

# XCR'09

Cross Country & Road Racing

Progressive  
Ladders

## Men Division 1

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Box Hill	11	13	11	13	8						56
2	Glenhuntly	10	11	10	9	11						51
3	Ballarat YCW Harriers	13	8	8	10	10						49
4	Geelong Region	8	10	13	11	6						48
5	Athletics Essendon	7	9	9	6	9						40
6	Knox Athletics	5	3	7	5	13						33
7	Collingwood Harriers	6	7	3	8	5						29
8	Sandringham	9	6	5	2	4						26
9	Bendigo Region	4	4	4	4	7						23
10	Melbourne University	2	5	2	7	3						19
11	APS United	1	2	6	3	2						14
12	Doncaster	3										3

## Women Division 1

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Knox Athletics	13	10	11	13	13						60
2	Box Hill	8	11	13	10	10						52
3	Glenhuntly	11	6	5	6	11						39
3	Melbourne University	9	9	9	11	1						39
5	Traralgon Harriers	4	8	8	8	7						35
6	APS United	10	13	10								33
7	Collingwood Harriers	6	7	6	5	6						30
8	Richmond Harriers	2	4	4	7	9						26
9	Keilor St Bernards	5	5	3	4	8						25
10	Geelong Region	3		7	9							19
11	Sandringham	7		1								8
12	Ringwood			2								2

## Men Division 2

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Eureka	14	14	14	14	14						70
2	Box Hill 2	12	12	12	11	10						57
3	Keilor St Bernards	6	7	8	12	12						45
4	Western Athletics	5	5	11	9	11						41
5	Richmond Harriers	9	10	4	7	9						39
6	Athletics Waverley	10	11	6	4	5						36
7	Traralgon Harriers	8	9	9	8	1						35
8	Glenhuntly 2	11	4	10	2	6						33
9	Mornington Peninsula	4	8	5	10	4						31
10	Diamond Valley	7	2	7	6	2						24
11	Athletics Nunawading	3		3	3	8						17
11	Collingwood Harriers 2	2	6	1	5	3						17
13	Malvern Harriers	1	3	2	1	7						14

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## Women Division 2

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Bendigo Region	9	13	15	12	9						58
2	Knox Athletics 2	13	7	11	13	13						57
3	Athletics Essendon	12	15	13		11						51
4	Western Athletics	5	9	8	11	10						43
5	Ballarat YCW	7	6	6	15	8						42
6	Diamond Valley	11	12	12		4						39
7	Melbourne University 2	10	11	5	9							35
8	St Stephens Harriers	6	10	10		5						31
9	Malvern Harriers	4	8	9		7						28
10	Glenhuntly 2	8	5	7		6						26
11	Doncaster	15										15
12	Ballarat Harriers				10							10
12	Coburg Harriers	3	4			3						10
14	Richmond Harriers 2											0

## Men Division 3

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Frankston	16	16	16	10	14						72
2	Coburg Harriers	8	14	12	13	12						59
3	Mentone	11	13	14	14	4						56
4	Ballarat YCW 2	14	6	13	11	8						52
5	Knox Athletics 2	10	8	10	7	13						48
6	South Melbourne	4	9	5	6	16						40
7	Melbourne University 2	5	12		12	10						39
8	Ballarat Harriers	3	4	4	16	11						38
9	St Stephens Harriers	12	10	8		7						37
10	Collingwood Harriers 3	7	7	6	9	5						34
11	Glenhuntly 3	9	2	9	5	6						31
11	Sandringham 2	13	11	7								31
13	Keilor St Bernards 2	6	5		8	9						28
14	APS United 2	2	3	11		3						19
15	Ringwood											0

### Women Division 3

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Athletics Waverley	16	15	15	15	18						79
2	Frankston	14	19	18		21						72
3	Traralgon Harriers 2	10	18	19	16							63
4	Box Hill 2	19	21	21								61
5	Western Athletics 2	12	13	13		19						57
6	Mentone	9	14	14		17						54
7	Collingwood Harriers 2		17	17	18							52
8	Knox Athletics 3	21		10	17							48
9	South Coast Athletics		16	12		16						44
10	Eureka	18			21							39
11	Wendouree				19							19
12	Glenhuntly 3	17										17
13	APS United 2			16								16
14	St Stephens Harriers 2	15										15
15	Casey Cardinia	13										13
16	Athletics Essendon 2	11										11
17	Geelong Region 2											0
17	Ringwood 2											0
17	South Melbourne											0
17	Wellington Athletics											0

