

# Manx runners in the 2005 Flora London Marathon

| Name               | Year Club                    | Charity                           | Number | Position | Gender | Finish   | Aggregate times |          |          |          | Split times |          |          |          | First Half | Second Half | Finish   |          |
|--------------------|------------------------------|-----------------------------------|--------|----------|--------|----------|-----------------|----------|----------|----------|-------------|----------|----------|----------|------------|-------------|----------|----------|
|                    |                              |                                   |        |          |        |          | 10km            | 20km     | 30km     | 40km     | 10km        | 20km     | 30km     | 40km     |            |             |          | Final    |
| Murray Lambden     | 2005 Manx Harriers           |                                   | 28332  | 267      | 244    | 02:43:06 | 00:36:50        | 01:14:41 | 01:53:00 | 02:33:06 | 00:36:50    | 00:37:51 | 00:38:19 | 00:40:06 | 00:10:00   | 01:18:52    | 01:24:14 | 02:43:06 |
| Nigel Armstrong    | 2005 Warrington Road Runners |                                   | 30052  | 646      | 612    | 02:53:20 | 00:37:15        | 01:16:05 | 01:56:21 | 02:43:03 | 00:37:15    | 00:38:50 | 00:40:16 | 00:46:42 | 00:10:17   | 01:20:19    | 01:33:01 | 02:53:20 |
| Paul Curphey       | 2005 Manx Harriers           |                                   | 37113  | 778      | 734    | 02:55:40 | 00:38:59        | 01:19:25 | 02:01:06 | 02:45:20 | 00:38:59    | 00:40:26 | 00:41:41 | 00:44:14 | 00:10:20   | 01:23:53    | 01:31:47 | 02:55:40 |
| Mike Garrett       | 2005 Manx Harriers           |                                   | 29363  | 1133     | 1067   | 03:00:14 | 00:38:21        | 01:18:09 | 02:00:02 | 02:48:23 | 00:38:21    | 00:39:48 | 00:41:53 | 00:48:21 | 00:11:51   | 01:22:34    | 01:37:40 | 03:00:14 |
| Alan Postlethwaite | 2005 Northern AC             |                                   | 29181  | 1691     | 1578   | 03:07:56 | 00:41:37        | 01:24:27 | 02:08:10 | 02:56:57 | 00:41:37    | 00:42:50 | 00:43:43 | 00:48:47 | 00:10:59   | 01:29:07    | 01:38:49 | 03:07:56 |
| Richard Radcliffe  | 2005 Northern AC             |                                   | 20657  | 2315     | 2159   | 03:14:02 | 00:43:43        | 01:28:20 | 02:13:39 | 03:02:52 | 00:43:43    | 00:44:37 | 00:45:19 | 00:49:13 | 00:11:10   | 01:33:15    | 01:40:47 | 03:14:02 |
| Andy Gosnell       | 2005 IOMVAC                  |                                   | 24893  | 2407     | 2250   | 03:14:49 | 00:46:02        | 01:31:05 | 02:16:42 | 03:04:34 | 00:46:02    | 00:45:03 | 00:45:37 | 00:47:52 | 00:10:15   | 01:35:56    | 01:38:53 | 03:14:49 |
| Jim MacGregor      | 2005 Manx Harriers           |                                   | 26416  | 5563     | 4913   | 03:38:03 | 00:42:09        | 01:27:35 | 02:19:32 | 03:25:13 | 00:42:09    | 00:45:26 | 00:51:57 | 01:05:41 | 00:12:50   | 01:32:53    | 02:05:10 | 03:38:03 |
| Mark Bridson       | 2005 Northern AC             |                                   | 5051   | 6185     | 5431   | 03:41:32 | 00:49:11        | 01:38:08 | 02:29:33 | 03:29:38 | 00:49:11    | 00:48:57 | 00:51:25 | 01:00:05 | 00:11:54   | 01:43:33    | 01:57:59 | 03:41:32 |
| Mark Redmayne      | 2005 Western AC              | Overcome                          | 43264  | 6205     | 5445   | 03:41:37 | 00:44:37        | 01:32:16 | 02:25:04 | 03:28:05 | 00:44:37    | 00:47:39 | 00:52:48 | 01:03:01 | 00:13:32   | 01:37:35    | 02:04:02 | 03:41:37 |
| Steve Cain         | 2005 Western AC              | St John Ambulance (IOM)           | 46808  | 8339     | 7167   | 03:51:47 | 00:54:39        | 01:49:27 | 02:43:16 | 03:39:10 | 00:54:39    | 00:54:48 | 00:53:49 | 00:55:54 | 00:12:37   | 01:55:17    | 01:56:30 | 03:51:47 |
