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| **10 km** |
| **Bib nos.** | **Competitors** | **Age Group** | **Club** |  **Time min:sec** |
| 257 | Tom Partington | SM | Manx Harriers | 45:23 |
| 245 | Adam Cowin | SM | MH | 47:35 |
| 254 | Richard Gerrard | M45 | MH | 53:01 |
| 243 | Pete Miller | M40 | MH | 57:32 |
| 253 | Adam Killip | SM | UA | 58:49 |
| 260 | Chris Cale | M45 | MH | 59:01 |
| 250 | Tony Edwards | M55 | MH | 59:09 |
| 246 | Marie Jackson | W55 | MH | 60:25 |
| 233 | Steph Burton | W50 | UA | 62:50 |
| 261 | Alice Bellando | U20W | MH | 64:12 |
| 244 | Ian Callister | M65 | MH | 64:21 |
| 223 | Sharon Cain | W45 | Western A.C | 65:15 |
| 235 | Louise Hollings | W35 | MH | 65:17 |
| 258 | Dick Callin | W55 | UA | 66:35 |
| 255 | Mike Readshaw | M60 | UA | 66:41 |
| 247 | Stuart Gibson | M45 | UA | 66:58 |
| 234 | Voirrey Earnshaw-Cain | W55 | NAC | 68:30 |
| 251 | Dudley Butt | M70 | UA | 69:46 |
| 256 | Colin Stephen Moore | M55 | IOMVAC | 70:34 |
| 252 | Maura Kelly | W50 | NAC | 70:55 |
| 237 | Steven Parker | M55 | UA | 71:07 |
| 242 | Rob Clynes | M50 | UA | 71:20 |
| 249 | Alison Crellin-Dodd | W40 | UA | 72:56 |
| 262 | Kerry Palmer | W45 | UA | 73:01 |
| 236 | Dermot O'Toole | M65 | UA | 73:24 |
| 240 | Rob Wright | M70 | UA | 74:12 |
| 238 | Gordon Erskine | M75 | UA | 74:25 |
| 241 | Jeff Black | M60 | UA | 74:33 |
| 239 | Richard Ashton | M40 | UA | 75:17 |
| 248 | John Cannell | M70 | MH | 77:55 |
| 259 | Denny Honeyman | W35 | UA | 77:59 |
| 231 | Kevin Burridge | SM | UA | 91:19 |
| 232 | Julie Jaiyen | SW | UA | 93:09 |
| 224 | Nucharee Burridge | W50 | UA | 93:22 |
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| **5km** |
| **Bib nos.** | **Competitors** | **Age Group** | **Club** | **Actual Time** |
| 61 | Richard Sille | M40 | MFR | 32:06 |
| 54 | Kiera Heavey | U17G | NAC | 32:58 |
| 53 | Vicki Heavey | W45 | NAC | 32:59 |
| 57 | Angie Robinson | W50 | UA | 35:20 |
| 55 | Lalage Earnshaw-Cain | SW | UA | 35:56 |
| 56 | Sylvia Kennaugh | W65 | IOMVAC | 38:29 |
| 59 | Angela Corkish | W70 | IOMVAC | 38:57 |
| 63 | Hannah Kelly | SW | UA | 39:23 |
| 62 | Caroline Rielly | W40 | UA | 40:11 |
| 66 | Phillip Swales | M50 | NAC | 40:11 |
| 64 | Miriam Kelly | W50 | IOMVAC | 40:15 |
| 65 | Sue Ackroyd | W60 | IOMVAC | 40:24 |
| 58 | Diane Brown | W45 | UA | 42:34 |
| 50 | Yanisa Sananueah | W50 | UA | 43:04 |
| 51 | Shelly Roberts | U20G | UA | 43:04 |
| 52 | Rob Forgie | M35 | NAC | 43:56 |
| 60 | Christine Evans | W35 | UA | 46:34 |
| 67 | Carolanne Hanley | SW | NAC | 47:35 |

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| 3 km |
| 4 | Mia Dunwell | U15G | NAC | 17:07 |
| 7 | Abbie Edwards | U15G | MH | 19:22 |
| 12 | Daniel Bassett | U13B | MH | 21:06 |
| 2 | William Forgie | U13B | NAC | 21:10 |
| 9 | Aaron Rielly | U15B | UA | 23:49 |
| 6 | Ciara Brown | U15G | UA | 24:14 |

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| 2 km |
| 11 | Conor Bassett | U11B | MH | 15:47 |
| 5 | Lois Brown | U13G | UA | 15:54 |

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| 1 km |
| 10 | Harrison Sille | 5B | UA | 09:45 |
| 14 | Mollie Swales | U11G | UA | 10:18 |
| 13 | Harrie Swales | 6B | UA | 10:22 |
| 8 | Daisy Sille | 3G | UA | 15:19 |