### Men Division 4

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Wendouree	16	14	13	16	16						75
2	Athletics Essendon 2		16	14	14	13						57
3	Coburg Harriers 2	6	11	4	12	12						45
4	Western Athletics 2	7	10	12		14						43
5	Geelong Region 2	12		16	13							41
6	Collingwood Harriers 4	10	7	6	10	7						40
7	Knox Athletics 3	11	9	8		8						36
7	Oakleigh	3	12	10	11							36
9	Glenhuntly 4	14		9		10						33
10	Malvern Harriers 2	8	6	7		11						32
11	Maccabi	5	13	11								29
12	Richmond Harriers 2	4	8	5		9						26
13	Sandringham 3	13		3								16
14	Diamond Valley 2	9		2								11
15	Ringwood 2											0

### Women Division 4

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Box Hill 3	11	13	13								37
2	Oakleigh	6	9	8	11							34
2	Bendigo Region 2	3		11		13						27
2	Ballarat YCW 2	1			13	10						24
5	Western Athletics 3	4	7			11						22
6	Keilor St Bernards 2	9	11									20
6	Traralgon Harriers 3		10	10								20
8	Glenhuntly 4	13										13
9	Knox Athletics 4	10										10
9	Melbourne University 4	2	8									10
11	Malvern Harriers 3			9								9
11	Western Athletics 4					9						9
13	Melbourne University 3	8										8
14	Traralgon Harriers 4			7								7
14	Williamstown	7										7
16	Glenhuntly 5	5										5
17	Athletics Waverley 2	1										1

### Men Division 5

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Box Hill 3	18	18	18	16	17						87
2	Eureka 2	15	14	16	20	18						83
3	Bendigo Region 2	17	20	20		20						77
4	South Coast Athletics	13	15	14	18	15						75
5	Athletics Waverley 2	16	16	15	14	12						73
5	Traralgon Harriers 2	14	17	17	17	8						73
7	Coburg Harriers 3	5	9	11	12	10						47
8	South Melbourne 2	10	10	9	13							42
9	Collingwood Harriers 5	11	8	8		9						36
10	Malvern Harriers 3	8		12		13						33
10	Western Athletics 3	6		10		16						32
10	Ivanhoe Harriers	9	11			11						31
10	Ballarat Harriers 2				15	14						29
14	APS United 3	7		13								20
14	Doncaster 2	20										20
16	Melbourne Uni 3		13									13
17	Sandringham 4	12										12
17	Williamstown		12									12
19	Mornington Peninsula 2											0

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## Men Division 6

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Casey Cardinia	20	20	20	20							80
2	Ballarat YCW 3	15		17	17	17						66
3	Frankston 2	18	16			18						52
4	St Stephens Harriers 2	16	18			16						50
5	Mentone 2	13	17	18								48
6	Glenhuntly 5	14		16		15						45
7	Coburg Harriers 4		15	12		14						41
8	Athletics Essendon 3	17		14								31
9	Knox Athletics 4	11		15								26
10	South Melbourne 3	10		13								23
11	Collingwood Harriers 6	9		11								20
11	Keilor St Bernards 3					20						20
13	Wendouree 2				18							18
14	Athletics Nunawading 2	12										12
15	Diamond Valley 3											0
15	Oakleigh 2											0
15	Sandringham 5											0

