

# XCR'09

Cross Country & Road Racing

Progressive  
Ladders

## Men Division 1

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Box Hill	11	13	11	13	8	13	13	7	13	13	115
2	Glenhuntly	10	11	10	9	11	10	9	13	10	11	104
3	Athletics Essendon	7	9	9	6	9	9	11	11	6	9	86
4	Geelong Region	8	10	13	11	6	11	10	6		8	83
5	Ballarat YCW Harriers	13	8	8	10	10	5	2	10	3	1	70
6	Knox Athletics	5	3	7	5	13	6	8	8	5	10	70
7	Collingwood Harriers	6	7	3	8	5	8	7		7	4	55
8	Bendigo Region	4	4	4	4	7	3	5	5	8	5	49
9	Sandringham	9	6	5	2	4	2	4	4	4	6	46
10	APS United	1	2	6	3	2	7	3	2	11	7	44
11	Melbourne University	2	5	2	7	3	4	6	3	9	2	43
12	Doncaster	3							9		3	15

## Women Division 1

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Knox Athletics	13	10	11	13	13	11		11	13	13	108
2	Box Hill	8	11	13	10	10	9	11	13	11	9	105
3	Glenhuntly	11	6	5	6	11	10	8	10	10	11	88
3	Melbourne University	9	9	9	11	1	4	10	9	8	10	80
5	Traralgon Harriers	4	8	8	8	7	7	9	7	9	8	75
6	APS United	10	13	10			13	13	8			67
7	Collingwood Harriers	6	7	6	5	6	8	6	6	7	5	62
8	Keilor St Bernards	5	5	3	4	8	5	5	5	6	7	53
8	Richmond Harriers	2	4	4	7	9	6	4	4		6	46
10	Geelong Region	3		7	9			7	2		3	31
11	Ringwood			2					3		4	9
12	Sandringham	7		1								8

## Men Division 2

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Eureka	14	14	14	14	14	14	12	14	9	14	133
2	Keilor St Bernards	6	7	8	12	12	11	14	9	14	12	105
3	Box Hill 2	12	12	12	11	10	12	5	7	12	9	102
4	Athletics Waverley	10	11	6	4	5	6	8	12	11	10	83
5	Western Athletics	5	5	11	9	11	10	11	3	7	8	80
6	Glenhuntly 2	11	4	10	2	6	8	2	11	6	11	71
7	Mornington Peninsula	4	8	5	10	4	7	10	5	8	7	68
8	Traralgon Harriers	8	9	9	8	1	9	4	4	10	5	67
9	Richmond Harriers	9	10	4	7	9	4	3	10	3	2	61
10	Collingwood Harriers 2	2	6	1	5	3	5	6	8	5	3	44
11	Athletics Nunawading	3		3	3	8	2	9	6	2	6	42
12	Malvern Harriers	1	3	2	1	7	3	7	2	4	4	34
13	Diamond Valley	7	2	7	6	2	1		1	1	1	28

# XCR'09

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## Women Division 2

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Athletics Essendon	12	15	13		13	15	15	13	15	15	126
2	Bendigo Region	9	13	15	12	11	13	12	15	13	12	125
3	Ballarat YCW	7	6	6	15	10	12	13	8	11	6	94
4	Knox Athletics 2	13	7	11	13	15			10	9	13	91
5	Western Athletics	5	9	8	11	12	7	7	7	12	8	86
6	Glenhuntly 2	8	5	7		8	11	8	9	10	9	75
7	Diamond Valley	11	12	12		6	10	11	6		5	73
8	St Stephens Harriers	6	10	10		7	8	10	11		10	72
9	Malvern Harriers	4	8	9		9	9	6	12		11	68
10	Melbourne University 2	10	11	5	9			5		8	7	55
11	Coburg Harriers	3	4			5	6		4		3	25
12	Ballarat Harriers				10			9				19
13	Doncaster	15										15
14	Richmond Harriers 2								5		4	9

## Men Division 3

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Frankston	16	16	16	10	14	16		16	16	16	136
2	Mentone	11	13	14	14	4	14	9	12	14	11	116
3	Coburg Harriers	8	14	12	13	12	13	14	11	13	5	115
4	Knox Athletics 2	10	8	10	7	13	9	11	14	10	14	106
5	Melbourne University 2	5	12		12	10	10	13	10	11	10	93
6	South Melbourne	4	9	5	6	16	11	7	6	8	9	81
7	Ballarat YCW 2	14	6	13	11	8	7		8		2	69
8	Ballarat Harriers	3	4	4	16	11		16	13			67
9	Collingwood Harriers 3	7	7	6	9	5	8	8	4	5	4	63
10	Sandringham 2	13	11	7			6	10	5	6	3	61
11	Glenhuntly 3	9	2	9	5	6	5	6	7	4	7	60
12	St Stephens Harriers	12	10	8		7			3	3	12	55
13	Keilor St Bernards 2	6	5		8	9		12		9	6	55
14	APS United 2	2	3	11		3	12		2	7	13	53
15	Ringwood								9		8	17

