



## St George Classic April 13th, 2019

<b>Girls U12 2km Allcomers</b>			<b>Boys U12 2km Allcomers</b>	
1	Sutherland A	25	1	St George A
2	Illawong A	20		
3	Bankstown A	18		
<b>Girls U14 3km Allcomers</b>			<b>Boys U14 3km Allcomers</b>	
	<i>No teams entered</i>		1	St George A
			2	Kembla Joggers A
<b>Girls U16 4km Allcomers</b>			<b>Boys U16 4km Allcomers</b>	
1	Sydney Striders A	25	1	<i>No teams entered</i>
<b>Girls U18 4km Allcomers</b>			<b>Boys U18 4km Allcomers</b>	
	<i>No teams entered</i>		1	Kembla Joggers A
				25
<b>Girls U20 7km Allcomers</b>			<b>Boys U20 10km Allcomers</b>	
	<i>No teams entered</i>			<i>No teams entered</i>
<b>Women's Open 7km Allcomers</b>			<b>Men's Open 10km Allcomers</b>	
1	Sydney University A	15	1	Sydney University A
				15
<b>Women's Open Novice 7km</b>			<b>Men's Open Novice 10km</b>	
1	Sutherland A	15	1	Sutherland A
2	Athletics East A	12	2	Sydney University A
			3	Athletics East A
			4	Sutherland B
				9
<b>Women's 30-39 7km Allcomers</b>			<b>Men's 30-39 10km Allcomers</b>	
	<i>No teams entered</i>		1	<i>No teams entered</i>
<b>Women's 40-49 7km Allcomers</b>			<b>Men's 40-49 10km Allcomers</b>	
	<i>No teams entered</i>		1	Athletics East A
				25
<b>Women's 50-59 4km Allcomers</b>			<b>Men's 50-59 4km Allcomers</b>	
1	Bankstown A	25	1	St George A
			2	Bankstown A
				20
<b>Women's 60-69 4km Allcomers</b>			<b>Men's 60-69 4km Allcomers</b>	
1	Bankstown A	25	1	Bankstown A
				25
<b>Women's 70-79 4km Allcomers</b>			<b>Men's 70-79 4km Allcomers</b>	
	<i>No teams entered</i>		1	Bankstown A
				25



**Sydney:10, May 4th, 2019**

<b>Girls U12 2km</b>	<b>Points</b>		<b>Boys U12 2km</b>	<b>Points</b>
<i>No teams entered</i>		1	Bankstown A	25
<b>Girls U14 2km</b>	<b>Points</b>		<b>Boys U14 2km</b>	<b>Points</b>
1 Sydney Striders A	25	1	Bankstown A	25
		2	Sydney Striders A	20
<b>Girls U16 5km</b>	<b>Points</b>		<b>Boys U16 5km</b>	<b>Points</b>
1 Sydney Striders A	25	1	Sydney Striders A	25
<b>Girls U18 5km</b>	<b>Points</b>		<b>Boys U18 5km</b>	
1 St George A	25	1	St George A	25
2 Sydney Striders A	20			
<b>Girls U20 5km</b>	<b>Points</b>		<b>Boys U20 10km</b>	<b>Points</b>
<i>No teams entered</i>		1	Sydney Striders A	25
<b>Women's Open 10km</b>	<b>Points</b>		<b>Men's Open 10km</b>	<b>Points</b>
1 Sydney University A	25	1	Sydney University A	25
2 Run Crew A	20	2	UTS Norths A	20
3 Newcastle Flyers A	18	3	Run Crew A	18
		4	Bankstown A	17
		5	Newcastle Runners A	16
		6	Sydney University B	15
		7	Delta Running Project A	14
		8	Run Crew B	13
		9	Bankstown B	12
		10	Sutherland A	11
		11	Hills Districts A	10
<b>Women's 30-39 10km</b>	<b>Points</b>		<b>Men's 30-39 10km</b>	<b>Points</b>
1 Athletics East A	25	1	Sydney Striders A	25
2 Hills District A	20	2	Athletics East A	20
3 Woodstock Runners A	18			
<b>Women's 40-49 10km</b>	<b>Points</b>		<b>Men's 40-49 10km</b>	<b>Points</b>
1 Bankstown A	25	1	Athletics East A	25
		2	Hills Districts A	20
		3	Sydney Striders A	18
		4	Bankstown A	17
		5	Sutherland A	16
		6	Sydney Striders B	15
		7	Bankstown B	14
<b>Women's 50-59 10km</b>	<b>Points</b>		<b>Men's 50-59 10km</b>	<b>Points</b>
<i>No teams entered</i>		1	Hills Districts A	25
		2	St George A	20
		3	Sydney Striders A	18
		4	Sutherland A	17
		5	St George B	16
		6	Bankstown A	15
<b>Women's 60-69 10km</b>	<b>Points</b>		<b>Men's 60-69 10km</b>	<b>Points</b>
1 Bankstown A	25	1	Hills Districts A	25
		2	Sydney Striders A	20
		3	Bankstown A	18
<b>Women's 70-79 10km</b>	<b>Points</b>		<b>Men's 70-79 10km</b>	<b>Points</b>
<i>No teams entered</i>			Bankstown A	25



