	12 <small>110</small>				26
3	MACCLESFIELD H & AC – B	8 <small>211</small>	15 <small>87</small>				23
4	TRAFFORD AC – B	13 <small>159</small>	10 <small>105</small>				23
5	MANCHESTER TRI CLUB – B	10 <small>180</small>	13 <small>83</small>				23
6	CHORLTON RUNNERS – B	12 <small>119</small>	11 <small>107</small>				23
7	WILMSLOW RC – B	11 <small>204</small>	6 <small>217</small>				17
8	BRAMHALL RUNNERS – B	7 <small>184</small>	9 <small>188</small>				16
9	SWINTON RC – B	9 <small>203</small>	5 <small>265</small>				14
10	BUXTON AC – B	6 <small>246</small>	8 <small>173</small>				14
11	SALFORD METROPOLITAN AC – B	-	7 <small>284</small>				7
12	MANCHESTER H & AC – B	5 <small>232</small>	-				5
13	WINSTON RUNNERS – B	4 <small>247</small>	1 <small>275</small>				5
14	MARPLE RUNNERS – B	3 <small>234</small>	2 <small>271</small>				5
15	STOCKPORT TRI CLUB – B	-	4 <small>321</small>				4
16	MANCHESTER YMCA H – B	-	3 <small>331</small>				3

*Points from M1 increased from max 13 to 15*

## 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>
1	SALE H MANCHESTER AC – C	22 <small>59</small>	22 <small>139</small>				44
2	STOCKPORT H & AC – C	20 <small>132</small>	20 <small>143</small>				40
3	CHORLTON RUNNERS – C	18 <small>133</small>	21 <small>132</small>				39
4	SALE H MANCHESTER AC – D	21 <small>80</small>	16 <small>194</small>				37
5	MANCHESTER TRI CLUB – C	13 <small>251</small>	19 <small>200</small>				32
6	STOCKPORT H & AC – D	17 <small>146</small>	15 <small>184</small>				32
7	CHORLTON RUNNERS – D	14 <small>220</small>	14 <small>202</small>				28
8	STOCKPORT H & AC – E	16 <small>177</small>	11 <small>296</small>				27
9	BRAMHALL RUNNERS – C	12 <small>277</small>	10 <small>276</small>				22

*Senior Women C+ Teams continued .....*

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

<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>
10	SALE H MANCHESTER AC – E	19 147	-				19
11	TRAFFORD AC – C	-	18 179				18
12	MACCLESFIELD H & AC – C	-	17 195				17
13	MARPLE RUNNERS – C	11 258	5 319				16
14	WINSTON RUNNERS – C	10 268	6 295				16
15	SALE H MANCHESTER AC – F	15 196	-				15
16	MANCHESTER TRI CLUB – D	-	13 236				13
17	CHORLTON RUNNERS – E	-	12 239				12
18	MARPLE RUNNERS – D	9 276	1 340				10
19	BUXTON AC – C	-	9 283				9
20	CHORLTON RUNNERS – F	-	8 267				8
21	MANCHESTER TRI CLUB – E	-	7 285				7
22	SALFORD METROPOLITAN AC – C	-	4 308				4
23	CHORLTON RUNNERS - G	-	3 332				3
24	WINSTON RUNNERS – D	-	2 323				2
<i>Points from M1 increased from max 14 to 22</i>							

## 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>
1	SALE H MANCHESTER AC	10 11	7 29				17
2	MACCLESFIELD H & AC	5 60	10 16				15
3	CHORLTON RUNNERS	6 54	9 20				15
4	STOCKPORT H & AC	7 27	8 25				15
5	WILMSLOW RC	8 25	6 46				14
6	WIRRAL AC	9 32	1 114				10
7	ALTRINCHAM & DISTRICT AC	3 50	5 42				8
8	TRAFFORD AC	4 59	4 49				8
9	VALE ROYAL AC	1 104	3 48				4
10	BUXTON AC	2 57	2 85				4

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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>
1	SWINTON RC	9 43	7 56				16
1	MANCHESTER TRIATHLON CLUB	7 80	9 33				16
3	MANCHESTER FRONTRUNNERS	8 69	4 204				12
4	EAST CHESHIRE H & TAMESIDE AC	6 150	5 109				11
5	SALFORD METROPOLITAN AC	-	8 52				8
6	MANCHESTER H & AC	5 118	3 146				8
7	STOCKPORT TRI CLUB	-	6 97				6
8	MIDDLETON H AC	4 149	2 172				6
9	ST HELENS TRI	-	1 220				1