### Women Division 3

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Box Hill 2	19	21	21			19	21	19	21	17	158
2	Athletics Waverley	16	15	15	15	18	14	15	16	19	15	158
3	Traralgon Harriers 2	10	18	19	16		17	18	12	17	13	140
4	Eureka	18			21		21	19	18		18	115
5	Frankston	14	19	18		21			21		21	114
6	Mentone	9	14	14		17	15	16	11		10	106
7	South Coast Athletics		16	12		16	16	17	15		8	100
8	Glenhuntly 3	17					18		17	18	14	84
9	Western Athletics 2	12	13	13		19			13		7	77
9	Collingwood Harriers 2		17	17	18				14		11	77
11	Knox Athletics 3	21		10	17						16	64
12	Wendouree				19					16		35
13	Athletics Essendon 2	11									19	30
14	St Stephens Harriers 2	15									12	27
15	APS United 2			16								16
16	Casey Cardinia	13										13
17	South Melbourne										9	9
18	Geelong Region 2											0
18	Ringwood 2											0
18	Wellington Athletics											0

### Men Division 4

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Wendouree	16	14	13	16	16	16	16	12	16	16	151
2	Athletics Essendon 2		16	14	14	13	12	13	16	14	14	126
3	Coburg Harriers 2	6	11	4	12	12	9	12	10	13	9	98
4	Knox Athletics 3	11	9	8		8	8	11	13	10	13	91
5	Oakleigh	3	12	10	11		14	14	4	12	6	86
6	Collingwood Harriers 4	10	7	6	10	7	10	9	5	9	10	83
7	Western Athletics 2	7	10	12		14	13		14		11	81
8	Malvern Harriers 2	8	6	7		11	11	10	6		12	71
9	Glenhuntly 4	14		9		10			8	11	8	60
10	Richmond Harriers 2	4	8	5		9			9		7	42
11	Geelong Region 2	12		16	13							41
12	Maccabi	5	13	11					11			40
13	Sandringham 3	13		3					7			23
14	Diamond Valley 2	9		2								11
15	Ringwood 2											0

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Ladders

## Women Division 4

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Bendigo Region 2	3		11		13	13	13	13		10	76
2	Box Hill 3	11	13	13					11	13	13	74
3	Oakleigh	6	9	8	11		10	10	6		2	62
4	Traralgon Harriers 3		10	10			11	11	7		6	55
5	Keilor St Bernards 2	9	11						4	11	11	46
6	Ballarat YCW 2	1			13	10		9	3		1	37
7	Western Athletics 3	4	7			11					1	23
8	Glenhuntly 4	13							8		1	22
9	Diamond Valley 2						9	8			1	18
9	Knox Athletics 4	10									8	18
11	Williamstown	7							10			17
11	Melbourne University 3	2	8								7	17
13	Bendigo Region 3								9		4	13
14	Western Athletics 4					9			2			11
15	Malvern Harriers 3			9								9
15	St Stephens 3										9	9
17	Melbourne University 3	8										8
18	Traralgon Harriers 4			7								7
19	Glenhuntly 5	5									1	6
20	Knox Athletics 5										5	5
21	Melbourne University 4										3	3
22	Athletics Waverley 2	1									1	2
22	St Stephens 4										2	2

## Men Division 5

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Bendigo Region 2	17	20	20		20	18	20	20	20	20	175
2	Box Hill 3	18	18	18	16	17	20	13	17	17	18	172
3	South Coast Athletics	13	15	14	18	15	17	15	18	16	13	154
4	Eureka 2	15	14	16	20	18	15	14	16		17	145
5	Traralgon Harriers 2	14	17	17	17	8	16	12	10	15	10	136
6	Athletics Waverley 2	16	16	15	14	12	14	17	15		15	134
7	Coburg Harriers 3	5	9	11	12	10	8	11	11	12	9	98
8	Melbourne Uni 3		13				11	18	12	18	14	86
9	South Melbourne 2	10	10	9	13		12		9	13	6	82
10	Collingwood Harriers 5	11	8	8		9	9		14		11	70
11	APS United 3	7		13			13			14	16	63
12	Ivanhoe Harriers	9	11			11	10		7		7	55
13	Ballarat Harriers 2				15	14		16				45
13	Western Athletics 3	6		10		16			13			45
15	Malvern Harriers 3	8		12		13					8	41
16	Doncaster 2	20									12	32
16	Williamstown		12						8			20
18	Sandringham 4	12										12
19	Mornington Peninsula 2											0

