

XCR'19 TEAM LADDERS

Promotion/Relegation Zones

Automatic Promotion

Automatic Relegation

Men Premier Division												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	St Stephens Harriers	11	9	9	11							40
2	Box Hill	8	11	11	8							38
3	Western Athletics	5	8	7	9							29
4	Glenhuntly	7	6	8	5							26
5	Melbourne University	6	7	5	6							24
6	Doncaster	9	5	3	4							21
6	Geelong Region	4	4	6	7							21
8	Collingwood Harriers	2	3	4	2							11
9	Athletics Essendon	3	2	1	1							7
9	Ballarat Region	1	1	2	3							7

Men Division 2												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Bendigo Region	13	12	13	15							53
2	APS United	12	15	12	13							52
3	Frankston	11	13	11	7							42
3	Box Hill 2	4	11	15	12							42
5	Melbourne University 2	7	10	8	3							28
5	Glenhuntly 2	9	6	9	4							28
5	Richmond Harriers	8	8	4	8							28
8	Knox Athletics	15	9	3								27
8	Diamond Valley	10	1	10	6							27
10	Mentone	6	5	5	9							25
11	Keilor St Bernards	5	3	6	10							24
12	Old Xaverians	3	7	7	2							19
13	Western Athletics	1	2	2	11							16
14	Collingwood Harriers 2	2	4	1	5							12



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Men Division 3												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Mornington Peninsula	14	16	16	14							60
2	Victorian Cross Country League	13	14	13	16							56
3	St Stephens Harriers 2	16	12	14	9							51
4	Athletics Waverley	11	13	11	11							46
5	Williamstown	12	10	10	13							45
6	South Melbourne 2	8	7	9	8							32
7	Yarra Ranges	7	8	4	12							31
8	Melbourne University 3	10	9	7	3							29
9	Box Hill 3	2	11	12								25
9	Malvern Harriers	5	6	8	6							25
11	Traralgon Harriers	6	2	6	7							21
12	Coburg Harriers	4	5	5	5							19
12	Athletics Nunawading	3	4	2	10							19
14	Glenhuntly 3	9	3	3	2							17
15	Athletics Essendon 2	1	1	1	4							7

Men Division 4												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	APS United 2	11	15	15	15							56
2	Mornington Peninsula 2	13	13	13	12							51
3	Collingwood Harriers 3	8	10	12	10							40
4	Victorian Masters	7	9	10	13							39
5	South Melbourne 2	9	8	11	9							37
6	Athletics Waverley 2	4	11	9	11							35
7	Melbourne University 4	10	12	8								30
8	Malvern Harriers 2	3	7	7								17
9	Glenhuntly 4	6	5	5								16
10	St Kevins	15										15
11	Geelong Region 2	12										12
11	Old Xaverians 2		6	6								12
13	Knox Athletics 2	5										5
14	Ballarat Region 2											0



XCR'19 TEAM LADDERS

Men Division 5												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Bendigo Region 2	13	14	16	12							55
2	Richmond Harriers 2	16	13	11	14							54
3	Ivanhoe Harriers	14	9	10	16							49
4	Mentone 2	12	11	6	13							42
5	Williamstown 2	4	12	13	10							39
6	Western Athletics 3	5	6	9	11							31
7	Box Hill 4		16	14								30
7	Collingwood Harriers 4	6	7	12	5							30
9	Coburg Harriers 2	8	5	7	8							28
10	Diamond Valley 2	9		8	7							24
10	Yarra Ranges 2	7	8		9							24
12	Maccabi	11	10									21
13	Athletics Nunawading 2	3	4	5	6							18
14	Melbourne University 5	10										10
15	South Melbourne 3											0

Men Division 6												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Victorian Cross Country League 2	13	15	15	15							58
2	Doncaster 2	15	13	13								41
3	Keilor St Bernards 2			12	13							25
4	Mornington Peninsula 3	11	12									23
5	Collingwood Harriers 5		11	11								22
6	Traralgon Harriers 2	8			12							20
7	Glenhuntly 5	9		10								19
8	Athletics Essendon 3	7			11							18
9	Ringwood	12										12
10	Melbourne University 6	10										10
11	Athletics Waverley 3											0
11	Ballarat Region 3											0
11	Knox Athletics 3											0
11	South Melbourne 4											0



XCR'19 TEAM LADDERS

Men Division 7												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Western Athletics	2	9	10	11							32
2	Victorian Masters	4	8	9	10							31
3	APS United		13	13								26
4	Victorian Cross Country League	10			13							23
5	Williamstown		10	11								21
6	Richmond Harriers	7			7							14
7	Frankston	13										13
8	St Kevin's	11										11
8	Box Hill		11									11
10	Mentone	9										9
12	Coburg Harriers	8										8
12	Doncaster			8								8
15	Diamond Valley	6										6
16	Bendigo Region	5										5
17	Ivanhoe Harriers	3										3
17	Malvern Harriers				9							9
18	Western Athletics 2				8							8

