

SPEYSIDE RUNNER NORTH DISTRICT CROSS COUNTRY LEAGUE

2009/10 TEAMS

| Under 11 Girls | LAC | CAAC | K&D | FH | NRR | MRR | Drop | TOTAL |
|-----------------------|-----|------|-----|-----|-----|-----|------|-------|
| IH | 297 | 289 | 297 | 294 | 296 | 297 | 590 | 1180 |
| ES | 277 | 279 | 274 | 271 | 0 | 275 | 271 | 1105 |
| FH | 91 | 276 | 278 | 261 | 275 | 257 | 348 | 1090 |
| CAAC | 186 | 290 | 0 | 279 | 179 | 271 | 186 | 1019 |
| NRR | 250 | 0 | 0 | 0 | 274 | 246 | 0 | 770 |
| LAC | 276 | 0 | 0 | 0 | 0 | 0 | 0 | 276 |

| Under 11 Boys | LAC | CAAC | K&D | FH | NRR | MRR | Drop | TOTAL |
|----------------------|-----|------|-----|-----|-----|-----|------|-------|
| IH | 290 | 286 | 291 | 283 | 291 | 282 | 565 | 1158 |
| FH | 191 | 283 | 288 | 277 | 189 | 277 | 380 | 1125 |
| MRR | 83 | 0 | 274 | 286 | 255 | 256 | 83 | 1071 |
| CAAC | 259 | 277 | 0 | 0 | 92 | 179 | 0 | 807 |
| RCAC | 87 | 186 | 88 | 264 | 180 | 164 | 175 | 794 |
| NRR | 241 | 0 | 0 | 86 | 250 | 158 | 0 | 735 |
| LAC | 272 | 0 | 0 | 0 | 260 | 0 | 0 | 532 |

| Under 13 Girls | LAC | CAAC | K&D | FH | NRR | MRR | Drop | TOTAL |
|-----------------------|-----|------|-----|-----|-----|-----|------|-------|
| IH | 289 | 295 | 297 | 295 | 297 | 295 | 289 | 1479 |
| ES | 284 | 288 | 279 | 288 | 277 | 290 | 556 | 1150 |
| CAAC | 251 | 257 | 0 | 265 | 262 | 87 | 87 | 1035 |
| FH | 222 | 265 | 173 | 236 | 158 | 255 | 331 | 978 |
| MRR | 155 | 0 | 265 | 261 | 87 | 246 | 87 | 927 |
| RCAC | 171 | 251 | 91 | 81 | 248 | 240 | 172 | 910 |
| NRR | 276 | 0 | 180 | 90 | 276 | 0 | 0 | 822 |
| LAC | 166 | 0 | 0 | 0 | 0 | 0 | 0 | 166 |

| Under 13 Boys | LAC | CAAC | K&D | FH | NRR | MRR | Drop | TOTAL |
|----------------------|-----|------|-----|-----|-----|-----|------|-------|
| ES | 297 | 297 | 297 | 297 | 297 | 297 | 297 | 1485 |
| MRR | 263 | 90 | 277 | 281 | 278 | 275 | 353 | 1111 |
| IH | 269 | 272 | 278 | 89 | 278 | 94 | 183 | 1097 |
| FH | 92 | 0 | 94 | 182 | 83 | 194 | 83 | 562 |
| LAC | 275 | 0 | 0 | 0 | 91 | 0 | 0 | 366 |
| CAAC | 0 | 267 | 0 | 0 | 0 | 0 | 0 | 267 |

| Under 15 Girls | LAC | CAAC | K&D | FH | NRR | MRR | Drop | TOTAL |
|-----------------------|-----|------|-----|-----|-----|-----|------|-------|
| ES | 295 | 284 | 292 | 289 | 287 | 280 | 564 | 1163 |
| CAAC | 281 | 290 | 0 | 278 | 290 | 291 | 278 | 1152 |
| IH | 273 | 279 | 285 | 279 | 281 | 283 | 554 | 1126 |
| FH | 268 | 253 | 263 | 171 | 85 | 253 | 256 | 1037 |
| MRR | 85 | 96 | 271 | 97 | 170 | 264 | 181 | 802 |

| Under 15 Boys | LAC | CAAC | K&D | FH | NRR | MRR | Drop | TOTAL |
|----------------------|-----|------|-----|-----|-----|-----|------|-------|
| IH | 286 | 283 | 275 | 284 | 285 | 291 | 558 | 1146 |
| CAAC | 280 | 280 | 0 | 272 | 272 | 277 | 272 | 1109 |
| MRR | 0 | 90 | 276 | 185 | 180 | 277 | 90 | 918 |
| RCAC | 171 | 0 | 273 | 177 | 93 | 184 | 93 | 805 |
| LAC | 282 | 98 | | 96 | 180 | | | 656 |

| Under 17 Men | LAC | CAAC | K&D | FH | NRR | MRR | Drop | TOTAL |
|---------------------|-----|------|-----|-----|-----|-----|------|-------|
| IH | 97 | 295 | 291 | 289 | 287 | 285 | 382 | 1162 |
| MRR | 100 | 0 | 294 | 294 | 295 | 297 | 397 | 883 |
| CAAC | 99 | 99 | 0 | 96 | 0 | 0 | 0 | 294 |
| ES | 98 | 0 | 0 | 0 | 0 | 0 | 0 | 98 |

| Ladies | LAC | CAAC | K&D | FH | NRR | MRR | TOTAL |
|---------------|-----|------|-----|-----|-----|-----|-------|
| IH | 295 | 295 | 293 | 293 | 292 | 289 | 1757 |
| FH | 192 | 191 | 285 | 287 | 293 | 290 | 1538 |
| MRR | 183 | 192 | 280 | 181 | 84 | 282 | 1202 |

| Men | LAC | CAAC | K&D | FH | NRR | MRR | TOTAL |
|------------|-----|------|-----|-----|-----|-----|-------|
| FH | 385 | 381 | 388 | 394 | 385 | 392 | 2325 |
| MRR | 270 | 278 | 353 | 336 | 354 | 356 | 1947 |
| K&D | 0 | 0 | 363 | 355 | 354 | 262 | 1334 |
| IH | 172 | 187 | 95 | 343 | 241 | 346 | 1384 |
| LAC | 381 | 0 | 0 | 0 | 0 | 0 | 381 |
| CAAC | 0 | 376 | 0 | 0 | 0 | 0 | 376 |