

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									20
2	Box Hill	8	11									19
3	Doncaster	9	5									14
4	Glenhuntly	7	6									13
4	Melbourne University	6	7									13
4	Western Athletics	5	8									13
7	Geelong Region	4	4									8
8	Athletics Essendon	3	2									5
8	Collingwood Harriers	2	3									5
10	Ballarat Region	1	1									2

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	APS United	12	15									27
2	Bendigo Region	13	12									25
3	Knox Athletics	15	9									24
3	Frankston	11	13									24
5	Melbourne University 2	7	10									17
6	Richmond Harriers	8	8									16
7	Glenhuntly 2	9	6									15
7	Box Hill 2	4	11									15
9	Diamond Valley	10	1									11
9	Mentone	6	5									11
11	Old Xaverians	3	7									10
12	Keilor St Bernards	5	3									8
13	Collingwood Harriers 2	2	4									6
14	Western Athletics	1	2									3

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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									30
2	St Stephens Harriers 2	16	12									28
3	Victorian Cross Country League	13	14									27
4	Athletics Waverley	11	13									24
5	Williamstown	12	10									22
6	Melbourne University 3	10	9									19
7	South Melbourne 2	8	7									15
7	Yarra Ranges	7	8									15
9	Box Hill 3	2	11									13
10	Glenhuntly 3	9	3									12
11	Malvern Harriers	5	6									11
12	Coburg Harriers	4	5									9
13	Traralgon Harriers	6	2									8
14	Athletics Nunawading	3	4									7
15	Athletics Essendon 2	1	1									2

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	Mornington Peninsula 2	13	13									26
1	APS United 2	11	15									26
3	Melbourne University 4	10	12									22
4	Collingwood Harriers 3	8	10									18
5	South Melbourne 2	9	8									17
6	Victorian Masters	7	9									16
7	St Kevins	15										15
7	Athletics Waverley 2	4	11									15
9	Geelong Region 2	12										12
10	Glenhuntly 4	6	5									11
11	Malvern Harriers 2	3	7									10
12	Old Xaverians 2		6									6
13	Knox Athletics 2	5										5
14	Ballarat Region 2											0

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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	Richmond Harriers 2	16	13									29
2	Bendigo Region 2	13	14									27
3	Ivanhoe Harriers	14	9									23
3	Mentone 2	12	11									23
5	Maccabi	11	10									21
6	Williamstown 2	4	12									16
6	Box Hill 4		16									16
8	Yarra Ranges 2	7	8									15
9	Coburg Harriers 2	8	5									13
9	Collingwood Harriers 4	6	7									13
11	Western Athletics 3	5	6									11
12	Melbourne University 5	10										10
13	Diamond Valley 2	9										9
14	Athletics Nunawading 2	3	4									7
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	Doncaster 2	15	13									28
1	Victorian Cross Country League 2	13	15									28
3	Mornington Peninsula 3	11	12									23
4	Ringwood	12										12
5	Collingwood Harriers 5		11									11
6	Melbourne University 6	10										10
7	Glenhuntly 5	9										9
8	Traralgon Harriers 2	8										8
9	Athletics Essendon 3	7										7
10	Athletics Waverley 3											0
10	Ballarat Region 3											0
10	Keilor St Bernards 2											0
10	Knox Athletics 3											0
10	South Melbourne 4											0

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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	Frankston 1	13										13	
1	APS United	13										13	
3	Victorian Masters 1	4	8										12
4	St Kevin's 1	11										11	
4	Western Athletics	2	9										11
4	Box Hill	11										11	
7	Victorian Cross Country League	10										10	
7	Williamstown	10										10	
9	Mentone	9										9	
10	Coburg Harriers 1	8										8	
11	Richmond Harriers 1	7										7	
12	Diamond Valley	6										6	
13	Bendigo Region	5										5	
14	Ivanhoe Harriers	3										3	

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										24
1	APS United 1	11	13										24
3	Collingwood Harriers	8	10										18
4	Athletics Waverley	9	7										16
5	Glenhuntly 1	10	4										14
5	Old Xaverians	6	8										14
7	Athletics Essendon	9										9	
8	Mornington Peninsula	7										7	
8	Mentone	4	3										7
10	APS United 2	6										6	
11	Doncaster	5										5	
11	Box Hill	5										5	
13	Keilor St Bernards	3										3	
13	Malvern Harriers	2	1										3
15	Athletics Nunawading	2										2	

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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									26
2	APS United	11	11									22
3	Keilor St Bernards	8	5									13
4	Glenhuntly	10										10
4	Collingwood Harriers	9	1									10
4	Old Xaverians		10									10
7	Traralgon Harriers		9									9
8	Ballarat Region	6	2									8
8	Mentone		8									8
10	South Melbourne	7										7
10	Bendigo Region		7									7
12	Athletics Nunawading		6									6
13	Doncaster	5										5
14	Athletics Waverley	4										4
14	Williamstown		4									4
16	Diamond Valley	3										3
16	Western Athletics		3									3
18	Melbourne University	2										2
19	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	Athletics Nunawading	13	11									24
1	Williamstown	11	13									24
3	APS United	10										10
4	Glenhuntly	9										9
5	Athletics Essendon	8										8
6	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	Collingwood Harriers	9	11									20
2	Melbourne University	11	6									17
3	Athletics Essendon	8	7									15
3	Glenhuntly	7	8									15
5	Frankston	4	9									13
6	South Melbourne	5	2									7
6	Old Xaverians	2	5									7
8	Knox Athletics	6										6
8	Western Athletics	3	3									6
10	Ballarat Region	1	4									5