## Men Division 7

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Traralgon Harriers 3	7	13	11	13							44
2	Bendigo Region 3			13		13						26
3	Box Hill 4	10		10								20
4	Athletics Waverley 3	11		8								19
5	Ballarat YCW 4	8			10							18
6	Frankston 3	13										13
7	Bendigo Region 4					11						11
7	Wendouree 3				11							11
9	Bendigo Region 5					10						10
10	APS United 4			9								9
10	Athletics Essendon 3	9										9
10	Bendigo Region 6					9						9
10	Eureka 3				9							9
10	Glenhuntly 7			3		6						9
15	Ballarat Harriers 3				8							8
15	Keilor St Bernards 4					8						8
17	Glenhuntly 6			7								7
17	Western Athletics 4					7						7
19	Athletics Essendon 4	6										6
19	Knox Athletics 5			6								6
21	APS United 5			5								5
21	Richmond Harriers 3	5										5
23	Malvern Harriers 4			4								4
23	St Stephens Harriers 3	4										4
25	South Coast Athletics 2	3										3
26	Athletics Waverley 4	2										2
27	Collingwood Harriers 7	1										1

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## Men Over 40

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	APS United	13	13	13	11							50
2	Traralgon Harriers		11	11	6							28
3	Athletics Waverley		10	7	10							27
4	Bendigo Region	11	6	1	7							25
5	Ballarat YCW			10	13							23
5	Box Hill	10	9	3	1							23
7	Malvern Harriers		3	8	8							19
8	Wendouree		7	5	5							17
9	Sandringham		8	6								14
10	Collingwood Harriers		1	9	2							12
11	Glenhuntly	9		1								10
11	South Coast Athletics		5	2	3							10
13	Knox Athletics		4	4	1							9
13	Melbourne University				9							9
15	Frankston	8										8
16	Casey Cardinia	7										7
17	Ballarat Harriers				4							4
18	Coburg Harriers		1	1	1							3
18	Western Athletics		2	1								3
20	Athletics Essendon			1								1
20	Eureka				1							1
20	Geelong Region				1							1
20	Maccabi			1								1

## Men Over 50

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Keilor St Bernards	6	13	11	13							43
2	Collingwood Harriers	13	11	7	8							39
3	Glenhuntly	9	6	6	9							30
4	Richmond Harriers		9	9	11							29
5	Diamond Valley		10	8	10							28
6	APS United	7	7	5	4							23
7	Eureka	11	8									19
7	Oakleigh	10		4	5							19
9	Malvern Harriers		4	13								17
10	St Stephens Harriers	8	5									13
11	Athletics Nunawading			10								10
12	South Melbourne		3	3	2							8
13	Ballarat Harriers				7							7
14	Box Hill				6							6
15	Coburg Harriers		1	3	1							5
15	Glenhuntly 2	5										5
15	Knox Athletics		2		3							5
18	Traralgon Harriers				1							1

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## Women Over 40

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Collingwood Harriers	11	10	9	10							40
2	Box Hill		13	13	13							39
3	Traralgon Harriers	13	9	8	7							37
4	Bendigo Region		11	11								22
5	Ringwood			10	11							21
6	Keilor St Bernards	10	8									18
7	Malvern Harriers		6	7								13
8	Ballarat YCW				9							9
9	Ballarat Harriers				8							8
10	Athletics Waverley		7									7

## Women Under 14

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Doncaster 1	10	13	13								36
2	Western Athletics		11	11	13							35
2	South Coast Athletics	6	9	7	11							33
4	Coburg Harriers	11		10								21
4	Doncaster 2	2	10	9								21
4	Malvern Harriers	5	8	8								21
7	Frankston	13										13
7	Keilor St Bernards	3			10							13
9	Athletics Essendon 1	9										9
10	Athletics Essendon 2	8										8
11	Knox Athletics	7										7
12	Doncaster 3			6								6
13	Ballarat YCW	4										4

## Men Under 14

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Knox Athletics	7	11	10	11							39
1	Mornington Peninsula	13	13	13								39
3	Western Athletics	11		11								22
4	Eureka				13							13
5	Doncaster	10										10
5	Richmond Harriers			10								10
5	Wendouree				10							10
8	Frankston	9										9
9	Malvern Harriers	8										8
10	Geelong Region	6										6
11	Ballarat YCW	5										5

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## Women Under 16

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Knox Athletics 1	11	13	13	11							48
1	Western Athletics	13	11	11	13							48
3	Geelong Region	9	10	10	10							39
4	Ballarat YCW	4	8	9	9							30
5	Knox Athletics 2	1	7	8								16
6	Casey Cardinia	6	9									15
7	Athletics Essendon	10										10
8	Keilor St Bernards	2			7							9
9	Ballarat YCW 2				8							8
9	Glenhuntly	8										8
9	Western Athletics 2	1		7								8
12	Frankston	7										7
13	Geelong Region 2	5										5
14	Malvern Harriers	3										3
15	Doncaster	1										1

