

| MENS DIVISION 1 | | | | | | | | | | | | | | | |
|-----------------|------|----------------------|---------|---|------|---------------------|-------|---|------|--------------------|-------|---|------|------------------------|-------|
| 1 | 1.2 | Box Hill | 0:54.31 | 1 | 1955 | Andre Waring | 08.53 | 2 | 1956 | Nicholas Baggott | 09.23 | 3 | 1866 | William Potter | 08.59 |
| | | | | 4 | 2020 | Stephen Dinneen | 09.15 | 5 | 2083 | Harry Summers | 08.53 | 6 | 1358 | Matthew O'Donnell | 09.08 |
| 2 | 1.9 | St Stephens Harriers | 0:54.39 | 1 | 105 | Ben Buckingham | 08.45 | 2 | 2282 | Thomas Thorpe | 09.05 | 3 | 2123 | Lachlan Aspinall | 09.20 |
| | | | | 4 | 1195 | Samuel Quirk | 09.18 | 5 | 1679 | James Coleman | 09.00 | 6 | 1927 | Jamie Wagstaff | 09.11 |
| 3 | 1.8 | Melbourne University | 0:54.44 | 1 | 1713 | Nicholas Earl | 08.47 | 2 | 2081 | Cassidy Shaw | 08.45 | 3 | 2145 | Charlie Park | 08.52 |
| | | | | 4 | 2196 | Jack Powell | 09.40 | 5 | 2431 | Chris O'Neill | 07.32 | 6 | 2030 | Frankie Conway | 11.08 |
| 4 | 1.10 | Western Athletics | 0:55.20 | 1 | 19 | Jack Rayner | 08.30 | 2 | 1032 | Liam Cashin | 09.02 | 3 | 1424 | Daniel Dunstone | 09.40 |
| | | | | 4 | 1544 | Matthew Tonge | 09.40 | 5 | 185 | Matthew Hussey | 09.34 | 6 | 146 | Cody Shanahan | 08.54 |
| 5 | 1.5 | Geelong Region | 0:56.23 | 1 | 1458 | Harry Smithers | 09.47 | 2 | 2790 | Nicholas Wightman | 09.08 | 3 | 1569 | Peter Kerr | 09.08 |
| | | | | 4 | 2114 | Daniel Hutchinson | 09.32 | 5 | 1240 | Brett Coleman | 09.41 | 6 | 133 | Mitchell Thompson | 09.07 |
| 6 | 1.6 | Glenhuntly | 0:56.38 | 1 | 73 | Haftu Strintzos | 09.02 | 2 | 1884 | Daniel Hamilton | 09.17 | 3 | 2350 | Jamie Cook | 09.44 |
| | | | | 4 | 1010 | Samuel Toll | 09.31 | 5 | 20 | Rhydian Cowley | 09.16 | 6 | 1035 | Jack Bullock | 09.48 |
| 7 | 1.1 | Athletics Essendon | 0:57.05 | 1 | 1994 | Toby O'Brien | 09.21 | 2 | 2338 | Mason Scott | 09.37 | 3 | 24 | Liam Adams | 08.55 |
| | | | | 4 | 1928 | Jeremy Drake | 10.12 | 5 | 2427 | Luke McIlvenna | 09.47 | 6 | 132 | Mitchell Brown | 09.13 |
| 8 | 1.4 | Doncaster | 0:57.23 | 1 | 1702 | John Portwood | 09.35 | 2 | 1858 | Alastair Christy | 09.25 | 3 | 2059 | Lachlan Herd | 09.42 |
| | | | | 4 | 1302 | Nicholas Jamnick | 09.26 | 5 | 2820 | Benjamin Ashkettle | 09.35 | 6 | 2867 | Henry Kiellerup | 09.40 |
| 9 | 1.3 | Collingwood Harriers | 1:00.19 | 1 | 1701 | Tim Bryant | 09.41 | 2 | 1323 | Campbell Maffett | 10.22 | 3 | 2507 | Magnus Michelsson | 10.26 |
| | | | | 4 | 1402 | Simon Bevege | 09.43 | 5 | 1896 | Xavier Meade | 10.03 | 6 | 305 | Liam Delany | 10.04 |
| 10 | 1.7 | Knox Athletics | 1:04.09 | 1 | 1406 | Jeffrey Wright | 12.19 | 2 | 199 | Corey Dickson | 10.38 | 3 | 1588 | Tim Norton | 09.09 |
| | | | | 4 | 2535 | Luke Toomey | 10.39 | 5 | 109 | Craig Appleby | 11.00 | 6 | 1649 | Thomas Watson | 10.24 |
| MENS DIVISION 2 | | | | | | | | | | | | | | | |
| 1 | 2.10 | Melbourne University | 0:57.42 | 1 | 1329 | Erik Ueda | 09.22 | 2 | 2682 | Caleb Muller | 09.13 | 3 | 2166 | Tom Hall | 09.46 |
| | | | | 4 | 1459 | Isaac Hockey | 09.30 | 5 | 2495 | Jonney Yeates | 09.53 | 6 | 2602 | Nick Montgomery | 09.58 |
| 2 | 2.1 | APS United | 0:59.12 | 1 | 153 | James Lightfoot | 09.22 | 2 | 1022 | Harrison Carr | 09.42 | 3 | 2155 | Edward Beischer | 09.27 |
| | | | | 4 | 2385 | Benjamin Beischer | 09.44 | 5 | 2568 | Austin Hunter | 10.13 | 6 | 2946 | Jack White | 10.44 |
| 3 | 2.4 | Box Hill | 1:00.01 | 1 | 1294 | James O'Connell | 09.48 | 2 | 1542 | Alexander Ritchie | 09.42 | 3 | 2321 | Michael Vaughan | 10.20 |
| | | | | 4 | 1871 | Russell Clowes | 11.08 | 5 | 2809 | John Dutton | 09.36 | 6 | 2583 | Michael Dowel | 09.27 |
| 4 | 2.12 | Old Xaverians | 1:00.15 | 1 | 2151 | Matthew Clarke | 08.55 | 2 | 1470 | Matthew Hodder | 10.41 | 3 | 2264 | John Kuol | 09.42 |
| | | | | 4 | 1908 | Jason Paisley | 09.39 | 5 | 1582 | Bruce Davie | 10.59 | 6 | 1712 | Laurence Sorace | 10.19 |
| 5 | 2.9 | Keilor St Bernards | 1:01.12 | 1 | 2068 | Patrick Matthews | 09.36 | 2 | 1818 | Alexander Sykes | 09.20 | 3 | 1681 | Shea Wellington | 09.54 |
| | | | | 4 | 2872 | Jacob Bell | 10.28 | 5 | 1471 | Domenic Michienzi | 11.02 | 6 | 2202 | Thomas Gorman | 10.52 |
| 6 | 2.7 | Frankston | 1:01.33 | 1 | 1272 | Ned Verwey | 09.57 | 2 | 2876 | Jesse Dunsmore | 09.37 | 3 | 2366 | Nick Jansen | 10.24 |
| | | | | 4 | 1350 | Peter Dutton | 09.44 | 5 | 1684 | Joshua Yates | 10.57 | 6 | 1067 | Damien Clark | 10.54 |
| 7 | 2.8 | Glenhuntly | 1:01.58 | 1 | 1248 | Chris Winter | 10.10 | 2 | 1074 | Tom McFarlane | 09.53 | 3 | 1688 | Jason Clayton | 11.11 |
| | | | | 4 | 1874 | Denyan Claxton | 10.09 | 5 | 2377 | ROMIN KODIKARA | 10.11 | 6 | 1706 | Jasper Pickering | 10.24 |
| 8 | 2.13 | Richmond Harriers | 1:02.37 | 1 | 1395 | Michael Johnson | 09.49 | 2 | 1477 | Jonathon Little | 10.31 | 3 | 2029 | Lachlan James | 10.29 |
| | | | | 4 | 1587 | Oliver Mclean | 10.36 | 5 | 1445 | David Lawson | 11.00 | 6 | 1055 | Joji Mori | 10.12 |
| 9 | 2.3 | Ballarat Region | 1:03.23 | 1 | 1562 | Jordan Mayston | 10.08 | 2 | 1618 | Joshua Hawkes | 10.38 | 3 | 1880 | Ryan Anderson | 11.36 |
| | | | | 4 | 2560 | Ashley Rogers | 10.22 | 5 | 1843 | Paul Burge | 10.57 | 6 | 2079 | Nicholas Van Raaphorst | 09.42 |
| 10 | 2.5 | Collingwood Harriers | 1:03.28 | 1 | 2533 | Lewis Sullivan | 10.31 | 2 | 1071 | Danny Reddan | 10.46 | 3 | 1396 | Michael Oke | 10.45 |
| | | | | 4 | 1069 | Steven Simmons | 10.40 | 5 | 1277 | Mitch Lorkin | 10.10 | 6 | 1460 | Andrew Dornie | 10.36 |
| 11 | 2.6 | Diamond Valley | 1:03.47 | 1 | 1830 | Tim Logan | 09.15 | 2 | 1853 | Dean Neofitou | 10.21 | 3 | 1814 | peter van der kamp | 10.41 |
| | | | | 4 | 1572 | Gerard Large | 11.08 | 5 | 1829 | Matthew Thompson | 11.43 | 6 | 1693 | Dylan Perera | 10.39 |
| 12 | 2.2 | Athletics Nunawading | 1:04.59 | 1 | 1976 | Adrian Mclean | 09.25 | 2 | 1439 | Leigh Stokes | 10.28 | 3 | 2091 | Frank Bertei | 11.37 |
| | | | | 4 | 1727 | Matthew Vernal | 10.49 | 5 | 2714 | Andrew Scott | 11.47 | 6 | 1170 | Mark Deslandes | 10.53 |
| 13 | 2.11 | Mentone | 1:05.02 | 1 | 1316 | Andrew Compson | 10.34 | 2 | 1242 | Mitchell Couper | 10.43 | 3 | 1082 | Tony Goodyear | 11.13 |
| | | | | 4 | 2198 | Stuart Cox | 11.44 | 5 | 1005 | Corey Lawson | 10.48 | 6 | 1820 | Andrew Johnson | 10.00 |
| 14 | 2.14 | South Melbourne | 1:06.09 | 1 | 2011 | Adronis Ndiokubwayo | 10.32 | 2 | 1762 | Ian Cayzer | 10.29 | 3 | 2012 | Clovis Mpundu | 11.12 |
| | | | | 4 | 1250 | Jeremy Parsons | 11.20 | 5 | 1256 | Ross Pentland | 11.49 | 6 | 1496 | Aaron Murphy | 10.47 |

| MENS DIVISION 3 | | | | | | | | | | | | | | | |
|-----------------|------|--------------------------------|---------|---|------|--------------------|-------|---|------|-------------------------|-------|---|------|---------------------|-------|
