



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

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



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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
2	St Kevin's 1	11										11
3	Victorian Cross Country League	10										10
4	Mentone	9										9
5	Coburg Harriers 1	8										8
6	Richmond Harriers 1	7										7
7	Diamond Valley	6										6
8	Bendigo Region	5										5
9	Victorian Masters 1	4										4
10	Ivanhoe Harriers	3										3
11	Western Athletics	2										2

Men 40-49

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
2	APS United	11										11
3	Glenhuntly 1	10										10
4	Athletics Waverley	9										9
5	Collingwood Harriers	8										8
6	Mornington Peninsula	7										7
7	Old Xaverians	6										6
8	Doncaster	5										5
9	Mentone	4										4
10	Keilor St Bernards	3										3
11	Malvern Harriers	2										2



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Men 50-59

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
2	APS United	11										11
3	Glenhuntly	10										10
4	Collingwood Harriers	9										9
5	Keilor St Bernards	8										8
6	South Melbourne	7										7
7	Ballarat Region	6										6
8	Doncaster	5										5
9	Athletics Waverley	4										4
10	Diamond Valley	3										3
11	Melbourne University	2										2
12	Doncaster 2	1										1

Men Over 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										13
2	Williamstown	11										11
3	APS United	10										10
4	Glenhuntly	9										9
5	Athletics Essendon	8										8
6	South Melbourne	7										7



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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	Melbourne University	11										11
2	Collingwood Harriers	9										9
3	Athletics Essendon	8										8
4	Glenhuntly	7										7
5	Knox Athletics	6										6
6	South Melbourne	5										5
7	Frankston	4										4
8	Western Athletics	3										3
9	Old Xaverians	2										2
10	Ballarat Region	1										1

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										13
2	Box Hill	11										11
3	Glenhuntly 2	10										10
4	Mentone	9										9
5	Diamond Valley	8										8
6	Collingwood Harriers 2	7										7
7	Malvern Harriers	6										6
8	Yarra Ranges	5										5
9	Keilor St Bernards	4										4
10	Athletics Waverley	3										3
11	Richmond Harriers	2										2
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	Melbourne University 2	15										15
2	Traralgon Harriers	13										13
3	Western Athletics 2	12										12
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										0
8	Glenhuntly 3	0										0
8	Knox Athletics 2	0										0
8	Mornington Peninsula	0										0
8	Ringwodd	0										0
8	South Melbourne 2	0										0
8	Williamstown	0										0



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Women 40-49

<i>Rank</i>	<i>Club</i>	<i>Rd 1</i>	<i>Rd 2</i>	<i>Rd 3</i>	<i>Rd 4</i>	<i>Rd 5</i>	<i>Rd 6</i>	<i>Rd 7</i>	<i>Rd 8</i>	<i>Rd 9</i>	<i>Rd 10</i>	<i>Total</i>
1	APS United	13										13
2	Mentone	11										11
3	Box Hill 1	10										10
4	Box Hill 2	9										9
5	Collingwood Harriers	8										8
6	Mornington Peninsula	7										7
7	Doncaster 1	6										6
8	Athletics Waverley	5										5

Women Over 50

<i>Rank</i>	<i>Club</i>	<i>Rd 1</i>	<i>Rd 2</i>	<i>Rd 3</i>	<i>Rd 4</i>	<i>Rd 5</i>	<i>Rd 6</i>	<i>Rd 7</i>	<i>Rd 8</i>	<i>Rd 9</i>	<i>Rd 10</i>	<i>Total</i>
1	Box Hill	13										13
2	Malvern Harriers	11										11
3	Diamond Valley	10										10
4	Athletics Waverley	9										9
5	Glenhuntly	8										8



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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
2	Ballarat Region	11										11
3	Western Athletics	10										10
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
2	Knox Athletics	11										11
3	Western Athletics	10										10
4	Geelong Region	9										9
5	Ballarat Region 2	8										8
6	Mentone	7										7
7	Doncaster	6										6
8	Yarra Ranges 1	5										5
9	Mornington Peninsula	4										4
10	Diamond Valley	3										3
11	Frankston	2										2
12	Athletics Essendon	1										1



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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
2	Ballarat Region	11									11
3	Diamond Valley	10									10
4	Box Hill	9									9
5	Mornington Peninsula 1	8									8
6	Keilor St Barnards	7									7
7	Geelong Region	6									6
8	Knox Athletics 2	5									5
9	Athletics Waverley	4									4
10	Mornington Peninsula 2	3									3
11	Yarra Ranges	2									2
12	Collingwood Harriers	1									1

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	Mornington Peninsula 1	13									13
2	Mornington Peninsula 2	11									11
3	St Kevin's 1	10									10
4	Collingwood Harriers	9									9
5	Keilor St Barnards	8									8
6	St Kevin's 2	7									7



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Women Under 20

<i>Rank</i>	<i>Club</i>	<i>Rd 1</i>	<i>Rd 2</i>	<i>Rd 3</i>	<i>Rd 4</i>	<i>Rd 5</i>	<i>Rd 6</i>	<i>Rd 7</i>	<i>Rd 8</i>	<i>Rd 9</i>	<i>Rd 10</i>	<i>Total</i>
1	Geelong Region	13										13
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

<i>Rank</i>	<i>Club</i>	<i>Rd 1</i>	<i>Rd 2</i>	<i>Rd 3</i>	<i>Rd 5</i>	<i>Rd 6</i>	<i>Rd 7</i>	<i>Rd 8</i>	<i>Rd 9</i>	<i>Rd 10</i>	<i>Total</i>	
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

