

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	9	11	11				71
2	Box Hill	8	11	11	8	11	9	8				66
3	Western Athletics	5	8	7	9	8	8	9				54
4	Glenhuntly	7	6	8	5	7	5	4				42
5	Melbourne University	6	7	5	6	4	7	5				40
6	Geelong Region	4	4	6	7	3	6	7				37
7	Doncaster	9	5	3	4	6	2	1				30
8	Ballarat Region	1	1	2	3	5	4	6				22
9	Collingwood Harriers	2	3	4	2	2	3	3				19
10	Athletics Essendon	3	2	1	1	1	1	2				11

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	12	13	13	10	15				90
2	Bendigo Region	13	12	13	15	9	15	12				89
3	Box Hill 2	4	11	15	12	10	12	13				77
4	Frankston	11	13	11	7	12	7	11				72
5	Knox Athletics	15	9	3		15	13	10				65
6	Keilor St Bernards	5	3	6	10	8	11	5				48
7	Glenhuntly 2	9	6	9	4	11	5	3				47
8	Richmond Harriers	8	8	4	8	2	8	8				46
9	Melbourne University 2	7	10	8	3	5	3	7				43
10	Diamond Valley	10	1	10	6	7	6	2				42
11	Old Xaverians	3	7	7	2	4	9	6				38
12	Mentone	6	5	5	9	6	4					35
13	Western Athletics 2	1	2	2	11	3	1	9				29
14	Collingwood Harriers 2	2	4	1	5	1	2	4				19

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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	Victorian Cross Country League	13	14	13	16	14	14	16				100
2	Mornington Peninsula	14	16	16	14	16	16	6				98
3	Williamstown	12	10	10	13	13	11	11				80
4	St Stephens Harriers 2	16	12	14	9	12		10				73
5	Athletics Waverley	11	13	11	11		12	13				71
6	South Melbourne 2	8	7	9	8	11	10	14				67
7	Yarra Ranges	7	8	4	12	10	7	4				52
7	Box Hill 3	2	11	12		2	13	12				52
9	Malvern Harriers	5	6	8	6	9	8	9				51
10	Melbourne University 3	10	9	7	3	6	9	5				49
11	Athletics Nunawading	3	4	2	10	7	6	8				40
12	Coburg Harriers	4	5	5	5	3	5	7				34
13	Traralgon Harriers	6	2	6	7	8	4					33
14	Glenhuntly 3	9	3	3	2	4	3	2				26
15	Athletics Essendon 2	1	1	1	4	5	2	3				17

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	11	8	13				88
2	South Melbourne 2	9	8	11	9	13	12	12				74
3	Mornington Peninsula 2	13	13	13	12	12	9					72
4	Collingwood Harriers 3	8	10	12	10	7	13	11				71
5	Victorian Masters	7	9	10	13	10	10	10				69
6	Malvern Harriers 2	3	7	7	11	9	7	8				52
7	Melbourne University 4	10	12	8		6	11					47
8	Athletics Waverley 2	4	11	9			5	9				38
8	Ballarat Region 2					8	15	15				38
10	St Kevins	15				15						30
11	Glenhuntly 4	6	5	5			4					20
12	Old Xaverians 2		6	6			6					18
13	Geelong Region 2	12										12
14	Knox Athletics 2	5				5						10

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	12	14	16				97
2	Ivanhoe Harriers	14	9	10	16	14	16	12				91
3	Richmond Harriers 2	16	13	11	14	8	12	14				88
4	Williamstown 2	4	12	13	10	13	8	11				71
5	Western Athletics 3	5	6	9	11	11	6	13				61
6	Collingwood Harriers 4	6	7	12	5	10	11	9				60
7	Maccabi	11	10			16	13					50
8	Coburg Harriers 2	8	5	7	8	7	4	10				49
9	Mentone 2	12	11	6	13							42
10	Athletics Nunawading 2	3	4	5	6	9	3	8				38
11	Box Hill 4		16	14			7					37
12	Diamond Valley 2	9		8	7		5					29
13	Yarra Ranges 2	7	8		9							24
14	Melbourne University 5	10					10					20
15	South Melbourne 3						9					9