| 1 | 3.3 | Bendigo Region | 0:46.55 | 1 | 61 | Andrew Buchanan | 08.40 | 2 | 1605 | Brady Threlfall | 08.58 | 3 | 1092 | Archie Reid | 09.22 |
| | | | | 4 | 2885 | Matthew Buckell | 10.14 | 5 | 2376 | Nigel Preston | 09.41 | 6 | | | |
| 2 | 3.2 | Athletics Waverly | 0:51.21 | 1 | 1846 | Cillian Jansen | 09.39 | 2 | 1359 | Rick Whitehead | 09.40 | 3 | 2283 | Jack Brisbane | 10.49 |
| | | | | 4 | 2378 | Tyson Barton | 10.38 | 5 | 2099 | Tim Albiston | 10.35 | 6 | | | |
| 3 | 3.13 | Western Athletics | 0:51.39 | 1 | 1422 | Alexander Tyrrell | 10.26 | 2 | 2426 | Cameron Menadue | 10.58 | 3 | 1901 | Alistair McDonald | 10.14 |
| | | | | 4 | 2278 | Matthew Schaumberg | 10.00 | 5 | 1148 | Michael Masseni | 10.01 | 6 | | | |
| 4 | 3.9 | Mornington Peninsula | 0:52.36 | 1 | 2296 | Caleb Wheatley | 10.33 | 2 | 1136 | Liam Ryan-Nicholls | 10.24 | 3 | 2082 | James Folvig | 10.28 |
| | | | | 4 | 1113 | Robert Trott | 10.53 | 5 | 2224 | Klay Hoggood | 10.18 | 6 | | | |
| 5 | 3.14 | Williamstown | 0:52.41 | 1 | 2185 | Nathan Pearce | 09.52 | 2 | 1556 | Etienne Blumstein-Jones | 09.51 | 3 | 2910 | Lachlan Welch | 10.47 |
| | | | | 4 | 1963 | Kieran Leonard | 11.12 | 5 | 1112 | Andrew Grant | 10.59 | 6 | | | |
| 6 | 3.6 | Glenhuntly | 0:54.22 | 1 | 1695 | Joel Samsu | 10.56 | 2 | 1882 | Geoffrey Scott | 10.38 | 3 | 1661 | Eamonn Murphy | 11.03 |
| | | | | 4 | 2032 | Nick van Agtmaal | 10.47 | 5 | 1207 | Simon Bowly | 10.58 | 6 | | | |
| 7 | 3.5 | Coburg Harriers | 0:54.30 | 1 | 2299 | Thomas Robertson | 10.44 | 2 | 2272 | Carl Kennedy | 11.20 | 3 | 2218 | Radeyan Sazzad | 10.46 |
| | | | | 4 | 2256 | David Henderson | 10.49 | 5 | 2179 | Eric Pritchard | 10.51 | 6 | | | |
| 8 | 3.15 | Yarra Ranges Athletics | 0:54.38 | 1 | 2243 | James Laven | 10.24 | 2 | 2315 | Michael Clarke | 11.14 | 3 | 1327 | Sam Pike | 10.42 |
| | | | | 4 | 2225 | Andrew Searles | 11.03 | 5 | 1539 | James Anderson | 11.15 | 6 | | | |
| 9 | 3.1 | Athletics Eseendon | 0:56.17 | 1 | 1331 | Max Taylor | 10.46 | 2 | 1598 | Jeffrey Jones | 10.54 | 3 | 2308 | Noel White | 11.46 |
| | | | | 4 | 1890 | Mark Carey | 11.52 | 5 | 1596 | Damien Bruneau | 10.59 | 6 | | | |
| 10 | 3.7 | Malvern Harriers | 0:56.27 | 1 | 1328 | Shaun Green | 10.58 | 2 | 1217 | Marcus Boxall | 10.59 | 3 | 1985 | Chris Rayment | 12.31 |
| | | | | 4 | 1536 | Damien Bertram | 10.34 | 5 | 1659 | Christopher Harvey | 11.25 | 6 | | | |
| 11 | 3.11 | Traralgon Harriers | 0:57.16 | 1 | 1863 | Peter Cutler | 10.27 | 2 | 1635 | Anthony Arrowsmith | 12.43 | 3 | 2187 | Ian Cornthwaite | 11.42 |
| | | | | 4 | 2506 | Darrel Cross | 11.59 | 5 | 1243 | MICHAEL TRIPODI | 10.25 | 6 | | | |
| 12 | 3.10 | South Melbourne | 0:59.12 | 1 | 1687 | Eran Lande | 11.47 | 2 | 2190 | Michael Silvester | 12.17 | 3 | 2197 | Howard Sharp | 12.00 |
| | | | | 4 | 1967 | Timothy Lane | 11.33 | 5 | 1999 | Brendon Drain | 11.35 | 6 | | | |
| 13 | 3.12 | Victorian Masters | 1:00.31 | 1 | 2102 | Shane Draper | 10.46 | 2 | 1063 | Peter Cowell | 11.49 | 3 | 1675 | Adam Gregory | 12.17 |
| | | | | 4 | 1483 | Michael Camilleri | 12.13 | 5 | 1403 | Adrian Lyness | 13.26 | 6 | | | |
| INV | 3.8 | Melbourne University | 1:00.58 | 1 | 2673 | Jack Morison | 10.24 | 2 | 1383 | Peter Gaukrodger | 10.51 | 3 | 1206 | Matthew Schepisi | 09.59 |
| | | | | 4 | 2131 | Conor Renouf | 10.52 | 5 | 2291 | Hamish Beaumont | 18.52 | 6 | | | |
| DNF | 3.4 | Box Hill | | 1 | 2310 | Kennedy Chen | 11.17 | 2 | 2828 | Jonathan Hall | 11.27 | 3 | 2312 | Carlos Norman | 12.04 |
| | | | | 4 | | | | 5 | | | | 6 | | | |
| MENS DIVISION 4 | | | | | | | | | | | | | | | |
| 1 | 4.12 | St Kevins | 0:46.27 | 1 | 2436 | Xavier Chapman | 09.50 | 2 | 1869 | Jack Holden | 09.16 | 3 | 1389 | Adam Pyke | 09.13 |
| | | | | 4 | 2095 | Stephen Knuckey | 09.04 | 5 | 2930 | Brad Mathas | 09.04 | 6 | | | |
| 2 | 4.14 | Victorian Cross Country League | 0:49.18 | 1 | 1602 | Joel Donnar | 09.19 | 2 | 1852 | Daniel Lawlor | 09.56 | 3 | 2165 | Julian Harris | 11.03 |
| | | | | 4 | 2203 | Oscar Robinson | 09.56 | 5 | 1590 | Michael Marantelli | 09.04 | 6 | | | |
| 3 | 4.13 | St Stephens Harriers | 0:51.43 | 1 | 1924 | Timothy Gibney | 10.46 | 2 | 2275 | Sean Guiney | 09.30 | 3 | 298 | Jack Davies | 09.45 |
| | | | | 4 | 1129 | Luke Frazzetto | 10.36 | 5 | 2343 | Aiden du Buisson | 11.06 | 6 | | | |
| 4 | 4.4 | Geelong Region | 0:51.59 | 1 | 2050 | Jarrold McMullen | 10.07 | 2 | 1873 | Josh Berry | 10.17 | 3 | 2707 | Bradley Fuller | 10.47 |
| | | | | 4 | 2420 | Charles Mayfield | 10.42 | 5 | 300 | Grant Simpson | 10.06 | 6 | | | |
| 5 | 4.3 | Collingwood Harriers | 0:57.17 | 1 | 1791 | Paul Rothin | 11.34 | 2 | 1365 | Martin James | 11.58 | 3 | 2176 | Mark Hogan | 11.27 |
| | | | | 4 | 2192 | Aaron Gray | 11.28 | 5 | 2631 | Liam Werrett | 10.50 | 6 | | | |
| 6 | 4.10 | Old Xaverians | 0:57.28 | 1 | 2641 | Mark Buyck | 11.09 | 2 | 1623 | Tim McNeill | 11.21 | 3 | 2226 | Duncan Anderson | 11.41 |
| | | | | 4 | 1929 | Rene Da Silva | 11.57 | 5 | 1860 | Robert Del Ponte | 11.20 | 6 | | | |
| 7 | 4.9 | Mornington Peninsula | 0:59.06 | 1 | 1413 | Wil Pratt | 11.23 | 2 | 2938 | Jeremy Fraser | 10.43 | 3 | 1772 | Mehdi Hassani | 11.52 |
| | | | | 4 | 1098 | Rob Newling | 12.34 | 5 | 2702 | Michael Wheatley | 12.34 | 6 | | | |
| 8 | 4.8 | Malvern Harriers | 1:00.00 | 1 | 1849 | Michael McNamara | 11.20 | 2 | 2909 | Ashley Snowden | 12.04 | 3 | 2887 | Samuel Low | 11.45 |
| | | | | 4 | 1474 | Christopher Scully | 12.34 | 5 | 1704 | David Lau | 12.17 | 6 | | | |
| 9 | 4.5 | Glenhuntly | 1:00.18 | 1 | 1263 | Jack Green | 11.52 | 2 | 1502 | Adam Braverman | 12.55 | 3 | 1567 | Matthew Wynne | 12.28 |
| | | | | 4 | 2903 | Michael Comport | 11.57 | 5 | 1385 | Logan Janetzki | 11.06 | 6 | | | |
| 10 | 4.11 | South Melbourne | 1:02.49 | 1 | 1945 | Mark Pinto | 12.43 | 2 | 2917 | Andrew Kincaid | 13.23 | 3 | 2250 | Nick Krause | 12.47 |
| | | | | 4 | 2058 | nathaniel corrigan | 12.08 | 5 | 1952 | ALOK KUMAR | 11.48 | 6 | | | |
| 11 | 4.2 | Athletics Waverley | 1:03.06 | 1 | 2128 | Ernest Lim | 11.11 | 2 | 1475 | Craig Couper | 14.33 | 3 | 2127 | Glenn Carroll | 10.45 |
| | | | | 4 | 2040 | John Hand | 14.28 | 5 | 2777 | Andrew Baxter | 12.09 | 6 | | | |
| 12 | 4.6 | Knox Athletics | 1:03.17 | 1 | 1503 | Rodney Prime | 11.57 | 2 | 2126 | Justin Martinez | 13.02 | 3 | 2398 | George Dyer | 11.57 |
| | | | | 4 | 2164 | Nicholas Cauchi | 12.29 | 5 | 1454 | Stephen Reid | 13.52 | 6 | | | |
| 13 | 4.1 | Athletics Nunawading | 1:06.52 | 1 | 1517 | Norman Marshall | 12.23 | 2 | 1224 | Adam McCann | 12.54 | 3 | 1689 | Nicholas Mariniello | 13.48 |
| | | | | 4 | 1462 | Peter Shanley | 13.37 | 5 | 1440 | Philip Verrocchi | 14.10 | 6 | | | |
| DNS | 4.7 | Maccabi | | 1 | | | | 2 | | | | 3 | | | |
