

IOMVAC Autumn Handicap Walk/Run

Overall Result

Rank	Name	Club	Cat	Laps	Fastest	Average	Result	H-Cap	(Actual)
10km Run									
1st	Keoghan Taylor (273)	MH	F45	12	4:08	4:18	58m41s	5:00	53m41s
2nd	Emma Shilling (114)	None	F45	12	3:22	3:43	59m50s	13:30	46m20s
3rd	Dee Gimbert (271)	IOM	F60	12	4:29	4:39	59m58s	2:00	57m58s
4th	Paula Garland (279)	WAC	F50	12	4:14	4:26	1h0m20s	5:00	55m20s
5th	Steven Ferrario (280)	None	M35	12	4:09	4:27	1h0m27s	5:00	55m27s
6th	John Quaye (131)	IOM	M40	12	2:44	3:01	1h0m34s	23:00	37m34s
7th	Jenna Smith (163)	None	F35	12	3:57	4:06	1h0m36s	9:30	51m06s
8th	Joel Smith (169)	None	M40	12	3:59	4:06	1h0m37s	10:00	50m37s
9th	Geoff Farrant (233)	IOM	M65	12	4:38	4:53	1h0m41s	0:00	1h00m41s
10th	Nikki Arthur (264)	MFR	F35	12	3:06	3:10	1h0m43s	21:10	39m33s
11th	Aleksandra Rogalewska (215)	IOM	F40	12	4:30	4:43	1h0m47s	2:00	58m47s
12th	Rory Dearden (236)	None	Senior	12	2:57	3:02	1h0m48s	23:00	37m48s
13th	Diane Pope (3)	WAC	F40	12	4:07	4:20	1h0m50s	7:00	53m50s
14th	Lucy Johnson (948)	None	Senior	12	3:58	4:17	1h1m03s	8:00	53m03s
15th	Jo Hamilton (113)	WAC	F45	12	3:41	3:50	1h1m21s	13:45	47m36s
16th	Jenna Singer (107)	None	Senior	12	3:34	3:48	1h1m23s	14:00	47m23s
17th	Lili Tu (184)	None	F35	12	3:51	4:08	1h1m33s	10:00	51m33s
18th	Rob Young (328)	IOM	M60	12	3:16	3:23	1h2m06s	20:00	42m06s
19th	Eileen Clarke (45)	WAC	F55	12	4:00	4:17	1h2m28s	9:00	53m28s
20th	Stephen Schuster (368)	None	M35	12	3:30	3:44	1h2m39s	16:00	46m39s
21st	Joe Andrews (356)	MFR	Senior	12	3:31	3:44	1h2m39s	16:00	46m39s
22nd	Michael Devereau (9341)	WAC	M40	12	3:13	3:32	1h2m44s	18:45	43m59s
23rd	Alex Redfearn (242)	MFR	Senior	12	3:09	3:16	1h2m46s	22:00	40m46s
24th	Kevin Deakes (243)	IOM	M60	12	3:14	3:20	1h3m00s	21:30	41m30s
25th	Christine O'Hanlon (9272)	None	F60	12	4:32	4:44	1h3m04s	4:00	59m04s
26th	Jamie Pope (21)	WAC	M50	12	3:36	3:52	1h3m17s	15:00	48m17s
27th	Neil Crowe (128)	None	M35	12	2:56	3:07	1h3m17s	24:30	38m47s
28th	Lorna Kennaugh (226)	None	F35	12	4:44	5:05	1h3m32s	0:00	1h03m32s
29th	Stephen Brown (261)	IOM	M60	12	3:24	3:33	1h3m38s	19:30	44m08s
30th	Michael Crook (157)	WAC	M55	12	4:01	4:14	1h3m45s	11:00	52m45s
31st	Sammy White (13)	None	F35	12	3:38	3:52	1h3m46s	15:45	48m01s
32nd	Neil Brogan (372)	MFR	M40	12	2:52	3:03	1h3m57s	26:00	37m57s
33rd	Katie Lawrence (350)	WAC	F40	12	3:39	3:46	1h3m59s	17:00	46m59s
34th	Orran Smith (9236)	MFR	M40	12	2:39	2:43	1h4m05s	30:15	33m50s
35th	Michael Loundes (9342)	MH	M70+	12	3:26	3:40	1h4m07s	18:30	45m37s
36th	Neil Kelly (222)	None	M40	12	3:06	3:20	1h4m19s	23:00	41m19s
37th	Richard Allen (260)	None	M55	12	3:22	3:29	1h4m25s	21:00	43m25s
38th	Paul McGilvray (246)	None	M50	12	3:09	3:21	1h4m37s	23:00	41m37s
39th	Phil Knox (317)	MFR	Senior	12	2:49	2:57	1h4m39s	28:00	36m39s
40th	Lee Worsfold (380)	IOM	M45	12	2:52	3:07	1h4m43s	26:00	38m43s
41st	Brett Hardy (544)	None	M45	12	5:02	5:11	1h4m43s	0:00	1h04m43s
42nd	Peter Callin (60)	IOM	M45	12	2:59	3:09	1h4m43s	25:30	39m13s
43rd	Adam Dooley (97)	None	Senior	12	2:54	3:03	1h4m46s	27:00	37m46s
44th	Kirsten Porter (560)	None	Senior	12	5:01	5:13	1h5m12s	0:00	1h05m12s
45th	Louis Porter (547)	None	Senior	12	5:01	5:13	1h5m12s	0:00	1h05m12s
46th	Marie Morgan (324)	None	F60	12	3:34	3:38	1h5m13s	20:00	45m13s
47th	Charlotte Sugden (106)	IOM	F40	12	3:54	4:07	1h5m14s	14:00	51m14s
48th	Helen Taylor (287)	WAC	F45	12	3:19	3:29	1h5m22s	22:00	43m22s
49th	Nhlanhla Nzama (257)	IOM	M40	12	2:42	2:48	1h5m23s	30:30	34m53s
50th	Tom Aindow (126)	None	Senior	12	3:06	3:11	1h5m24s	25:45	39m39s
51st	Christian Varley (9346)	MFR	M35	12	2:40	2:44	1h5m26s	31:25	34m01s
52nd	Matt Callister (232)	IOM	M45	12	2:44	2:57	1h5m29s	28:45	36m44s