## XC Relays May 25th, 2019

<b>Girls U12</b>		<b>Points</b>	<b>Boys U12</b>		<b>Points</b>
1	Sutherland District A	25	1	Kotara South A	25
2	Randwick Botany A	20	2	Sutherland District A	20
3	Bankstown Sports A	18	3	Mingara A	18
4	Nowra A	17	4	Bankstown Sports A	17
5	St George A	16	5	Port Hacking A	16
6	Hornsby District A	15			
<b>Girls U14</b>		<b>Points</b>	<b>Boys U14</b>		<b>Points</b>
1	Sydney Striders	25	1	Balmain A	25
2	Randwick Botany A	20	2	Sutherland District A	20
3	Newcastle Region A	18	3	Kembla Joggers A	18
4	Asics Wests A	17	4	Randwick Botany A	17
5	Sutherland District A	16	5	St George A	16
6	Balmain A	15	6	Sydney Pacific A	15
7	Hills District A	14	7	Nowra A	14
8	Kembla Joggers A	13	8	Randwick Botany B	13
9	St George A	12	9	Sutherland District B	12
10	Kembla Joggers B	11	10	Kembla Joggers B	11
11	Balmain B	10	11	Bankstown Sports A	10
12	Illawong A	9	12	Athletics East A	9
13	Nowra A	8			
14	Bankstown Sports A	7			
<b>Girls U16</b>		<b>Points</b>	<b>Boys U16</b>		<b>Points</b>
1	Illawong A	25	1	Balmain A	25
2	St George A	20	2	Trinity A	20
3	Sydney Striders A	18	3	Randwick Botany A	18
4	Kembla Joggers A	17	4	Illawong A	17
5	Hills District A	16	5	Kembla Joggers A	16
6	Sutherland District A	15	6	Sydney Striders A	15
7			7	Nowra A	14
8			8	Bankstown Sports A	13
9			9	Mingara A	12
10			10	St George A	11
11			11	Ryde A	10
			12	Westfields A	9
			13	Randwick Botany B	8

<b>Girls U18</b>		<b>Points</b>	<b>Boys U18</b>		
1	Macquarie Hunter A	25	1	Kembla Joggers A	25
2	Bankstown Sports A	20	2	Sutherland District A	20
3	St George A	18	3	Bankstown Sports A	18
4	Randwick Botany A	17	4	Kembla Joggers B	17
5	UTS Norths A	16	5	Mingara A	16
6	Sydney Striders A	15	6	Run Crew A	15
7	Hills District A	14	7	Sutherland District B	14
8	Bankstown Sports B	13			
9	Asics Wests A	12			
10	Randwick Botany B	11			
11	Nowra A	10			
12	Westfields A	9			
13	Illawong A	8			
<b>Women U20</b>		<b>Points</b>	<b>Men U20</b>		<b>Points</b>
1	Kembla Joggers A	25	1	Mingara A	25
2	Ryde A	20	2	Run Crew A	20
3	Asics Wests A	18	3	St George A	18
4	St George A	17	4	Trinity A	17
5	Sydney Striders A	16	5	Kembla Joggers A	16
6	Mingara A	15	6	UTS Norths A	15
			7	Westfields A	14
			8	St George B	13
			9	Nowra A	12
<b>Women's Open</b>		<b>Points</b>	<b>Men's Open</b>		<b>Points</b>
1	UTS Norths A	25	1	Bankstown Sports A	25
2	Sydney University A	20	2	Run Crew A	20
3	Illawong A	18	3	UTS Norths A	18
4	Bankstown Sports A	17	4	Sydney University A	17
5	Run Crew A	16	5	Randwick Botany A	16
6	Athletics East A	15	6	Run Crew B	15
7	Sutherland District A	14	7	UTS Norths A	14
			8	Sutherland District A	13
			9	Bankstown Sports B	12
			10	Delta Running Project A	11
			11	Sydney University B	10
			12	Delta Running Project B	9
			13	Bankstown Sports C	8
			14	UP Coaching A	7
			15	Sydney University C	6
			16	Sutherland District B	5
			17	Athletics East A	4
			18	UP Coaching B	3
			19	Asics Wests A	2