| | | | | 4 | | | | 5 | | | | 6 | | | |

| MENS DIVISION 5 | | | | | | | | | | | | | | | |
|-----------------|------|----------------------|---------|---|------|---------------------|-------|---|------|------------------|-------|---|------|--------------------|-------|
| 1 | 5.1 | APS United | 0:43.24 | 1 | 1519 | Nick McGuire | 10.26 | 2 | 1926 | Antony Van Eeten | 11.00 | 3 | 1930 | Chris Wade | 11.09 |
| | | | | 4 | 1947 | Antony Rickards | 10.49 | 5 | | | 6 | | | | |
| 2 | 5.7 | Melbourne University | 0:44.15 | 1 | 1747 | Alister Perkinson | 10.24 | 2 | 1139 | Daniel Brundel | 11.10 | 3 | 2265 | Luca Trimboli | 11.16 |
| | | | | 4 | 1811 | Michael Dardis | 11.25 | 5 | | | 6 | | | | |
| 3 | 5.11 | Williamstown | 0:45.10 | 1 | 1647 | Stephen Brennan | 11.32 | 2 | 1066 | John Gray | 11.32 | 3 | 1267 | Nathan Sargent | 11.32 |
| | | | | 4 | 1795 | Zachary Nowell | 10.34 | 5 | | | 6 | | | | |
| 4 | 5.3 | Collingwood Harriers | 0:45.30 | 1 | 1857 | William Newland | 11.26 | 2 | 2054 | Paul Creedon | 11.38 | 3 | 2021 | Drew Roberts | 10.53 |
| | | | | 4 | 1116 | Eugene Nemesi | 11.33 | 5 | | | 6 | | | | |
| 5 | 5.9 | Richmond Harriers | 0:45.35 | 1 | 2485 | steven foster | 11.30 | 2 | 2162 | Matt Skidmore | 11.30 | 3 | 1234 | Rhys Coleman | 11.33 |
| | | | | 4 | 2500 | Andy Fuller | 11.02 | 5 | | | 6 | | | | |
| 6 | 5.6 | Ivanhoe Harriers | 0:46.27 | 1 | 1670 | Chris Branigan | 11.38 | 2 | 1274 | Vincent Mancuso | 10.29 | 3 | 1672 | James Lynch | 12.18 |
| | | | | 4 | 2027 | Claude Aquino | 12.02 | 5 | | | 6 | | | | |
| 7 | 5.2 | Coburg Harriers | 0:47.47 | 1 | 1215 | Luong Dao | 12.01 | 2 | 1845 | David Woods | 12.05 | 3 | 1903 | Anthony Kendall | 11.25 |
| | | | | 4 | 1337 | Edwin Cheung | 12.16 | 5 | | | 6 | | | | |
| 8 | 5.8 | Mentone | 0:48.42 | 1 | 1018 | Derek Couper | 11.49 | 2 | 1730 | Rob Grummitt | 11.44 | 3 | 1006 | Rupert Van Dongen | 12.41 |
| | | | | 4 | 2434 | Trevor Mccann | 12.28 | 5 | | | 6 | | | | |
| 9 | 5.5 | Glenhuntly | 0:49.48 | 1 | 1306 | Len Johnson | 15.34 | 2 | | Long Nguyen | 10.40 | 3 | | Dale Woodbridge | 11.28 |
| | | | | 4 | 2589 | Cameron Evans | 12.06 | 5 | | | 6 | | | | |
| 10 | 5.12 | Yarra Ranges | 0:50.53 | 1 | 1450 | Brent Linde | 12.40 | 2 | 2699 | Craig Hewitson | 13.40 | 3 | 1429 | Graham Coutts | 12.14 |
| | | | | 4 | | | 12.19 | 5 | | | 6 | | | | |
| 11 | 5.4 | Diamond Valley | 0:51.53 | 1 | 2057 | Jordan Chapman | 11.12 | 2 | 1912 | Scott Barnes | 12.11 | 3 | 2446 | Patrick Clarke | 12.44 |
| | | | | 4 | 2394 | Dennis Lazar | 15.46 | 5 | | | 6 | | | | |
| 12 | 5.10 | South Melbourne | 0:58.16 | 1 | 2460 | Andrew Louey | 12.10 | 2 | 1023 | Julie Boyd | 14.47 | 3 | 1296 | STUART NICOL | 15.28 |
| | | | | 4 | 1270 | Gregory Payne | 15.51 | 5 | | | 6 | | | | |
| MENS DIVISION 6 | | | | | | | | | | | | | | | |
| 1 | 6.3 | Bendigo Region | 0:41.28 | 1 | 1038 | Kye Jenkyn | 09.54 | 2 | 1594 | Glenn McMillan | 10.15 | 3 | 1878 | Matthew Hooke | 10.32 |
| | | | | 4 | 1604 | Ben Stolz | 10.47 | 5 | | | 6 | | | | |
| 2 | 6.6 | Keilor St Bernards | 0:45.54 | 1 | 2512 | Owen Leggett | 11.25 | 2 | 2840 | Dylan Vowles | 11.17 | 3 | 1545 | Andrew Comley | 12.03 |
| | | | | 4 | 1719 | David Abfalter | 11.09 | 5 | | | 6 | | | | |
| 4 | 6.8 | Melbourne University | 0:47.43 | 1 | 2033 | Philip Van Dueren | 11.28 | 2 | 2141 | Leigh Sherman | 12.09 | 3 | 2711 | Stephen Wildsmith | 11.39 |
| | | | | 4 | 2291 | Hamish Beaumont | 12.27 | 5 | | | 6 | | | | |
| 5 | 6.12 | Western Athletics | 0:49.37 | 1 | 1096 | Adrian Jeffkins | 12.10 | 2 | 1156 | Stephen Glover | 12.58 | 3 | 1194 | Steven Chua | 13.16 |
| | | | | 4 | 1301 | Luke Hodgart | 11.13 | 5 | | | 6 | | | | |
| 6 | 6.1 | Athletics Essendon | 0:50.05 | 1 | 2921 | Daniel White | 11.49 | 2 | 2137 | Geoff Connell | 12.26 | 3 | 2547 | Malcolm Wellington | 12.54 |
| | | | | 4 | 1423 | Karl Augustin | 12.56 | 5 | | | 6 | | | | |
| 7 | 6.10 | Traralgon Harriers | 0:50.15 | 1 | 1564 | Gerard Callinan | 12.23 | 2 | 1228 | Ryan Snell | 11.52 | 3 | 1437 | Ian Twite | 13.31 |
| | | | | 4 | 2073 | Bryan Cake | 12.29 | 5 | | | 6 | | | | |
| 8 | 6.4 | Collingwood Harriers | 0:50.20 | 1 | 1030 | Nicholas Rosa | 12.18 | 2 | 2889 | Joshua Debinski | 12.10 | 3 | 1489 | Susumu Miura | 13.10 |
| | | | | 4 | 1246 | Neil Mathews | 12.42 | 5 | | | 6 | | | | |
| 9 | 6.9 | Mornington Peninsula | 0:53.52 | 1 | 2130 | Clinton Fraser | 13.18 | 2 | 2219 | Scott McGill | 13.21 | 3 | 2406 | Allan Francis | 14.51 |
| | | | | 4 | 1808 | Richard Dawe | 12.22 | 5 | | | 6 | | | | |
| INV | 6.5 | Doncaster | 0:45.56 | 1 | 2028 | Dave Ridley | 09.50 | 2 | 1980 | Caleb Sinn | 10.03 | 3 | | Mark Howard | 13.24 |
| | | | | 4 | 1962 | Leighton Kearney | 12.39 | 5 | | | 6 | | | | |
| INV | 6.11 | Victorian Masters | 0:52.54 | 1 | 1697 | paul earle | 13.05 | 2 | 2950 | Mark Shalders | 13.13 | 3 | 2523 | Peter Black | 13.37 |
| | | | | 4 | | Ewen Wilson | 12.59 | 5 | | | 6 | | | | |
| DNF | 6.2 | Athletics Waverley | | 1 | 1570 | Jacqueline Mitchell | 16.39 | 2 | 2886 | John Nolan | 15.38 | 3 | | | |
| DNS | 6.7 | Knox Athletics | | 1 | | | | 2 | | | | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |

| MENS DIVISION 7 | | | | | | | | | | | | | | | |
|-----------------|------|--------------------------------|---------|---|------|-----------------------|-------|---|------|---------------------|-------|---|------|-------------------|-------|
| 1 | 7.5 | Bendigo Region 1 | 0:44.04 | 1 | 1167 | Stephen van Rees | 10.10 | 2 | 1709 | Matthew Heislars | 10.48 | 3 | 1944 | Daniel Plowright | 11.25 |
| | | | | 4 | 2855 | Luke Matthews | 11.41 | 5 | | | 6 | | | | |
| 2 | 7.27 | Victorian Cross Country League | 0:45.48 | 1 | 1553 | Leon Brooks | 12.01 | 2 | 2015 | Fraser Murray | 12.14 | 3 | 2161 | Craig Harris | 10.39 |
| | | | | 4 | 2195 | David Page | 10.54 | 5 | | | 6 | | | | |
| 3 | 7.1 | APS United | 0:48.32 | 1 | 336 | Robert Schwerkolt | 12.47 | 2 | 1212 | Simon Moore | 11.19 | 3 | 2922 | Kohby Poole | 11.09 |
| | | | | 4 | 1510 | Andrew Hall | 13.17 | 5 | | | 6 | | | | |
| 4 | 7.12 | Melbourne Uni 1 | 0:49.35 | 1 | 1793 | MIGUEL GIL GARCIA | 11.54 | 2 | 1877 | Alex Hannah | 12.00 | 3 | 1238 | Andy You | 12.48 |
| | | | | 4 | 2047 | Tony Brain | 12.53 | 5 | | | 6 | | | | |
| 5 | 7.9 | Frankston | 0:51.38 | 1 | 1282 | Ben Wells | 12.13 | 2 | 2496 | Jett Walles | 13.31 | 3 | 2650 | Taj Sullivan | 13.36 |
| | | | | 4 | 2345 | Ian Walles | 12.18 | 5 | | | 6 | | | | |
| 6 | 7.14 | Mentone | 0:52.25 | 1 | 1498 | Stephen Campbell | 14.20 | 2 | 1969 | Vernon Gibson | 12.30 | 3 | 2302 | Julian Boland | 12.39 |
| | | | | 4 | 301 | Justin Hanrahan | 12.56 | 5 | | | 6 | | | | |
| 7 | 7.23 | Western Athletics 1 | 0:53.52 | 1 | 1245 | Tom Devic | 13.32 | 2 | 1094 | Glenn Evans | 13.13 | 3 | 2651 | Mark Sharp | 13.29 |
