

Western AC's Heritage Trail Races

<b>Pos</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	<b>Year</b>
1	Ollie Lockley	Manx Harriers	0:37:21	2015
1	Kevin Loundes	Manx Harriers	0:38:23	2008
1	Kevin Loundes	Manx Harriers	0:38:28	2009
1	Lloyd Taggart	Manx Fell Runners	0:39:41	2013
2	Simon Skillicorn	Manx Fell Runners	0:40:03	2008
2	Ben Corkill	Manx Fell Runners	0:40:06	2013
3	Charlie Pass	Wesham Road Runners	0:40:17	2008
2	Ben Corkill	Manx Fell Runners	0:40:36	2015
4	John Halligan	Manx Harriers	0:40:38	2008
1	Andy Barron	Manx Harriers	0:40:49	2010
1	Charlie Pass	Wesham Road Runners	0:41:08	2012
5	Nigel Armstrong	Manx Harriers	0:41:15	2008
1	Ben Corkill	Manx Fell Runners	0:41:18	2014
2	Ben Scott	Western (Isle of Man) AC	0:41:21	2010
3	Nigel Armstrong	Manx Harriers	0:41:31	2010
3	Ben Scott	Western (Isle of Man) AC	0:41:35	2013
2	Jason Moore	Western (Isle of Man) AC	0:41:36	2012
6	Christian Varley	Unattached	0:41:38	2008
1	Daryl Hibbard		0:41:52	2016
2	Jack Okell	Manx Harriers	0:41:52	2016
7	Murray Lambden	Manx Harriers	0:41:57	2008
4	Paul Clarke	Manx Harriers	0:41:59	2010
3	Nigel Armstrong	Manx Harriers	0:42:01	2015
2	Darren Gray	Manx Harriers	0:42:04	2009
8	Tom Cringle	Manx Fell Runners	0:42:15	2008
1	Ben Scott	Western (Isle of Man) AC	0:42:39	2011
3	John Halligan	Manx Harriers	0:42:41	2009
4	Paul Clarke	Manx Harriers	0:42:43	2015
5	Peter Bradley	Manx Fell Runners	0:42:45	2010
4	Andy Barron	Manx Harriers	0:42:52	2009
9	Darren Gray	Manx Harriers	0:42:59	2008
6	Tim Kennedy	Sale Harriers	0:43:07	2010
3	Shaun Moore	Western (Isle of Man) AC	0:43:11	2012
4	James Wren	Unattached	0:43:14	2013
2	Nick Colburn	NAC	0:43:17	2014
8	Kevin Vondy	Northern (Isle of Man) AC	0:43:20	2010
7	Paul Sheard	Manx Fell Runners	0:43:20	2010
2	Rob Sellors	Manx Fell Runners	0:43:21	2011
5	Martin Kneen	Western (Isle of Man) AC	0:43:21	2015
9	Murray Lambden	Manx Harriers	0:43:28	2010
4	Rob Sellors	Manx Fell Runners	0:43:33	2012
5	Peter Bradley	Manx Fell Runners	0:43:40	2013
5	Ed Gumbley	Manx Harriers	0:43:41	2009
10	Kevin Vondy	Northern (Isle of Man) AC	0:43:42	2008
6	Jack Okell	Manx Harriers	0:43:44	2015
5	Ben Corkill	Manx Fell Runners	0:43:46	2012

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6	Mike Garrett	Manx Harriers	0:43:53	2009
3	Jordan Cain	Manx Harriers	0:43:57	2014
11	Robbie Callister	Isle of Man Veteran Athletes' Club	0:44:01	2008
4	James Wren	U/A	0:44:12	2014
12	Antony Bell-Scott	Manx Tri Club	0:44:13	2008
13	Peter Waywell	Wesham Road Runners	0:44:22	2008
4	Murray Lambden	Manx Harriers	0:44:27	2011
3	Paul Sykes	Manx Fell Runners	0:44:27	2011
5	Andy Watson	Manx Harriers	0:44:27	2014
7	Richard Shipway	Western (Isle of Man) AC	0:44:28	2015
6	Kevin Deakes	Northern (Isle of Man) AC	0:44:32	2012
10	Rob Sellors	Manx Fell Runners	0:44:33	2010
8	Neil Brogan	Manx Fell Runners	0:44:40	2015
6	Richard Highfield	Manx Harriers	0:44:42	2014
7	Murray Lambden	Manx Harriers	0:44:43	2012
6	Andy Watson	Manx Harriers	0:44:45	2013
7	Paul Cawley	Manx Fell Runners	0:44:45	2013
5	Jordan Cain	Manx Harriers	0:44:46	2011
3	Martin Kneen	Western (Isle of Man) AC	0:44:51	2016
4	Paul Rodgers	Manx Fell Runners	0:44:58	2016
8	Stephen Quirk	Unattached	0:45:01	2013
9	Paul Kennish	Unattached	0:45:07	2013
11	Ian Goatman	Manx Fell Runners	0:45:09	2013
10	Nigel Maddocks	Unattached	0:45:09	2013
11	Richard Radcliffe	Northern (Isle of Man) AC	0:45:10	2010
14	Paul Lewthwaite	Manx Fell Runners	0:45:17	2008
7	Neil Brogan	U/A	0:45:17	2014
7	Kevin Vondy	Northern (Isle of Man) AC	0:45:21	2009
8	Matthew David	100 Marathon	0:45:23	2014
9	Matthew David	100 Marathon	0:45:23	2015
8	Richard Radcliffe	Northern (Isle of Man) AC	0:45:26	2009
9	Kevin Deakes	Northern (Isle of Man) AC	0:45:27	2014
12	Jackie Lee	Manx Fell Runners	0:45:29	2010
13	Alan Loader	Isle of Man Veteran Athletes' Club	0:45:30	2010
10	Paul Rodgers	Manx Fell Runners	0:45:30	2015
10	Geoff Rice	Western (Isle of Man) AC	0:45:33	2014
14	Kevin Deakes	Northern (Isle of Man) AC	0:45:36	2010
8	Richard Shipway	Unattached	0:45:36	2012
11	Jonny Killey	Manx Fell Runners	0:45:38	2015
6	Darren Cottier	Unattached	0:45:39	2011
7	Peter Cruse	Lytham St. Annes RRC	0:45:39	2011
12	Geoff Rice	Western (Isle of Man) AC	0:45:39	2015
9	Murray Lambden	Manx Harriers	0:45:42	2009
12	Christian Varley	Manx Harriers	0:45:44	2013
13	Grant Dawson	Manx Fell Runners	0:45:46	2015
13	Matthew David	100 Marathon	0:45:48	2013
15	John Jackson	Vancouver AC	0:45:55	2010

