

team
5k

| Pos | Result Name | Club | Cat | Time | | Race total | Running total |
|-----|----------------------|----------------------------|-----|---------|-------------------------|------------|---------------|
| | | Victoria Park Harriers and | | | | | |
| 3 | William Woodcock | 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 | 37 |
| | | | | | Louise to the rescue | 51 | 51 |
| | | | | | Making room 4 chocolate | 191 | 191 |

FC

| Pos | Result Name | Club | Cat | Time | | | |
|-----|----------------------|----------------------------|-----|---------|-------------------------|-----|-----|
| | | Victoria Park Harriers and | | | | | |
| 2 | William Woodcock | Tower Hamlets 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 | | 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 |

Relay

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