

| State Cross Country 2018/2019 Season – Lake Dewar | | | | | |
|--|---|----------|---|--|--------------------------|
| Age Group | Name | Distance | Time | Place | Team Result |
| U/9 Girls | Lily Lambert Olivia Thompson | 1500m | 6.42.85 8.01.57 | 34 th 48 th | |
| U/9 Boys | Maddix Michel Jordyn Delaney Riley Foster | 1500m | 5.38.67 5.44.15 6.48.46 | 16 th 21 st 57 th | 6 th |
| U/10 Girls | Tamisha Upson | 1500m | 6.52.54 | 60 th | |
| U/10 Boys | Timothy Hayes Ashley Laird | 1500m | 6.01.52 7.03.64 | 44 th 59 th | |
| U/11 Boys | Mackenzie Taylor Basil Scroggie | 2000m | 8.10.22 9.06.13 | 27 th 55 th | |
| U/12 Girls | Olivia Ponchard Celestine Debargue Alannah Upson | 2000m | 8.22.23 9.03.42 9.07.67 | 17 th 35 th 37 th | 4 th |
| U/12 Boys | Ben Hayes Declan Molloy Bailey Kalogerinis Leonard Harrington Bailey Thompson | 2000m | 7.10.10 8.29.62 9.28.59 9.37.81 9.53.41 | 2 nd – Silver 40 th 54 th 56 th 59 th | 9 th |
| U/13 Girls | Mali Goggin Emily Smith | 3000m | 13.00.97 14.19.21 | 34 th 42 nd | |
| U/13 Boys | Shannon Delaney Shaun Laird Aiden Smith | 3000m | 10.26.01 16.07.58 18.05.16 | 6 th 33 rd 34 th | 3 rd - Bronze |
| U/14 Girls | Shkyiah Upson Kelsey Hughes | 3000m | 12.16.90 19.29.51 | 13 th 31 st | |
| U/15 Boys | Hayden Dyball Lachlan Smith | 3000m | 13.58.21 15.23.85 | 25 th 26 th | |
| U/16 Boys | Alex Hayes Ethan Buchanan | 3000m | 11.40.46 11.42.32 | 13 th 14 th | |
| Seaford Medal Count : 1 Silver, 1 Team Bronze | | | | | |