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5	Nigel Maddocks	Manx Fell Runners	0:45:56	2016
14	Richard Shipway	Unattached	0:45:59	2013
14	Stephen Caley	Manx Fell Runners	0:45:59	2015
10	Peter Bradley	Manx Fell Runners	0:46:04	2009
15	Colin Furner	Manx Fell Runners	0:46:05	2015
16	Thomas Melvin	Northern (Isle of Man) AC	0:46:06	2015
17	Nikki Boyde	Northern (Isle of Man) AC	0:46:08	2015
16	Simon Eaton	Wesham Road Runners	0:46:09	2008
18	Nigel Maddocks	Manx Fell Runners	0:46:12	2015
6	Peter Bradley	Manx Fell Runners	0:46:13	2016
19	Karen Shimmin	Manx Harriers	0:46:20	2015
9	Glen Hamilton	Northern (Isle of Man) AC	0:46:29	2012
10	Paul Curphey	Manx Harriers	0:46:31	2012
17	Paul Renshaw	Northern (Isle of Man) AC	0:46:32	2008
18	Tom Reeves	Elvet Striders	0:46:33	2008
16	Phil Cain	Manx Harriers	0:46:33	2010
20	Richard Seed	U/A	0:46:33	2015
8	Thomas Melvin	Northern (Isle of Man) AC	0:46:34	2011
15	Jackie Lee	Manx Fell Runners	0:46:34	2013
19	Kevin Deakes	Northern (Isle of Man) AC	0:46:37	2008
20	Dougal Croome	Chegstow Harriers	0:46:38	2008
11	Jim Garside	Pendle AC	0:46:42	2009
17	Andy Gosnell	Isle of Man Veteran Athletes' Club	0:46:46	2010
11	Will Ward	U/A	0:46:46	2014
7	Matthew David	100 Marathon	0:46:47	2016
12	Robbie Callister	Isle of Man Veteran Athletes' Club	0:46:49	2009
8	Andrew Falconer		0:46:49	2016
18	John Condon	Unattached	0:46:52	2010
12	Nikki Boyde	Northern (Isle of Man) AC	0:46:57	2014
19	Thomas Melvin	Northern (Isle of Man) AC	0:46:59	2010
9	Jim Garside	Trawden AC	0:47:02	2011
20	Jim Garside	Pendle AC	0:47:03	2010
10	Nikki Boyde	Northern (Isle of Man) AC	0:47:05	2011
21	Chris Quine	Manx Harriers	0:47:08	2015
13	Paul Lewthwaite	Manx Fell Runners	0:47:09	2009
9	Stephen Caley	Manx Fell Runners	0:47:12	2016
21	Peter Cruse	Wesham Road Runners	0:47:14	2008
10	Stephen Underwood		0:47:14	2016
21	Gail Griffiths	Manx Harriers	0:47:17	2010
11	Phil Cain	Manx Harriers	0:47:17	2011
11	Andrew Isaac	Manx Tri Club	0:47:17	2012
12	Andrew Nash	Manx Fell Runners	0:47:19	2012
13	Richard Radcliffe	Northern (Isle of Man) AC	0:47:20	2012
22	Nikki Boyde	Northern (Isle of Man) AC	0:47:21	2010
16	Rebecca Wallace	Manx Fell Runners	0:47:21	2013
23	Glen Weir	Manx Fell Runners	0:47:23	2010
22	Oliver O'Meara	Manx Tri Club	0:47:24	2015