## 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>
1	SALFORD H & AC	12 73	11 100				23
2	BRAMHALL RUNNERS	10 86	12 69				22
3	WINSTON RUNNERS	9 113	9 144				18
4	BELLE VUE RACERS	7 117	7 141				14
5	MARPLE RUNNERS	5 154	8 167				13
6	KNUTSFORD TRI CLUB	11 77	-				11
7	WEST CHESHIRE AC	-	10 111				10
8	GOYT VALLEY STRIDERS	8 121	2 171				10
9	MANCHESTER YMCA H	6 139	4 223				10
10	STYAL RC	-	6 185				6
11	GLOSSOPDALE HARRIERS	-	5 170				5
12	DRAGONS RC (SALE)	-	3 166				3
13	START2JOG	-	1 239				1

*Points from M1 increased from max 8 to 12*

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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>
1	<b>SALE H MANCHESTER AC – B</b>	<b>18</b> <small>29</small>	<b>17</b> <small>67</small>				<b>35</b>
2	<b>STOCKPORT H &amp; AC – B</b>	<b>17</b> <small>51</small>	<b>14</b> <small>72</small>				<b>31</b>
3	<b>MACCLESFIELD H &amp; AC – B</b>	<b>12</b> <small>112</small>	<b>18</b> <small>73</small>				<b>30</b>
4	<b>CHORLTON RUNNERS – B</b>	<b>15</b> <small>71</small>	<b>15</b> <small>70</small>				<b>30</b>
5	<b>WILMSLOW RC – B</b>	<b>14</b> <small>128</small>	<b>13</b> <small>107</small>				<b>27</b>
6	<b>MANCHESTER TRI CLUB – B</b>	<b>10</b> <small>127</small>	<b>16</b> <small>79</small>				<b>26</b>
7	<b>SWINTON RC – B</b>	<b>13</b> <small>116</small>	<b>8</b> <small>188</small>				<b>21</b>
8	<b>BUXTON AC – B</b>	<b>11</b> <small>130</small>	<b>10</b> <small>113</small>				<b>21</b>
9	<b>BRAMHALL RUNNERS – B</b>	<b>9</b> <small>125</small>	<b>11</b> <small>120</small>				<b>20</b>
10	<b>WIRRAL AC – B</b>	<b>16</b> <small>78</small>	<b>-</b>				<b>16</b>
11	<b>TRAFFORD AC – B</b>	<b>-</b>	<b>12</b> <small>118</small>				<b>12</b>
12	<b>BELLE VUE RACERS – B</b>	<b>6</b> <small>156</small>	<b>5</b> <small>195</small>				<b>11</b>
13	<b>SALFORD METROPOLITAN AC – B</b>	<b>-</b>	<b>9</b> <small>206</small>				<b>9</b>
14	<b>MANCHESTER FRONTRUNNERS – B</b>	<b>8</b> <small>169</small>	<b>-</b>				<b>8</b>
15	<b>WINSTON RUNNERS – B</b>	<b>5</b> <small>167</small>	<b>3</b> <small>197</small>				<b>8</b>
16	<b>MARPLE RUNNERS – B</b>	<b>4</b> <small>165</small>	<b>4</b> <small>193</small>				<b>8</b>
17	<b>STOCKPORT TRI CLUB – B</b>	<b>-</b>	<b>7</b> <small>136</small>				<b>7</b>
18	<b>MANCHESTER H &amp; AC - B</b>	<b>7</b> <small>145</small>	<b>-</b>				<b>7</b>
19	<b>ALTRINCHAM &amp; DISTRICT AC – B</b>	<b>-</b>	<b>6</b> <small>192</small>				<b>6</b>
20	<b>MIDDLETON HARRIERS AC – B</b>	<b>3</b> <small>199</small>	<b>2</b> <small>240</small>				<b>5</b>
21	<b>STYAL RC – B</b>	<b>-</b>	<b>1</b> <small>243</small>				<b>1</b>
<b>Points from M1 increased from max 16 to 18</b>							