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Rank	Name	Club	Cat	Laps	Fastest	Average	Result	H-Cap	(Actual)
53rd	Annabel Gentry (224)	None	F50	12	5:07	5:15	1h5m30s	0:00	1h05m30s
54th	Shaun Nesbitt (127)	None	M35	12	3:11	3:16	1h5m42s	25:00	40m42s
55th	Jack Freeman (9233)	MFR	Senior	12	2:51	2:57	1h5m44s	29:00	36m44s
56th	Terry Bates (18)	IOM	M70+	12	3:57	4:02	1h5m48s	15:30	50m18s
57th	Karen Smith (9321)	None	F40	12	3:28	3:35	1h6m09s	21:30	44m39s
58th	Karen Gadsby (2)	IOM	F45	12	4:45	4:56	1h6m20s	5:00	1h01m20s
59th	Mark Burman (345)	MFR	M35	12	2:40	2:54	1h6m44s	30:45	35m59s
60th	Jennifer Houghton (110)	IOM	F60	12	4:13	4:23	1h8m40s	14:00	54m40s
61st	Lee Cook (31)	WAC	Senior	12	2:54	4:05	1h15m57s	25:30	50m27s
62nd	Heidi Dalgleish (201)	None	F50	06	5:51	6:41	42m45s	0:00	42m45s
63rd	Ian Drake (292)	None	Senior	04	3:43	3:49	32m15s	15:00	17m15s

5km Walk

1st	Denise Jones (40)	None	F45	06	5:47	5:57	41m22s	4:07	37m15s
2nd	Nick Wallinger (53)	IOM	M50	06	5:41	5:50	42m53s	6:35	36m18s
3rd	Sylvia Kenough (48)	IOM	F70+	06	6:13	6:20	44m37s	5:07	39m30s
4th	Jenny Dowling (39)	None	F70+	06	7:04	7:11	44m49s	0:00	44m49s
5th	Charlie Quirk (37)	None	M70+	06	7:04	7:12	44m50s	0:00	44m50s
6th	Andy Baxendale (57)	IOM	M50	06	5:16	5:23	44m51s	11:14	33m37s
7th	Gordon Erskine (55)	None	M70+	06	5:54	6:01	44m58s	7:26	37m32s
8th	Neil Wade (527)	MH	Senior	06	3:55	4:14	44m59s	18:32	26m27s
9th	Louise Hollings (272)	IOM	F40	06	5:09	5:19	45m21s	12:08	33m13s
10th	Ian Callister (502)	IOM	M70+	06	4:53	5:03	45m35s	13:57	31m38s
11th	Nicola Raven (341)	IOM	F60	06	5:02	5:08	45m38s	13:38	32m00s
12th	Colin Moore (321)	IOM	M60	06	5:10	5:20	45m44s	12:31	33m13s
13th	Phill Swales (342)	NAC	M55	06	5:06	5:10	45m52s	13:41	32m11s
14th	Caroline Guy (41)	None	F60	06	6:31	6:35	46m11s	5:07	41m04s
15th	Maura Kelly (235)	NAC	F55	06	5:33	5:43	47m05s	11:29	35m36s
16th	Jayne Farquhar (526)	IOM	F50	06	5:09	5:14	47m09s	14:29	32m40s

Number of results: 79