Men 40+												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Geelong Region	13	11	13	11							48
1	APS United 1	11	13	11	13							48
3	Athletics Waverley	9	7	9	10							35
4	Collingwood Harriers	8	10	5	9							32
5	Old Xaverians	6	8	10								24
6	Glenhuntly	10	4	6								20
7	Mentone	4	3	7								14
8	APS United 2		6	4								10
9	Athletics Essendon		9									9
10	Box Hill		5	3								8
10	Diamond Valley			8								8
12	Mornington Peninsula	7										7
13	Doncaster	5										5
14	Malvern Harriers	2	1	1								4
15	Keilor St Bernards	3										3
16	Athletics Nunawading		2									2
16	Richmond Harriers			2								2



XCR'19 TEAM LADDERS

Men 50+												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Box Hill	13	13	13	13							52
2	APS United	11	11	11	11							44
3	Ballarat Region	6	2	8	10							26
4	Bendigo Region		7	9	7							23
5	Old Xaverians		10	10	2							22
6	Athletics Waverley	4		6	9							19
7	Keilor St Bernards	8	5	4								17
8	Glenhuntly	10			5							15
9	Mentone		8	5								13
9	Athletics Nunawading		6	7								13
11	Western Athletics		3		8							11
12	Collingwood Harriers	9	1									10
12	Traralgon Harriers		9	1								10
14	South Melbourne	7		2								9
14	Doncaster	5			4							9
16	Melbourne University	2			6							8
17	Williamstown		4	3								7
18	Diamond Valley	3										3
18	Mornington Peninsula				3							3
20	Doncaster 2	1										1

Men 60+												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Williamstown	11	13	13	13							50
2	Athletics Nunawading	13	11	11	11							46
3	Glenhuntly	9		9	9							27
4	APS United	10			10							20
5	Keilor St Bernards			10								10
6	Athletics Essendon	8										8
6	Collingwood Harriers			8								8
8	South Melbourne	7										7



XCR'19 TEAM LADDERS

Women Premier Division												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Athletics Essendon	8	7	11	11							37
2	Collingwood Harriers	9	11	8	8							36
3	Frankston	4	9	9	9							31
4	Glenhuntly	7	8	7	7							29
5	Melbourne University	11	6	6	5							28
6	Western Athletics	3	3	4	4							14
7	Old Xaverians	2	5	3	3							13
7	South Melbourne	5	2		6							13
9	Ballarat Region	1	4	5	2							12
10	Knox Athletics	6										6

Women Division 2												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Geelong Region	13	11	13	11							48
2	Box Hill	11	13	11	8							43
3	Glenhuntly 2	10	6	10	9							35
4	Diamond Valley	8	10	8	6							32
4	Mentone	9	7	9	7							32
4	Malvern Harriers	6	9	7	10							32
7	Collingwood Harriers 2	7	8	6	3							24
8	Yarra Ranges	5		5	13							23
9	Athletics Waverley	3	5	4	4							16
9	Keilor St Bernards	4	4	3	5							16
11	Richmond Harriers	2	3									5
12	Victorian Masters	1										1



XCR'19 TEAM LADDERS

Women Division 3												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Traralgon Harriers	13	15	12	15							55
2	Mentone 2	11	13	11	9							44
3	Western Athletics 2	12	12		10							34
4	Coburg Harriers	10		10	12							32
5	Melbourne University 2	15		15								30
6	Athletics Essendon 2	8		9	11							28
7	Athletics Nunawading	9			13							22
8	APS United			13								13
9	Glenhuntly 3											0
9	Knox Athletics 2											0
9	Mornington Peninsula											0
9	Ringwood											0
9	South Melbourne 2											0
9	Williamstown											0

Women Division 4												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Doncaster	19	17	18	19							73
2	Collingwood Harriers 3	18	18	17	16							69
3	Diamond Valley 2	14	16	16	13							59
4	Bendigo Region		19	19	18							56
5	Casey Cardinia		15	15	14							44
6	Mentone 3	17	13	13								43
7	Box Hill 2		21	21								42
7	St Stephens Harriers	21			21							42
9	Traralgon Harriers 2			14	17							31
10	Victorian Cross Country League	16	14									30
10	Athletics Essendon 3	15			15							30
12	Athletics Waverley 2		12	12								24
12	Keilor St Bernards 2	13			11							24
14	Western Athletics 3				12							12
15	Ballarat Region 2											0
15	Knox Athletics 3											0
15	Old Xaverians 2											0
15	South Melbourne 3											0
15	St Kevins											0
15	Yarra Ranges 2											0



XCR'19 TEAM LADDERS

Women Division 5												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Collingwood Harriers	11	11	9								31
2	Box Hill		13	13								26
3	Malvern Harriers			10	11							21
4	Melbourne University	13										13
4	Frankston				13							13
6	Box Hill 2			11								11