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									24
1	Box Hill	11	13									24
3	Diamond Valley	8	10									18
4	Glenhuntly 2	10	6									16
4	Mentone	9	7									16
6	Collingwood Harriers 2	7	8									15
6	Malvern Harriers	6	9									15
8	Keilor St Bernards	4	4									8
8	Athletics Waverley	3	5									8
10	Yarra Ranges	5										5
10	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	Melbourne University 2	15	13									28
1	Traralgon Harriers	13	15									28
3	Western Athletics 2	12	12									24
4	Mentone 2	11										11
5	Coburg Harriers	10										10
6	Athletics Nunawading	9										9
7	Athletics Essendon 2	8										8
8	APS United											0
8	Glenhuntly 3											0
8	Knox Athletics 2											0
8	Mornington Peninsula											0
8	Ringwodd											0
8	South Melbourne 2											0
8	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									36
1	Collingwood Harriers 3	18	18									36
3	Mentone 3	17	13									30
3	Victorian Cross Country League	16	14									30
3	Diamond Valley 2	14	16									30
6	St Stephens Harriers	21										21
6	Box Hill 2		21									21
8	Bendigo Region		19									19
9	Athletics Essendon 3	15										15
9	Casey Cardinia		15									15
11	Keilor St Bernards 2	13										13
12	Athletics Waverley 2		12									12
13	Ballarat Region 2											0
13	Knox Athletics 3											0
13	Old Xaverians 2											0
13	South Melbourne 3											0
13	St Kevins											0
13	Traralgon Harriers 2											0
13	Western Athletics 3											0
13	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									22
2	Melbourne University	13										13
2	Box Hill		13									13

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									21
2	Mentone	11	8									19
3	Collingwood Harriers	8	10									18
4	Box Hill 2	9	5									14
5	APS United	13										13
5	Ballarat Region		13									13
7	Western Athletics		9									9
8	Doncaster 1	6	2									8
8	Athletics Waverley	5	3									8
10	Mornington Peninsula	7										7
10	Bendigo Region		7									7
12	Diamond Valley		6									6
13	Old Xaverians		4									4
14	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									26
4	Malvern Harriers	11										11
6	Diamond Valley	10										10
2	Athletics Waverley	9	10									19
3	Glenhuntly	8	8									16
4	Bendigo Region		11									11
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									26
2	Ballarat Region	11	11									22
3	Western Athletics	10	10									20
4	Doncaster	9										9

Men Under 18

Rank	Club	Rd 1	Rd 2	Rd 3	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Ballarat Region 1	13	13								26
2	Western Athletics	10	9								19
2	Geelong Region	9	10								19
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
10	Ballarat Region 2	8									8
11	Mentone	7									7
12	Diamond Valley	3									3
13	Frankston	2									2

Men Under 16

Rank	Club	Rd 1	Rd 2	Rd 3	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Knox Athletics 1	13	13								26
2	Ballarat Region	11	11								22
3	Geelong Region 1	6	10								16
4	Knox Athletics 2	5	9								14
5	Diamond Valley	10									10
6	Box Hill	9									9
7	Mornington Peninsula 1	8									8
7	Geelong Region 2		8								8
9	Keilor St Barnards	7									7
10	Athletics Waverley	4									4
11	Mornington Peninsula 2	3									3
12	Yarra Ranges	2									2
13	Collingwood Harriers	1									1

XCR'19 TEAM LADDERS

Men Under 14

Rank	Club	Rd 1	Rd 2	Rd 3	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									26
2	Doncaster	11										11
3	Box Hill	10										10
4	Ballarat Region	9										9
5	Sandringham	8										8
6	Yarra Ranges	7										7
7	Mornington Peninsula	6										6
8	Melbourne University	5										5
9	Ringwood	4										4
10	Mentone	3										3

Women Under 18

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

XCR'19 TEAM LADDERS

Women Under 16

Rank	Club	Rd 1	Rd 2	Rd 3	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Yarra Ranges	13	13								26
2	Ballarat Region	10	10								20
3	Frankston	5	9								14
4	Coburg Harriers	11									11
4	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 3	Rd 5	Rd 6	Rd 7	Rd 8	Rd 9	Rd 10	Total
1	Geelong Region 2	1	13								14
2	Western Athletics	13									13
3	Mornington Peninsula 1	11									11
3	Western Athletics		11								11
5	Wellington 1	10									10
6	St Kevin's	9									9
7	Sandringham	8									8
8	Geelong Region 1	7									7
9	Diamond Valley 1	6									6
10	Mornington Peninsula 2	5									5
11	Doncaster	4									4
12	Wellington 2	3									3
13	Diamond Valley 2	2									2