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14	Thomas Melvin	Northern (Isle of Man) AC	0:47:25	2012
23	Andrew Falconer	U/A	0:47:25	2015
22	John Holden	Isle of Man Veteran Athletes' Club	0:47:26	2008
14	Thomas Melvin	Northern (Isle of Man) AC	0:47:27	2009
15	Ian Goatman	Manx Fell Runners	0:47:28	2012
13	Sveeloin Krastev	MFR	0:47:29	2014
17	Geoff Rice	Western (Isle of Man) AC	0:47:35	2013
16	Simon Eaton	Wesham Road Runners	0:47:38	2012
18	Stephen Lyon	Unattached	0:47:41	2013
23	James Broughton	Northern (Isle of Man) AC	0:47:42	2008
12	Mark Murphy	Manx Fell Runners	0:47:44	2011
14	Paul Rodgers	Manx Fell Runners	0:47:48	2014
19	Thomas Melvin	Northern (Isle of Man) AC	0:47:49	2013
15	Alan Sandford	Isle of Man Veteran Athletes' Club	0:47:50	2009
20	Murray Lambden	Manx Harriers	0:47:50	2013
15	Murray Lambden	Manx Harriers	0:47:53	2014
17	Nigel Maddocks	Unattached	0:47:58	2012
24	Elissa Morris	U/A	0:48:02	2015
11	Kevin Harding		0:48:05	2016
18	Matthew David	100 Marathon	0:48:11	2012
19	Geoff Rice	Western (Isle of Man) AC	0:48:15	2012
25	Michael McHale	Manx Fell Runners	0:48:15	2015
13	Rebecca Wallace	Manx Fell Runners	0:48:18	2011
12	Gail Griffiths	Manx Harriers	0:48:22	2016
24	Richard Radcliffe	Northern (Isle of Man) AC	0:48:25	2008
20	Dave Walker	Unattached	0:48:27	2012
14	Glen Hamilton	Northern (Isle of Man) AC	0:48:31	2011
16	Jackie Taggart	Manx Fell Runners	0:48:33	2014
16	John Holden	Isle of Man Veteran Athletes' Club	0:48:34	2009
17	David Griffin	Manx Fell Runners	0:48:39	2014
21	Richard Highfield	Unattached	0:48:42	2013
22	Judith Quane	Northern (Isle of Man) AC	0:48:44	2013
15	Rachael Hamilton	Northern (Isle of Man) AC	0:48:50	2011
26	Amy Barker	U/A	0:48:52	2015
17	Barry Cowin	Northern (Isle of Man) AC	0:48:54	2011
16	Simon Eaton	Wesham Road Runners	0:48:54	2011
25	Paul Curphey	Manx Harriers	0:48:56	2008
21	Chris Cale	Manx Harriers	0:48:56	2012
26	Mike Gellion	Isle of Man Veteran Athletes' Club	0:49:00	2008
27	Alan Postlethwaite	Northern (Isle of Man) AC	0:49:03	2008
22	Dave Newton	Manx Harriers	0:49:05	2012
27	David Griffin	Manx Fell Runners	0:49:06	2015
28	Peter Callin	Western (Isle of Man) AC	0:49:06	2015
23	Judith Quane	Northern (Isle of Man) AC	0:49:07	2012
23	Tom Hughes	Unattached	0:49:09	2013
17	Peter Cooper	Isle of Man Veteran Athletes' Club	0:49:11	2009
18	Nikki Boyde	Northern (Isle of Man) AC	0:49:12	2009

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24	Emma Lund	Wesham Road Runners	0:49:13	2012
24	Michael McCale	Unattached	0:49:16	2013
24	Barry Moore	Western (Isle of Man) AC	0:49:26	2010
28	George Kennedy	Wesham Road Runners	0:49:30	2008
25	Peter Callin	Western (Isle of Man) AC	0:49:35	2013
29	Peter Cooper	Isle of Man Veteran Athletes' Club	0:49:42	2008
30	Barry Cowin	Northern (Isle of Man) AC	0:49:43	2008
18	Karen Shimmin	Manx Tri	0:49:43	2014
19	Ben Cox	Southern Striders	0:49:44	2014
29	Chris Hancox	U/A	0:49:48	2015
25	Barry Cowin	Northern (Isle of Man) AC	0:49:49	2012
20	Judith Quane	Northern (Isle of Man) AC	0:49:51	2014
25	Peter Kennedy	VAC	0:49:52	2010
19	Dave Collister	Manx Fell Runners	0:49:53	2009
21	Grant Dawson	U/A	0:49:56	2014
26	Peter Cooper	Isle of Man Veteran Athletes' Club	0:49:57	2010
22	Charlie Whipp	Manx Fell Runners	0:49:58	2014
26	Chris Kirk	Northern (Isle of Man) AC	0:49:59	2013
26	Caroline Mayers	Isle of Man Veteran Athletes' Club	0:50:00	2012
18	David Griffin	Manx Fell Runners	0:50:11	2011
23	Robert Quane	NAC	0:50:11	2014
30	John Norrey	Manx Fell Runners	0:50:14	2015
13	Lisa Dunswell	Northern (Isle of Man) AC	0:50:18	2016
31	David Peach	Manx Fell Runners	0:50:19	2015
32	Illiam Quane	Northern (Isle of Man) AC	0:50:19	2015
20	Rob Gillanders	Isle of Man Veteran Athletes' Club	0:50:23	2009
27	Paul Rodgers	Northern (Isle of Man) AC	0:50:24	2013
33	Dave Newton	Manx Harriers	0:50:24	2015
28	David Griffin	Manx Fell Runners	0:50:25	2013
31	Barry Moore	Western (Isle of Man) AC	0:50:27	2008
29	Illiam Quane	Unattached	0:50:34	2013
30	John Norrey	Unattached	0:50:35	2013
31	Chris Reynolds	Unattached	0:50:40	2013
32	Robert Quane	Unattached	0:50:42	2013
24	Jonathan Pugh	WAC	0:50:45	2014
33	Miles Shimmin	Unattached	0:50:46	2013
34	Paul Curphey	Manx Harriers	0:50:46	2015
21	Barry Moore	Western (Isle of Man) AC	0:50:54	2009
19	Alan Postlethwaite	Northern (Isle of Man) AC	0:50:54	2011
34	Conor McCaughan	Lapsecham	0:50:54	2013
35	Barry Cowin	Northern (Isle of Man) AC	0:50:55	2013
35	Paul Jackson	Manx Harriers	0:50:55	2015
36	David Harrison	Unattached	0:50:57	2013
37	Mike Reaney	Unattached	0:50:58	2013
22	David Griffin	Manx Fell Runners	0:51:01	2009
27	Rob Gillanders	Isle of Man Veteran Athletes' Club	0:51:01	2010
36	Lisa Dunwell	Northern (Isle of Man) AC	0:51:01	2015