<b>Women's 30-39</b>		<b>Points</b>	<b>Men's 30-39</b>		<b>Points</b>
1	St George A	25	1	Mingara A	25
2	Athletics East A	20	2	Athletics East A	20
3	Mingara A	18	3	Kembla Joggers A	18
4	Nowra A	17	4	Girraween A	17
5	Hills District A	16			
<b>Women's 40-49</b>		<b>Points</b>	<b>Men's 40-49</b>		<b>Points</b>
1	Athletics East A	25	1	Kembla Joggers A	25
2	Sutherland District A	20	2	Sutherland District A	20
3	Woodstock Runners A	18	3	Athletics East A	18
4	Kembla Joggers A	17	4	Woodstock Runners A	17
5	Bankstown Sports A	16	5	Bankstown Sports A	16
6	Mingara A	15	6	Randwick Botany A	15
			7	Hills District A	14
			8	Asics Wests A	13
			9	Nowra A	12
			10	Mingara A	11
<b>Women's 50-59</b>		<b>Points</b>	<b>Men's 50-59</b>		<b>Points</b>
	<i>No teams entered</i>		1	Kembla Joggers A	25
			2	Athletics East A	20
			3	Hills District A	18
			4	St George A	17
			5	Sutherland District A	16
			6	Nowra A	15
			7	St George B	14
			8	Bankstown Sports A	13
			9	UTS Norths A	12
			10	Asics Wests A	11
			11	Sydney Striders A	10
			12	Sutherland District B	9
			13	Girraween A	8
			14	UTS Norths B	7
<b>Women's 60-69</b>		<b>Points</b>	<b>Men's 60-69</b>		<b>Points</b>
1	UTS Norths A	25	1	Hills District A	25
2	Bankstown Sports A	20	2	Hills District B	20
			3	Bankstown Sports A	18
<b>Women's 70-79</b>		<b>Points</b>	<b>Men's 70-79</b>		<b>Points</b>
			1	St George A	25



