| Rank | Name (Bib) | Club | Time | Points |
|----------------|------------------------------|------------------------|------------------|------------|
| hreee La | ap Race | | | |
| 1st | leuan Owen (303) | Western AC | 25m38s | 300 |
| 2nd | Paul Sykes (259) | Manx Fell Runners | 27m49s | 297 |
| 3rd | Corrin Leeming (159) | | 28m19s | 294 |
| 4th | Nhlanhla Fortune Nzama (188) | IoM Veteran Athletes' | 28m31s | 291 |
| 5th | Joel Smith (253) | | 28m32s | 288 |
| 6th | Chris Reynolds (222) | Manx Fell Runners | 28m46s | 285 |
| 7th | Chris Looney (167) | Other Affiliated Club | 28m58s | 282 |
| 8th | Adam Huxham (133) | Manx Fell Runners | 29m7s | 279 |
| 9th | Neil Brogan (337) | Manx Fell Runners | 29m10s | 276 |
| l 0th | Alexander Bell (10) | Manx Harriers | 29m11s | 273 |
| 11th | Will Corkill (61) | | 29m15s | 270 |
| 12th | Ste Downward (300) | Manx Fell Runners | 29m53s | 267 |
| 13th | Steven Quayle (215) | Other Affiliated Club | 29m59s | 264 |
| 14th | Daniel Pownall (209) | Manx Harriers | 30m10s | 261 |
| 15th | Tom Cringle (73) | Manx Fell Runners | 30m14s | 258 |
| 16th | Matt Callister (40) | Manx Fell Runners | 30m15s | 255 |
| 17th | Luke Phair (203) | Northern AC | 30m54s | 252 |
| 18th | Geoffrey Rice (344) | Western AC | 30m58s | 249 |
| 9th | Oliver-George Blackwell (13) | Manx Fell Runners | 31m17s | 246 |
| 20th | Jamie Callister (39) | | 31m20s | 243 |
| 21st | Jordan Watterson (277) | | 31m33s | 241 |
| 2nd | Neil Crowe (75) | | 31m53s | 239 |
| 23rd | Martyn Edwards (95) | Other Affiliated Club | 31m58s | 237 |
| 24th | Andrew Roche (231) | | 32m2s | 235 |
| 5th | Daniel O'Hare (190) | | 32m4s | 233 |
| 6th | Daniel Phair (202) | Manx Fell Runners | 32m15s | 231 |
| 27th | Jamie Brew (22) | | 32m17s | 229 |
| 28th | Troy Thexton (329) | Manx Fell Runners | 32m28s | 227 |
| 29th | Paul Curphey (77) | | 32m29s | 225 |
| 30th | Becky Watterson (276) | Manx Harriers | 32m32s | 300 |
| 31st | lan Rowley (235) | Manx Harriero | 32m35s | 223 |
| 32nd | Tom Broadbent (25) | | 32m36s | 221 |
| 33rd | Brayden Roche (232) | | 32m45s | 219 |
| 34th | Paul Perkins (200) | Northern AC | 32m54s | 217 |
| 35th | Peter Callin (37) | Western AC | 32m57s | 215 |
| 36th | Adey Callister (38) | Manx Fell Runners | 33m2s | 213 |
| 37th | Tim Quayle (216) | | 33m5s | 211 |
| 38th | Dawn Atherton (5) | Western AC | 33m13s | 297 |
| 39th | Phil Littlejohns (340) | Manx Fell Runners | 33m28s | 209 |
| 10th | Richard Curphey (78) | Mank I on Italiioio | 33m31s | 207 |
| 41st | Rebekah Pate (199) | | 33m35s | 294 |
| 2nd | Paul Cubbon (327) | | 33m52s | 205 |
| 3rd | Tufty Nash (185) | | 33m59s | 203 |
| l4th | John-Michael McCann (175) | | 33m59s | 203 |
| 15th | Claire Sproule-Craine (255) | | 34m7s | 201 291 |
| 46th | Paul Carine (44) | | 34m7s 34m29s | 199 |
| 47th | Jim Reid (220) | Manx Fell Runners | 34m29s | 199 197 |
| 47 tii 48th | Mark Corkish (62) | IVIAIIA I EII NUITTETS | 34m298 34m38s | 197 195 |
| 40th 49th | Gail Griffiths (291) | Manx Harriers | 34m43s | |
| 49tn 50th | | Iom Veteran Athletes' | | 288 |
| וווטענ | Clive Dugdale (89) | iow veteran Athletes | 34m47s | 193 |

| Rank | Name (Bib) | Club | Time | Points |
|-------------|--------------------------|-----------------------|----------|--------|