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14	Peter Callin	Western (Isle of Man) AC	0:51:01	2016
38	Rob Campbell	Unattached	0:51:05	2013
25	David Beech	MFR	0:51:07	2014
26	Peter Cooper	Isle of Man Veteran Athletes' Club	0:51:07	2014
20	Rosy Craine	Northern (Isle of Man) AC	0:51:08	2011
37	Phil Cain	Manx Harriers	0:51:13	2015
27	Paul Jackson	Manx Harriers	0:51:15	2012
38	Barry Moore	Western (Isle of Man) AC	0:51:15	2015
23	Barry Cowin	Northern (Isle of Man) AC	0:51:18	2009
39	Ellen Quane	Northern (Isle of Man) AC	0:51:18	2015
40	Rob Quane	Northern (Isle of Man) AC	0:51:18	2015
15	Steve Kennaugh	Manx Fell Runners	0:51:18	2016
32	Lawrence Dyer	Northern (Isle of Man) AC	0:51:19	2008
28	Rosy Craine	Northern (Isle of Man) AC	0:51:20	2012
39	Rosy Craine	Northern (Isle of Man) AC	0:51:26	2013
16	Jayden Fayle		0:51:30	2016
40	Stephen Kennaugh	Manx Fell Runners	0:51:31	2013
33	Rachael Tekswbury	Northern (Isle of Man) AC	0:51:34	2008
21	Judith Quane	Northern (Isle of Man) AC	0:51:37	2011
27	David Hall	WAC	0:51:37	2014
28	Chris Hancox	U/A	0:51:40	2014
34	Steve Kennaugh	Manx Fell Runners	0:51:43	2008
17	Max Kocken		0:51:43	2016
28	Debbie Loader	Isle of Man Veteran Athletes' Club	0:51:48	2010
41	Jonathan King	U/A	0:51:48	2015
29	George Kennedy	Wesham Road Runners	0:51:49	2012
18	Nick Watterson	Isle of Man Veteran Athletes' Club	0:51:49	2016
41	Simon Atherton	Unattached	0:51:50	2013
29	Nick Watterson	Isle of Man Veteran Athletes' Club	0:51:53	2014
24	Daniel Ankers	Unattached	0:51:54	2009
42	Simon Cowin	U/A	0:51:54	2015
29	Stewart Neilands	Unattached	0:51:56	2010
30	Dave Collister	Manx Fell Runners	0:51:57	2010
42	Neil Wilson	Isle of Man Veteran Athletes' Club	0:51:57	2013
43	Peter Cooper	Isle of Man Veteran Athletes' Club	0:51:57	2015
32	David Griffin	Manx Fell Runners	0:52:00	2010
31	Paul Jackson	Manx Harriers	0:52:00	2010
44	Brian Butler	Isle of Man Veteran Athletes' Club	0:52:02	2015
22	Ian Gaynor	Unattached	0:52:03	2011
31	Barry Moore	Western (Isle of Man) AC	0:52:04	2012
30	John Norrey	Unattached	0:52:04	2012
33	Francis Boal	Ballydrane Harriers	0:52:05	2010
32	Peter Cooper	Isle of Man Veteran Athletes' Club	0:52:10	2012
23	Peter Cooper	Isle of Man Veteran Athletes' Club	0:52:11	2011
30	Brian Butler	Isle of Man Veteran Athletes' Club	0:52:16	2014
33	Chris Moss	Wesham Road Runners	0:52:20	2012
45	Juan Owens	U/A	0:52:20	2015

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34	Roy Crellin	Western (Isle of Man) AC	0:52:26	2010
43	Peter Cooper	Isle of Man Veteran Athletes' Club	0:52:29	2013
35	Dave Corrin	Isle of Man Veteran Athletes' Club	0:52:30	2010
24	Rob Webb	Isle of Man Veteran Athletes' Club	0:52:30	2011
34	Roy Crellin	Western (Isle of Man) AC	0:52:33	2012
19	Kevin Vondy	Northern (Isle of Man) AC	0:52:34	2016
35	Debbie Loader	Isle of Man Veteran Athletes' Club	0:52:37	2008
31	Lawrence Dyer	NAC	0:52:37	2014
36	Godfrey Clayton	Manx Fell Runners	0:52:38	2008
25	Barry Moore	Western (Isle of Man) AC	0:52:38	2011
26	Nigel Maddocks	Unattached	0:52:38	2011
32	Tim Roberts	U/A	0:52:39	2014
35	Colin Crooks	Western (Isle of Man) AC	0:52:43	2012
44	Barry Moore	Western (Isle of Man) AC	0:52:43	2013
33	Lisa Dunwell	Northern (Isle of Man) AC	0:52:46	2014
34	Barry Moore	Western (Isle of Man) AC	0:52:48	2014
20	David Price		0:52:48	2016
45	Phil Motley	Isle of Man Veteran Athletes' Club	0:52:49	2013
36	Chris Offord	Northern (Isle of Man) AC	0:52:54	2012
21	Polly Rogerson		0:52:56	2016
37	Ruth Croome	Unattached	0:53:00	2008
46	Nick Watterson	Isle of Man Veteran Athletes' Club	0:53:00	2015
46	Shaun Hubbard	Manx Fell Runners	0:53:03	2013
27	Dave Collister	Manx Fell Runners	0:53:04	2011
37	Paul Rodgers	Northern (Isle of Man) AC	0:53:04	2012
35	Helen Taylor	Western (Isle of Man) AC	0:53:05	2014
36	Steve Kennaugh	Manx Fell Runners	0:53:07	2014
37	Chris Offord	Northern (Isle of Man) AC	0:53:09	2014
25	Sarah Curphey	Manx Harriers	0:53:13	2009
38	Les Brown	Manx Harriers	0:53:15	2008
47	Tadhg O'Mahony	Isle of Man Veteran Athletes' Club	0:53:17	2015
48	John Dunwell	Northern (Isle of Man) AC	0:53:18	2015
22	Barry Moore	Western (Isle of Man) AC	0:53:25	2016
47	Karen Shimmin	Unattached	0:53:29	2013
23	Al Owen		0:53:29	2016
28	Lawrence Dyer	Northern (Isle of Man) AC	0:53:30	2011
36	Jerzy Matuszewski	Stockport Harriers	0:53:31	2010
49	Adam Cowell	U/A	0:53:32	2015
39	Richard Allan	Unattached	0:53:35	2008
26	Robbie Lambie	Western (Isle of Man) AC	0:53:35	2009
50	Dawn Yates	Manx Harriers	0:53:35	2015
48	Dawn Yates	Manx Harriers	0:53:37	2013
38	Dawn Yates	Manx Harriers	0:53:39	2012
24	Brian Butler	Isle of Man Veteran Athletes' Club	0:53:40	2016
38	Andrew Wilkinson	Manx Harriers	0:53:42	2014
49	Kewin Kerruish	Unattached	0:53:43	2013
25	Daniel Ankers		0:53:43	2016