### Men Division 6

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Casey Cardinia	20	20	20	20		20	20	20	20	17	<b>177</b>
2	Frankston 2	18	16			18	18		14		20	<b>104</b>
3	Ballarat YCW 3	15		17	17	17	17		17			<b>100</b>
4	Athletics Essendon 3	17		14					18	17	18	<b>84</b>
4	St Stephens Harriers 2	16	18			16			12		15	<b>77</b>
6	Coburg Harriers 4		15	12		14	15		10		9	<b>75</b>
7	Knox Athletics 4	11		15					15	16	16	<b>73</b>
8	Glenhuntly 5	14		16		15			16		10	<b>71</b>
9	Mentone 2	13	17	18							13	<b>61</b>
10	Keilor St Bernards 3					20				18	14	<b>52</b>
11	Collingwood Harriers 6	9		11					11		11	<b>42</b>
12	South Melbourne 3	10		13			16					<b>39</b>
13	Wendouree 2				18						12	<b>30</b>
14	Athletics Nunawading 2	12							13			<b>25</b>
15	Diamond Valley 3											<b>0</b>
15	Oakleigh 2											<b>0</b>
15	Sandringham 5											<b>0</b>

### Men Division 7

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Box Hill 4	10		10			13		9		10	52
2	Bendigo Region 3			13		13			11		13	50
3	Traralgon Harriers 3	7	13	11	13						1	45
4	Athletics Waverley 3	11		8					8		6	33
5	Knox Athletics 5			6					13		9	28
6	Athletics Essendon 3	9							7		11	27
7	South Coast Athletics 2	3					11		6			20
8	Bendigo Region 4					11					8	19
9	Ballarat YCW 4	8			10							18
10	Glenhuntly 6			7					10			17
11	APS United 4			9							5	14
12	Eureka 3				9						4	13
12	Frankston 3	13										13
12	Melbourne Uni 4									13		13
15	Wendouree 3				11							11
16	Bendigo Region 5					10						10
16	Richmond Harriers 3	5							4		1	10
18	Bendigo Region 6					9						9
19	Ballarat Harriers 3				8							8
19	Keilor St Bernards 4					8						8
21	Athletics Essendon 4										7	7
21	Western Athletics 4					7						7
23	Athletics Essendon 4	6										6
23	Casey Cardinia 2								5		1	6
25	APS United 5			5								5
25	Athletics Waverley 4	2							2		1	5
25	Collingwood Harriers 7	1							3		1	5
25	Malvern Harriers 4			4							1	5
25	St Stephens Harriers 3	4									1	5
30	Glenhuntly 7			3								3
30	Knox Athletics 6										3	3
32	Knox Athletics 7										2	2
33	Athletics Essendon 5										1	1
33	Collingwood Harriers 8										1	1
33	Knox Athletics 8										1	1



# XCR'09

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Ladders

## Men Over 40

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	APS United	13	13	13	11		13	13	10		13	99
2	Bendigo Region	11	6	1	7		5	7	13	4	11	65
3	Traralgon Harriers		11	11	6		10	11		13		62
4	Box Hill	10	9	3	1		11	1	11	3	5	54
5	South Coast Athletics		5	2	3		2	2	9	7	9	39
6	Malvern Harriers		3	8	8		8	10		1		38
7	Glenhuntly	9		1			9			11	6	36
8	Athletics Waverley		10	7	10		4	1				32
9	Wendouree		7	5	5		3				10	30
10	Sandringham		8	6			1	5		9		29
11	Collingwood Harriers		1	9	2		6	4		2	4	28
12	Melbourne University				9		1	6		8		24
13	Ballarat YCW			10	13							23
14	Keilor St Bernards							8		10		18
15	Knox Athletics		4	4	1		1	1		5		16
16	Ballarat Harriers				4			9				13
17	Western Athletics		2	1			7					10
18	Geelong Region				1						8	9
19	Frankston	8										8
20	Casey Cardinia	7										7
20	Bendigo Region 2										7	7
22	Coburg Harriers		1	1	1		1	1		1		6
23	Eureka				1		1	3				5
24	Oakleigh										3	3