## Waratah Series Challenge June 22nd, 2019

<b>Girls U12 2km</b>		<b>Points</b>	<b>Boys U12 2km</b>		<b>Points</b>
1	Victory Runners A	25	1	Victory Runners A	25
2	Nowra A	20	2	Randwick Botany A	20
<b>Girls U14 3km</b>		<b>Points</b>	<b>Boys U14 3km</b>		<b>Points</b>
1	Sydney Striders A	25	1	Balmain A	25
2	Randwick Botany A	20	2	Kembla Joggers A	20
3	Asics Wests A	18	3	Sutherland A	18
4	Kembla Joggers A	17	4	Randwick Botany A	17
5	Victory Runners A	16			
<b>Girls 16 4km</b>		<b>Points</b>	<b>Boys U16 4km</b>		<b>Points</b>
1	Sydney Striders A	25	1	Randwick Botany A	25
2	Kembla Joggers A	20	2	Trinity A	20
			3	Kembla Joggers A	18
			4	Randwick Botany B	17
			5	Nowra A	16
<b>Girls U18 4km</b>		<b>Points</b>	<b>Boys U18 6km</b>		
1	Bankstown A	25	1	Kembla Joggers A	25
2	Randwick Botany A	20	2	Run Crew A	20
3	Kembla Joggers A	18	3	Sutherland A	18
<b>Girls U20 6km</b>		<b>Points</b>	<b>Boys U20 8km</b>		<b>Points</b>
<i>No teams entered</i>			<i>No teams entered</i>		
<b>Women's Open 10km</b>		<b>Points</b>	<b>Men's Open 10km</b>		<b>Points</b>
1	Sydney University A	25	1	Bankstown A	25
			2	U.T.S. Norths A	20
			3	Sydney University A	18
			4	Sydney University B	17
			5	Bankstown B	16
<b>Women's 30-39 10km</b>		<b>Points</b>	<b>Men's 30-39 10km</b>		<b>Points</b>
1	Victory Runners A	25	1	Mingara A	25
			2	Athletics East A	20
<b>Women's 40-49 10km</b>		<b>Points</b>	<b>Men's 40-49 10km</b>		<b>Points</b>
1	Bankstown A	25	1	Sutherland A	25
			2	Bankstown A	20
<b>Women's 50-59 6km</b>		<b>Points</b>	<b>Men's 50-59 8km</b>		<b>Points</b>
1	<i>No teams entered</i>		1	St George A	25
<b>Women's 60-69 6km</b>		<b>Points</b>	<b>Men's 60-69 8km</b>		<b>Points</b>
1	Bankstown A	25	1	Hills District A	25
			2	Bankstown A	20
<b>Women's 70-79 6km</b>		<b>Points</b>	<b>Men's 70-79 6km</b>		<b>Points</b>
<i>No teams entered</i>			1	St George A	25
			2	Bankstown A	20

## 2019 Street Relays - incorporating NSW Road Relays Championships

Saturday, July 13, 2019 at Newcastle University Ourimbah Campus

<b>Girls U12</b>		<b>Points</b>	<b>Boys U12</b>		<b>Points</b>
1	Macquarie Hunter A	25	1	Kotara South A	25
2	Ryde A	20	2	Mingara A	20
3	Bankstown A	18	3	Mingara B	18
4	Hornsby District A	17	4	Bankstown A	17
5	Mingara A	16			
6	Mingara B	15			
<b>Girls U14</b>		<b>Points</b>	<b>Boys U14</b>		<b>Points</b>
1	Macquarie Hunter A	25	1	Mingara A	25
2	Sydney Striders A	20	2	Bankstown A	20
<b>Girls U16</b>		<b>Points</b>	<b>Boys U16</b>		<b>Points</b>
1	Sydney Striders A	25	1	Randwick Botany A	25
2	Ryde A	20	2	Mingara A	20
3	Mingara A	18	3	Nowra A	18
			4	Sydney Striders A	17
			5	Bankstown A	16
<b>Girls U18</b>		<b>Points</b>	<b>Boys U18</b>		<b>Points</b>
1	Sydney Striders A	25	1	Mingara A	25
2	Asics Wests A	20	2	Mingara B	20
3	Hills District A	18			
<b>Girls U20</b>		<b>Points</b>	<b>Boys U20</b>		<b>Points</b>
1	Hills District A	25	1	Run Crew A	25
			2	Mingara A	20
<b>Women's Open</b>		<b>Points</b>	<b>Men's Open</b>		<b>Points</b>
1	Illawong A	25	1	Sydney University A	25
2	Sydney University A	20	2	Randwick Botany A	20
3	Asics Wests A	18	3	Newcastle Flyers A	18
4	Nowra A	17	4	Sydney University B	17
5	Mingara A	16	5	Mingara A	16
6	Sydney Pacific	15	6	UP Coaching A	15
			7	Bankstown A	14
<b>Women's 30-39</b>		<b>Points</b>	<b>Men's 30-39</b>		<b>Points</b>
1	Athletics East A	25	1	Mingara A	25
2	Mingara A	20	2	Athletics East A	20
3	Hills District A	18	3	Girraween A	18
4	Mingara B	17			
<b>Women's 40-49</b>		<b>Points</b>	<b>Men's 40-49</b>		<b>Points</b>
1	Illawong A	25	1	Sutherland District A	25
2	Bankstown A	20	2	Athletics East A	20
3	Hills District A	18	3	Bankstown A	18
4	Mingara A	17	4	Asics Wests A	17
			5	Sydney Striders A	16
			6	Mingara A	15
			7	UTS Norths A	14
<b>Women's 50-59</b>		<b>Points</b>	<b>Men's 50-59</b>		<b>Points</b>
1	Bankstown A	25	1	St George A	25
2	Mingara A	20	2	Mingara A	20
			3	Hills District A	18
			4	UTS Norths A	17
			5	Bankstown A	16
			6	Sydney Striders A	15
			7	Hills District B	14
			8	Bankstown B	13
<b>Women's 60-69</b>		<b>Points</b>	<b>Men's 60-69</b>		<b>Points</b>
1	Mingara A	25	1	Hills District A	25
2	UTS Norths A	20	2	Bankstown A	20
3	Bankstown A	18	3	Mingara A	18
			4	Girraween A	17
<b>Women's 70-79</b>		<b>Points</b>	<b>Men's 70-79</b>		<b>Points</b>
	<i>No teams entered</i>		1	Hills District A	25
			2	St George A	20
			3	Bankstown A	18