## Men Under 16

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Eureka	10	13	13	13							49
2	Keilor St Bernards	6	11	9	10							36
3	Ballarat YCW	7		11	11							29
4	Richmond Harriers	3	10	10								23
5	Frankston	13										13
6	Malvern Harriers	11										11
7	Glenhuntly	9										9
8	Knox Athletics	8										8
9	St Stephens Harriers	5										5
10	Collingwood Harriers	4										4

## Women Under 18

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Ballarat YCW 1	13	11	13	13							50
2	Keilor St Bernards	6	9	10	10							35
3	Diamond Valley	4	8	9	9							30
4	Knox Athletics 1	8	10	11								29
5	Athletics Essendon	10	13									23
6	Ballarat YCW 2	3			11							14
7	Box Hill	11										11
8	Doncaster	9										9
9	Knox Athletics 2	7										7
10	Athletics Waverley	5										5
11	Western Athletics	2										2

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## Men Under 18

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Knox Athletics 1	13	13	13	13							52
2	Knox Athletics 2	7	11	11	11							40
3	South Coast Athletics	8	10		9							27
4	Box Hill	10		10								20
5	Frankston	11										11
6	Ballarat Harriers				10							10
7	Malvern Harriers 1	9										9
8	Geelong Region	6										6
9	Malvern Harriers 2	5										5
10	Coburg Harriers	4										4
11	Collingwood Harriers	3										3
12	Ballarat YCW	2										2

## Women Under 20

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Glenhuntly 1	13	13	13	13							52
2	Doncaster	11		11								22
3	St Stephens Harriers	9		10								19
4	Glenhuntly 2	10										10
5	Ballarat YCW	8										8
6	Ringwood	7										7
7	Bendigo Region	6										6

## Men Under 20

	Club	Rd1	Rd2	Rd3	Rd4	Rd5	Rd6	Rd7	Rd8	Rd9	Rd10	Total
1	Keilor St Bernards	11	11	13	11							46
2	Ballarat YCW	13	10		13							36
3	Glenhuntly		13									13
4	Bendigo Region			11								11
5	Richmond Harriers				10							10
5	Ringwood	10										10
7	Box Hill	9										9

### Country Championship—Women

	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1	Bendigo YMCA	13	13	8		34
2	Traralgon Harriers	11	11	11		33
2	Ballarat YCW	10	10	13		33
4	South Coast Athletics	9	9			18
5	Ballarat Harriers			10		10
6	Eureka			9		9
7	Wendouree			7		7

### Country Championship—Men

	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1	Deakin	11	13	11		35
1	Eureka	13	12	10		35
3	Ballarat YCW	10	11	13		34
4	Bendigo YMCA	8	9	9		26
4	Traralgon Harriers	9	8	7		24
6	Wendouree	6	7	6		19
7	Ballarat Harriers	4	5	8		17
8	South Coast Athletics	5	6	4		15
9	Athletics Chilwell	7		5		12

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## Champion XCR'09 Athlete—Open Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Total
1 Duer Yoa	Eureka	8	7	9				24
2 Steve Moneghetti	Ballarat YCW		6	11				17
3 Andrew White	Box Hill	7	2	5				14
4 Toby Rayner	Glenhuntly	9		3				12
5 Clint Perrett	Sandringham	11						11
5 Mark Tucker	Geelong Region		11					11
5 Steven Kelly	Box Hill	4		7				11
8 Chris Hamer	Box Hill	6	4					10
9 Jason Woolhouse	Geelong Region		9					9
9 Ben Toomey	Knox Athletics		3	6				9

