

Pos	Result Name	Club	Cat	Time		
	3 William Woodcock	Victoria Park Harriers and Tower Hamlets 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		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
					Louise to the rescue	51
					Making room 4 chocolate	191