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	15	13	15				101
2	Doncaster 2	15	13	13		13	15					69
3	Keilor St Bernards 2			12	13	11	11	12				59
4	Athletics Essendon 3	7			11	10	8					36
5	Mornington Peninsula 3	11	12			9						32
5	Traralgon Harriers 2	8			12	12						32
5	Collingwood Harriers 5		11	11			10					32
8	Melbourne University 6	10					12					22
8	Ballarat Region 3						9	13				22
10	Glenhuntly 5	9		10								19
11	Ringwood	12										12
12	Athletics Waverley 3											0
12	Knox Athletics 3											0
12	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	7	11	11				61
2	Victorian Masters	4	8	9	10	9	10					50
3	Williamstown		10	11		11						32
4	Victorian Cross Country League	10			13	8						31
5	APS United		13	13								26
6	Doncaster			8			13					21
7	Richmond Harriers	7			7							14
8	Frankston	13										13
8	Malvern Harriers				9	4						13
8	Western Athletics 2				8	5						13
8	St Stephens Harriers					13						13
8	Ballarat Region							13				13
13	St Kevin's	11										11
13	Box Hill		11									11
15	Mornington Peninsula					10						10
15	Collingwood Harriers						10					10
17	Mentone	9										9
17	Ivanhoe Harriers	3				6						9
19	Coburg Harriers	8										8
20	Diamond Valley	6										6
21	Bendigo Region	5										5
22	Athletics Essendon					3						3

XCR'19 TEAM LADDERS

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	APS United 1	11	13	11	13	13	10	7				78
2	Geelong Region	13	11	13	11		13	13				74
3	Collingwood Harriers	8	10	5	9	10	11	8				61
4	Athletics Waverley	9	7	9	10	8	7	5				55
5	Old Xaverians	6	8	10			9	11				44
6	Glenhuntly	10	4	6		11	6	6				43
7	Box Hill		5	3			3	10				21
8	Athletics Essendon		9				8					17
9	Mentone	4	3	7								14
9	APS United 2		6	4			4					14
11	Doncaster	5				6						11
11	Ballarat Region						2	9				11
13	Knox					9						9
14	Diamond Valley			8								8
15	Mornington Peninsula	7										7
15	Glenhuntly 2					7						7
15	Richmond Harriers			2			5					7
15	Malvern Harriers	2	1	1				3				7
19	Athletics Nunawading		2					4				6
20	Glenhuntly 3					5						5
21	Keilor St Bernards	3										3
21	Bendigo Region						1	2				3
23	Western Athletics							1				1

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	11	6	13				82
2	APS United	11	11	11	11	13	13	9				79
3	Ballarat Region	6	2	8	10		7	10				43
3	Bendigo Region		7	9	7		9	11				43
5	Old Xaverians		10	10	2	5	11	3				41
6	Athletics Waverley	4		6	9	10	8	2				39
7	Keilor St Bernards	8	5	4			5	7				29
8	South Melbourne	7		2		9	3	6				27
9	Glenhuntly	10			5	6		5				26
10	Collingwood Harriers	9	1				10	4				24
11	Athletics Nunawading		6	7			2	8				23
12	Doncaster	5			4	8						17
13	Mentone		8	5								13
14	Williamstown		4	3			4					11
14	Western Athletics		3		8							11
16	Traralgon Harriers		9	1								10
17	Melbourne University	2			6							8
18	Box Hill 2					7						7
19	Mornington Peninsula				3	3						6
20	Doncaster 2	1				4						5
21	Diamond Valley	3										3
22	Athletics Essendon						1					1
22	Victorian Masters							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	13	11	11				85
2	Athletics Nunawading	13	11	11	11	11	13	13				83
3	Glenhuntly	9		9	9	7	8					42
4	South Melbourne	7				8	10	9				34
6	APS United	10			10							20
5	Keilor St Bernards			10		10		10				30
7	Athletics Essendon	8				9						17
7	Collingwood Harriers			8			9					17