## Champion XCR'09 Athlete—Open Women

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Total
1 Kathryn Ewels	Traralgon	8	5	11				24
2 Kate Seibold-Crosbie	Knox Athletics	9	3	6				18
3 Kristy McCarthy	Knox Athletics	5	4	9				18
4 Susan Michelsson	Collingwood	11	7					18
5 Tarli Bird	Glenhuntly	7		8				15
6 Isabella DeCastella	APS United	6	6					12
7 Nikki Chapple	Box Hill		11					11
8 Cassandra Fien	Wellington		9					9
9 Hanny Allston	Box Hill		8					8
10 Michelle Bleakley	APS United			7				7

## Champion XCR'09 Athlete—U20 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Total
1 Cody Williamson	Bendigo Region	7	8	9			24
2 Luke Hennessy	Glenhuntly	11	11				22
3 Aaron Green	Ballarat YCW	9	5	7			21
4 David Ireland	KSB	8	6	6			20
4 Mark Blicavs	Athls Essendon		9	11			20
6 Rhydian Cowley	Glenhuntly	5	7				12
7 Tom Fawthorpe	Ringwood	6	4				10
8 Victor Shelamoff	KSB	4	2	3			9
8 Alexander Davis	Ballarat YCW	3	1	5			9
10 Jamie Huggett	Ballarat YCW			8			8

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## Champion XCR'09 Athlete—U20 Women

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Total
1	Grace Thek	Doncaster	11	11	11		33
2	Cassandra Hallam	Wellington	8	9	7		24
3	Heidi Begala	Glenhuntly		8	5		13
3	Steph Kondogonis	KSB		7	6		13
5	Carly Griffith	Knox Athletics		6	3		9
5	Kelly Hetherington	Glenhuntly	9				9
5	Sarah Lund	Glenhuntly			9		9
5	Tessa Neave	Glenhuntly	4	5			9
9	Becky Neave	Glenhuntly	5	3			8
9	Linden Hall	Aths Essendon			8		8

## Champion XCR'09 Athlete—U18 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total	
1	Jordan Nelson	Knox Athletics	11	8	9		28
2	Michael Dowel	Box Hill	7	9	7		23
3	Ryan Geard	Aths Essendon	9	11			20
4	Sam Quirk	South Coast	8	7	4		19
5	Matthew Beer	Knox Athletics		5	8		13
6	Anthony Aloisio	Box Hill			11		11
7	Terry Jepson	Malvern Harriers	4	6			10
8	Rehan Nazar	Knox Athletics	6		2		8
9	J Hamill-Beach	Geelong Region	3		3		6
9	Rick Whitehead	Athletics Waverley			6		6

## Champion XCR'09 Athlete—U18 Women

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total	
1	Jamie Vernon	Athletics Essendon	11	9	7		27
2	Jackie Hallam	Wellington	6	11	5		22
3	Georgie Buckley	Geelong Region	4	7	8		19
4	Rosie Donegan	Athletics Essendon	8		9		17
5	Eloise O'Brien	Box Hill	7		4		11
5	Lyra Meehan	Ballarat YCW			11		11
5	Rachel Tallent	Ballarat YCW	5	6			11
8	Lauren Grant	Knox Athletics	2	8			10
9	Danielle Baulch	Athletics Essendon	9				9
10	Rebecca Wood	Ballarat YCW	3	2	2		7

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## Champion XCR'09 Athlete—U16 Men

	Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1	Cameron Smith	Frankston	11	8	11		30
2	Jack Davies	Eureka	8	3	9		20
3	Jai Edmonds	Preston	9		5		14
4	Luke Percy	Richmond Harriers	7	6			13
4	Willam Sheils	Collingwood		7	6		13
6	Joel Tobin-White	Doncaster		11			11
6	Stewart McSweyn	Eureka	6	1	4		11
8	Joshua West	Glenhuntly		9			9
9	Nicholas Bien	Malvern Harriers			8		8
10	Ben Quirk	South Coast Aths	4		3		7

## Champion XCR'09 Athlete—U16 Women

	Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1	Samantha Prime	Knox Athletics	11	11	11		33
2	Amy Cashin	Western Athletics	9	9	9		27
3	Jmara Hockley-Samon	Geelong Region	6	6	6		18
4	Anne Wallace	Glenhuntly	7	7	1		15
5	Rochelle Kennedy	Western Athletics	8	3	3		14
6	Rachel Bullard	Knox Athletics	2	5	7		14
7	Mia Ross	Wellington Athletics	5	8			13
8	Jessica Prime	Knox Athletics	4	2	2		8
9	Courteney Scott	Western Athletics			8		8
10	Sarah Connell	Athletics Essendon			5		5