| | | | | 4 | 2676 | Julius Weitzs | 13.38 | 5 | | | 6 | | | | |
| 8 | 7.17 | Richmond Harriers 1 | 0:53.54 | 1 | 2916 | Andrew roberts | 12.43 | 2 | 1111 | Kevin Solomon | 13.03 | 3 | 1530 | Peter Risk | 14.36 |
| | | | | 4 | 1560 | Gareth Ward | 13.32 | 5 | | | 6 | | | | |
| 9 | 7.2 | Athletics Essendon 1 | 0:56.42 | 1 | 1527 | Justin McLaren | 12.30 | 2 | 2212 | Ian Newey | 13.25 | 3 | 1978 | David Jones | 16.15 |
| | | | | 4 | 1051 | Stephen Murphy | 14.32 | 5 | | | 6 | | | | |
| 10 | 7.10 | Ivanhoe Harriers | 0:58.03 | 1 | 2049 | Gianni Mancuso | 13.17 | 2 | 2361 | Christopher Struve | 14.02 | 3 | 1040 | John David | 16.01 |
| | | | | 4 | 1887 | David Burke | 14.43 | 5 | | | 6 | | | | |
| 11 | 7.24 | Western Athletics 2 | 1:04.52 | 1 | 1300 | Mal Hodgart | 15.13 | 2 | 1543 | Joanne Francken | 16.21 | 3 | 1034 | Brenda Cashin | 19.16 |
| | | | | 4 | 1421 | Phillip Dunstone | 14.02 | 5 | | | 6 | | | | |
| INV | 7.15 | Old Xaverians 1 | 0:53.09 | 1 | 2381 | Alexander O'Callaghan | 13.29 | 2 | 1135 | Christopher Worsnop | 15.38 | 3 | 1345 | Robert Meek | 12.40 |
| | | | | 4 | | John Charles | 11.22 | 5 | | | 6 | | | | |
| INV | 7.21 | TXR Runners - 1 | 0:46.33 | 1 | | Matt Morris | 12.56 | 2 | | Aaron Walker | 11.33 | 3 | | Francis Dowdle | 10.49 |
| | | | | 4 | | Dan Langelaan | 11.15 | 5 | | | 6 | | | | |
| INV | 7.22 | TXR Runners - 2 | 0:54.19 | 1 | | Tom Fischer | 13.50 | 2 | | Roxanne Giles | 14.16 | 3 | | Daniel Pendleberg | 12.26 |
| | | | | 4 | | Francis Dowdle | 13.47 | 5 | | | 6 | | | | |
| INV | 7.26 | Yarra Ranges | 0:51.04 | 1 | | Mike Willey | 12.51 | 2 | | Jamie Pointon | 12.49 | 3 | | Michael Clarke | 12.12 |
| | | | | 4 | | Mike Willey | 13.12 | 5 | | | 6 | | | | |
| DNF | 7.3 | Athletics Essendon 2 | | 1 | 1122 | Matthew Goodger | 17.15 | 2 | 1528 | Donald McLaren | 17.46 | 3 | 1897 | John Cooper | 12.48 |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNF | 7.8 | Collingwood Harriers | | 1 | 2347 | Mark Cornell | 14.28 | 2 | 1784 | Jim Hopkins | 14.43 | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNF | 7.11 | Keilor St Bernards | | 1 | 1083 | Izaak Long | 17.30 | 2 | 2775 | Samatar Ali | 11.18 | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNF | 7.18 | Richmond Harriers 2 | | 1 | 1643 | Liam Dell | 14.49 | 2 | 1642 | Kieran Dell | 17.31 | 3 | 1615 | Austen Mates | 15.22 |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNF | 7.19 | St Stephens Harriers 1 | | 1 | 1655 | Greg Schofield | 13.38 | 2 | 2689 | Aaron Howlett | 12.01 | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNF | 7.25 | Williamstoan | | 1 | 1045 | Darren Eaton | 12.00 | 2 | 1045 | Darren Eaton | 12.33 | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNS | 7.4 | Athletics Essendon 3 | | 1 | | | | 2 | | | | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNS | 7.6 | Bendigo Region 2 | | 1 | | | | 2 | | | | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNS | 7.7 | Coburg Harriers | | 1 | | | | 2 | | | | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNS | 7.13 | Melbourne Uni 2 | | 1 | | | | 2 | | | | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNS | 7.16 | Old Xaverians 2 | | 1 | | | | 2 | | | | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNS | 7.20 | St Stephens Harriers 2 | | 1 | | | | 2 | | | | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |

| WOMENS DIVISION 1 | | | | | | | | | | | | | | | |
|-------------------|------|----------------------|---------|---|------|------------------------|-------|---|------|------------------|-------|---|------|---------------------|-------|
| 1 | 1.6 | Knox Athletics | 0:54.33 | 1 | 1019 | Natalie Rule | 10.25 | 2 | 1991 | Katie Gamble | 10.27 | 3 | 1915 | Victoria Skaltsonis | 11.23 |
| | | | | 4 | 2090 | Karen Barlow | 11.21 | 5 | 1632 | Karen Thorp | 10.57 | 6 | | | |
| 2 | 1.7 | Melbourne University | 0:54.34 | 1 | 1949 | Lucinda Buckley | 10.29 | 2 | 2441 | Amy McCormick | 11.10 | 3 | 1356 | Sarah Lucas | 11.41 |
| | | | | 4 | 2906 | Catriona Bisset | 10.41 | 5 | 122 | Katrina Anderson | 10.33 | 6 | | | |
| 3 | 1.9 | South Melbourne | 0:55.30 | 1 | 159 | Maxine Paholek | 10.29 | 2 | 2065 | Simone Brick | 11.05 | 3 | 1284 | Grace Turner | 11.51 |
| | | | | 4 | 1942 | Jayne Grebinski | 10.53 | 5 | 1506 | Deborah Niccol | 11.12 | 6 | | | |
| 4 | 1.10 | Western Athletics | 0:57.27 | 1 | 1119 | Nardine Bainbridge | 10.52 | 2 | 2793 | Brianna Bunworth | 11.30 | 3 | 1261 | Claire Hodgart | 11.43 |
| | | | | 4 | 315 | Stephanie Thomas | 11.44 | 5 | 1664 | Sophie McMinimee | 11.38 | 6 | | | |
| 5 | 1.5 | Glenhuntly | 0:57.47 | 1 | 1548 | Anna Kentwell | 11.00 | 2 | 2877 | Cassie Little | 11.57 | 3 | 1493 | Erica Patterson | 12.24 |
| | | | | 4 | 1103 | Rebecca Beagley | 11.27 | 5 | 1622 | Dana Dekkers | 10.59 | 6 | | | |
| 6 | 1.3 | Collingwood Harriers | 0:58.34 | 1 | 2215 | Amy Robinson | 10.37 | 2 | 1484 | Rachel Delany | 11.45 | 3 | 168 | Amy Cornell | 12.11 |
| | | | | 4 | 2346 | Zoe Cornell | 12.14 | 5 | 1904 | Victoria Lehmann | 11.47 | 6 | | | |
| 7 | 1.1 | Ballarat Region | 0:59.26 | 1 | 1799 | Eliza Lepair | 11.20 | 2 | 1321 | Karla Treweek | 11.13 | 3 | 1619 | Michelle Hawkes | 12.30 |
| | | | | 4 | 1286 | Rachel Gibney | 11.37 | 5 | 2599 | Natasha Typuszak | 12.46 | 6 | | | |
| 8 | 1.2 | Box Hill | 1:01.01 | 1 | 1775 | Julie Norney | 11.19 | 2 | 2017 | Katherine Foley | 11.33 | 3 | 1914 | Marlie Campton | 11.41 |
| | | | | 4 | 1382 | Rachel Johnson | 12.29 | 5 | 2865 | Kristine Hopkins | 13.59 | 6 | | | |
| 9 | 1.4 | Frankston | 1:02.17 | 1 | 2229 | Kaitlyn Egan | 11.00 | 2 | 2458 | Serena Schuwalow | 12.24 | 3 | 1690 | Kelsey Walton | 12.15 |
| | | | | 4 | 1220 | Renee Owen | 13.22 | 5 | 2235 | Melissa Baster | 13.16 | 6 | | | |
| 10 | 1.8 | Old Xaverians | 1:04.38 | 1 | 2149 | Georgina Ryan | 11.16 | 2 | 1534 | Beata Janetzki | 12.30 | 3 | 1178 | Christine Williams | 14.55 |
| | | | | 4 | 1360 | Fleur Shaw-Jones | 13.51 | 5 | 1565 | Julie Manning | 12.06 | 6 | | | |
| WOMENS DIVISION 2 | | | | | | | | | | | | | | | |
| 1 | 2.1 | Athletics Essendon | 0:44.07 | 1 | 108 | Charlotte Wilson | 10.24 | 2 | 2414 | Emilie Guy | 10.55 | 3 | 1050 | Liselle Atkin | 11.27 |
| | | | | 4 | 1875 | Emily Mizis | 11.21 | 5 | | | | 6 | | | |
| 2 | 2.4 | Geelong Region | 0:45.23 | 1 | 1418 | Cara Peake | 10.54 | 2 | 1203 | Sarah Walker | 11.24 | 3 | 1260 | Susan Howell | 12.46 |
| | | | | 4 | 1761 | Ellie O'Kane | 10.19 | 5 | | | | 6 | | | |
| 3 | 2.8 | Mentone | 0:48.17 | 1 | 2010 | Amelija Belleville | 11.53 | 2 | 1127 | Claire Johnson | 11.59 | 3 | 2800 | Sally Morrison | 12.47 |
| | | | | 4 | 77 | Rebecca Henderson | 11.38 | 5 | | | | 6 | | | |
| 4 | 2.9 | South Melbourne | 0:48.36 | 1 | 1381 | Laura Aston | 12.00 | 2 | 1507 | Katie Rodd | 12.00 | 3 | 2260 | Ciara Sullivan | 12.19 |