## Men Over 50

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Keilor St Bernards	6	13	11	13		13	13	8	13	13	103
2	Collingwood Harriers	13	11	7	8		11	11	11	8	11	91
3	Glenhuntly	9	6	6	9		8	10	9	10	8	75
4	Diamond Valley		10	8	10		10		13	11		62
5	APS United	7	7	5	4		9		10	9	7	58
6	Oakleigh	10		4	5		5	9	7		9	49
7	Richmond Harriers		9	9	11			8				37
8	Malvern Harriers		4	13			6	7				30
9	South Melbourne		3	3	2		7	6		7		28
10	Eureka	11	8									19
11	Coburg Harriers		1	3	1		4	5		4		18
12	Glenhuntly 2	5							6		6	17
12	St Stephens Harriers	8	5									13
14	Ballarat Harriers				7					6		13
14	Box Hill				6					5		11
16	Athletics Nunawading			10								10
17	Bendigo Region										10	10
18	Knox Athletics		2		3					3		8

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Ladders

## Women Over 40

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Box Hill	13	9	8	7		11	7	10	13		78
2	Traralgon Harriers		13	13	13			11	13		10	73
3	Collingwood Harriers	11	10	9	10				11	11	11	73
4	Bendigo Region		11	11			13	13				48
5	Malvern Harriers		6	7			10	9				32
6	Keilor St Bernards	10	8				9					27
7	Ringwood			10	11							21
8	Ballarat YCW				9			10				19
9	Glenhuntly										13	13
10	Maccabi								9			9
11	Ballarat Harriers				8							8
11	Diamond Valley							8				8

## Women Under 14

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Doncaster 1	10	13	13				11	8		13	68
2	Western Athletics		11	11	13			13	10		10	68
3	Coburg Harriers	11		10					11		8	40
4	South Coast Athletics	6	9	7	11				7			40
5	Athletics Essendon 1	9							13		9	31
6	Doncaster 2	2	10	9							7	28
7	Frankston	13									11	24
8	Malvern Harriers	5	8	8								21
9	Keilor St Bernards	3			10						6	19
10	Knox Athletics	7									5	12
11	Casey Cardinia								9			9
12	Athletics Essendon 2	8										8
13	Doncaster 3			6								6
14	Ballarat YCW	4										4

## Men Under 14

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Mornington Peninsula	13	13	13				13	13		13	78
2	Knox Athletics	7	11	10	11			9	9		10	67
3	Western Athletics	11		11				11	11		11	55
4	Malvern Harriers	8							8		9	25
5	Richmond Harriers			10					7		7	24
6	Ballarat YCW	5							4		8	17
7	Geelong Region	6						10				16
7	Wendouree				10						6	16
9	Eureka				13							13
10	Bendigo Region								6		4	10
10	Doncaster	10										10
10	East Melbourne Harriers								10			10
13	Frankston	9										9
14	Collingwood								5			5



# XCR'09

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Ladders

## Women Under 16

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Knox Athletics 1	11	13	13	11			13	11		13	85
2	Western Athletics	13	11	11	13			11	10		11	80
3	Ballarat YCW	4	8	9	9			9	9		4	52
4	Geelong Region	9	10	10	10			10				49
5	Athletics Essendon	10							13		10	33
6	Casey Cardinia	6	9								7	22
7	Glenhuntly	8									9	17
8	Knox Athletics 2	1	7	8								16
9	Keilor St Bernards	2			7						6	15
10	Western Athletics 2	1		7							5	13
11	Doncaster	1							7		3	11
12	Athletics Essendon 2								8			8
12	Ballarat YCW 2				8							8
12	Box Hill										8	8
15	Frankston	7										7
16	Geelong Region 2	5										5

## Men Under 16

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Eureka	10	13	13	13			13	13		13	88
2	Ballarat YCW	7		11	11			10	6			45
2	Keilor St Bernards	6	11	9	10						9	45
4	Richmond Harriers	3	10	10				11	7			41
5	Casey Cardinia								11		11	22
6	Malvern Harriers	11							9			20
7	Knox Athletics	8							10			18
7	Mornington Peninsula								8		10	18
9	Frankston	13										13
10	Glenhuntly	9										9
11	St Stephens Harriers	5										5
12	Collingwood Harriers	4										4

## Women Under 18

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Ballarat YCW 1	13	11	13	13			13	13		13	89
2	Keilor St Bernards	6	9	10	10			10	8		10	63
3	Diamond Valley	4	8	9	9			9	6		9	54
4	Knox Athletics 1	8	10	11					7			36
5	Athletics Essendon	10	13						10			33
6	Box Hill	11							11		11	33
7	Ballarat YCW 2	3			11			11				25
8	Doncaster	9										9
8	Mornington Peninsula								9			9
10	Knox Athletics 2	7										7
11	Athletics Waverley	5										5
12	Western Athletics	2										2