## Champion XCR'09 Athlete—U14 Men

	Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1	Zachary Rouse	Mornington Pen	11	8	9		28
2	Hein Reimert	Eureka		11	11		22
3	John Camilleri	Western Athletics	5	6	8		19
4	Jordan Rouse	Mornington Pen	9	9			18
5	Ben Kelly	Mornington Pen	8	7			15
5	Jordan Minter	Collingwood	7	3	5		15
7	Isaac Hockey	Geelong Region		5	7		12
8	Daniel Sheridan	Knox Athletics	6	1	3		10
9	Ryan Norman	Wendouree			6		6
10	Hayden Stead	Wellington Athletics	4				4

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## Champion XCR'09 Athlete—U14 Women

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1 Natalie Rule	Doncaster	11	9	7		27
2 Talissa Jansen	Western Athletics	7	8	8		23
3 Claudia Verstraten	Geelong Region	9		11		20
4 Leah Polycarpou	Coburg Harriers		7	9		16
5 Jemma Mirabella	Ballart YCW		11			11
6 Casey Geard	Athletics Essendon		3	6		9
7 Laura Powell	Doncaster	8				8
8 Ashlee Walburg	Doncaster	3	4			7
9 Grace McFaul	Knox Athletics	6				6
10 Kaori Nakase	Glenhuntly	4	2			6

## Champion XCR'09 Athlete—40 to 44 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Total
1 James Atkinson	Aths Waverley	9	11	9				29
1 Magnus Michelsson	Collingwood	11	7	11				29
3 Robert Schwerkolt	APS United	8	8	7				23
4 Darrel Cross	Traralgon	7	3	4				14
5 Philip Champion	Diamond Valley	6	6					12
6 Chris Bunnie	APS United		11					11
7 Anthony Wilson	Glenhuntly			8				8
8 Andrew Bell	Geelong Region		4	2				6
8 Andrew Moore	Melbourne Uni			6				6
10 Justin Wilson	APS United		5					5

## Champion XCR'09 Athlete—40 to 44 Women

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Total
1 Lisa Dick	Ringwood	9	11	9				29
2 Julie Norney	Box Hill	8	8	7				23
3 Anne Buckley	Bendigo Region	6	6	8				20
3 Natalie Geddes	APS United	11	9					20
5 Sue Geard	Aths Essendon	7	7	5				19
6 Alison Chapman	Collingwood	5	4	4				13
7 Michelle Bleakley	APS United			11				11
8 Belinda Mirabella	Ballarat YCW		5	3				8
8 Maria Abfalter	KSB	3	3	2				8
10 Anne Martin	Ballarat YCW			6				6

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## Champion XCR'09 Athlete—45 to 49 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Total
1	Steven Quirk	South Coast	7	9	9			25
2	Maurice Prendergast	Ballarat YCW	9	8	7			24
3	Stephen Moneghetti	Ballarat YCW		11	11			22
4	Chris O'Connor	Box Hill	5	6	8			19
5	Gerrard Brown	KSB	8	4	4			16
6	John Meagher	Box Hill	11					11
7	Ian Cornthwaite	Traralgon	2	7				9
8	Orlando Paris	Malvern	1	2	6			9
9	Scott Lawrence	APS United	3	5				8
10	Jack Verstraten	Geelong Region	4		2			6

## Champion XCR'09 Athlete—45 to 49 Women

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Total
1	June Petrie	Box Hill	11	9	11			31
2	Joanne Keely	Bendigo Region	8	11				19
3	Anna D'Alberto	Knox Athletics		8	9			17
4	Frances Willmot	Collingwood	4	5	7			16
5	Deb Piercy	Traralgon	7	7				14
6	Coral Farr	Ringwood		4	6			10
6	Janette Chapman	Collingwood	5		5			10
8	Janine Higham	Aths Essendon	9					9
9	Rose Fenech	Eureka			8			8
10	Carolyn Rosenbock	Nunawading	3	3				6