| | | | | 4 | 2932 | Saskia Lloyd | 12.17 | 5 | | | | 6 | | | |
| 5 | 2.12 | Yarra Ranges | 0:49.29 | 1 | 2108 | Lauren Starr | 11.30 | 2 | 1320 | Georgia Brock | 12.07 | 3 | 1584 | Judith May | 12.34 |
| | | | | 4 | 1388 | Sarah Love | 13.18 | 5 | | | | 6 | | | |
| 6 | 2.7 | Malvern Harriers | 0:49.30 | 1 | 2894 | Nicki Macfarlane | 13.29 | 2 | 2018 | Tracey Austin | 11.15 | 3 | 2052 | Amy Hessel | 11.46 |
| | | | | 4 | 1990 | Ellidh Grigg | 13.00 | 5 | | | | 6 | | | |
| 7 | 2.3 | Diamond Valley | 0:49.53 | 1 | 1401 | Lauren Mosbey | 12.09 | 2 | 1595 | Jessica Campbell | 11.50 | 3 | 2037 | Maryann Murray | 11.53 |
| | | | | 4 | 1932 | Merlina Hession | 14.01 | 5 | | | | 6 | | | |
| 8 | 2.10 | Traralgon Harriers | 0:50.52 | 1 | 1876 | Sarah Lewis | 11.26 | 2 | 1011 | Georgia Pearson | 13.15 | 3 | 1436 | Anna Cardillo | 14.27 |
| | | | | 4 | 2223 | Kate Sly | 11.44 | 5 | | | | 6 | | | |
| 9 | 2.6 | Keilor St Bernards | 0:52.10 | 1 | 1954 | Emma Brown | 13.10 | 2 | 1720 | Kate Abfalder | 12.28 | 3 | 1353 | Bianca Share | 13.07 |
| | | | | 4 | 1733 | Maria Abfalder | 13.25 | 5 | | | | 6 | | | |
| 10 | 2.2 | Athletics Waverley | 0:53.18 | 1 | 2850 | Kirsten Jackson | 12.16 | 2 | 2097 | Justine White | 13.10 | 3 | 1138 | Elizabeth Holst | 13.07 |
| | | | | 4 | 2181 | Emily Stokes | 14.45 | 5 | | | | 6 | | | |
| 11 | 2.5 | Glenhuntly | 0:53.21 | 1 | 1089 | Gill Highnam | 12.23 | 2 | 1696 | Anindita Samsu | 12.38 | 3 | 1020 | Linda McCaffrey | 15.02 |
| | | | | 4 | 1494 | Anna Ross | 13.18 | 5 | | | | 6 | | | |
| 12 | 2.11 | Victorian Masters | 1:03.43 | 1 | 1120 | Nicola Hamilton-Morris | 13.01 | 2 | 1749 | Anne Kidman | 15.28 | 3 | 2527 | Linda Black | 18.11 |
| | | | | 4 | 2258 | Andrea Draper | 17.03 | 5 | | | | 6 | | | |

| WOMENS DIVISION 3 | | | | | | | | | | | | | | | |
|-------------------|------|--------------------------------|---------|---|------|---------------------|-------|---|------|--------------------|-------|---|------|--------------------|-------|
| 1 | 3.4 | Collingwood Harriers | 0:49.38 | 1 | 1473 | Katie Ward | 12.30 | 2 | 2521 | Jenna McHugh | 12.15 | 3 | 1552 | Mia Roux | 11.54 |
| | | | | 4 | 1043 | Francesca Coles | 12.59 | 5 | | | 6 | | | | |
| 2 | 3.1 | APS United | 0:49.50 | 1 | 2833 | Anne Martin | 13.10 | 2 | 2927 | Kerri Ball | 12.16 | 3 | 2175 | Heather Danks | 12.35 |
| | | | | 4 | 1400 | Nicole Joseph | 11.49 | 5 | | | 6 | | | | |
| 3 | 3.12 | Western Athletics | 0:50.12 | 1 | 2519 | Brigitte Sneyders | 12.20 | 2 | 2367 | Danni Rogan | 11.38 | 3 | 2117 | Aimee Lane | 12.22 |
| | | | | 4 | 2931 | Lori Fraser | 13.52 | 5 | | | 6 | | | | |
| 4 | 3.8 | Melbourne University | 0:51.29 | 1 | 1786 | Emma Hogan | 11.25 | 2 | 1338 | Anna Louey | 13.00 | 3 | 2936 | Sarah Foster | 13.03 |
| | | | | 4 | 1736 | Marie Parsons | 14.01 | 5 | | | 6 | | | | |
| 5 | 3.2 | Athletics Nunawading | 0:52.20 | 1 | 1591 | Brooke Simpson | 12.56 | 2 | 2092 | Gemma Dearness | 12.48 | 3 | 1792 | Nicole Pennings | 13.53 |
| | | | | 4 | 1516 | Gemma Hall | 12.43 | 5 | | | 6 | | | | |
| 6 | 3.10 | Richmond Harriers | 0:53.03 | 1 | 1676 | Harriette Slater | 11.33 | 2 | 2940 | Shai O'Brien | 12.40 | 3 | 1455 | Fiona Munro | 14.12 |
| | | | | 4 | 1573 | Pauline Lawrence | 14.38 | 5 | | | 6 | | | | |
| 7 | 3.9 | Mornington Peninsula | 0:54.47 | 1 | 2207 | Sophie Griffiths | 12.35 | 2 | 2899 | Sarah Hewett | 15.07 | 3 | 2913 | Helen Roach | 09.46 |
| | | | | 4 | 1131 | Aisha Baker | 17.19 | 5 | | | 6 | | | | |
| 8 | 3.13 | Williamstown | 0:56.03 | 1 | 1107 | Sally Leung | 14.27 | 2 | 2955 | Anna Bearzi | 16.44 | 3 | 1680 | Hannah Wilson | 12.31 |
| | | | | 4 | 2407 | Kate Milnes | 12.21 | 5 | | | 6 | | | | |
| 9 | 3.5 | Doncaster | 0:57.18 | 1 | 2475 | Maxime Plugge | 12.39 | 2 | 2042 | Colleen Kelly | 13.46 | 3 | 2008 | Laura McLennan | 15.09 |
| | | | | 4 | 2509 | Samantha Carroll | 15.44 | 5 | | | 6 | | | | |
| 10 | 3.11 | Ringwood | 0:58.25 | 1 | 2085 | Shannon McDade | 11.19 | 2 | 1186 | Lavinia Petrie | 14.02 | 3 | 1126 | Coral Farr | 15.57 |
| | | | | 4 | 2449 | Kathy Green | 17.07 | 5 | | | 6 | | | | |
| 11 | 3.3 | Coburg Harriers | 1:00.30 | 1 | 2268 | Olivia Shanahan | 13.05 | 2 | 2274 | Kristy Mahoney | 14.42 | 3 | 1367 | Victoria Haritos | 16.40 |
| | | | | 4 | 1879 | Tracy Colbert | 16.03 | 5 | | | 6 | | | | |
| INV | 3.7 | Knox Athletics | 0:36.13 | 1 | 2246 | Rebecca Barry | 11.42 | 2 | | Abi Kenni | 11.57 | 3 | 1628 | Jessica Day | 12.34 |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| DNS | 3.6 | Glenhuntly | | 1 | | | | 2 | | | | 3 | | | |
| | | | | 4 | | | | 5 | | | 6 | | | | |
| WOMENS DIVISION 4 | | | | | | | | | | | | | | | |
| 1 | 4.1 | Athletics Essendon | 0:38.21 | 1 | 1748 | Lisa Dalley | 13.32 | 2 | 1578 | Maddison Caulfield | 12.17 | 3 | 1258 | Emily Spiteri | 12.32 |
| 2 | 4.3 | Bendigo Region | 0:39.14 | 1 | 2918 | Melissa Douglas | 13.18 | 2 | 2919 | Amy Holmes | 12.11 | 3 | 1607 | Alice Wilkinson | 13.45 |
| 3 | 4.2 | Ballarat Region | 0:39.35 | 1 | 1898 | Tahlee VanRoosmalen | 13.30 | 2 | 1624 | Nannerl Easton | 13.28 | 3 | 1669 | Sarah Watts | 12.37 |
| 4 | 4.9 | Mentone | 0:39.48 | 1 | 1797 | Lindsey Berne | 13.04 | 2 | 2490 | Kelly Thomas | 14.19 | 3 | 2901 | Julie Aylward | 12.25 |
| 5 | 4.10 | St Stephens Harriers | 0:39.56 | 1 | 2134 | Whitney Sharpe | 10.07 | 2 | 2252 | Alexandra Nolan | 14.04 | 3 | 2053 | Sidonie Lowe | 15.45 |
| 6 | 4.6 | Collingwood Harriers | 0:41.01 | 1 | 2063 | Bronwyn Hill | 14.09 | 2 | 2539 | Carine McGinnity | 13.28 | 3 | 1369 | Evie ROSA | 13.24 |
| 7 | 4.13 | Western Athletics | 0:41.59 | 1 | 1541 | Justine Muscat | 14.04 | 2 | 1084 | Talia Roshier | 12.47 | 3 | 1262 | Janice Hodgart | 15.08 |
| 8 | 4.4 | Box Hill | 0:44.19 | 1 | 2122 | Belinda Dutton | 14.48 | 2 | 1375 | Carolyn Fox | 14.43 | 3 | 2104 | Megan Sloane | 14.48 |
| 9 | 4.5 | Casey Cardinia Athletics | 0:44.58 | 1 | 1334 | Holly Webber | 14.42 | 2 | 1824 | Megan Pratt | 17.37 | 3 | 1823 | Joanne Pratt | 12.39 |
| 10 | 4.14 | Yarra Ranges Athletics | 0:45.02 | 1 | 2022 | Erika Bedyne | 15.08 | 2 | 1738 | Laura DiGregorio | 15.08 | 3 | 2314 | Kathryn Clarke | 14.46 |
| 11 | 4.11 | Traralgon Harriers | 0:45.43 | 1 | 1636 | kay frost | 13.36 | 2 | 1964 | Helen Whitby | 17.07 | 3 | 1226 | Angeline Diamante | 15.00 |
| 12 | 4.8 | Keilor St Bernards | 0:50.48 | 1 | 2937 | Hayley Gillingham | 17.10 | 2 | 1374 | Krystal Kunig | 18.52 | 3 | 2069 | Catherine Matthews | 14.46 |
| 13 | 4.7 | Diamond Valley | 0:52.07 | 1 | 2286 | Vicky Jones | 16.46 | 2 | 2293 | Sarah Papadopoulos | 17.06 | 3 | 2358 | Jazmyn Keppel | 18.15 |
| DNF | 4.12 | Victorian Cross Country League | | 1 | 2339 | Irene James | 14.44 | 2 | | | | 3 | | | |

| WOMENS DIVISION 5 | | | | | | | | | | | | | | | |