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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>
1	SALE H MANCHESTER AC – C	23 44	22 89				45
2	STOCKPORT H & AC – C	22 82	21 91				43
3	CHORLTON RUNNERS – C	19 129	23 82				42
4	SALE H MANCHESTER – D	21 92	19 137				40
5	STOCKPORT H & AC – D	20 91	20 125				40
6	MACCLESFIELD H & AC – C	14 181	18 134				32
7	STOCKPORT H & AC – E	18 106	13 216				31
8	BUXTON AC – C	12 174	15 182				27
9	CHORLTON RUNNERS – D	13 183	14 155				27
10	BRAMHALL RUNNERS – C	9 197	16 153				25
11	SALE H MANCHESTER AC – E	17 131	-				17
12	MANCHESTER TRI CLUB – C	-	17 165				17
13	WINSTON RUNNERS – C	10 189	7 213				17
14	STOCKPORT H & AC – F	16 168	-				16
15	SWINTON RC – C	15 173	-				15
16	MARPLE RUNNERS – C	11 182	4 238				15
17	MANCHESTER TRI CLUB – D	-	12 187				12
18	CHORLTON RUNNERS – E	-	11 190				11
19	MACCLESFIELD H & AC – D	-	10 221				10
20	BUXTON AC – D	-	9 210				9
21	MARPLE RUNNERS – D	8 196	1 250				9
22	BRAMHALL RUNNERS – D	-	8 235				8
23	MANCHESTER TRI CLUB – E	-	6 231				6
24	SALFORD METROPOLITAN AC – C	-	5 226				5
25	CHORLTON RUNNERS – F	-	3 242				3
26	WINSTON RUNNERS – D	-	2 236				2
<b>Points from M1 increased from max 16 to 23</b>							

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[\*NB: last runner positions shown under points] p. 11 of 20 [bb: 1920 TEAMS-CUMULATIVE M2-18/11/19]

# 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>
1	<b>TRAFFORD AC</b>	4 9	5 10				9
2	<b>SALFORD H &amp; AC</b>	5 14	3 16				8
3	<b>UNIVERSITY OF MANCHESTER AC</b>	2 21	4 12				6
4	<b>SALE H MANCHESTER AC</b>	3 11	-				3
5	<b>WARRINGTON AC</b>	-	2 17				2
6	<b>STOCKPORT H &amp; AC</b>	1 20	-				1

## 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>
1	<b>SALFORD H &amp; AC</b>	10 26	10 23				20
2	<b>SALE H MANCHESTER AC</b>	9 34	9 31				18
3	<b>TRAFFORD AC</b>	8 36	8 38				16
4	<b>HORWICH RMI</b>	7 81	6 74				13
5	<b>CHORLTON RUNNERS</b>	4 92	7 67				11
6	<b>ALTRINCHAM &amp; DISTRICT AC</b>	6 74	4 113				10
7	<b>STOCKPORT H &amp; AC</b>	5 97	5 86				10
8	<b>WILMSLOW RC</b>	3 180	3 264				6
9	<b>MANCHESTER TRI CLUB</b>	1 232	2 231				3
10	<b>BUXTON AC</b>	2 268	1 400				3

## 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>
1	<b>UNIVERSITY OF MANCHESTER</b>	10 72	9 76				19
2	<b>EAST CHESHIRE H &amp; TAC</b>	9 148	10 111				19
3	<b>MACCLESFIELD H &amp; AC</b>	8 170	8 134				16
4	<b>SWINTON RC</b>	7 291	4 201				11
5	<b>VALE ROYAL AC</b>	5 329	6 303				11
6	<b>STOCKPORT TRI CLUB</b>	6 279	2 379				8
7	<b>MANCHESTER YMCA H</b>	-	7 182				7