## XC Short Course, August 3rd, 2019

<b>Girls U14</b>		<b>Points</b>	<b>Boys U14</b>		<b>Points</b>
1	Asics Wests A	25	<i>No teams entered</i>		
2	Hills A	20			
3	Ryde A	18			
<b>Girls U16</b>		<b>Points</b>	<b>Boys U16</b>		<b>Points</b>
<i>No teams entered</i>			<i>No teams entered</i>		
<b>Girls U18</b>		<b>Points</b>	<b>Boys U18</b>		<b>Points</b>
1	Sydney Striders A	25	1	Kembla Joggers A	25
<b>Girls U20</b>		<b>Points</b>	<b>Boys U20</b>		<b>Points</b>
<i>No teams entered</i>			<i>No teams entered</i>		
<b>Women's Open</b>		<b>Points</b>	<b>Men's Open</b>		<b>Points</b>
<i>No teams entered</i>			1	Sydney University A	25
<b>Women's 30-39</b>		<b>Points</b>	<b>Men's 30-39</b>		<b>Points</b>
<i>No teams entered</i>			1	Mingara A	25
			2	Athletics East A	20
			3	Girraween A	18
<b>Women's 40-49</b>		<b>Points</b>	<b>Men's 40-49</b>		<b>Points</b>
1	Athletics East A	25	1	Athletics East A	25
			2	Bankstown A	20
<b>Women's 50-59</b>		<b>Points</b>	<b>Men's 50-59</b>		<b>Points</b>
<i>No teams entered</i>			1	St George A	25
			2	UTS Norths A	20
			3	Hills A	18
			4	Bankstown A	17
			5	Sutherland A	16
<b>Women's 60-69</b>		<b>Points</b>	<b>Men's 60-69</b>		<b>Points</b>
1	Bankstown A	25	1	Hills A	25
			2	Girraween A	20
			3	Bankstown A	18
<b>Women's 70-79</b>		<b>Points</b>	<b>Men's 70-79</b>		<b>Points</b>
<i>No teams entered</i>			1	Hills A	25
			2	St George A	20
			3	Bankstown A	18





## Sydney Half, 25th August, 2019

<b>Women's Open</b>		<b>Points</b>	<b>Men's Open</b>		<b>Points</b>
1	UP Coaching A	25	1	Delta Running Project A	25
			2	UP Coaching A	20
			3	Run Crew	18
			4	Sydney Striders A	17
<b>Women's 30-39</b>		<b>Points</b>	<b>Men's 30-39</b>		<b>Points</b>
1	Athletics East A	25	1	Athletics East A	25
2	Nick's Run Club A	20	2	Sydney Striders A	20
			3	Run Crew A	18
			4	Athletics East B	17
			5	Sydney Striders B	16
			6	Nick's Run Club A	15
			7	Sutherland District A	14
			8	Nick's Run Club B	13
<b>Women's 40-49</b>		<b>Points</b>	<b>Men's 40-49</b>		<b>Points</b>
1	Sydney Striders A	25	1	Athletics East A	25
			2	Sydney Striders A	20
			3	Sydney Striders B	18
			4	Rejoov Runners A	17
			5	Sydney Striders C	16
			6	Bankstown Sports A	15
<b>Women's 50-59</b>		<b>Points</b>	<b>Men's 50-59</b>		<b>Points</b>
<i>No teams entered</i>			1	Sydney Striders A	25
			2	Hills District A	20
			3	Sydney Striders B	18
			4	Sydney Striders C	17
<b>Women's 60-69</b>		<b>Points</b>	<b>Men's 60-69</b>		<b>Points</b>
<i>No teams entered</i>			1	Sydney Striders A	25
			2	Hills District A	20
			3	Bankstown Sports A	18
			4	Sydney Striders B	17
<b>Women's 70-79</b>		<b>Points</b>	<b>Men's 70-79</b>		<b>Points</b>
<i>No teams entered</i>			<i>No teams entered</i>		