|--------------------------|------|----------------------|----------------|---|------|--------------------|-------|---|------|---------------------|-------|---|------|----------------------|-------|
| 1 | 5.10 | Wellington | 0:39.15 | 1 | 2061 | Erika Allen | 13.03 | 2 | 2213 | Sonja Croucher | 13.49 | 3 | 1523 | Ruby Luckie | 12.23 |
| 2 | 5.8 | Mentone | 0:42.24 | 1 | 1905 | Kim Fernandes | 14.14 | 2 | 1968 | Kerrie Gibson | 14.22 | 3 | 1317 | Emily Compson | 13.48 |
| 3 | 5.6 | Malvern Harriers | 0:43.58 | 1 | 1434 | Frances Albertyn | 15.07 | 2 | 2087 | MYAI PHAM | 15.04 | 3 | 1992 | Claire Lawford | 13.47 |
| 4 | 5.5 | Collingwood Harriers | 0:45.45 | 1 | 2513 | Menoly Butler | 13.30 | 2 | 2216 | Hiromi Fujiwara | 13.30 | 3 | 2221 | Jessica Newton | 18.45 |
| 5 | 5.1 | Athletics Essendon 1 | 0:49.42 | 1 | 1029 | Melissa Hardiman | 17.17 | 2 | 1053 | Glenda Morris | 17.49 | 3 | 1996 | Yuriria Almaraz | 14.36 |
| INV | 5.9 | TXR RUNNERS - INV | 0:38.46 | 1 | | Tanya Craig | 12.45 | 2 | | Felicity Sowerbutts | 13.01 | 3 | | Ann Bingham | 13.00 |
| INV | 5.2 | Athletics Essendon 2 | 0:48.20 | 1 | | Leeanne Pasanen | 14.26 | 2 | 1047 | Sarah Keating | 19.00 | 3 | | Danielle Stasinowsky | 14.54 |
| DNF | 5.3 | Athletics Essendon 3 | | 1 | | Joanne McDowell | 16.11 | 2 | | Anita Lutz | 16.25 | 3 | | | |
| DNF | 5.4 | Athletics Nunawading | | 1 | 322 | Carolyn Rosenbrock | 15.09 | 2 | | | | 3 | | | |
| DNF | 5.7 | Melbourne University | | 1 | | Sarah Horsfield | 12.54 | 2 | | Roberta Carluccio | 15.41 | 3 | 1651 | Johanna Bayer | |

| MENS 40+ | | | | | | | | | | | | | | | |
|-----------------|-------|--------------------------------|---------|---|------|---------------------|-------|---|------|----------------------|-------|---|------|----------------------|-------|
| 1 | 40.1 | APS United | 0:31.00 | 1 | 1646 | Sam Mclean | 10.23 | 2 | 1386 | Simon Tu | 10.23 | 3 | 2503 | Mark Frater | 10.14 |
| 2 | 40.4 | Box Hill 1 | 0:31.19 | 1 | 2034 | Barry Lynch | 09.45 | 2 | 2118 | Bob McHugh | 10.53 | 3 | 1779 | Chris Bradford | 10.41 |
| 3 | 40.11 | Glenhuntly 1 | 0:31.50 | 1 | 1106 | Simon Lindsay | 10.44 | 2 | 1134 | Andrew McEvoy | 10.33 | 3 | 1652 | Julian Kuppler | 10.33 |
| 4 | 40.8 | Doncaster 1 | 0:32.41 | 1 | 1319 | Sean Quilty | 10.37 | 2 | 2045 | Roderic De Highden | 11.04 | 3 | 1125 | Campbell McLennan | 11.00 |
| 5 | 40.7 | Collingwood Harriers | 0:34.22 | 1 | 1520 | Anthony Hally | 11.46 | 2 | 1555 | Malcolm Campbell | 10.50 | 3 | 1014 | Peter Gaunt | 11.46 |
| 6 | 40.12 | Glenhuntly 2 | 0:36.38 | 1 | 2770 | Mickael Soussan | 11.13 | 2 | 1189 | Alec Highnam | 11.52 | 3 | 1335 | Angelo Portelli | 13.33 |
| 7 | 40.15 | St Kevin's | 0:37.27 | 1 | 1222 | Dino Imbriano | 11.54 | 2 | 1673 | Andrew Thomas | 13.28 | 3 | 2943 | Joseph Lynch | 12.05 |
| 8 | 40.5 | Box Hill 2 | 0:38.04 | 1 | 1332 | Stephen Ross | 12.18 | 2 | 1988 | Simon Watson | 11.26 | 3 | 1783 | Andrew Tunne | 14.20 |
| 9 | 40.9 | Doncaster 2 | 0:38.30 | 1 | 1197 | John Curry | 12.42 | 2 | 2046 | Stuart McLay | 12.47 | 3 | 2518 | Murray Harding | 13.01 |
| 10 | 40.2 | Ballarat Region | 0:38.25 | 1 | 1721 | Phillip McLennan | 12.21 | 2 | 1110 | Simon Mornane | 12.49 | 3 | 1743 | Neville Down | 13.15 |
| 11 | 40.3 | Bendigo Region | 0:39.06 | 1 | 1708 | David Heislars | 12.10 | 2 | 2357 | Eric Baker | 13.16 | 3 | 1007 | Leigh Browell | 13.40 |
| 12 | 40.14 | Keilor St Bernards | 0:39.25 | 1 | 1682 | Prabhath Egodawatte | 13.06 | 2 | 1842 | Bruce Gillingham | 13.23 | 3 | 1637 | Russell Cram | 12.56 |
| INV | 40.10 | Doncaster 3 | 0:39.59 | 1 | | Trevor Carter | 11.25 | 2 | 2006 | Darryl Kilmartin | 13.24 | 3 | 2784 | David Spargo | 15.10 |
| DNF | 40.13 | Glenhuntly 3 | | 1 | 1017 | Kevin Esmore | 24.31 | 2 | | | 15.20 | 3 | | | |
| DNS | 40.6 | Box Hill 3 | | 1 | | | | 2 | | | | 3 | | | |
| DNS | 40.16 | Victorian Cross Country League | | 1 | | | | 2 | | | | 3 | | | |
| MENS 50+ | | | | | | | | | | | | | | | |
| 1 | 50.4 | Box Hill 1 | 0:32.31 | 1 | 2471 | Garth Calder | 11.04 | 2 | 327 | John Meagher | 10.11 | 3 | 2295 | Christopher O'Connor | 11.16 |
| 2 | 50.5 | Box Hill 2 | 0:33.41 | 1 | 1391 | Peter Stefanos | 11.15 | 2 | 2846 | Andrew Egginton | 11.14 | 3 | 338 | Tony Langelaan | 11.12 |
| 3 | 50.1 | APS United | 0:34.12 | 1 | 2893 | david leeton | 11.11 | 2 | 1399 | Gary Zuccala | 11.38 | 3 | 1923 | Scott Lawrence | 11.23 |
| 4 | 50.12 | South Melbourne | 0:36.30 | 1 | 1508 | Andrew Ross | 11.22 | 2 | 2167 | warren mcvean | 12.14 | 3 | 1763 | Simon Iskenderian | 12.54 |
| 5 | 50.2 | Athletics Waverley | 0:37.13 | 1 | 1117 | Shane Fielding | 10.52 | 2 | 1847 | Michael Jansen | 13.29 | 3 | 1547 | Christopher Knott | 12.52 |
| 6 | 50.8 | Glenhuntly | 0:37.23 | 1 | 2603 | Peter Rushen | 11.18 | 2 | 2718 | Basil Taggart | 12.55 | 3 | 1275 | Michael Ryan | 13.10 |
| 7 | 50.7 | Diamond Valley | 0:38.33 | 1 | 1180 | Philip Champion | 11.29 | 2 | 2300 | Lyal Douglas | 12.59 | 3 | 2035 | Martin Murray | 14.05 |
| 8 | 50.9 | Keilor St Bernards | 0:39.36 | 1 | 1435 | Gregory Moore | 12.24 | 2 | 2048 | John Kondogonis | 13.15 | 3 | 1755 | Paul Kennedy | 13.57 |
| 9 | 50.3 | Ballarat Region | 0:40.54 | 1 | 1632 | Karen Thorp | 12.48 | 2 | 1016 | Christine O'Halloran | 14.36 | 3 | 1612 | Peter Roberts | 13.30 |
| 10 | 50.10 | Malvern Harriers | 0:43.34 | 1 | 1819 | Greg Berti | 13.24 | 2 | 1627 | Chris Burnett | 13.31 | 3 | | | 16.39 |
| DNF | 50.6 | Coburg Harriers | | 1 | 1214 | Brian Delaney | 16.17 | 2 | 1479 | Michael Meaney | 14.18 | 3 | | | |
| DNS | 50.11 | Melbourne University | | 1 | | | | 2 | | | | 3 | | | |
| MENS 60+ | | | | | | | | | | | | | | | |
| 1 | 60.4 | Williamstown | 0:35.55 | 1 | 1012 | | 12.19 | 2 | 1303 | Terry Pearce | 11.28 | 3 | 1362 | Paul Thomas | 12.08 |
| 2 | 60.1 | APS United | 0:37.43 | 1 | 1514 | Mark Purvis | 11.09 | 2 | 1239 | Zeb Phoenix | 13.38 | 3 | 2706 | Michael Phillips | 12.56 |
| 3 | 60.2 | Glenhuntly 1 | 0:42.08 | 1 | 2004 | | 14.13 | 2 | 2716 | Rob Dunbar | 14.22 | 3 | 1663 | Joseph Murphy | 13.33 |
| DNS | 60.3 | Glenhuntly 2 | | 1 | | | | 2 | | | | 3 | | | |



XCR'18 - Round 5 - Sandown Racecourse Relays



| WOMENS 40+ | | | | | | | | | | | | | | | |
|-------------------|------|-----------------------------|----------------|---|------|-----------------|-------|---|------|---------------|-------|---|------|------------------|-------|
| 1 | 40.1 | APS United | 0:35.18 | 1 | 292 | Anna Kasapis | 10.49 | 2 | 1512 | Elisa Mooren | 12.21 | 3 | 2933 | Janice de Vries | 12.08 |
| 2 | 40.5 | Mentone | 0:36.29 | 1 | 1163 | Martina Brennan | 11.40 | 2 | 1292 | Anna Petrakos | 12.33 | 3 | 1081 | Sarah Hutchinson | 12.16 |
| 3 | 40.3 | Collingwood Harriers | 0:44.15 | 1 | 1580 | Francesca Black | 14.35 | 2 | 1699 | Carlina Black | 15.12 | 3 | 1491 | Alison Chapman | 14.28 |
