

PECO Cross Country League (2009-10): Race 3 (Nell Bank)

Ladies Premier Division

Position	Club	Scoring Runners					Penalty Points	Total Points
		1	2	3	4	5		
1	Ilkley	3	5	7	9	16	0	40
2	Kirkstall	1	6	10	26	46	0	89
3	Horsforth	17	20	23	24	27	0	111
4	Abbey	4	11	29	32	36	0	112
5	Kippax	13	54	55	58	64	0	244
6	Rothwell	50	90	90	90	90	100	510
7	Dragons	65	90	90	90	90	100	525

Ladies First Division

Position	Club	Scoring Runners				Penalty Points	Total Points
		1	2	3	4		
1	Chapel Allerton	8	15	31	42	0	96
2	Ackworth	2	21	34	60	0	117
3	Virgin Active	14	28	38	56	0	136
4	Valley Striders	19	30	40	48	0	137
5	STAC	12	25	51	66	0	154
6	Airecentre	33	41	43	49	0	166
7	St Bede's	22	44	63	72	0	201
8	Eccleshill	90	90	90	90	100	460

Ladies Vets League

Position	Club	Scoring Runners			Total Points
		35+	45+	55+	
1	Abbey	4	32	39	75
2	STAC	51	12	25	88
3	Ilkley	7	3	90	100
4	Horsforth	17	45	52	114
5	Kippax	13	58	73	144
6	Ackworth	60	21	74	155
7	Valley Str.	48	19	90	157
8	Airecentre	41	71	49	161
9	Chapel Allerton	15	90	90	195
10	Virgin Active	28	87	90	205
11=	Kirkstall	26	90	90	206
11=	St Bede's	72	44	90	206
13	Rothwell	50	90	90	230
14	Dragons	90	65	90	245
15	Eccleshill	90	90	90	270