Women 40+												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Box Hill 1	10	11	10	10							41
2	Mentone 1	11	8	7	11							37
2	APS United	13		11	13							37
4	Collingwood Harriers	8	10	9								27
5	Ballarat Region		13	13								26
6	Athletics Waverley	5	3	4	8							20
7	Box Hill 2	9	5	5								19
8	Western Athletics		9	8								17
9	Doncaster	6	2	1	7							16
10	Diamond Valley		6	3								9
11	Mornington Peninsula	7										7
11	Bendigo Region		7									7
13	Malvern Harriers			6								6
14	Old Xaverians		4									4
15	Mentone 2			2								2
16	Glenhuntly		1									1

Women 50+												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Box Hill	13	13	13	13							52
2	Athletics Waverley	9	10	11	10							40
3	Glenhuntly	8	8	9								25
4	Malvern Harriers	11			11							22
5	Bendigo Region		11									11
6	Diamond Valley	10										10
7	Keilor St Bernards		9									9



XCR'19 TEAM LADDERS

Men Under 20												
Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Yarra Ranges	13	13	13	11							50
2	Western Athletics	10	10	9	13							42
3	Ballarat Region	11	11	11								33
4	Doncaster	9			9							18
5	Glenhuntly			10								10
7	Ballarat Region 2			8								8
7	Diamond Valley Athletic Club				10							10

Men Under 18												
Rank	Club	Rd 1	Rd 2	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total	
1	Ballarat Region 1	13	13	11							37	
2	Western Athletics	10	9	13							32	
3	Geelong Region	9	10	10							29	
4	Doncaster	6	7								13	
5	Knox Athletics	11									11	
5	Ballarat Region 2		11								11	
7	Yarra Ranges 1	5	5								10	
7	Mornington Peninsula	4	6								10	
9	Athletics Essendon	1	8								9	
9	Collingwood Harriers Athletic Club			9							9	
11	Ballarat Region 2	8									8	
12	Mentone	7									7	
13	Diamond Valley	3									3	
14	Frankston	2									2	

Men Under 16												
Rank	Club	Rd 1	Rd 2	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total	
1	Ballarat Region	11	11	13							35	
2	Knox Athletics 1	13	13								26	
2	Geelong Region 1	6	10	10							26	
4	Keilor St Bernards	7		11							18	
5	Knox Athletics 2	5	9								14	
6	Diamond Valley	10									10	
6	Collingwood Harriers	1		9							10	
8	Box Hill	9									9	
9	Mornington Peninsula 1	8									8	
9	Geelong Region 2		8								8	
11	Athletics Waverley	4									4	
12	Mornington Peninsula 2	3									3	
13	Yarra Ranges	2									2	

XCR'19 TEAM LADDERS

Men Under 14

Rank	Club	Rd 1	Rd 2	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Collingwood Harriers	9	13								22
2	Mornington Peninsula 1	13									13
3	Mornington Peninsula 2	11									11
3	Ballarat Region		11								11
5	St Kevin's 1	10									10
6	Keilor St Bernards	8									8
7	St Kevin's 2	7									7

Women Under 20

Rank	Club	Rd 1	Rd 2	Rd 3	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Geelong Region	13	13	11	13							50
2	Doncaster	11		10								21
3	Sandringham	8			11							19
4	Ballarat Region	9		9								18
5	Glenhuntly			13								13
6	Box Hill	10										10
7	Malvern Harriers			8								8
8	Yarra Ranges	7										7
9	Mornington Peninsula	6										6
10	Melbourne University	5										5
11	Ringwood	4										4
12	Mentone	3										3

Women Under 18

Rank	Club	Rd 1	Rd 2	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Western Athletics	10		13							23
2	Geelong Region	11		11							22
3	Diamond Valley	6		10							16
4	Collingwood Harriers	13									13
5	Yarra Ranges	9									9
5	Williamstown			9							9
7	Frankston	8									8
8	Doncaster	7									7
9	Glenhuntly	5									5



XCR'19 TEAM LADDERS

Women Under 16											
Rank	Club	Rd 1	Rd 2	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Yarra Ranges	13	13								26
2	Coburg Harriers	11		13							24
3	Ballarat Region	10	10								20
4	Frankston	5	9								14
5	Wellington		11								11
6	Mornington Peninsula	9									9
7	Sandringham	8									8
8	Athletics Essendon	7									7
9	Keilor St Bernards	6									6

Women Under 14											
Rank	Club	Rd 1	Rd 2	Rd 4	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Western Athletics	13	11								24
2	Geelong Region 1	7	13								20
3	Diamond Valley 1	6		13							19
4	Mornington Peninsula 1	11									11
5	Wellington 1	10									10
6	St Kevin's	9									9
7	Sandringham	8									8
8	Mornington Peninsula 2	5									5
9	Doncaster	4									4
10	Wellington 2	3									3
11	Diamond Valley 2	2									2
12	Geelong Region 2	1									1