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39	Lawrence Dyer	Northern (Isle of Man) AC	0:53:44	2012
26	Steve Callaghan		0:53:46	2016
27	Ellen Kneen	Western (Isle of Man) AC	0:53:49	2016
39	Rosy Craine	NAC	0:53:53	2014
40	Les Brown	Manx Harriers	0:53:54	2012
40	Dave Anderson	Manx Harriers	0:53:59	2014
28	Matthew McSevney		0:54:00	2016
51	Kevin Vondy	Northern (Isle of Man) AC	0:54:03	2015
29	Lesley Webb	Unattached	0:54:04	2011
41	Danny Teare	Blackburn Harriers	0:54:04	2014
52	Tony Glassey	Manx Harriers	0:54:09	2015
50	Jenny Garside	Trawden AC	0:54:10	2013
51	Jim Garside	Trawden AC	0:54:10	2013
52	Steve Kelly	Manx Fell Runners	0:54:19	2013
53	Helen Taylor	Western (Isle of Man) AC	0:54:27	2013
40	John Turner	Unattached	0:54:28	2008
37	Dean Sowerby	Unattached	0:54:32	2010
29	Helen Taylor	Western (Isle of Man) AC	0:54:33	2016
27	Roy Crellin	Western (Isle of Man) AC	0:54:36	2009
38	Mark Spiers	Western (Isle of Man) AC	0:54:37	2010
54	Charlie Whipp	Manx Fell Runners	0:54:38	2013
30	Sian Coleman		0:54:42	2016
55	Glen Weir	Manx Fell Runners	0:54:45	2013
41	Jerzy Matuszewski	Stockport Harriers	0:54:51	2008
30	Shane Martin	Manx Tri Club	0:54:58	2011
42	Terry Bates	Isle of Man Veteran Athletes' Club	0:54:59	2014
53	Vicky Rawlinson	Northern (Isle of Man) AC	0:55:01	2015
42	Bernie Cannan	Northern (Isle of Man) AC	0:55:05	2008
31	Neville Jewell	Manx Fell Runners	0:55:10	2011
54	Mike Gellion	Isle of Man Veteran Athletes' Club	0:55:14	2015
57	James Graham	Unattached	0:55:18	2013
56	Les Brown	Manx Harriers	0:55:18	2013
43	John Watterson	Western (Isle of Man) AC	0:55:22	2008
39	Robbie Lambden	Manx Harriers	0:55:24	2010
43	Roger Moughtin	Western (Isle of Man) AC	0:55:32	2014
55	Andrew Wilkinson	Northern (Isle of Man) AC	0:55:32	2015
40	Les Brown	Manx Harriers	0:55:35	2010
31	Dino Mazzone		0:55:40	2016
44	Ewa Kowalewska	U/A	0:55:42	2014
45	Dave Lawrie	Isle of Man Veteran Athletes' Club	0:55:43	2014
58	Matthew McSevney	Unattached	0:55:44	2013
32	Roger Moughtin	Western (Isle of Man) AC	0:55:44	2016
46	Matthew McSevney	Manx Tri	0:55:46	2014
47	John Dunwell	Northern (Isle of Man) AC	0:55:50	2014
33	Tadhg O'Mahoney	Isle of Man Veteran Athletes' Club	0:55:52	2016
32	David Doyle	Isle of Man Veteran Athletes' Club	0:55:54	2011
28	Jerzy Matuszewski	Stockport Harriers	0:56:03	2009