*Senior Men Division Two Teams continued .....*

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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>
8	SALFORD METROPOLITAN AC	<b>2</b> <small>284</small>	<b>5</b> <small>262</small>				<b>7</b>
9	BRAMHALL RUNNERS	<b>4</b> <small>240</small>	<b>3</b> <small>256</small>				<b>7</b>
10	MANCHESTER H & AC	<b>3</b> <small>273</small>	<b>1</b> <small>399</small>				<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>
1	DIDSBURY RUNNERS	<b>12</b> <small>201</small>	<b>10</b> <small>445</small>				<b>22</b>
2	MANCHESTER FRONTRUNNERS	<b>11</b> <small>285</small>	<b>11</b> <small>362</small>				<b>22</b>
3	GOYT VALLEY STRIDERS	<b>10</b> <small>265</small>	<b>4</b> <small>425</small>				<b>14</b>
4	KNUTSFORD TRI CLUB	<b>6</b> <small>360</small>	<b>8</b> <small>389</small>				<b>14</b>
4	MARPLE RUNNERS	<b>8</b> <small>293</small>	<b>6</b> <small>438</small>				<b>14</b>
6	ST HELENS TRI	<b>7</b> <small>326</small>	<b>7</b> <small>397</small>				<b>14</b>
7	MIDDLETON H AC	<b>4</b> <small>404</small>	<b>9</b> <small>421</small>				<b>13</b>
8	WARRINGTON AC	-	<b>12</b> <small>171</small>				<b>12</b>
9	GLOSSOPDALE HARRIERS	<b>5</b> <small>338</small>	<b>5</b> <small>480</small>				<b>10</b>
10	BELLE VUE RACERS	<b>9</b> <small>365</small>	-				<b>9</b>
11	START2JOG	<b>3</b> <small>412</small>	<b>1</b> <small>506</small>				<b>4</b>
12	STYAL RC	-	<b>3</b> <small>452</small>				<b>3</b>
13	DRAGONS RC (SALE)	-	<b>2</b> <small>477</small>				<b>2</b>
<i>Points from M1 increased from max 10 to 12</i>							

## SENIOR MEN – B TEAMS

<i>SENIOR MEN B TEAMS – best four races to count</i>		<i>1*</i>	<i>2*</i>	<i>3*</i>	<i>4*</i>	<i>5*</i>	<i>Points</i>
1	SALFORD H & AC – B	<b>16</b> <small>70</small>	<b>16</b> <small>87</small>				<b>32</b>
2	SALE H MANCHESTER – B	<b>15</b> <small>76</small>	<b>15</b> <small>92</small>				<b>30</b>
3	TRAFFORD AC – B	<b>14</b> <small>126</small>	<b>13</b> <small>204</small>				<b>27</b>
4	CHORLTON RUNNERS – B	<b>11</b> <small>184</small>	<b>14</b> <small>117</small>				<b>25</b>
5	STOCKPORT H & AC – B	<b>13</b> <small>121</small>	<b>12</b> <small>154</small>				<b>25</b>
6	ALTRINCHAM & DISTRICT - B	<b>12</b> <small>179</small>	<b>10</b> <small>260</small>				<b>22</b>
7	MANCHESTER TRI CLUB – B	<b>8</b> <small>372</small>	<b>7</b> <small>305</small>				<b>15</b>
<i>Senior Men B Teams continued .....</i>							

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

<i>SENIOR MEN B TEAMS - continued</i>		<i>1*</i>	<i>2*</i>	<i>3*</i>	<i>4*</i>	<i>5*</i>	<i>Points</i>
8	BRAMHALL RUNNERS – B	<b>9</b> <small>306</small>	<b>5</b> <small>381</small>				<b>14</b>
9	SALFORD METROPOLITAN – B	<b>7</b> <small>367</small>	<b>6</b> <small>366</small>				<b>13</b>
10	WILMSLOW RC – B	<b>10</b> <small>282</small>	<b>2</b> <small>475</small>				<b>12</b>
11	HORWICH RMI H – B	-	<b>11</b> <small>322</small>				<b>11</b>
12	MACCLESFIELD H & AC – B	-	<b>9</b> <small>281</small>				<b>9</b>
13	EAST CHESHIRE H & TAC – B	-	<b>8</b> <small>353</small>				<b>8</b>
14	MANCHESTER FRONTRUNNERS – B	<b>6</b> <small>374</small>	-				<b>6</b>
15	MARPLE RUNNERS – B	<b>5</b> <small>384</small>	<b>1</b> <small>483</small>				<b>6</b>
16	SWINTON RC – B	-	<b>4</b> <small>386</small>				<b>4</b>
17	MANCHESTER YMCA H – 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

