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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Pos | Race No. | Name | Club | Cat | 5km | 10km | 15km | 20kmTime min.sec |
| 1. | 6 | Guy Thomas | Tonbridge A.C. | JM | 22.10 | 44.15 | 66.30 | 90.17 |
| 2. | 7 | Heather Lewis | Pembrokeshire Harriers | SW | 24.04 | 48.59 | 74.28 | 99.29 |
| 3. | 14 | Erika Kelly | Northern A.C. | SW | 28.58 | 58.37 | 88.43 | 119.27 |
| 4. | 2 | Paul De Meester | San Francisco (USAT&F) | M55 | 28.54 | 59.25 | 91.13 | 123.43 |
| 5. | 22 | Tony Edwards | Manx Harriers | M50 | 30.38 | 61.48 | 92.58 | 124.27 |
| 6. | 12 | Jayne Farquhar | MH | W45 | 33.29 | 67.09 | 100.39 | 133.30 |
| 7. | 11 | Louise Hollings | Isle of Man Veterans | W35 | 34.40 | 69.17 | 104.35 | 140.16 |
| 8. | 19 | Ian Callister | MH | M60 | 35.39 | 72.17 | 108.37 | 144.55 |
| 9. | 21 | Rebecca Collins | North Down | SW | 29.37 | 60.57 | - | dnf |
| 10. | 26 | David Walker | MH | M40 | 29.20 | 58.50 | - | DQ |
| **10km support event** |
| Pos | Race No. | Name | Club | Cat | 5km | 10km Time min.sec |
| 1. | 17 | Gianni Epifani | MH | M45 | 25.28 | 50.25 |
| 2. | 20 | Rebecca Greatbatch | MH | JW | 31.34 | 64.04 |
| 3. | 10 | Sharon Cain | Western A.C. | W45 | 34.26 | 67.39 |
| 4. | 23 | Nick Wallinger | IOMVAC | M45 | 36.58 | 73.05 |
| 5. | 9 | Norbert Will | Northern Ireland VAC | M80 | 37.10 | 75.27 |
| 6. | 15 | Tom Partington | MH | JM | 23.52 | dnf |
| **5km support event** |
| Pos | Race No. | Name | Club | Cat | 5km Time min.sec |
| 1. | 16 | Stephen Waddington | MH | U15B | 28.34 |
| 2. | 18 | Alice Bellando | MH | U15G | 30.49 |
| 3. | 24 | Sarah Nash | Manx Tri Club | W40 | 36.16 |
| **1km support event**  |
| 1. | 8 | Alexandra Nicoll | MH | U11G | 7.15 |