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41	Michael Loundes	Manx Harriers	0:56:03	2012
34	Peter Cooper	Isle of Man Veteran Athletes' Club	0:56:03	2016
56	Ellen Kneen	Western (Isle of Man) AC	0:56:04	2015
35	Lawrence Dyer	Northern (Isle of Man) AC	0:56:10	2016
59	Antony Boyd	Unattached	0:56:13	2013
44	Roger Ashby	Sale Harriers	0:56:14	2008
29	Fionn Geddes	Unattached	0:56:14	2009
41	Ann Cain	Manx Harriers	0:56:15	2010
48	David Hodgson	NAC	0:56:17	2014
60	John Watterson	Manx Harriers	0:56:21	2013
42	Graham Thwaites	Unattached	0:56:32	2012
45	Jenny Garside	Pendle AC	0:56:35	2008
30	Jenny Garside	Pendle AC	0:56:38	2009
33	Sally Walker	Manx Harriers	0:56:38	2011
61	Lawrence Dyer	Northern (Isle of Man) AC	0:56:38	2013
43	Dave Salter	Unattached	0:56:41	2012
46	Ciara Kaneen	Manx Harriers	0:56:43	2008
57	Joanne Schade	Western (Isle of Man) AC	0:56:45	2015
62	Mark Spiers	Western (Isle of Man) AC	0:56:46	2013
31	Michael Crook	Western (Isle of Man) AC	0:56:49	2009
49	Robert Quine	NAC	0:56:50	2014
58	Stephen Kennaugh	Manx Fell Runners	0:56:50	2015
36	John Dunwell	Northern (Isle of Man) AC	0:56:53	2016
63	Maggie Watkins	Isle of Man Veteran Athletes' Club	0:56:57	2013
37	Aaron Schade		0:56:58	2016
38	Steve Kelly	Manx Fell Runners	0:56:59	2016
34	Ann Cain	Manx Harriers	0:57:00	2011
44	Steve Kelly	Manx Fell Runners	0:57:06	2012
39	Joanne Schade	Western (Isle of Man) AC	0:57:06	2016
47	Bridget Kaneen	Manx Harriers	0:57:07	2008
42	Caroline Caren	Manx Fell Runners	0:57:10	2010
59	Barry Cowin	Northern (Isle of Man) AC	0:57:10	2015
40	Les Brown	Manx Harriers	0:57:10	2016
32	Justine Bowen	Isle of Man Veteran Athletes' Club	0:57:13	2009
48	Garry Ross	Manx Harriers	0:57:18	2008
49	Nikki Kennaugh	Manx Harriers	0:57:21	2008
50	Alan Pilling	Isle of Man Veteran Athletes' Club	0:57:23	2008
35	Robbie Lambden	Manx Harriers	0:57:23	2011
33	Anne Gumbley	Unattached	0:57:24	2009
36	Rob Parslow	Western (Isle of Man) AC	0:57:29	2011
60	Mark Burrows	U/A	0:57:30	2015
37	Helen Taylor	Western (Isle of Man) AC	0:57:31	2011
64	Sharen Gardner	Manx Fell Runners	0:57:31	2013
38	Gill Crennell	Manx Tri Club	0:57:32	2011
39	Les Brown	Manx Harriers	0:57:39	2011
61	Joseph Langthorn	U/A	0:57:39	2015
40	David Anderson	Manx Harriers	0:57:41	2011

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62	Helen Taylor	Western (Isle of Man) AC	0:57:45	2015
41	Nikki Kennaugh	Manx Harriers	0:57:46	2011
41	Voirrey Cashin	Northern (Isle of Man) AC	0:57:47	2016
43	Jason Cochrane	Western (Isle of Man) AC	0:57:53	2010
45	John Watterson	Manx Harriers	0:57:53	2012
42	Maggie Watkins	Manx Fell Runners	0:57:57	2016
46	Jackie Campbell	Manx Harriers	0:57:59	2012
51	Alan Bagley	Manx Fell Runners	0:58:00	2008
44	Catherine Gatherer	Unattached	0:58:02	2010
63	Dave Lawrie	Isle of Man Veteran Athletes' Club	0:58:03	2015
50	Bernie Cannan	Northern (Isle of Man) AC	0:58:08	2014
64	Christine O'Hanlon	U/A	0:58:11	2015
42	Jenny Garside	Trawden AC	0:58:12	2011
65	Les Brown	Manx Harriers	0:58:16	2015
66	Roger Moughtin	Western (Isle of Man) AC	0:58:17	2015
43	Michael Crook	Western (Isle of Man) AC	0:58:18	2016
44	Julia Furner		0:58:20	2016
34	John Watterson	Western (Isle of Man) AC	0:58:21	2009
45	Rachel Holden	Manx Harriers	0:58:23	2010
45	Jane Farquhar		0:58:25	2016
46	James Quirk		0:58:27	2016
65	Jerzy Matuszewski	Stockport Harriers	0:58:28	2013
67	Alex Parkes	Manx Tri	0:58:29	2015
47	Illiam Quane	Unattached	0:58:31	2012
51	Michael Crook	Western (Isle of Man) AC	0:58:31	2014
52	Justine Bowen	Manx Harriers	0:58:39	2008
66	Zoe Craine	Unattached	0:58:39	2013
43	Jerzy Matuszewski	Stockport Harriers	0:58:43	2011
35	Jason Cochrane	Western (Isle of Man) AC	0:58:51	2009
44	Katy Craig	Northern (Isle of Man) AC	0:58:52	2011
45	Alan Pilling	Isle of Man Veteran Athletes' Club	0:58:53	2011
48	Jerzy Matuszewski	Stockport Harriers	0:58:59	2012
67	Michael Crook	Western (Isle of Man) AC	0:59:03	2013
68	John Critchley	Unattached	0:59:06	2013
49	Wendy Ross	Manx Harriers	0:59:10	2012
52	Maggie Watkins	Manx Fell Runners	0:59:12	2014
47	Saxon Carswell		0:59:18	2016
53	Geoff Hall	Western (Isle of Man) AC	0:59:19	2008
48	Catherine Burge	U/A	0:59:23	2016
36	Robbie Lambden	Manx Harriers	0:59:31	2009
49	Jason Cochrane	Western (Isle of Man) AC	0:59:31	2016
37	Jo Glassey	Manx Harriers	0:59:32	2009
68	Sharen Gardner	Manx Fell Runners	0:59:34	2015
50	Gary Sherry	Northern (Isle of Man) AC	0:59:34	2016
69	Adam Huxham	Unattached	0:59:35	2013
70	David Anderson	Manx Harriers	0:59:38	2013
71	Suzanne Wild	Manx Harriers	0:59:45	2013