## Champion XCR'09 Athlete—50 to 54 Men

Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Total
1	Michael McIntyre	KSB	11	11	11			33
2	Bert Pelgrim	Box Hill	9	9	7			25
3	Peter Gaffney	KSB	6	6	9			21
3	Stephen Vernal	Nunawading	8	7	6			21
5	Bruce Lyon	Richmond	4	4	5			13
5	John Williams	Malvern	5	8				13
7	Chris Lynch	Diamond Valley	7	5				12
8	Vincent Duffy	Ballarat Harriers			8			8
9	Philip Lane	KSB			4			4
10	Garry O'Dwyer	Western Aths		3				3

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## Champion XCR'09 Athlete—50+ Women

	Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Total
1	Megan Sloane	Box Hill	11	11	11				33
2	Christine O'Halloran	Ballarat Harriers	8	8	7				23
2	Lavinia Petrie	Ringwood	6	9	8				23
4	Colleen Stephens	Ballarat Harriers	9		9				18
5	Barbara Fay	Malvern	3	7	6				16
6	Connie Davy	Oakleigh	4	6	4				14
7	Annette Pelgrim	Knox Athletics	2	5	5				12
8	Janet Moloney	KSB		4	3				7
8	Kym Osmond	Oakleigh	7						7
10	Elizabeth Street	Casey Cardinia	5						5

## Champion XCR'09 Athlete—55 to 59 Men

	Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Total
1	Charles Chambers	Bendigo Region	11	11	11				33
2	Kenneth Duxbury	Collingwood	6	8	9				23
3	Brian Harrison	Ballarat YCW		7	8				15
4	Chris Wardlaw	Glenhuntly		6	7				13
4	Paul Twining	Collingwood	5	2	6				13
6	Anthony Bird	Collingwood	7	4					11
7	Nicholas Bignell	Malvern		9					9
7	Robert Soar	Eureka	9						9
9	Colin Page	Richmond		3	5				8
9	Geoff Holden	APS United	8						8

## Champion XCR'09 Athlete—60+ Men

	Name	Club	Lardner Park	Sandown	Lake Wend	Bundoora Park	Geelong	Burnley Half	Total
1	Peter Moore	Richmond	11	11	11				33
2	Eric Sigmont	Glenhuntly	9	9	9				27
3	Len Johnson	Glenhuntly		8	7				15
3	Michael Fenelon	Eureka	8	7					15
5	John Kneen	Sandringham	5	4	5				14
6	Robin Broberg	Diamond Valley		5	8				13
7	Peter Logan	Sth Melbourne	6	6					12
8	Michael Whiteoak	Sth Melbourne	4	3	4				11
9	Gabriel Carmona	Sth Melbourne	7		3				10
10	Brian Woodruff	Eureka			6				6

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## Champion XCR'09 Athlete—Country Open Men

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1 Duer Yoa	Eureka	11	8	9		28
2 Steve Moneghetti	Ballarat YCW		7	11		18
3 Sam Ellis	Eureka	9	6			15
4 Brenton Rowe	Deakin	8	5			13
5 Mark Tucker	Geelong Guild		11			11
6 Scott Rantall	Deakin		4	6		10
7 Brady Threllfall	Bendigo YMCA	4	1	4		9
7 Jason Woolhouse	Deakin		9			9
9 Ashley Watson	Wendouree		3	5		8
9 Nathan Hartigan	Ballarat Harriers			8		8

## Champion XCR'09 Athlete—Country Open Women

Name	Club	Lardner Park	Sandown	Lake Wend	Geelong	Total
1 Kathryn Ewels	Traralgon	11	9	11		31
2 Meredith Cook	Bendigo YMCA	9	8	9		26
3 Anne Buckley	Bendigo YMCA	7	5	6		18
4 Anne Martin	Ballarat YCW	8		4		12
5 Cassie Fien	Wellington Aths		11			11
6 Joanne Keely	Bendigo YMCA	6	4			10
7 Kristen Wyatt	Aths Chilwell		6	3		9
8 Tracey Fraser	Ballarat YCW			8		8
9 Lynda McCrae	Traralgon		7			7
9 Melissa Jones	Traralgon	5	1	1		7