

### Team Competition

5k

Pos	Name	Cat	Time		Race total	Running total
	<b>Result</b>					
	3 William Woodcock	M	0:15.36	Team Ingebrigtsen		
	7 Ed Mason	M	0:16.33	Louise to the rescue		
	12 Samuel Galpin	M	0:17.23	Louise to the rescue		
	16 Sam Lesley	M	0:17.35	Team Ingebrigtsen		
	18 Andrew Mcarthur	M	0:17.40	Team Ingebrigtsen		
	32 Sean Galpin	M	0:18.12	Louise to the rescue		
	38 Louise Perrio	F	0:18.40	Louise to the rescue		
	51 Mel Nicolle	F	0:19.20	Making room 4 chocolate		
	67 Mike Way	M	0:20.11	Making room 4 chocolate		
	73 Daniel Reoch-brehaut	M	0:20.30	Making room 4 chocolate		
	92 Jason Powers	M	0:21.31	Making room 4 chocolate		
			Totals:	Team Ingebrigtsen	37	37
				Louise to the rescue	51	51
				Making room 4 chocolate	191	191

Full Course

Pos	Name	Cat	Time			
	<b>Result</b>					
	2 William Woodcock	M	0:26.15	Team Ingebrigtsen		
	4 Ed Mason	M	0:27.09	Louise to the rescue		
	9 Samuel Galpin	M	0:28.49	Louise to the rescue		
	10 Sam Lesley	M	0:28.51	Team Ingebrigtsen		
	12 Andrew Mcarthur	M	0:29.18	Team Ingebrigtsen		
	13 Sean Galpin	M	0:29.20	Louise to the rescue		
	22 Louise Perrio	F	0:30.45	Louise to the rescue		
	45 Mel Nicolle	F	0:33.05	Making room 4 chocolate		
	48 Mike Way	M	0:33.15	Making room 4 chocolate		
	55 Daniel Reoch-brehaut	M	0:34.51	Making room 4 chocolate		
	67 Jason Powers	M	0:36.41	Making room 4 chocolate		
			Totals:	Team Ingebrigtsen	24	61
				Louise to the rescue	26	77

Making room 4 chocolate	148	339
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Relay

**Result**

2 Louise to the rescue  
 6 Team Ingebrigtsen  
 17 Making room 4 chocolate

Totals:	Team Ingebrigtsen	6	67
	Louise to the rescue	2	79
	Making room 4 chocolate	17	356

10k

**Result**

Pos

Name	Gender	Time	
3 William Woodcock	M	0:33.43	Team Ingebrigtsen
6 Ed Mason	M	0:34.33	Louise to the rescue
13 Sam Lesley	M	0:36.42	Team Ingebrigtsen
16 Samuel Galpin	M	0:37.17	Louise to the rescue
18 Andrew Mcarthur	M	0:37.21	Team Ingebrigtsen
25 Sean Galpin	M	0:38.23	Louise to the rescue
31 Louise Perrio	F	0:39.23	Louise to the rescue
50 Mel Nicolle	F	0:42.02	Making room 4 chocolate
58 Mike Way	M	0:42.15	Making room 4 chocolate
79 Daniel Reoch-brehaut	M	0:46.19	Making room 4 chocolate
86 Jason Powers	M	0:47.14	Making room 4 chocolate

Totals:	Team Ingebrigtsen	34	101 M
	Louise to the rescue	47	126 Mx
	Making room 4 chocolate	187	543 Mx