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38	Jackie Moore	Western (Isle of Man) AC	0:59:48	2009
51	Sharen Gardner	Manx Fell Runners	0:59:49	2016
54	Wendy Ross	Manx Harriers	0:59:55	2008
55	Debby Ashe	Manx Harriers	0:59:59	2008
46	Vernon Thomas	Greenwich	1:00:01	2011
50	Caroline Moran	Western (Isle of Man) AC	1:00:04	2012
39	Alan Bagley	Isle of Man Veteran Athletes' Club	1:00:13	2009
51	Sharen Gardner	Manx Fell Runners	1:00:22	2012
46	Roger Moughtin	Western (Isle of Man) AC	1:00:23	2010
69	John Watterson	Western (Isle of Man) AC	1:00:29	2015
53	Joanne Schade	Western (Isle of Man) AC	1:00:32	2014
47	Alan Pilling	Isle of Man Veteran Athletes' Club	1:00:34	2010
41	Rob Parslow	Western (Isle of Man) AC	1:00:42	2009
40	Roger Moughtin	Western (Isle of Man) AC	1:00:42	2009
42	Colm Andrews	Unattached	1:00:43	2009
70	Terri Salmon	Manx Fell Runners	1:00:44	2015
56	Adele Page	Unattached	1:00:50	2008
52	David Kinnish	Unattached	1:00:51	2012
72	Chris Littler	Halamshire Harriers	1:00:57	2013
48	Debby Ashe	Manx Harriers	1:00:59	2010
49	Wendy Sandford	Western (Isle of Man) AC	1:00:59	2010
57	Lucy Fern	Nimrod Runners	1:01:02	2008
71	Kerry Clarke	Manx Harriers	1:01:08	2015
54	Catherine Burge	U/A	1:01:10	2014
53	Maggie Watkins	Isle of Man Veteran Athletes' Club	1:01:15	2012
55	Jill Bunyan	Manx Fell Runners	1:01:22	2014
50	Steven Cain	Unattached	1:01:23	2010
73	Lucy Fern	Nimrod Runners	1:01:28	2013
56	Stewart Jones	Manx Harriers	1:01:29	2014
54	Mike Ryan	Unattached	1:01:37	2012
72	Jo Glassey	Manx Harriers	1:01:37	2015
73	Clare Ledger	Manx Tri Club	1:01:42	2015
74	Lucy Fern	Nimrod Runners	1:01:45	2015
55	Christine O'Hanlon	Manx Harriers	1:01:50	2012
75	Michael Tait	Manx Fell Runners	1:01:51	2015
52	Jackie Campbell	Manx Harriers	1:01:54	2016
51	Lucy Fern	Nimrod Runners	1:02:04	2010
47	Lucy Fern	Nimrod Runners	1:02:06	2011
74	Terri Salmon	Manx Harriers	1:02:07	2013
56	Jonathan McNeill	Manx Tri Club	1:02:15	2012
53	Dave Lawrie	Isle of Man Veteran Athletes' Club	1:02:23	2016
57	Colin Crooks	Western (Isle of Man) AC	1:02:25	2014
76	Jill Bunyan	Manx Fell Runners	1:02:29	2015
44	Alan Pilling	Isle of Man Veteran Athletes' Club	1:02:35	2009
43	Ekong Bell	Manx Fell Runners	1:02:35	2009
58	Katie Marston	Unattached	1:02:51	2008
54	Colin Crooks	Western (Isle of Man) AC	1:02:54	2016

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55	Ray Beattie		1:02:58	2016
56	Terri Salmon	Manx Fell Runners	1:03:00	2016
57	Gemma Quirk		1:03:02	2016
45	Maira Hall	Western (Isle of Man) AC	1:03:05	2009
52	Caroline Moran	Western (Isle of Man) AC	1:03:16	2010
58	John Critchley	Unattached	1:03:19	2014
75	Debbie Mackie	Unattached	1:03:27	2013
76	Colin Crooks	Western (Isle of Man) AC	1:03:37	2013
58	Jerzy Matuszewski	Stockport Harriers	1:03:38	2016
48	John Comaish	Unattached	1:03:42	2011
59	Christine O'Hanlon		1:03:45	2016
53	Kathy Ennett	Unattached	1:03:48	2010
54	Linda Colteura	Peninsular Runners	1:03:53	2010
57	Lisa Motley	Manx Harriers	1:04:07	2012
58	Terri Salmon	Manx Harriers	1:04:07	2012
77	Ric Adams	U/A	1:04:09	2015
78	Vivian Toro	U/A	1:04:19	2015
59	Ian Callister	Manx Harriers	1:04:23	2014
46	Lucy Fern	Nimrod Runners	1:04:29	2009
60	Sarah Sweeney		1:04:32	2016
59	Mark Beyer	Unattached	1:04:40	2012
61	Jill Bunyan	Manx Fell Runners	1:04:40	2016
49	Jackie Moore	Western (Isle of Man) AC	1:04:41	2011
60	Maira Hall	Western (Isle of Man) AC	1:04:47	2014
79	Gary Sherry	Northern (Isle of Man) AC	1:04:55	2015
77	Maira Hall	Western (Isle of Man) AC	1:05:03	2013
78	Roger Ashby	Pennine	1:05:14	2013
62	Vernon Thomas	Greenwich	1:05:14	2016
60	Simon Hill-Anderson	Unattached	1:05:18	2012
64	Aalish Bennett		1:05:20	2016
63	John Watterson	Western (Isle of Man) AC	1:05:20	2016
50	Donna Carswell	Unattached	1:05:23	2011
55	Maira Hall	Western (Isle of Man) AC	1:05:27	2010
65	Suzanne Wild	Manx Harriers	1:05:27	2016
80	Jackie Moore	Western (Isle of Man) AC	1:05:39	2015
66	Mike Turner		1:05:40	2016
59	Maira Hall	Western (Isle of Man) AC	1:05:41	2008
67	Cath Owen		1:05:43	2016
81	Colin Crooks	Western (Isle of Man) AC	1:05:48	2015
68	Caley Coole		1:05:57	2016
82	Emma Campbell	Northern (Isle of Man) AC	1:06:11	2015
61	Maira Hall	Western (Isle of Man) AC	1:06:14	2012
83	John Critchley	Manx Fell Runners	1:06:24	2015
62	Jackie Moore	Western (Isle of Man) AC	1:06:34	2012
60	Dave Quine	Isle of Man Veteran Athletes' Club	1:06:38	2008
84	Mary Tait	Manx Harriers	1:06:42	2015
61	Eric Lee	Western (Isle of Man) AC	1:06:49	2014

