

IOMVAC Autumn Handicap Walk/Run

Overall Result

| Rank | Name | Club | Cat | Laps | Fastest | Average | Result | H-Cap | (Actual) |
|-----------------|-------------------------|-------------------------|------|------|---------|---------|----------------|-------|----------|
| 10km Run | | | | | | | | | |
| 1st | Thomas Burnett (20) | | SM | 12 | 2:53 | 3:23 | 59m29s | 17:30 | 41m59s |
| 2nd | Johan Ferreirara (17) | IOM VAC | M60+ | 12 | 4:19 | 4:44 | 1h0m12s | 1:28 | 58m44s |
| 3rd | Belinda Ferreirara (16) | IOM VAC | W55+ | 12 | 4:21 | 4:35 | 1h0m33s | 3:37 | 56m56s |
| 4th | Andrew Woodward (43) | Northern Athletics Club | M40+ | 12 | 3:26 | 3:34 | 1h1m19s | 16:28 | 44m51s |
| 5th | Andrew Lodge (1) | IOM VAC | M65+ | 12 | 3:21 | 3:50 | 1h1m37s | 13:38 | 47m59s |
| 6th | Joanne Schade (26) | Western Athletics Club | W55+ | 12 | 3:06 | 3:22 | 1h1m56s | 20:00 | 41m56s |
| 7th | Ben Smaller (3) | IOM VAC | M45+ | 12 | 3:17 | 3:33 | 1h2m44s | 18:35 | 44m09s |
| 8th | Kirsty Barber (2) | | W35+ | 12 | 3:08 | 3:15 | 1h3m20s | 22:41 | 40m39s |
| 9th | Dawn Atherton (18) | Western Athletics Club | W35+ | 12 | 3:11 | 3:16 | 1h3m24s | 22:41 | 40m43s |
| 10th | Sam Jones (29) | Manx Fell Runners | SM | 12 | 2:32 | 2:36 | 1h3m26s | 31:00 | 32m26s |
| 11th | Stu Osborne (19) | Manx Fell Runners | M35+ | 12 | 2:46 | 2:56 | 1h3m30s | 26:53 | 36m37s |
| 12th | Angie Robinson (10) | Manx Fell Runners | W55+ | 12 | 4:09 | 4:16 | 1h3m39s | 10:24 | 53m15s |
| 13th | Cole Hayes (21) | Manx Harriers | SM | 12 | 3:01 | 3:06 | 1h3m40s | 25:00 | 38m40s |
| 14th | Mark Burman (15) | Manx Fell Runners | M35+ | 12 | 2:33 | 2:43 | 1h3m52s | 30:05 | 33m47s |
| 15th | Steve Wilmott (4) | IOM VAC | M60+ | 12 | 4:12 | 4:25 | 1h4m04s | 9:03 | 55m01s |
| 16th | Josh Knights (28) | | SM | 12 | 2:53 | 2:59 | 1h4m05s | 26:53 | 37m12s |
| 17th | Nik Cain (12) | Manx Fell Runners | SM | 12 | 3:15 | 3:22 | 1h4m35s | 22:00 | 42m35s |
| 18th | Ollie Lockley (44) | Manx Harriers | SM | 12 | 2:01 | 2:24 | 1h4m41s | 34:46 | 29m55s |
| 19th | Becky Watterson (23) | Manx Harriers | W35+ | 12 | 2:59 | 3:12 | 1h4m49s | 25:30 | 39m19s |
| 20th | Rob Young (14) | IOM VAC | M60+ | 12 | 3:00 | 3:22 | 1h5m01s | 23:10 | 41m51s |
| 21st | Tom Hughes (27) | Manx Fell Runners | M45+ | 12 | 2:49 | 2:52 | 1h5m11s | 29:35 | 35m36s |
| 22nd | Paul Rogers (7) | Manx Harriers | M40+ | 12 | 3:01 | 3:21 | 1h5m18s | 23:58 | 41m20s |
| 23rd | Richard Allen (22) | | M55+ | 12 | 3:21 | 3:26 | 1h5m23s | 22:35 | 42m48s |
| 24th | Paul Mcgilvray (13) | Penrith Runners | M55+ | 12 | 3:10 | 3:23 | 1h5m28s | 20:09 | 45m19s |
| 25th | Kevin Deakes (25) | IOM VAC | M60+ | 12 | 3:13 | 3:20 | 1h5m45s | 24:15 | 41m30s |
| 26th | Maggies Watkins (8) | Manx Fell Runners | W60+ | 11 | 3:40 | 3:49 | 1h4m14s | 16:49 | 47m25s |
| 5km Walk | | | | | | | | | |
| 1st | Keith Green (39) | Manx Harriers | M60+ | 06 | 5:29 | 5:41 | 40m51s | 5:20 | 35m31s |
| 2nd | Nick Wallinger (33) | IOM VAC | M50+ | 06 | 5:43 | 5:50 | 43m00s | 6:38 | 36m22s |
| 3rd | Philip Swales (41) | Northern Athletics Club | M55+ | 06 | 5:06 | 5:12 | 44m32s | 12:07 | 32m25s |
| 4th | Sylvia Kennaugh (42) | IOM VAC | F70+ | 06 | 6:18 | 6:27 | 44m54s | 4:38 | 40m16s |
| 5th | Gianni Epifani (40) | Manx Harriers | M50+ | 06 | 4:13 | 4:13 | 45m05s | 18:40 | 26m25s |
| 6th | Ian Callister (37) | IOM VAC | M70+ | 06 | 5:14 | 5:42 | 45m20s | 9:41 | 35m39s |
| 7th | Nicola Raven (36) | IOM VAC | W60+ | 06 | 5:05 | 5:09 | 45m21s | 13:15 | 32m06s |
| 8th | Jayne Farquhar (31) | Manx Harriers | W50+ | 06 | 5:00 | 5:02 | 45m32s | 14:12 | 31m20s |
| 9th | Caroline Handley (38) | Northern Athletics Club | W35+ | 06 | 6:57 | 7:20 | 45m38s | 0:00 | 45m38s |
| 10th | Colin Moore (34) | IOM VAC | M60+ | 06 | 5:14 | 5:28 | 45m40s | 11:38 | 34m02s |
| 11th | Gordon Erskine (35) | IOM VAC | M75+ | 06 | 6:00 | 6:10 | 45m48s | 7:23 | 38m25s |
| 12th | Louise Hollings (32) | IOM VAC | W40+ | 06 | 5:30 | 5:32 | 46m30s | 11:57 | 34m33s |

Number of results: 38