# XCR'09

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Ladders

## Men Under 18

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Knox Athletics 1	13	13	13	13			13			11	76
2	Box Hill	10		10					13		8	41
3	Knox Athletics 2	7	11	11	11							40
4	South Coast Athletics	8	10		9			11				38
5	Frankston	11									10	21
6	Glenhuntly								11		9	20
7	Athletics Essendon										13	13
8	Geelong Region	6									6	12
8	Malvern Harriers 1	9									3	12
10	Ballarat Harriers				10							10
11	Coburg Harriers	4									4	8
12	Ballarat YCW	2									5	7
12	Wellington Athletics										7	7
14	Malvern Harriers 2	5										5
15	Collingwood Harriers	3										3

## Women Under 20

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Glenhuntly 1	13	13	13	13		13		8		10	83
2	Doncaster 1	11		11			11		10		11	54
3	St Stephens Harriers	9		10			10		9			38
4	Wellington Athletics								13		13	26
5	Ballarat YCW	8							4		8	20
6	Glenhuntly 2	10									9	19
6	Bendigo Region	6							5		6	17
8	Knox Athletics								11			11
9	Keilor St Bernards						9					9
10	Doncaster 2								7			7
10	Ringwood	7										7
10	Wendouree										7	7
13	Frankston								6			6
14	Diamond Valley								3			3
15	Athletics Waverley								2			2

## Men Under 20

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Keilor St Bernards	11	11	13	11		11	13	13		10	93
2	Ballarat YCW	13	10		13							36
3	Richmond Harriers				10			11			9	30
4	Bendigo Region			11			13					24
4	Glenhuntly		13								11	24
6	Box Hill	9									13	22
7	Ringwood	10										10

### Country Championship—Women

	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1	Bendigo YMCA	13	13	8	13	47
2	Ballarat YCW	10	10	13	11	44
2	Traralgon Harriers	11	11	11	9	42
4	South Coast Athletics	9	9		5	23
5	Ballarat Harriers			10	8	18
6	Eureka			9	7	16
7	Wendouree			7		7
8	Athletics Chilwell				6	6

### Country Championship—Men

	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1	Eureka	13	11	10	13	47
2	Deakin	11	13	11	9	44
3	Ballarat YCW	10	10	13	8	41
4	Bendigo YMCA	8	8	9	11	36
5	Traralgon Harriers	9	7	7	5	28
6	Ballarat Harriers	4	4	8	10	26
7	Wendouree	6	6	6	6	24
8	Athletics Chilwell	7		5	7	19
9	South Coast Athletics	5	5	4	4	18

# XCR'09

Cross Country & Road Racing

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Ladders

## Champion XCR'09 Athlete—Open Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Best 5 Total
1 Duer Yoa	Eureka	8	7	9	9	9		42
2 Liam Adams	Aths Essendon		8		11	11		30
3 Andrew White	Box Hill	7	2	5	6		8	28
4 Chris Hamer	Box Hill	6	4		8	3	5	26
5 Steven Kelly	Box Hill	4		7	5	8		24
5 Nathan Hartigan	Ballarat Harriers			8		7	9	24
7 Jason Woolhouse	Geelong Region		9				11	20
8 Toby Rayner	Glenhuntly	9		3	3	4		19
9 Kane Wille	Knox Athletics		5		7	6		18
10 Steve Moneghetti	Ballarat YCW		6	11				17

## Champion XCR'09 Athlete—Open Women

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Best 5 Total
1 Susan Michelsson	Collingwood	11	7		9	9		36
2 Kathryn Ewels	Traralgon	8	5	11		7		31
2 Tarli Bird	Glenhuntly	7		8	3	5	8	31
4 Michelle Bleakley	APS United			7	7	4	9	27
5 Isabella DeCastella	APS United	6	6		6	6		24
6 Fiona Nash	Doncaster		2		11	8		21
7 Hanny Allston	Box Hill		8			11		19
8 Kate Seibold-Crosbie	Knox Athletics	9	3	6				18
8 Kristy McCarthy	Knox Athletics	5	4	9				18
10 Rachel Johnson	Box Hill		1	5		2	7	15

## Champion XCR'09 Athlete—U20 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Total	Best 4 Total
1 Luke Hennessy	Glenhuntly	11	11		11	11	44	44
2 Mark Blicavs	Athletics Essendon		9	11	8	9	37	37
3 Cody Williamson	Bendigo Region	7	8	9	9		33	33
4 Aaron Green	Ballarat YCW	9	5	7	7	7	35	30
5 David Ireland	Keilor St Bernards	8	6	6	2	8	30	28
6 Tom Fawthorpe	Ringwood	6	4		5	6	21	21
7 Alexander Davis	Ballarat YCW	3	1	5	4	5	18	17
8 Rhydian Cowley	Glenhuntly	5	7				12	12
8 Victor Shelamoff	Keilor St Bernards	4	2	3	1	3	13	12
10 Jamie Huggett	Ballarat YCW			8			8	8