| Andy Corrie        | 2005 Manx Harriers           | Cancer and Leukaemia in Childhood | 26418  | 8613     | 7384   | 03:52:59 | 00:52:18        | 01:44:47 | 02:40:53 | 03:40:09 | 00:52:18    | 00:52:29 | 00:56:06 | 00:59:16 | 00:12:50   | 01:49:52    | 02:03:07 | 03:52:59 |
| John Sherrocks     | 2005                         |                                   | 11190  | 8724     | 7469   | 03:53:21 | 00:53:22        | 01:44:18 | 02:37:28 | 03:40:15 | 00:53:22    | 00:50:56 | 00:53:10 | 01:02:47 | 00:13:06   | 01:49:49    | 02:03:32 | 03:53:21 |
| Jason Cochrane     | 2005                         |                                   | 7189   | 9339     | 7963   | 03:55:43 | 00:54:56        | 01:48:11 | 02:42:19 | 03:42:19 | 00:54:56    | 00:53:15 | 00:54:08 | 01:00:00 | 00:13:24   | 01:54:00    | 02:01:43 | 03:55:43 |
| Paddy Horne        | 2005                         | Scope                             | 45106  | 10045    | 8498   | 03:58:01 | 00:46:28        | 01:34:30 | 02:29:57 | 03:45:06 | 00:46:28    | 00:48:02 | 00:55:27 | 01:15:09 | 00:12:55   | 01:39:57    | 02:18:04 | 03:58:01 |
| Samantha Cowen     | 2005                         |                                   | 47230  | 10588    | 1665   | 03:59:52 | 00:54:30        | 01:49:52 | 02:47:14 | 03:47:19 | 00:54:30    | 00:55:22 | 00:57:22 | 01:00:05 | 00:12:33   | 01:58:01    | 02:01:51 | 03:59:52 |
| Richard Scott      | 2005                         | Children with Leukaemia           | 37113  | 12192    | 10152  | 04:06:50 | 00:53:28        | 01:48:26 | 02:47:09 | 03:51:11 | 00:53:28    | 00:54:58 | 00:58:43 | 01:04:02 | 00:15:39   | 01:54:33    | 02:12:17 | 04:06:50 |
| Ian Callister      | 2005 Manx Fell Runners       |                                   | 26107  | 12275    | 10216  | 04:07:09 | 00:48:59        | 01:39:25 | 02:37:15 | 03:50:01 | 00:48:59    | 00:50:26 | 00:57:50 | 01:12:46 | 00:17:08   | 01:44:55    | 02:22:14 | 04:07:09 |
| David Cain         | 2005                         | Hospice Care                      | 39869  | 13802    | 11357  | 04:13:06 | 00:54:18        | 01:49:31 | 02:48:22 | 03:54:10 | 00:54:18    | 00:55:13 | 00:58:51 | 01:05:48 | 00:18:56   | 01:55:35    | 02:17:31 | 04:13:06 |
| Stephen Caley      | 2005                         | Scope                             | 45077  | 16614    | 13442  | 04:23:30 | 00:54:39        | 01:49:55 | 02:52:41 | 04:08:22 | 00:54:39    | 00:55:16 | 01:02:46 | 01:15:41 | 00:15:08   | 01:56:03    | 02:27:27 | 04:23:30 |
| Dave Nixon         | 2005 IOMVAC                  |                                   | 24074  | 16777    | 13545  | 04:24:10 | 00:59:26        | 01:59:15 | 03:01:58 | 04:09:01 | 00:59:26    | 00:59:49 | 01:02:43 | 01:07:03 | 00:15:09   | 02:05:54    | 02:18:16 | 04:24:10 |
| John Ryder         | 2005                         | Cancer Research UK                | 35856  | 17651    | 14145  | 04:27:04 | 00:54:52        | 01:54:19 | 02:58:59 | 04:13:27 | 00:54:52    | 00:59:27 | 01:04:40 | 01:14:28 | 00:13:37   | 02:01:02    | 02:26:02 | 04:27:04 |
| Andrew Gerrard     | 2005                         | Asthma UK                         | 34192  | 18939    | 15030  | 04:31:52 | 00:55:20        | 01:52:26 | 03:03:09 | 04:16:49 | 00:55:20    | 00:57:06 | 01:10:43 | 01:13:40 | 00:15:03   | 01:58:38    | 02:33:14 | 04:31:52 |
| Ben Bryan          | 2005                         |                                   | 2725   | 19113    | 15142  | 04:32:37 | 00:57:20        | 01:55:23 | 03:06:31 | 04:18:09 | 00:57:20    | 00:58:03 | 01:11:08 | 01:11:38 | 00:14:28   | 02:01:58    | 02:30:39 | 04:32:37 |