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	8	8	5	11	9				61
2	Athletics Essendon	8	7	11	11	11	9					57
2	Glenhuntly	7	8	7	7	9	8	11				57
4	Melbourne University	11	6	6	5	8	7	8				51
5	Frankston	4	9	9	9	3	6					40
6	Western Athletics	3	3	4	4	7	5	7				33
7	Ballarat Region	1	4	5	2	2	4	5				23
8	Old Xaverians	2	5	3	3		3	6				22
9	South Melbourne	5	2		6	6	2					21
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	Box Hill	11	13	11	8	13	13	13				82
2	Diamond Valley	8	10	8	6	9	11	9				61
2	Glenhuntly 2	10	6	10	9	8	7	11				61
4	Malvern Harriers	6	9	7	10	10	8	10				60
5	Geelong Region	13	11	13	11	11						59
6	Mentone	9	7	9	7	7	10	8				57
7	Athletics Waverley	3	5	4	4	6	9	7				38
8	Collingwood Harriers 2	7	8	6	3		6	6				36
9	Yarra Ranges	5		5	13	5						28
10	Keilor St Bernards	4	4	3	5	4		5				25
11	Richmond Harriers	2	3									5
12	Victorian Masters	1										1

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	15	12	15				97
2	Western Athletics 2	12	12		10	13	11					58
3	Melbourne University 2	15		15		10	15					55
4	Mentone 2	11	13	11	9		9					53
5	APS United			13		11	13	13				50
6	Athletics Essendon 2	8		9	11	9	10					47
7	Coburg Harriers	10		10	12	12						44
8	Athletics Nunawading	9			13							22
9	Ringwood					8						8
10	Glenhuntly 3											0
10	Knox Athletics 2											0
10	Mornington Peninsula											0
10	South Melbourne 2											0
10	Williamstown											0

XCR'19 TEAM LADDERS

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	18	17	17				125
2	Box Hill 2		21	21		21	19	21				103
3	Bendigo Region		19	19	18	16	18					90
4	Collingwood Harriers 3	18	18	17	16	17						86
5	St Stephens Harriers	21			21	19	21					82
6	Traralgon Harriers 2			14	17	14	15	18				78
7	Diamond Valley 2	14	16	16	13		16					75
8	Casey Cardinia		15	15	14	15	14					73
9	Athletics Essendon 3	15			15	12	12					54
10	Athletics Waverley 2		12	12			13	16				53
11	Mentone 3	17	13	13								43
12	Victorian Cross Country League	16	14									30
13	Western Athletics 3				12	13						25
14	Keilor St Bernards 2	13			11							24
15	Ballarat Region 2							19				19
16	Knox Athletics 3											0
16	Old Xaverians 2											0
16	South Melbourne 3											0
16	St Kevins											0
16	Yarra Ranges 2											0

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		11						42
2	Box Hill		13	13			13					39
3	Malvern Harriers			10	11	13						34
4	Frankston				13		11					24
5	Doncaster						10	13				23
6	Melbourne University	13										13
7	Box Hill 2			11								11
8	Athletics Waverley						9					9

XCR'19 TEAM LADDERS

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	APS United	13		11	13	13	13	11				74
2	Box Hill 1	10	11	10	10	10	11	10				72
3	Mentone 1	11	8	7	11	11	7	13				68
4	Athletics Waverley	5	3	4	8	7	6	6				39
5	Collingwood Harriers	8	10	9			10					37
6	Ballarat Region		13	13				9				35
7	Western Athletics		9	8			9	7				33
8	Box Hill 2	9	5	5		9	4					32
8	Doncaster	6	2	1	7	8	3	5				32
10	Malvern Harriers			6			8	8				22
11	Diamond Valley		6	3			5					14
12	Mornington Peninsula	7										7
12	Bendigo Region		7									7
14	Old Xaverians		4									4
14	Mentone 2			2			2					4
14	Ballarat Region 2							4				4
17	Athletics Waverley 2							3				3
18	Glenhuntly		1				1					2