| 51st | Matthew Mylchreest (183) | | 34m55s | 191 |
| 52nd | Ali Stennett (298) | Northern AC | 34m57s | 189 |
| 53rd | Jeff Looker (306) | | 35m5s | 187 |
| 54th | Joanne Schade (243) | Western AC | 35m10s | 285 |
| 55th | Jack Christian (46) | | 35m12s | 185 |
| 56th | Jonathan Leece (351) | Northern AC | 35m17s | 183 |
| 57th | Sam Cannell (43) | | 35m18s | 132 |
| 58th | Andrew Corris (65) | | 35m39s | 131 |
| 59th | George Crossley (74) | | 35m40s | 130 |
| 60th | Shaun Nesbitt (186) | | 35m41s | 129 |
| 61st | Gary Sherry (246) | Northern AC | 35m42s | 128 |
| 62nd | David McCallum (174) | | 35m46s | 127 |
| 63rd | David Walker (272) | Manx Harriers | 35m50s | 126 |
| 64th | Mark Eastham (91) | | 35m58s | 125 |
| 65th | Kewin Kerruish (150) | | 35m59s | 124 |
| 66th | Alison King (151) | Northern AC | 35m59s | 282 |
| 67th | Stephen Brown (27) | IoM Veteran Athletes' | 36m4s | 123 |
| 68th | Chris Hancox (113) | | 36m5s | 122 |
| 69th | Matt Cory (66) | | 36m5s | 121 |
| 70th | Andrew Dawson (84) | Manx Harriers | 36m13s | 120 |
| 71st | Leigh Kennaugh (148) | Northern AC | 36m27s | 119 |
| 72nd | Mark Lean (157) | | 36m31s | 118 |
| 73rd | Mark Spiers (347) | | 36m33s | 117 |
| 74th | Alan Brew (21) | Northern AC | 36m34s | 116 |
| 75th | Steve Davies (83) | | 36m37s | 115 |
| 76th | Ed Wilson (285) | Manx Fell Runners | 36m39s | 114 |
| 77th | Jamie Pope (206) | Western AC | 36m39s | 113 |
| 78th | Andy McKnight (322) | 7700.07.0 | 36m40s | 112 |
| 79th | Carrie Wernham (280) | Manx Harriers | 36m44s | 279 |
| 80th | Rosy Craine (71) | Manx Fell Runners | 36m46s | 276 |
| 81st | Richard MacNee (171) | Other Affiliated Club | 36m49s | 111 |
| 82nd | Dave Rielly (228) | Manx Fell Runners | 37m14s | 110 |
| 83rd | Andrew Wilkinson (283) | Northern AC | 37m18s | 109 |
| 84th | Niamh Goddard (109) | Northern AC | 37m23s | 273 |
| 85th | Chris Blackburn (11) | 110111101117110 | 37m27s | 108 |
| 86th | Lawrence Dyer (336) | Northern AC | 37m29s | 107 |
| 87th | Callum Staley (256) | 110111101117110 | 37m30s | 106 |
| 88th | Helen Simpson (248) | IoM Veteran Athletes' | 37m33s | 270 |
| 89th | Mark Peberdy (325) | IoM Veteran Athletes' | 37m34s | 105 |
| 90th | John Dunwell (302) | Northern AC | 37m42s | 104 |
| 91st | Damian Owen (192) | 1401410111710 | 38m1s | 103 |
| 92nd | Nicola Bowker (18) | Northern AC | 38m1s | 267 |
| 93rd | Caroline Moran (179) | 1401410111710 | 38m5s | 264 |
| 94th | Sam Moran (180) | | 38m11s | 102 |
| 95th | Graham Burden (30) | | 38m12s | 101 |
| 96th | Kevin Holmes (129) | Northern AC | 38m21s | 100 |
| 97th | Connor Sullivan (343) | | 38m22s | 99 |
| 98th | Chris Clinton (53) | | 38m22s | 98 |
| 99th | David Hidgson (125) | Other Affiliated Club | 38m25s | 97 |
| 100th | Harriet Hancox (114) | Surer Administra Oldo | 38m40s | 261 |
| 101st | Gaynor Evans (96) | Northern AC | 38m44s | 258 |
| 1013t | Rob Temple (263) | 110.1110111710 | 38m50s | 96 |
| | 100 1011pic (200) | | 00111003 | 55 |

| Rank | Name (Bib) | Club | Time | Points |
|---------|--------------------------|-----------------------|--------|--------|
| 103rd | Keira Heavey (123) | | 38m54s | 255 |
| 104th | Helen Christian (45) | | 38m55s | 252 |
| 105th | Tommy Corlett (63) | | 38m55s | 95 |
| 106th | Sarah Winrow (286) | | 38m56s | 249 |