| Ingrid Sugden      | 2005 IOMVAC                  |                                   | 15611  | 19401    | 4074   | 04:33:48 | 01:03:02        | 02:07:37 | 03:14:16 | 04:20:26 | 01:03:02    | 01:04:35 | 01:06:39 | 01:06:10 | 00:13:22   | 02:14:47    | 02:19:01 | 04:33:48 |
| John Hanbidge      | 2005 Western AC              | Age Concern IOM and MIND          | 25635  | 19591    | 15456  | 04:34:03 | 01:00:18        | 02:02:08 | 03:07:30 | 04:19:12 | 01:00:18    | 01:01:50 | 01:05:22 | 01:11:42 | 00:14:51   | 02:09:05    | 02:24:58 | 04:34:03 |
| Dave Findlay       | 2005                         | Children with Leukaemia           | 36824  | 22082    | 17127  | 04:44:26 | 01:04:01        | 02:10:20 | 03:20:54 | 04:31:22 | 01:04:01    | 01:06:19 | 01:10:34 | 01:10:28 | 00:13:04   | 02:17:35    | 02:26:51 | 04:44:26 |
| Kim Oliphant       | 2005                         | Hospice Care                      | 39870  | 22560    | 5124   | 04:46:33 | 01:02:10        | 02:07:19 | 03:17:08 | 04:30:57 | 01:02:10    | 01:05:09 | 01:09:49 | 01:13:49 | 00:15:36   | 02:14:39    | 02:31:54 | 04:46:33 |
| Debbie Findlay     | 2005                         | Children with Leukaemia           | 36825  | 24491    | 5795   | 04:54:45 | 01:04:01        | 02:10:20 | 03:20:54 | 04:38:47 | 01:04:01    | 01:06:19 | 01:10:34 | 01:17:53 | 00:15:58   | 02:17:35    | 02:37:10 | 04:54:45 |
| Wendy Ranft-Gerber | 2005                         | Hospice Care                      | 39868  | 24561    | 5848   | 04:55:01 | 01:03:59        | 02:10:09 | 03:22:32 | 04:38:15 | 01:03:59    | 01:06:10 | 01:12:23 | 01:15:43 | 00:16:46   | 02:17:45    | 02:37:16 | 04:55:01 |
| Keith Green        | 2005                         | ChildLine                         | 9519   | 24629    | 18778  | 04:55:22 | 01:03:01        | 02:07:35 | 03:21:11 | 04:41:20 | 01:03:01    | 01:04:34 | 01:13:36 | 01:20:09 | 00:14:02   | 02:14:48    | 02:40:34 | 04:55:22 |
| Kevan Osborn       | 2005 IOMVAC                  |                                   | 45291  | 25241    | 19181  | 04:58:09 | 01:01:46        | 02:05:25 | 03:18:58 | 04:43:32 | 01:01:46    | 01:03:39 | 01:13:33 | 01:24:34 | 00:14:37   | 02:13:01    | 02:45:08 | 04:58:09 |
| Emma Sansom        | 2005                         | Outward Bound Trust               |        | 26298    | 6446   | 05:03:25 | 00:59:41        | 02:01:04 | 03:08:57 | 04:45:09 | 00:59:41    | 01:01:23 | 01:07:53 | 01:36:12 | 00:18:16   | 02:08:04    | 02:55:21 | 05:03:25 |
| Catriona Farrant   | 2005 IOMVAC                  |                                   | 24895  | 30417    | 8114   | 05:31:47 | 01:08:31        | 02:22:20 | 03:48:59 | 05:14:21 | 01:08:31    | 01:13:49 | 01:26:39 | 01:25:22 | 00:17:26   | 02:31:09    | 03:00:38 | 05:31:47 |
| Richard McAleer    | 2005 Manx Harriers           | Tsunami appeal                    | 26417  | 31087    | 22702  | 05:38:09 | 01:06:30        | 02:25:03 | 03:55:04 | 05:22:50 | 01:06:30    | 01:18:33 | 01:30:01 | 01:27:46 | 00:15:19   | 02:33:35    | 03:04:34 | 05:38:09 |
| Maureen Kelly      | 2005 IOMVAC                  |                                   | 24894  | 33252    | 9433   | 06:06:54 | 01:13:46        | 02:34:23 | 04:14:42 | 05:48:58 | 01:13:46    | 01:20:37 | 01:40:19 | 01:34:16 | 00:17:56   | 02:52:33    | 03:14:21 | 06:06:54 |
| Elizabeth Crown    | 2005                         |                                   | 22717  | 33669    | 9666   | 06:16:41 | 01:14:51        | 02:40:45 | 04:19:26 | 05:56:44 | 01:14:51    | 01:25:54 | 01:38:41 | 01:37:18 | 00:19:57   | 02:50:07    | 03:26:34 | 06:16:41 |
| Tina Kaneen        | 2005                         | Hospice Care                      | 39867  | 35008    | 10409  | 07:32:25 | 01:40:38        | 03:23:57 | 05:09:43 |          | 01:40:38    | 01:43:19 | 01:45:46 |          | 07:32:25   | 03:35:15    | 03:57:10 | 07:32:25 |