





| <b>RUN 4 IT NORTH DISTRICT CROSS COUNTRY LEAGUE 2016-17</b>                    |     |     |       |     |      |     |  |       |
|--|-----|-----|-------|-----|------|-----|--|-------|
| Any errors or omissions to be reported to the Secretary of the Club concerned. |     |     |       |     |      |     |  |       |
| <b>TEAMS - Only main scoring teams shown</b>                                   |     |     |       |     |      |     |  |       |
| <b>Men</b>   | K&D | MRR | NAAAC | HRR | RCAC | FH  |  | TOTAL |
| IH   | 379 | 384 | 383   |     | 380  | 293 |  | 1819  |
| MRR  | 330 | 321 | 340   |     | 330  | 288 |  | 1609  |
| FH   | 343 | 310 | 301   |     | 357  | 248 |  | 1559  |
| HHR  | 275 | 255 | 359   |     | 374  | 252 |  | 1515  |
| K&D  | 342 | 324 | 303   |     | 292  | 252 |  | 1513  |
| ES   | 304 | 363 | 257   |     | 232  | 248 |  | 1404  |
| NHH  | 258 | 253 | 250   |     | 202  | 175 |  | 1138  |
| RCAC   | 235 | 119 | 201   |     | 258  | 208 |  | 1021  |
| Dev  | 121 | 152 | 191   |     | 232  | 106 |  | 802   |
| FRC  | 187 | 107 |       |     |      | 106 |  | 400   |
| NRR  |     |     | 205   |     |      | 106 |  | 311   |
| GORD   |     | 287 |       |     |      |     |  | 287   |
| WRA  |     | 105 |       |     |      |     |  | 105   |