# XCR'09

Cross Country & Road Racing

Progressive  
Ladders

## Champion XCR'09 Athlete—U20 Women

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Total	Best 4 Total
1 Grace Thek	Doncaster	11	11	11	11	11	55	44
2 Cassandra Hallam	Wellington	9	9	7		7	32	32
3 Carly Griffith	Knox Athletics		6	3		8	17	17
3 Linden Hall	Aths Essendon			8	9		17	17
5 Elise Clayton	Frankston	8			8		16	16
5 Sarah Lund	Glenhuntly			9	7		16	16
5 Steph Kondogonis	KSB		7	6	3		16	16
8 Becky Neave	Glenhuntly	6	3		4		13	13
8 Heidi Begala	Glenhuntly		8	5			13	13
10 Tessa Neave	Glenhuntly	5	5		2		12	12

## Champion XCR'09 Athlete—U18 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1 Jordan Nelson	Knox Athletics	11	8	9	9	37
2 Ryan Geard	Athletics Essendon	9	11		11	31
3 Michael Dowel	Box Hill	7	9	7	7	30
4 Sam Quirk	South Coast Athletics	8	7	4	8	27
5 Matthew Beer	Knox Athletics		5	8	6	19
6 Anthony Aloisio	Box Hill			11		11
7 Terry Jepson	Malvern Harriers	4	6			10
8 J Hamill-Beach	Geelong Region	3		3	2	8
8 Rehan Nazar	Knox Athletics	6		2		8
10 Rick Whitehead	Athletics Waverley			6		6

## Champion XCR'09 Athlete—U18 Women

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1 Jamie Vernon	Athletics Essendon	11	9	7	8	35
2 Jackie Hallam	Wellington	6	11	5	9	31
3 Georgie Buckley	Geelong Region	4	7	8	7	26
4 Lyra Meehan	Ballarat YCW			11	11	22
5 Rachel Tallent	Ballarat YCW	5	6		7	18
5 Rosie Donegan	Athletics Essendon	8		9		17
5 Rebecca Wood	Ballarat YCW	3	2	2	5	12
8 Eloise O'Brien	Box Hill	7		4		11
9 Lauren Grant	Knox Athletics	2	8			10
9 Sara Tucker	Ballarat YCW		4		6	10

# XCR'09

Cross Country & Road Racing

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## Champion XCR'09 Athlete—U16 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1 Cameron Smith	Frankston	11	8	11	11	41
2 Jack Davies	Eureka	8	3	9	7	27
3 Luke Percy	Richmond Harriers	7	6		8	21
4 Joshua West	Glenhuntly		9		9	18
5 Stewart McSweyn	Eureka	6	1	4	4	15
6 Jai Edmonds	Preston	9		5		14
7 Willam Sheils	Collingwood		7	6		13
8 Joel Tobin-White	Doncaster		11			11
8 Laiton Sullivan	Eureka		5		6	11
10 Tom Watson	Knox Athletics	5			5	10

## Champion XCR'09 Athlete—U16 Women

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1 Samantha Prime	Knox Athletics	11	11	11	11	44
2 Amy Cashin	Western Athletics	9	9	9	9	36
3 Rachel Bullard	Knox Athletics	2	5	7	8	22
4 J Hockley-Samon	Geelong Region	6	6	6	3	21
5 Rochelle Kennedy	Western Athletics	8	3	3	4	18
6 Anne Wallace	Glenhuntly	7	7	1		15
7 Jessica Prime	Knox Athletics	4	2	2	5	13
7 Mia Ross	Wellington Athletics	5	8			13
9 Holly Curtis	Geelong Region			4	6	10
10 Courtney Scott	Western Athletics			8		8

## Champion XCR'09 Athlete—U14 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1 Zachary Rouse	Mornington Peninsula	11	8	9	8	36
2 Jordan Rouse	Mornington Peninsula	9	9		11	29
3 John Camilleri	Western Athletics	5	6	8	6	25
4 Ben Kelly	Mornington Peninsula	8	7		9	24
5 Hein Reimert	Eureka		11	11		22
6 Isaac Hockey	Geelong Region		5	7	3	15
6 Jordan Minter	Collingwood Harriers	7	3	5		15
8 Daniel Sheridan	Knox Athletics	6	1	3	4	14
9 Mitchell Dyer	Box Hill				7	7
10 Ryan Norman	Wendouree			6		6