## 2019 Winter Premiership Final Tally

St George Classic + Sydney10 + XC Relays + XC Challenge + XC Street Relays

+ XC Short Course + Sydney Half

Girls U12		Points	Boys U12		Points
1	Bankstown A	54	1	Bankstown Sports A	59
2	Sutherland A	50	2	Kotara South A	50
3	Nowra A	37	3	Mingara A	38
4	Hornsby District A	32	..=4	St George A	25
..=5	Victory Runners A	25	..=4	Victory Runners A	25
..=5	Macquarie Hunter A	25	..=6	Randwick Botany A	20
..=7	Illawong A	20	..=6	Sutherland District A	20
..=7	Randwick Botany A	20	8	Mingara B	18
..=7	Ryde A	20	9	Port Hacking A	16
..=10	St George A	16			
..=10	Mingara A	16			
12	Mingara B	15			
Girls U14		Points	Boys U14		Points
1	Sydney Striders A	95	1	Kembla Joggers A	58
2	Asics Wests A	61	2	Bankstown Sports A	55
3	Randwick Botany A	40	3	Balmain A	50
4	Kembla Joggers A	31	4	St George A	41
5	Macquarie Hunter A	25	5	Sutherland District A	38
6	Sutherland District A	17	6	Randwick Botany A	34
..=7	Victory Runners A	16	..=7	Sydney Striders A	20
..=7	Balmain A	16	..=7	Mingara A	20
9	Hills District A	35	9	Sydney Pacific A	15
10	St George A	13	10	Nowra A	14
11	Kembla Joggers B	12	11	Randwick Botany B	13
12	Balmain B	11	12	Sutherland District B	12
13	Illawong A	10	13	Kembla Joggers B	11
14	Nowra A	9	14	Athletics East A	9
15	Bankstown Sports A	8			
16	Ryde A	18			
Girls U16		Points	Boys U16		Points
1	Sydney Striders	118	1	Randwick Botany A	68
2	Kembla Joggers A	37	2	Sydney Striders A	57
3	Illawong A	25	3	Nowra A	48
..=4	St George A	20	4	Trinity A	40
..=4	Ryde A	20	5	Kembla Joggers A	34
6	Mingara A	18	6	Mingara A	32
7	Hills District A	16	7	Bankstown Sports A	29
8	Sutherland District A	15	..=8	Balmain A	25
			..=8	Randwick Botany B	25
			10	Illawong A	17
			11	St George A	11
			12	Ryde A	10
			13	Westfields A	9
Girls U18		Points	Boys U18		Points
1	Sydney Striders A	85	1	Kembla Joggers	100
2	Bankstown Sports A	45	2	Mingara A	41
3	St George A	43	3	Sutherland District A	38
4	Randwick Botany A	37	4	Run Crew A	35
..=5	Hills District A	32	5	St George A	25
..=5	Asics Wests A	32	6	Mingara B	20
7	Macquarie Hunter A	25	7	Bankstown Sports A	18
8	Kembla Joggers A	18	8	Kembla Joggers B	17
9	UTS Norths A	16	9	Sutherland District B	14
10	Bankstown Sports B	13			
11	Randwick Botany B	11			
12	Nowra A	10			
13	Westfields A	9			
14	Illawong A	8			
Girls U20		Points	Boys U20		Points
..=1	Kembla Joggers A	25	..=1	Mingara A	45
..=1	Hills District A	25	..=1	Run Crew A	45
3	Ryde A	20	3	Sydney Striders A	25
4	Asics Wests A	18	4	St George A	18
5	St George A	17	5	Trinity A	17
6	Sydney Striders A	16	6	Kembla Joggers A	16
7	Mingara A	15	7	UTS Norths A	15
			8	Westfields A	14
			9	St George B	13
			10	Nowra A	12