<i>SNR MEN C PLUS TEAMS – best four races to count</i>		<i>1*</i>	<i>2*</i>	<i>3*</i>	<i>4*</i>	<i>5*</i>	<i>Points</i>
1	SALE H MANCHESTER AC – C	<b>21</b> <small>114</small>	<b>21</b> <small>121</small>				<b>42</b>
2	SALFORD H & AC – C	<b>20</b> <small>116</small>	<b>20</b> <small>137</small>				<b>40</b>
3	SALFORD H & AC – D	<b>19</b> <small>174</small>	<b>18</b> <small>191</small>				<b>37</b>
4	SALE H MANCHESTER AC – D	<b>18</b> <small>171</small>	<b>17</b> <small>230</small>				<b>35</b>
5	STOCKPORT H & AC – C	<b>17</b> <small>211</small>	<b>16</b> <small>228</small>				<b>33</b>
6	CHORLTON RUNNERS – C	<b>13</b> <small>304</small>	<b>19</b> <small>186</small>				<b>32</b>
7	SALE H MANCHESTER AC – E	<b>16</b> <small>264</small>	<b>13</b> <small>315</small>				<b>29</b>
8	STOCKPORT H & AC – D	<b>14</b> <small>321</small>	<b>12</b> <small>307</small>				<b>26</b>
9	ALTRINCHAM & DISTRICT – C	<b>15</b> <small>322</small>	<b>8</b> <small>432</small>				<b>23</b>
10	CHORLTON RUNNERS – D	-	<b>15</b> <small>221</small>				<b>15</b>
11	SALFORD H & AC – E	-	<b>14</b> <small>363</small>				<b>14</b>
12	BRAMHALL RUNNERS – C	<b>12</b> <small>362</small>	-				<b>12</b>
13	CHORLTON RUNNERS – E	-	<b>11</b> <small>299</small>				<b>11</b>
14	MARPLE RUNNERS – C	<b>11</b> <small>409</small>	-				<b>11</b>
15	CHORLTON RUNNERS – F	-	<b>10</b> <small>370</small>				<b>10</b>
16	MANCHESTER TRI CLUB – C	-	<b>9</b> <small>365</small>				<b>9</b>
<i>Senior Men C+ Teams continued .....</i>							

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

<b>SNR MEN C PLUS TEAMS - continued</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
17	STOCKPORT H & AC – E	-	7 464				7
18	CHORLTON RUNNERS – G	-	6 418				6
19	SALFORD METROPOLITAN – C	-	5 444				5
20	MACCLESFIELD H & AC – C	-	4 446				4
21	SWINTON RC – C	-	3 485				3
22	MANCHESTER TRI – D	-	2 495				2
23	CHORLTON RUNNERS – H	-	1 458				1

*Points from M1 increased from max 11 to 21*

## VETERAN MEN – DIVISION ONE

<b>VETERAN MEN 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>
1	HORWICH RMI H	9 44	9 29				18
2	SALFORD H & AC	10 17	7 33				17
3	STOCKPORT H & AC	6 40	8 43				14
4	CHORLTON RUNNERS	2 154	10 19				12
5	SALE H MANCHESTER AC	7 36	5 32				12
6	TRAFFORD AC	8 58	3 123				11
7	WILMSLOW RC	4 75	6 54				10
8	ALTRINCHAM & DISTRICT AC	5 69	4 47				9
9	EAST CHESHIRE H & TAMESIDE AC	3 138	1 180				4
10	MANCHESTER TRI CLUB	1 137	2 99				3

## 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>
1	MACCLESFIELD H & AC	8 99	8 48				16
2	BUXTON AC	7 90	5 179				12
3	VALE ROYAL AC	6 142	6 140				12
4	SWINTON RC	2 224	7 93				9
5	STOCKPORT TRI CLUB	5 147	3 185				8
6	GOYT VALLEY STRIDERS	4 134	2 207				6
7	ST HELENS TRI	1 178	4 191				5
8	MANCHESTER H & AC	3 141	1 196				4

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

## 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>
1	<b>BRAMHALL RUNNERS</b>	<b>10</b> <i>95</i>	<b>9</b> <i>106</i>				<b>19</b>
2	<b>MARPLE RUNNERS</b>	<b>9</b> <i>124</i>	<b>7</b> <i>159</i>				<b>16</b>
3	<b>SALFORD METROPOLITAN AC</b>	<b>7</b> <i>151</i>	<b>6</b> <i>183</i>				<b>13</b>
4	<b>GLOSSOPDALE HARRIERS</b>	<b>8</b> <i>161</i>	<b>4</b> <i>226</i>				<b>12</b>
5	<b>WARRINGTON AC</b>	-	<b>10</b> <i>79</i>				<b>10</b>
6	<b>KNUTSFORD TRI CLUB</b>	<b>4</b> <i>235</i>	<b>5</b> <i>206</i>				<b>9</b>
7	<b>ST HELENS SUTTON AC</b>	-	<b>8</b> <i>151</i>				<b>8</b>
8	<b>MANCHESTER FRONTRUNNERS</b>	<b>6</b> <i>184</i>	-				<b>6</b>
9	<b>STYAL RC</b>	<b>2</b> <i>226</i>	<b>3</b> <i>259</i>				<b>5</b>
10	<b>BELLE VUE RACERS</b>	<b>4</b> <i>239</i>	-				<b>4</b>
11	<b>MIDDLETON H AC</b>	<b>3</b> <i>242</i>	-				<b>3</b>
12	<b>DRAGONS RC (SALE)</b>	-	<b>2</b> <i>277</i>				<b>2</b>
13	<b>WINSTON RUNNERS</b>	-	<b>1</b> <i>298</i>				<b>1</b>
<i>Points from M1 increased from max 9 to 10</i>							