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	13	13	13				91
2	Athletics Waverley	9	10	11	10	10	10	11				71
3	Malvern Harriers	11			11	11	11					44
4	Glenhuntly	8	8		9	9	9					43
5	Doncaster						6	10				16
6	Bendigo Region		11									11
7	Diamond Valley	10										10
8	Keilor St Bernards		9									9
9	Athletics Essendon						8					8
10	Ringwood						7					7

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	Western Athletics	10	10	9	13	11	11	13				77
2	Yarra Ranges	13	13	13	11	13	13					76
3	Ballarat Region	11	11	11			10	11				54
4	Glenhuntly			10		10						20
5	Doncaster	9			9							18
6	Ballarat Region 2			8		9						17
7	Diamond Valley Athletic Club				10							10
8	Knox Athletics					8						8

XCR'19 TEAM LADDERS

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	13	13	13				76
2	Western Athletics	10	9	13	10	10	11				63
3	Ballarat Region 2		11		7	9	10				37
4	Geelong Region	9	10	10							29
5	Yarra Ranges 1	5	5		8	8					26
6	Knox Athletics	11				11					22
7	Mornington Peninsula	4	6				9				19
8	Doncaster	6	7								13
9	Diamond Valley	3			9						12
10	Box Hill				11						11
11	Athletics Essendon	1	8								9
11	Collingwood Harriers Athletic Club			9							9
13	Ballarat Region 2	8									8
14	Mentone	7									7
15	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	10	13	13				71
2	Knox Athletics 1	13	13		11	10					47
3	Geelong Region 1	6	10	10		9	10				45
4	Keilor St Bernards	7		11	8						26
4	Mornington Peninsula 1	8			7		11				26
6	Collingwood Harriers	1		9	6	8					24
6	Glenhuntly				13	11					24
8	Box Hill	9			9						18
8	Western Athletics				2	7	9				18
10	Knox Athletics 2	5	9								14
11	Diamond Valley	10									10
11	Athletics Essendon				3		7				10
13	Geelong Region 2		8								8
13	Doncaster						8				8
15	Yarra Ranges	2			5						7
16	Athletics Waverley	4									4
16	Frankston				4						4
18	Mornington Peninsula 2	3									3

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		10		11				43
2	Mornington Peninsula 1	13			13						26
3	Ballarat Region		11				13				24
4	Mornington Peninsula 2	11			11						22
5	St Kevin's 1	10									10
6	Glenhuntly				9						9
7	Keilor St Bernards	8									8
7	Athletics Essendon				8						8
9	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	11	13	13				87
2	Sandringham	8			11	13						32
3	Doncaster	11		10		10						31
4	Ballarat Region	9		9				11				29
5	Glenhuntly			13		8						21
5	Malvern Harriers			8	13							21
7	Mornington Peninsula	6				9						15
8	Box Hill	10										10
9	Yarra Ranges	7										7
9	Diamond Valley					7						7
11	Melbourne University	5										5
12	Ringwood	4										4
13	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	13	13	13				62
2	Geelong Region	11		11		11	11				44
3	Ballarat Region				10	10	10				30
4	Collingwood Harriers	13			11						24
5	Frankston	8			9						17
6	Diamond Valley	6		10							16
7	Doncaster	7			8						15
8	Yarra Ranges	9									9
8	Williamstown			9							9
10	Western Athletics 2				7						7
11	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	Ballarat Region	10	10		9	13	11				53
2	Yarra Ranges	13	13		11		13				50
3	Coburg Harriers	11		13	13						37
4	Ballarat Region 2				8	11	10				29
5	Keilor St Bernards	6			10						16
6	Frankston	5	9								14
7	Wellington		11								11
8	Mornington Peninsula	9									9
9	Sandringham	8									8
10	Athletics Essendon	7									7

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		13	13	13				63
2	Diamond Valley 1	6		13	8	11	11				49
3	Geelong Region 1	7	13		10						30
4	Doncaster	4			11						15
5	Wellington 2	3			9						12
6	Mornington Peninsula 1	11									11
7	Wellington 1	10									10
8	St Kevin's	9									9
9	Sandringham	8									8
10	Ballarat Region				7						7
11	Mornington Peninsula 2	5									5
12	Diamond Valley 2	2									2
13	Geelong Region 2	1									1