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62	Paul Killey	Manx Fell Runners	1:06:51	2014
56	James Betteridge	Manx Fell Runners	1:07:06	2010
69	Lucy Fern	Nimrod Runners	1:07:24	2016
51	Alison Corlett	Isle of Man Veteran Athletes' Club	1:07:34	2011
63	Eric Lee	Western (Isle of Man) AC	1:07:43	2012
70	Moira Hall	Western (Isle of Man) AC	1:07:54	2016
79	Jonathan McNeill	Manx Fell Runners	1:08:02	2013
57	Geoff Hall	Western (Isle of Man) AC	1:08:15	2010
71	Wendy Ross	Manx Harriers	1:08:33	2016
80	Jackie Moore	Western (Isle of Man) AC	1:08:35	2013
63	Alison Corlett	Isle of Man Veteran Athletes' Club	1:08:35	2014
81	Eric Lee	Western (Isle of Man) AC	1:08:38	2013
72	Alison Wilson		1:08:44	2016
73	Eric Lee	Western (Isle of Man) AC	1:08:56	2016
52	Pauline Smith	Northern (Isle of Man) AC	1:09:03	2011
64	Jackie Moore	Western (Isle of Man) AC	1:09:04	2014
74	Jackie Moore	Western (Isle of Man) AC	1:09:08	2016
82	Geoff Hall	Western (Isle of Man) AC	1:09:16	2013
75	Ann-Marie Clucas		1:09:16	2016
47	Geoff Hall	Western (Isle of Man) AC	1:09:52	2009
85	Moira Hall	Western (Isle of Man) AC	1:09:55	2015
65	Geoff Hall	Western (Isle of Man) AC	1:10:02	2014
66	Monica George	Western (Isle of Man) AC	1:10:09	2014
83	Alison Corlett	Isle of Man Veteran Athletes' Club	1:10:25	2013
58	Lesley Christian	Isle of Man Veteran Athletes' Club	1:10:26	2010
64	Steven Farrell	Manx Fell Runners	1:10:29	2012
86	Eric Lee	Western (Isle of Man) AC	1:10:30	2015
76	Ali Clague		1:10:33	2016
77	Alan Pilling	Isle of Man Veteran Athletes' Club	1:10:41	2016
78	Alison Corlett	Isle of Man Veteran Athletes' Club	1:10:52	2016
48	Dave Quine	Isle of Man Veteran Athletes' Club	1:11:14	2009
65	Pauline Smith	Northern (Isle of Man) AC	1:11:19	2012
79	Sam Comaish		1:11:22	2016
49	Sue Ackroyd	Isle of Man Veteran Athletes' Club	1:11:33	2009
53	Geoff Hall	Western (Isle of Man) AC	1:11:52	2011
54	Krystina Howard	Unattached	1:11:52	2011
55	Paul Wheeldon	Unattached	1:11:53	2011
84	Suzanne Garside	Unattached	1:12:18	2013
85	Paul Killey	Manx Fell Runners	1:12:23	2013
87	Michelle Sherry	Northern (Isle of Man) AC	1:12:26	2015
61	Lynne Quine	Isle of Man Veteran Athletes' Club	1:12:37	2008
61	Miriam Kelly	Isle of Man Veteran Athletes' Club	1:12:37	2008
66	Alison Corlett	Isle of Man Veteran Athletes' Club	1:13:14	2012
88	Paul Killey	Manx Fell Runners	1:13:14	2015
80	Geoff Hall	Western (Isle of Man) AC	1:13:41	2016
81	Michelle Sherry	Northern (Isle of Man) AC	1:14:14	2016
56	Paul Killey	Manx Fell Runners	1:14:20	2011

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82	Lynne Quine	Isle of Man Veteran Athletes' Club	1:14:25	2016
83	Rebecca Greatbatch	Manx Harriers	1:14:47	2016
84	Mamta Paradise	U/A	1:15:18	2016
85	Miriam Kelly	Isle of Man Veteran Athletes' Club	1:15:28	2016
86	Maura Kelly	Northern (Isle of Man) AC	1:15:48	2016
87	Sue Furner		1:15:57	2016
90	Mamta Paradise	U/A	1:17:39	2015
89	Neville Jewell	U/A	1:17:39	2015
50	Ingrid Sugden	Isle of Man Veteran Athletes' Club	1:17:59	2009
50	Maureen Kelly	Isle of Man Veteran Athletes' Club	1:17:59	2009
60	Chris Lambah	Unattached	1:18:59	2010
59	Sally Lambah	Shropshire Shufflers	1:18:59	2010
52	Sarah Hewson	Manx Fell Runners	1:19:41	2009
67	Geoff Hall	Western (Isle of Man) AC	1:20:10	2012
92	Lisa Payne	Liverpool	1:20:50	2015
91	Maria Sancho	U/A	1:20:50	2015
88	Dave Quine	Isle of Man Veteran Athletes' Club	1:28:36	2016