# XCR'09

Cross Country & Road Racing

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Ladders

## Champion XCR'09 Athlete—U14 Women

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total	
1	Natalie Rule	Doncaster	11	9	7	8	<b>35</b>
2	Claudia Verstraten	Geelong Region	9		11	11	<b>31</b>
3	Talissa Jansen	Western Athletics	7	8	8	5	<b>28</b>
4	Jemma Mirabella	Ballart YCW		11		9	<b>20</b>
5	Leah Polycarpou	Coburg Harriers		7	9		<b>16</b>
6	Grace McFaul	Knox Athletics	6			7	<b>13</b>
7	Jessica Cox	Casey Cardinia		6		6	<b>12</b>
8	Casey Geard	Athletics Essendon		3	6		<b>9</b>
9	Ashlee Walburg	Doncaster	3	4		1	<b>8</b>
9	Laura Powell	Doncaster	8				<b>8</b>

## Champion XCR'09 Athlete—40 to 44 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Best 5 Total
1	Magnus Michelsson	Collingwood	11	7	11	9	9	<b>47</b>
2	Robert Schwerkolt	APS United	8	8	7	6	8	<b>39</b>
3	James Atkinson	Aths Waverley	9	11	9	8		<b>37</b>
4	Rod DeHighden	Doncaster			5	7	11	<b>34</b>
5	Anthony Wilson	Glenhuntly			8	11	9	<b>28</b>
6	Philip Champion	Diamond Valley	6	6		2	5	<b>26</b>
7	Darrel Cross	Traralgon	7	3	4	1	1	<b>17</b>
9	Michael Wheatley	MPA	4	1		4	4	<b>17</b>
8	Ross Evans	Bendigo Region			3	5	6	<b>14</b>
10	Shane Fielding	Sandringham	5			2	6	<b>13</b>

## Champion XCR'09 Athlete—40 to 44 Women

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Best 5 Total
1	Michelle Bleakley	APS United		11	11	11	11	<b>44</b>
2	Anne Buckley	Bendigo Region	6	6	8	7	8	<b>35</b>
3	Julie Norney	Box Hill	8	8	7		6	<b>34</b>
4	Lisa Dick	Ringwood	9	11	9			<b>29</b>
5	Natalie Geddes	APS United	11	9		8		<b>28</b>
6	Sandra Prosenica	Aths Essendon				9	9	<b>27</b>
7	Sue Geard	Aths Essendon	7	7	5		6	<b>25</b>
8	Maria Abfalter	KSB	3	3	2	4	5	<b>18</b>
9	Belinda Mirabella	Ballarat YCW		5	3	5	4	<b>17</b>
10	Kate Hecker	Collingwood				6	8	<b>14</b>

# XCR'09

Cross Country & Road Racing

Progressive  
Ladders

## Champion XCR'09 Athlete—45 to 49 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Best 5 Total	
1	Steven Quirk	South Coast	7	9	9	9	11	5	45
2	Ian Cornthwaite	Traralgon	2	7		7	9	11	36
3	Maurice Prendergast	Ballarat YCW	9	8	7	8			32
4	Orlando Parish	Malvern	1	2	6	1	8	9	26
5	Chris O'Connor	Box Hill	5	6	8	6			25
6	Gerrard Brown	KSB	8	4	4		6		22
6	John Meagher	Box Hill	11			11			22
6	Stephen Moneghetti	Ballarat YCW		11	11				22
9	Andrew Edwards	APS United			5	2	7	6	20
10	Paul Strangio	Glenhuntly		3		4		8	15

## Champion XCR'09 Athlete—45 to 49 Women

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Best 5 Total	
1	June Petrie	Box Hill	11	9	11	8	9		48
2	Joanne Keely	Bendigo Region	8	11		9	11		39
3	Frances Willmot	Collingwood	4	5	7	4		9	29
4	Anna D'Alberto	Knox Athletics		8	9	6			23
5	Coral Farr	Ringwood		4	6	2	7		19
5	Deb Piercy	Traralgon	7	7		5			19
7	Janette Chapman	Collingwood	5		5			8	18
8	Janine Higham	Aths Essendon	9			7			16
9	Helen Lau	Malvern	2	2		3	8		15
10	Carolyn Rosenbock	Nunawading	3	3		1	5		12