| 4 | 40.4 | Glenhuntly | 0:45.04 | 1 | 1813 | Kara Gilbert | 14.12 | 2 | 2875 | Lynn Bullock | 15.35 | 3 | 1152 | Helen Rainey | 15.17 |
| DNS | 40.2 | Box Hill | | 1 | | | | 2 | | | | 3 | | | |
| WOMENS 50+ | | | | | | | | | | | | | | | |
| 1 | 50.1 | Athletics Waverley | 0:39.31 | 1 | 2125 | Sally Lim | 12.39 | 2 | 1476 | Alison Couper | 12.51 | 3 | 2041 | Janice Marston | 14.01 |
| 2 | 50.2 | Bendigo Region | 0:40.49 | 1 | 1606 | Jill Wilkie | 12.31 | 2 | 2920 | Julie Marr | 15.34 | 3 | 321 | Anne Buckley | 12.44 |
| DNF | 50.5 | Malvern Harriers | | 1 | 1951 | Jay Wright | 17.14 | 2 | 2173 | Linda Barlow | 14.50 | 3 | | | |
| DNS | 50.3 | Box Hill | | 1 | | | | 2 | | | | 3 | | | |
| DNS | 50.4 | Glenhuntly | | 1 | | | | 2 | | | | 3 | | | |

| MENS U20 | | | | | | | | | | | | | | | |
|-----------------|-------|------------------------|----------------|---|------|-------------------------|-------|---|------|---------------------|-------|---|------|-------------------|-------|
| 1 | 20.1 | Box Hill | 0:28.45 | 1 | 1352 | Thomas Sellwood | 09.40 | 2 | 2869 | Samuel Rattray | 09.41 | 3 | 1899 | Scott McKenzie | 09.24 |
| 2 | 20.4 | St Kevin's Amateur | 0:30.13 | 1 | 2878 | Tristan Day | 09.27 | 2 | 2193 | Callum Day | 09.57 | 3 | 2944 | Ned O'Brien | 10.49 |
| 3 | 20.5 | Western Athletics | 0:30.36 | 1 | 1487 | Christiaan Weitsz | 09.49 | 2 | 1579 | Bailey Sharp | 10.36 | 3 | 1155 | Jackson Glover | 10.11 |
| 4 | 20.2 | Mornington Peninsula | 0:32.21 | 1 | 1380 | Ethan Anthony | 10.05 | 2 | 2220 | Joel McGill | 10.23 | 3 | 2634 | Jhai Farrar | 11.53 |
| 5 | 20.3 | Ringwood | 0:34.06 | 1 | 1907 | Scott Benedict | 10.26 | 2 | 1456 | Benjamin Reid | 11.23 | 3 | 1916 | Mitchell Graham | 12.17 |
| MENS U18 | | | | | | | | | | | | | | | |
| 1 | 18.3 | Diamond Valley 1 | 0:29.08 | 1 | 178 | Jack Itter | 09.22 | 2 | 2036 | Caden Murray | 09.59 | 3 | 1330 | Aidan Roberts | 09.47 |
| 2 | 18.14 | South Melbourne | 0:29.37 | 1 | 1848 | Ramen Nayar | 09.54 | 2 | 187 | Mitchell Waring | 09.47 | 3 | 190 | Riley Bryce | 09.56 |
| 3 | 18.2 | Ballarat Region | 0:29.48 | 1 | 188 | Nicholas Fidler | 09.35 | 2 | 79 | Harry Sharp | 09.44 | 3 | 1691 | James Ham | 10.29 |
| 4 | 18.15 | Wellington | 0:31.20 | 1 | 1427 | George Lancaster | 09.38 | 2 | 2451 | Thomas Fleming | 10.48 | 3 | 2337 | | 10.54 |
| 5 | 18.4 | Diamond Valley 2 | 0:31.57 | 1 | 2184 | Joel Woods | 10.36 | 2 | 1558 | Liam Kolar | 10.27 | 3 | 2171 | Brent Camilleri | 10.54 |
| 6 | 18.16 | Western Athletics | 0:32.15 | 1 | 1540 | Brandon Muscat | 10.28 | 2 | 1488 | Robert Weitsz | 10.40 | 3 | 1132 | Bailey Rankin | 11.07 |
| 7 | 18.1 | Athletics Essendon | 0:33.15 | 1 | 1121 | Rayvia McIntosh | 11.14 | 2 | 1235 | Lachlan Attard | 10.26 | 3 | 2536 | Ryan Clewer | 11.35 |
| 8 | 18.9 | Ivanhoe Harriers | 0:33.28 | 1 | 1198 | David Greig | 10.28 | 2 | 1671 | Thomas Langdon | 10.44 | 3 | 2362 | Josh Philip | 12.16 |
| 9 | 18.12 | Mentone | 0:34.01 | 1 | 2564 | Gaius RobertsonChristie | 10.22 | 2 | 237 | Noah Oliver | 12.00 | 3 | 1970 | Alexander Gibson | 11.39 |
| 10 | 18.17 | Yarra Ranges Athletics | 0:34.09 | 1 | 1751 | Angus Norman | 11.06 | 2 | 1892 | Camden Hewitson | 11.08 | 3 | 2191 | Hayden Rooke | 11.55 |
| 11 | 18.8 | Glenhuntly | 0:34.51 | 1 | 1984 | Jade Cook | 11.55 | 2 | 1449 | Rubin Howard | 11.06 | 3 | 1343 | Joshua Whittle | 11.50 |
| 12 | 18.5 | Diamond Valley 3 | 0:35.53 | 1 | 1913 | Blake Barnes | 10.38 | 2 | 2897 | Flynn Connolly | 11.34 | 3 | 1705 | Kieran Randall | 13.41 |
| INV | 18.6 | Frankston | 0:29.45 | 1 | 2552 | Lachlan Enno | 09.31 | 2 | | Ned Buxton | 10.50 | 3 | | Daniel D'Alberto | 09.24 |
| INV | 18.7 | Emerson - INV | 1:15.02 | 1 | | | 28.07 | 2 | | | 20.31 | 3 | | | 26.24 |
| DNS | 18.10 | Knox 1 | | 1 | | | | 2 | | | | 3 | | | |
| DNS | 18.11 | Knox 2 | | 1 | | | | 2 | | | | 3 | | | |
| DNS | 18.13 | Ringwood | | 1 | | | | 2 | | | | 3 | | | |
| MENS U16 | | | | | | | | | | | | | | | |
| 1 | 16.13 | Knox 1 | 0:30.34 | 1 | 1920 | Rhys Hadfield | 09.54 | 2 | 1918 | Jhye Hadfield | 10.28 | 3 | 223 | Dharam Deol | 10.12 |
| 2 | 16.6 | Box Hill 1 | 0:31.12 | 1 | 1118 | Douglas Buckeridge | 09.55 | 2 | 1922 | Lachlan Doehmann | 10.39 | 3 | 282 | Thomas Diamond | 10.38 |
| 3 | 16.4 | Ballarat Region 1 | 0:31.41 | 1 | 1061 | Ben Ludbrook | 09.58 | 2 | 1160 | Jack Diamond | 11.01 | 3 | 1293 | Darcy Williams | 10.42 |
| 4 | 16.9 | Frankston | 0:31.50 | 1 | 248 | Bailey Morrell | 09.53 | 2 | 1936 | Samuel Elvey | 12.04 | 3 | 1678 | Ayden Dignan | 09.53 |
| 5 | 16.3 | Ballarat Region 2 | 0:32.31 | 1 | 1101 | Ben Mornane | 10.35 | 2 | 1176 | Archie Caldwell | 11.01 | 3 | 1911 | Xavier Rennison | 10.55 |
| 6 | 16.7 | Box Hill 2 | 0:33.14 | 1 | 1599 | Izak Bibile | 10.49 | 2 | 2773 | Jasper Kay-Kneebone | 00.34 | 3 | 2868 | Jordan Abbott | 21.51 |
| 7 | 16.16 | Mornington Peninsula | 0:33.25 | 1 | 2666 | Taj Davies | 10.41 | 2 | 1079 | Zachery Dyer | 11.21 | 3 | 2430 | Lawson Duff | 11.23 |
| 8 | 16.11 | Keilor St Bernards 1 | 0:33.34 | 1 | 1657 | Hugh Tighe | 10.22 | 2 | 249 | Elias Kahsay | 11.49 | 3 | 1324 | Kye Gillingham | 11.23 |
| 9 | 16.14 | Knox 2 | 0:34.00 | 1 | 1698 | Sebastian Eitzen | 11.08 | 2 | 1782 | Josh Jensen | 11.52 | 3 | 1229 | Bradley Hall | 11.00 |
| 10 | 16.8 | Doncaster | 0:34.12 | 1 | | Luke Carter | 12.44 | 2 | | Caleb McLennan | 11.43 | 3 | | Alex Jones | 09.45 |
| 11 | 16.5 | Bendigo Region | 0:35.01 | 1 | 2454 | Jackson Eadon | 11.26 | 2 | 2838 | | 11.28 | 3 | 1839 | | 12.07 |
| 12 | 16.17 | Western Athletics | 0:35.17 | 1 | 1157 | Thomas Glover | 11.01 | 2 | 1091 | Anthony Mosele | 12.14 | 3 | 1085 | Mitchell Roshier | 12.02 |
| 13 | 16.2 | Athletics Essendon | 0:39.06 | 1 | 1086 | Brodie Andrews | 11.25 | 2 | 2538 | Sunny Dor | 13.59 | 3 | 2373 | Jack Tat | 13.42 |
| 14 | 16.15 | Mentone | 0:41.08 | 1 | 1971 | Edward Gibson | 11.46 | 2 | 2111 | Liam Hanrahan | 16.44 | 3 | 2890 | mohyad abdelrahim | 12.38 |
| INV | 16.1 | APS United | 0:33.03 | 1 | 2474 | Fred Leeton | 10.45 | 2 | 1254 | Zachary Holden | 11.28 | 3 | | JP Soulie | 10.50 |
| DNS | 16.10 | Emerson - INV | | 1 | | | | 2 | | | | 3 | | | |
| DNS | 16.12 | Keilor St Bernards 2 | | 1 | | | | 2 | | | | 3 | | | |
| MENS U14 | | | | | | | | | | | | | | | |
| 1 | 14.8 | Mornington Peninsula | 0:33.18 | 1 | 1609 | Oliver Pratt | 10.58 | 2 | 2112 | Archie Hewitt | 11.08 | 3 | 2206 | Josh Wright | 11.12 |
| 2 | 14.2 | Collingwood Harriers | 0:33.57 | 1 | 285 | Wolfgang Cotra-Nemesi | 10.38 | 2 | 2402 | Guy Fricke | 12.22 | 3 | 1650 | Mason Johns | 10.57 |
| 3 | 14.3 | Doncaster | 0:34.27 | 1 | 1326 | Benjamin Purser | 10.45 | 2 | 2864 | Joel Ng | 12.29 | 3 | 2009 | Eden Roberts | 11.13 |
| 4 | 14.10 | St Kevin's Amateur 2 | 0:35.55 | 1 | 2146 | Tom Forster | 11.26 | 2 | 2945 | Ben Forster | 12.33 | 3 | 2951 | Jack Bowen | 11.56 |
