

team  
5k

Pos	Result Name	Club	Cat	Time		Race total	Running total
		Victoria Park Harriers and Tower Hamlets AC					
3	William Woodcock	Guernsey AC	M	0:15.36	Team Ingebrigtsen		
7	Ed Mason	Guernsey AC	M	0:16.33	Louise to the rescue		
12	Samuel Galpin	Guernsey AC	M	0:17.23	Louise to the rescue		
16	Sam Lesley	Guernsey AC	M	0:17.35	Team Ingebrigtsen		
18	Andrew Mcarthur	Guernsey AC	M	0:17.40	Team Ingebrigtsen		
32	Sean Galpin	Guernsey AC	M	0:18.12	Louise to the rescue		
38	Louise Perrio	Guernsey AC	F	0:18.40	Louise to the rescue		
51	Mel Nicolle	Guernsey AC	F	0:19.20	Making room 4 chocolate		
67	Mike Way	Guernsey AC	M	0:20.11	Making room 4 chocolate		
73	Daniel Reoch-brehaut	Guernsey AC	M	0:20.30	Making room 4 chocolate		
92	Jason Powers	Guernsey AC	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

FC

Pos	Result Name	Club	Cat	Time		Race total	Running total
		Victoria Park Harriers and Tower Hamlets AC					
2	William Woodcock	Guernsey AC	M	0:26.15	Team Ingebrigtsen		
4	Ed Mason	Guernsey AC	M	0:27.09	Louise to the rescue		
9	Samuel Galpin	Guernsey AC	M	0:28.49	Louise to the rescue		
10	Sam Lesley	Guernsey AC	M	0:28.51	Team Ingebrigtsen		
12	Andrew Mcarthur	Guernsey AC	M	0:29.18	Team Ingebrigtsen		
13	Sean Galpin	Guernsey AC	M	0:29.20	Louise to the rescue		
22	Louise Perrio	Guernsey AC	F	0:30.45	Louise to the rescue		
45	Mel Nicolle	Guernsey AC	F	0:33.05	Making room 4 chocolate		
48	Mike Way	Guernsey AC	M	0:33.15	Making room 4 chocolate		
55	Daniel Reoch-brehaut	Guernsey AC	M	0:34.51	Making room 4 chocolate		
67	Jason Powers	Guernsey AC	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