|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Pos | Race No. | Name | Club | Cat | 2km | 4km | 6km | 8km | **10km** |
| 1, | 36 | Adam Cowin | Manx Harriers | SM | 9.21 | 18.41 | 28.07 | 37.42 | **47.34** |
| 2, | 38 | Michael George | MH | M50 | 11.48 | 23.35 | 35.30 | 46.53 | **57.41** |
| 3, | 45 | Stewart Jones | MH | M45 | 11.44 | 23.12 | 35.32 | 47.15 | **58.48** |
| 4, | 27 | Dave Mackey | MH | M45 | 11.47 | 23.34 | 35.31 | 47.35 | **59.48** |
| 5, | 39 | Ray Beattie | MH | M55 | 11.48 | 23.54 | 36.04 | 48.25 | **60.46** |
| 6, | 26 | Jane Farquhar | MH | W45 | 12.34 | 25.34 | 37.46 | 50.26 | **62.54** |
| 7, | 30 | Sharon Cain | Western A.C. | W45 | 12.51 | 25.55 | 38.55 | 52.10 | **64.49** |
| 8, | 28 | Louise Hollings | Isle of Man Veterans | W35 | 12.56 | 25.55 | 39.01 | 52.12 | **64.51** |
| 9, | 37 | Colin Moore | IOMVAC | M55 | 12.37 | 25.47 | 39.13 | 52.58 | **66.38** |
| 10, | 35 | Carol Roy | Unattached | W50 | 15.37 | 31.18 | 47.19 | 63.32 | **79.56** |
| **Junior 5km** | | | | | | | | | |
|  | | | | | 1km | 2km | 3km | 4km | **5km** |
| 1, | 34 | Stephen Waddington | MH | U15B | 6.11 | 11.57 | 17.35 | 23.12 | **28.28** |

Sealed handicap winners

1= Jane Farquhar, Sharon Cain, Louise Hollings.