| 5 | 14.6 | Glenhuntly | 0:39.27 | 1 | 1104 | Sam Lindsay | 10.50 | 2 | 2658 | Mark Rainey | 14.44 | 3 | 1336 | Noah Portelli | 13.53 |
| INV | 14.1 | Athletics Nunawading | 0:33.46 | 1 | 2522 | Noah Wright | 10.38 | 2 | 2923 | Flynn Cocking | 11.25 | 3 | | Nicholas Martin | 11.43 |
| INV | 14.5 | Emerson - INV 2 | 1:15.25 | 1 | | | 27.43 | 2 | | | 29.22 | 3 | | | 18.20 |
| DNF | 14.4 | Emerson - INV 1 | | 1 | | | 17.50 | 2 | | | | 3 | | | |
| DNF | 14.7 | Keilor St Bernards | | 1 | 1297 | Dilan Egodawatte | 11.36 | 2 | 1753 | William Kennedy | 13.08 | 3 | | | |
| DNF | 14.9 | St Kevin's Amateur 1 | | 1 | 267 | Joel Imbriano | 11.58 | 2 | 2908 | Huw Warrillow | 14.07 | 3 | | | |

| WOMENS U20 | | | | | | | | | | | | | | | |
|-------------------|-------|------------------------|----------------|---|------|---------------------|-------|---|------|-------------------------|-------|---|------|---------------------|-------|
| 1 | 20.7 | Geelong Region | 0:33.34 | 1 | 189 | Olivia Hobbs | 10.42 | 2 | 1209 | Olivia Richardson | 11.48 | 3 | 150 | Heidi Demeo | 11.04 |
| 2 | 20.10 | Sandringham | 0:34.25 | 1 | 173 | Emily Dare | 12.41 | 2 | 1981 | Meg Oakley Kerr | 10.58 | 3 | 143 | Annabelle Eastman | 10.46 |
| 3 | 20.4 | Diamond Valley 1 | 0:34.30 | 1 | 162 | Shania Murray | 10.50 | 2 | 1805 | Amy Cripps | 12.42 | 3 | 1788 | Jesse Mayne | 10.58 |
| 4 | 20.5 | Diamond Valley 2 | 0:38.43 | 1 | 2464 | Taylor Radatti | 12.32 | 2 | 139 | Sophie Ryan | 13.20 | 3 | 1815 | Fieke van der kamp | 12.51 |
| 5 | 20.2 | Athletics Nunawading | 0:39.22 | 1 | 1463 | Hannah Shanley | 13.12 | 2 | 2911 | Holly Cocking | 13.13 | 3 | 2912 | Rebekah Powierski | 12.57 |
| 6 | 20.9 | Ringwood | 0:40.45 | 1 | 1453 | Lana Mooney | 12.47 | 2 | 1448 | Ruby Crisp | 12.38 | 3 | 2606 | Hayley Reid | 15.20 |
| DNF | 20.6 | Doncaster | | 1 | 1950 | Melissa Niewoudt | 11.42 | 2 | 1404 | Alissa Ramsdale | 13.54 | 3 | | | |
| DNF | 20.8 | Mentone | | 1 | 2408 | Molly Butler | 13.15 | 2 | 2284 | Kaltouma Khamis Ibrahim | 15.33 | 3 | | | |
| DNS | 20.1 | Athletics Essendon | | 1 | | | | 2 | | | | 3 | | | |
| DNS | 20.3 | Collingwood Harriers | | 1 | | | | 2 | | | | 3 | | | |
| WOMENS U18 | | | | | | | | | | | | | | | |
| 1 | 18.2 | Bendigo Region | 0:33.32 | 1 | 216 | Yazmin Hayes | 10.48 | 2 | 2842 | Tullie Rowe | 11.39 | 3 | 241 | Taryn Furletti | 11.05 |
| 2 | 18.6 | Knox 1 | 0:35.30 | 1 | 2105 | Holly Blake | 11.26 | 2 | 1339 | Matisse Lazzari | 12.08 | 3 | 2502 | Sally Holzoder | 11.56 |
| 3 | 18.9 | Sandringham | 0:35.34 | 1 | 1501 | Bianca Scerri | 11.39 | 2 | 1979 | Alice Oakley Kerr | 00.00 | 3 | 213 | Sophie Coughlin | 23.55 |
| 4 | 18.1 | Athletics Essendon | 0:36.55 | 1 | 1372 | Ruby Ali | 12.31 | 2 | 1088 | Sienna Andrews | 11.45 | 3 | 1344 | Aimee Jungfer | 12.39 |
| 5 | 18.4 | Frankston | 0:37.09 | 1 | 1147 | Rhemmy Gibbs | 11.19 | 2 | 2947 | Kelsey Barrett | 13.43 | 3 | 2359 | Jaime Wainwright | 12.07 |
| 6 | 18.11 | Yarra Ranges Athletics | 0:40.53 | 1 | 1442 | Grace Muller | 12.03 | 2 | 2934 | Sarah Rollo | 16.44 | 3 | 1141 | Mia Strudley | 12.06 |
| 7 | 18.8 | Mentone | 0:44.44 | 1 | 1917 | Rachel Aitken | 14.40 | 2 | 2159 | Georgia Burns | 14.25 | 3 | 2217 | Nicola Slade | 15.39 |
| DNF | 18.10 | St Kevin's Amateur | | 1 | 2277 | Milla Gleeson | 12.23 | 2 | 2089 | Lulu Goodman | 14.51 | 3 | | | |
| DNS | 18.3 | Box Hill | | 1 | | | | 2 | | | | 3 | | | |
| DNS | 18.7 | Knox 2 | | 1 | | | | 2 | | | | 3 | | | |
| | 18.5 | Emerson - INV | | 1 | | | | 2 | | | | 3 | | | |
| WOMENS U16 | | | | | | | | | | | | | | | |
| 1 | 16.9 | Geelong Region | 0:34.23 | 1 | 84 | Cassidy Bradshaw | 11.42 | 2 | 256 | Megan Dickson | 10.52 | 3 | 1535 | Bethany Dean | 11.49 |
| 2 | 16.6 | Frankston 1 | 0:34.53 | 1 | 95 | Jaimee-Lee Code | 10.52 | 2 | 2719 | Eliza Hellier-Lovick | 12.30 | 3 | 2948 | Bella Enno | 11.31 |
| 3 | 16.12 | Western Athletics | 0:35.00 | 1 | 235 | Mia White | 11.19 | 2 | 1405 | Abigail Thomas | 11.35 | 3 | 2205 | Georgia Muller | 12.06 |
| 4 | 16.13 | Williamstown | 0:35.36 | 1 | 1939 | Monique Goldsworthy | 11.12 | 2 | 2814 | Jamie Bearzi | 13.22 | 3 | 96 | Lucinda Rourke | 11.02 |
| 5 | 16.2 | Box Hill | 0:36.21 | 1 | 258 | Ruby Maher | 11.48 | 2 | 1199 | Carla Dreyer | 12.49 | 3 | 2841 | Breanna Croall | 11.44 |
| 6 | 16.11 | Sandringham | 0:36.31 | 1 | 2590 | Sophie Bolmat | 11.52 | 2 | 274 | Mia Scerri | 11.20 | 3 | 2870 | Emily Huffer-Kirsch | 13.19 |
| 7 | 16.1 | Ballarat Region | 0:37.22 | 1 | 1801 | Mia Lepair | 12.26 | 2 | 2070 | Lily Gilbert | 11.37 | 3 | 1225 | Gracie Lee Egner | 13.19 |
| 8 | 16.5 | Doncaster | 0:38.08 | 1 | 2024 | Hannah Williams | 12.23 | 2 | 2873 | Charli Power | 12.50 | 3 | 1268 | Jemima Wilson | 12.55 |
| 9 | 16.7 | Frankston 2 | 0:41.21 | 1 | 1937 | Paige Elvey | 12.22 | 2 | 1146 | Shalyn Gibbs | 13.56 | 3 | 87 | Amber Kamau | 15.03 |
| 10 | 16.4 | Diamond Valley | 0:41.29 | 1 | 2703 | Kavya Balaji | 13.32 | 2 | 2232 | Harriette Glover | 13.38 | 3 | 2801 | Charley Meyrick | 14.19 |
| 11 | 16.10 | Keilor St Bernards | 0:44.08 | 1 | 2280 | Dakota Reynolds | 16.10 | 2 | 1798 | Claire Irving | 12.47 | 3 | 2279 | Maddison Reynolds | 15.11 |
| DNS | 16.3 | Collingwood Harriers | | 1 | | | | 2 | | | | 3 | | | |
| DNS | 16.8 | Frankston 3 | | 1 | | | | 2 | | | | 3 | | | |
| WOMENS U14 | | | | | | | | | | | | | | | |
| 1 | 14.3 | Coburg Harriers | 0:35.12 | 1 | 2305 | Niamh Tabit | 11.02 | 2 | 2304 | Amira Tabit | 12.00 | 3 | 1974 | Esther Houghton | 12.10 |
| 2 | 14.9 | Williamstown | 0:37.36 | 1 | 1975 | Elizabeth Shirkey | 12.52 | 2 | 1940 | Abbey Goldsworthy | 11.54 | 3 | 1105 | Natasha Rourke | 12.50 |
| 3 | 14.8 | Wellington | 0:38.47 | 1 | 1862 | Bianca Croucher | 11.28 | 2 | 2914 | Elly Fleming | 14.00 | 3 | 1070 | Antje Kempff | 13.19 |
| 4 | 14.4 | Diamond Valley | 0:38.55 | 1 | 2174 | Matilda L'Estrange | 13.18 | 2 | 1617 | Tayla BORG | 12.55 | 3 | 1825 | Ella Piaia | 12.42 |
| 5 | 14.2 | Ballarat Region | 0:39.14 | 1 | 1159 | Kayla Bridges | 12.42 | 2 | 1796 | Alice Lepair | 13.45 | 3 | 1668 | Rhianna Watts | 12.47 |
| 6 | 14.5 | Geelong Region | 0:39.35 | 1 | 1410 | Jasmine Orelli | 13.29 | 2 | 1499 | Sophia Armstrong | 13.24 | 3 | 1766 | Rose Mayhew | 12.42 |
| 7 | 14.10 | Yarra Ranges Athletics | 0:41.49 | 1 | 261 | Ashleigh Rooke | 15.02 | 2 | 2086 | Piper Naismith | 13.43 | 3 | | Ciara Willey | 13.04 |
| 8 | 14.1 | Athletics Essendon | 0:45.35 | 1 | 1526 | Javiah Najdovski | 13.54 | 2 | 2172 | Olivia Dalley | 18.29 | 3 | 1236 | Charlotte Jackson | 13.12 |
| 9 | 14.7 | Keilor St Bernards | 0:53.01 | 1 | 1546 | Georgia Stepanoski | 19.01 | 2 | 2273 | Khushnoor Rangji | 16.10 | 3 | 2548 | Grace Delaney | 17.50 |
| DNS | 14.6 | Emerson - INV | | 1 | | | | 2 | | | | 3 | | | |