## Champion XCR'09 Athlete—50 to 54 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Best 5 Total	
1	Michael McIntyre	KSB	11	11	11	9	11	11	55
2	Bert Pelgrim	Box Hill	9	9	7	7	9	7	41
3	Peter Gaffney	KSB	6	6	9	8	8	8	39
4	Stephen Vernal	Nunawading	8	7	6	6	7		34
5	John Williams	Malvern	5	8		5	6	6	30
6	Chris Lynch	Diamond Valley	7	5		4	4	4	24
7	Phillip Bowes	Sth Melbourne				11		9	20
8	Bruce Lyon	Richmond	4	4	5	1	3		17
9	Mark Purvis	APS United		2		3	5	5	15
10	Vincent Duffy	Ballarat Harriers				8			8

# XCR'09

Cross Country & Road Racing

Progressive  
Ladders

## Champion XCR'09 Athlete—50+ Women

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Best 5 Total
1 Megan Sloane	Box Hill	11	11	11	9	9	8	51
1 Colleen Stephens	Ballarat Harriers	9		9	11	11	11	51
3 Christine O'Halloran	Ballarat Harriers	8	8	7	8	8	7	39
4 Lavinia Petrie	Ringwood	6	9	8	7		9	39
5 Barbara Fay	Malvern	3	7	6	5	6		27
6 Annette Pelgrim	Knox Athletics	2	5	5	6		6	24
7 Connie Davy	Oakleigh	4	6	4	4	5		23
8 Elizabeth Street	Casey Cardinia	5				7		12
9 Janet Moloney	KSB		4	3	1	4		12
10 Diane Brimacombe	Coburg		3		2	3		8

## Champion XCR'09 Athlete—55 to 59 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Best 5 Total
1 Charles Chambers	Bendigo Region	11	11	11	11	11	11	55
2 Kenneth Duxbury	Collingwood	6	8	9	9	9	9	44
3 Brian Harrison	Ballarat YCW		7	8	7		8	30
4 Paul Twining	Collingwood	5	2	6	6	7	3	27
5 Anthony Bird	Collingwood	7	4		5	8		24
6 Ken Souyave	Coburg Harriers	3		4	3	5	5	20
6 Chris Wardlaw	Glenhuntly		6	7			7	20
8 Geoff Holden	APS United	8			8			16
9 Ernie Stewart	Oakleigh			3		4	6	13
10 Greg Moore	KSB	4		2	1	3	2	12

## Champion XCR'09 Athlete—60+ Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Best 5 Total
1 Len Johnson	Glenhuntly		8	7	11	9	9	44
2 Eric Sigmont	Glenhuntly	9	9	9		11		38
2 Michael Fenelon	Eureka	8	7		9	7	7	38
4 Robin Broberg	Diamond Valley		5	8	7	8	8	36
5 Peter Moore	Richmond	11	11	11				33
6 John Kneen	Sandringham	5	4	5		4	6	24
7 Gabriel Carmona	Sth Melbourne	7		3	6	6		22
8 Peter Logan	Sth Melbourne	6	6		5			17
9 Brian Woodruff	Eureka			6	8			14
10 Michael Whiteoak	Sth Melbourne	4	3	4				11

## Champion XCR'09 Athlete—Country Open Men

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1 Duer Yoa	Eureka	11	8	9	11	<b>39</b>
2 Steve Moneghetti	Ballarat YCW		7	11		<b>18</b>
3 Nathan Hartigan	Ballarat Harriers			8	9	<b>17</b>
4 Ashley Watson	Wendouree		3	5	8	<b>16</b>
4 Brady Threllfall	Bendigo YMCA	4	1	4	7	<b>16</b>
6 Sam Ellis	Eureka	9	6			<b>15</b>
7 Scott Rantall	Deakin		4	6	4	<b>14</b>
8 Brenton Rowe	Deakin	8	5			<b>13</b>
9 Brett Coleman	Aths Chilwell	3		3	6	<b>12</b>
10 Mark Tucker	Geelong Guild		11			<b>11</b>

## Champion XCR'09 Athlete—Country Open Women

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1 Kathryn Ewels	Traralgon	11	9	11	11	<b>42</b>
2 Meredith Cook	Bendigo YMCA	9	8	9	8	<b>34</b>
3 Anne Buckley	Bendigo YMCA	7	5	6	4	<b>22</b>
4 Joanne Keely	Bendigo YMCA	6	4		5	<b>15</b>
4 Tracey Fraser	Ballarat YCW			8	7	<b>15</b>
6 Anne Martin	Ballarat YCW	8		4	1	<b>13</b>
7 Cassie Fien	Wellington Aths		11			<b>11</b>
8 Kelli Baird	Ballarat YCW				9	<b>9</b>
8 Kristen Wyatt	Athletics Chilwell		6	3		<b>9</b>
8 Lynda McCrae	Traralgon		7		2	<b>9</b>