|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name | Club | 1km | 2km | 3km | 4km | 5km |
| Tom Partington (U20M) | Manx Harriers | 4.42 | 9.10 | 13.44 | 18.19 | **22.47** |
| Gianni Epifani | MH | 4.55 | 9.44 | 14.30 | 19.19 | **24.06** |
| Steve Partington | MH | 4.55 | 9.48 | 14.46 | 19.43 | **24.45** |
| Stephen Waddington (U15B) | MH | 5.35 | 11.22 | 17.21 | 23.19 | **28.47** |
| Jock Waddington | MH | 5.34 | 11.22 | 17.17 | 23.18 | **28.49** |
| Rebecca Greatbatch (U20W) | MH | 5.34 | 11.22 | 17.16 | 23.16 | **29.06** |
| Alice Bellando (U15G) | MH | 5.35 | 11.22 | 17.21 | 23.19 | **29.07** |
| Jayne Farquhar | MH | 6.28 | 13.02 | 19.32 | 26.00 | **32.07** |
| Sharon Cain | Western A.C. | 6.28 | 13.02 | 19.32 | 26.00 | **32.15** |
| Louise Hollings | Isle of Man Veterans | 6.29 | 13.10 | 19.50 | 26.30 | **32.56** |
| Allan Callow | MH | 6.30 | 13.32 | 20.38 | 27.41 | **34.35** |
| Adam Cowin | MH | 4.39 | 9.10 | 13.44 | - | dnf |
| Alex Nicoll (U11G) | MH | **7.03** | - | - | - | - |
| Grayse Fletcher (U9G) | U/a | **7.04** | - | - | - | - |