## 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>
1	<b>SALFORD H &amp; AC – B</b>	<b>14</b> <i>30</i>	<b>13</b> <i>69</i>				<b>27</b>
2	<b>SALE H MANCHESTER AC - B</b>	<b>12</b> <i>108</i>	<b>14</b> <i>52</i>				<b>26</b>
3	<b>STOCKPORT H &amp; AC – B</b>	<b>13</b> <i>63</i>	<b>12</b> <i>65</i>				<b>25</b>
4	<b>ALTRINCHAM &amp; DISTRICT AC – B</b>	<b>11</b> <i>115</i>	<b>8</b> <i>162</i>				<b>19</b>
5	<b>CHORLTON RUNNERS – B</b>	<b>6</b> <i>200</i>	<b>11</b> <i>115</i>				<b>17</b>
6	<b>WILMSLOW RC – B</b>	<b>10</b> <i>119</i>	<b>7</b> <i>143</i>				<b>17</b>
7	<b>BRAMHALL RUNNERS – B</b>	<b>9</b> <i>131</i>	<b>5</b> <i>153</i>				<b>14</b>
8	<b>SALFORD METROPOLITAN AC – B</b>	<b>8</b> <i>197</i>	<b>3</b> <i>204</i>				<b>11</b>
9	<b>MACCLESFIELD H &amp; AC – B</b>	-	<b>10</b> <i>126</i>				<b>10</b>
10	<b>MANCHESTER TRI CLUB – B</b>	<b>4</b> <i>233</i>	<b>6</b> <i>166</i>				<b>10</b>
11	<b>HORWICH RMI H – B</b>	-	<b>9</b> <i>168</i>				<b>9</b>
<i>Veteran Men B Teams continued .....</i>							

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

<b>VETERAN MEN B TEAMS - continued</b>		<b>1*</b>	<b>2*</b>	<b>3*</b>	<b>4*</b>	<b>5*</b>	<b>Points</b>
12	MARPLE RUNNERS - B	7 204	1 251				8
13	STOCKPORT TRI CLUB - B	5 214	2 246				7
14	SWINTON RC - B	-	4 217				4
15	VALE ROYAL AC - B	3 246	-				3
<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>
1	STOCKPORT H & AC - C	16 103	17 98				33
2	SALFORD H & AC - C	17 77	13 292				30
3	STOCKPORT H & AC - D	15 153	15 138				30
4	SALE H MANCHESTER AC - C	13 205	16 150				29
5	STOCKPORT H & AC - E	11 221	12 220				23
6	BRAMHALL RUNNERS - C	14 167	7 240				21
7	CHORLTON RUNNERS - C	-	14 186				14
8	BRAMHALL RUNNERS - D	12 202	-				12
9	MANCHESTER TRI CLUB - C	-	11 198				11
10	MARPLE RUNNERS - C	10 227	1 296				11
11	CHORLTON RUNNERS - D	-	10 216				10
12	MACCLESFIELD H & AC - C	-	9 239				9
13	BRAMHALL RUNNERS - E	9 241	-				9
14	ALTRINCHAM & DISTRICT AC - C	-	8 242				8
15	CHORLTON RUNNERS - E	-	6 231				6
16	SALE H MANCHESTER AC - D	-	5 269				5
17	MANCHESTER TRI CLUB - D	-	4 293				4
18	SWINTON RC - C	-	3 284				3
19	CHORLTON RUNNERS - F	-	2 263				2
<i>Points from M1 increased from max 9 to 17</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

## 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.*

## 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*

**MANCHESTER AREA CROSS COUNTRY LEAGUE  
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***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 PLUS 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**

***WEBSITE:***

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