Women's Open			Men's Open		
	Points			Points	
1	Sydney University A	105	1	Sydney University A	137
2	Illawong A	41	2	Bankstown Sports A	81
3	Run Crew A	36	3	Sydney University B	59
4	Sutherland A	29	4	UTS Norths A	58
5	Athletics East A	27	5	Run Crew A	56
.=6	UTS Norths A	25	6	Delta Running Project A	50
.=6	UP Coaching	25	7	Bankstown Sports B	40
.=8	Newcastle Flyers A	18	8	Sutherland A	39
.=8	Asics Wests A	18	9	Randwick Botany A	36
.=10	Bankstown Sports A	17	10	Run Crew B	28
.=10	Nowra A	17	11	UP Coaching A	27
12	Mingara A	16	12	Newcastle Flyers A	18
13	Sydney Pacific	15	13	Sydney Striders A	17
			.=14	Newcastle Runners A	16
			.=14	Mingara A	16
			16	UP Coaching A	15
			.=17	Athletics East A	14
			.=17	Sutherland B	14
			19	Hills District A	10
			20	Delta Running Project B	9
			21	Bankstown Sports C	8
			22	Sydney University C	6
			23	UP Coaching B	3
			24	Asics Wests A	2
Women's 30-39			Men's 30-39		
	Points			Points	
1	Athletics East A	95	1	Athletics East A	125
2	Hills District A	54	2	Mingara A	100
3	Mingara A	38	3	Girraween A	53
.=4	St George A	25	4	Sydney Striders A	45
.=4	Victory Runners A	25	.=5	Kembla Joggers A	18
6	Nick's Run Club A	20	.=5	Run Crew A	18
7	Woodstock Runners A	18	7	Athletics East B	17
.=8	Nowra A	17	8	Sydney Striders B	16
.=8	Mingara B	17	9	Nick's Run Club A	15
			10	Sutherland District A	14
			11	Nick's Run Club B	13
Women's 40-49			Men's 40-49		
	Points			Points	
1	Bankstown Sports A	86	1	Athletics East A	138
2	Athletics East A	50	2	Bankstown Sports A	106
3	Mingara A	32	3	Sutherland District A	86
.=4	Illawong A	25	4	Sydney Striders A	54
.=4	Sydney Striders A	25	5	Sydney Striders B	35
6	Sutherland District A	20	6	Hills District A	34
.=7	Woodstock Runners A	18	7	Asics Wests A	30
.=7	Hills District A	18	8	Mingara A	26
9	Kembla Joggers A	17	9	Kembla Joggers A	25
			10	Rejoov Runners A	17
			.=11	Woodstock Runners A	17
			.=11	Sydney Striders C	16
			.=13	Bankstown B	15
			.=13	Randwick Botany A	15
			15	UTS Norths A	14
			16	Nowra A	12
Women's 50-59			Men's 50-59		
	Points			Points	
1	Bankstown A	75	1	St George A	138
2	Mingara A	20	2	Hills District A	99
			3	Bankstown A	83
			4	Sydney Striders A	68
			.=5	Sutherland District A	49
			.=5	UTS Norths A	49
			7	St George B	31
			8	Kembla Joggers A	25
			.=9	Athletics East A	20
			.=9	Mingara A	20
			11	Sydney Striders B	18
			12	Sydney Striders C	17
			13	Nowra A	15
			14	Hills District B	14
			15	Bankstown B	13
			16	Asics Wests A	11
			17	Sutherland District B	9
			18	Girraween A	8
			19	UTS Norths B	7
Women's 60-69			Men's 60-69		
	Points			Points	
1	Bankstown A	143	1	Hills District A	145
2	UTS Norths A	45	2	Bankstown A	117
3	Mingara A	25	3	Sydney Striders A	45
			4	Girraween A	37
			5	Hills District B	20
			6	Mingara A	18
			7	Sydney Striders B	17
Women's 70-79			Men's 70-79		
	Points			Points	
			1	Bankstown A	106
			2	St George A	90
			3	Hills District A	50