| 107th | Ally Stennett (299) | Northern AC | 38m59s | 246 |
| 108th | Huw Jones (141) | Manx Fell Runners | 39m1s | 94 |
| 109th | Max Singer (250) | | 39m3s | 93 |
| 110th | Mario Ricciardi (224) | Manx Harriers | 39m10s | 92 |
| l11th | Stephen Dorricott (87) | Northern AC | 39m10s | 91 |
| 112th | Shane Larkin (156) | | 39m12s | 90 |
| l13th | Neil Callin (36) | Western AC | 39m13s | 89 |
| l14th | Paige Kelly (147) | | 39m27s | 243 |
| l15th | Jonny Harding (117) | | 39m27s | 88 |
| l16th | Stephen Schuster (352) | | 39m30s | 87 |
| l17th | Will Hindley (126) | | 39m31s | 86 |
| 18th | Aimee Dunne (90) | Manx Fell Runners | 39m37s | 241 |
| 19th | Matthew Gold (330) | | 39m39s | 85 |
| 20th | Rachel Beattie (7) | | 39m47s | 239 |
| 121st | Jane Rose (233) | Manx Fell Runners | 40m3s | 237 |
| 22nd | Jenna Singer (249) | | 40m5s | 235 |
| 23rd | Daithi Oregan (191) | | 40m5s | 84 |
| 24th | Alan Postlethwaite (297) | Northern AC | 40m44s | 83 |
| 25th | John Watterson (349) | Western AC | 40m54s | 82 |
| 26th | Nikki Sharpe (244) | | 40m56s | 233 |
| 27th | Chris Wade (271) | Manx Fell Runners | 41m1s | 81 |
| 128th | Lynsey Christian (48) | IoM Veteran Athletes' | 41m8s | 231 |
| 29th | Amber Macdonald (169) | | 41m11s | 229 |
| 30th | Carole Laporte (334) | | 41m16s | 227 |
| l31st | Jo Hawkins (121) | | 41m22s | 225 |
| 32nd | Berti Convery (56) | | 41m23s | 223 |
| 33rd | Andrew Quirk (217) | | 41m27s | 80 |
| 34th | Stephen Willmott (284) | IoM Veteran Athletes' | 41m34s | 79 |
| I35th | Jenna Smith (252) | | 41m38s | 221 |
| 36th | Lucy Kinrade (153) | | 41m48s | 219 |
| 37th | Rajdeep Sandhu (240) | | 41m50s | 78 |
| I38th | Hannah Taplin (314) | | 41m59s | 217 |
| I39th | Daniel Rice (225) | | 42m6s | 77 |
| l 40th | Kathy Lane (155) | IoM Veteran Athletes' | 42m6s | 215 |
| 141st | Bernie Johnson (139) | IoM Veteran Athletes' | 42m7s | 213 |
| 42nd | Paul Craine (70) | Manx Fell Runners | 42m8s | 76 |
| 43rd | Ian Postlethwaite (341) | | 42m18s | 75 |
| l 44th | Cameron Crabtree (69) | | 42m30s | 74 |
| 145th | Sarah Kinrade (154) | | 42m43s | 211 |
| 46th | Luke Brammer (20) | | 42m47s | 73 |
| 47th | Nicholas Bradley (19) | Manx Fell Runners | 43m19s | 72 |
| 48th | Matt Dugdale (304) | | 43m23s | 71 |
| 149th | Kirree Potts (208) | | 43m25s | 209 |
| 150th | Samantha Curphey (79) | | 43m25s | 207 |
| 151st | Paul Wheeldon (282) | | 43m27s | 70 |
| 52nd | Andrea Littlejohns (164) | | 43m36s | 205 |
| 153rd | Stephen Oates (189) | Northern AC | 44m4s | 69 |
| . Jul 4 | Simon Cooper (57) | Western AC | 44m10s | 68 |

| Rank | Name (Bib) | Club | Time | Points |
|-------|--------------------------|-----------------------|--------|--------|
| 155th | Dave Corrin (64) | IoM Veteran Athletes' | 44m58s | 67 |
| 156th | Ian Callister (335) | Manx Harriers | 45m1s | 66 |
| 157th | Julie Cretney (72) | | 45m5s | 203 |
| 158th | Candice Jones (140) | Other Affiliated Club | 45m8s | 201 |
| 159th | Kirsty Finn (99) | | 45m13s | 199 |
| 160th | Lianne Venables (267) | | 45m25s | 197 |
| 161st | Helen Thommeny (264) | Other Affiliated Club | 45m35s | 195 |
| 162nd | Angie Robinson (229) | Manx Harriers | 45m38s | 193 |
| 163rd | Melanie Christian (49) | | 45m47s | 191 |
| 164th | Phil Motley (181) | IoM Veteran Athletes' | 45m55s | 65 |
| 165th | Christine Lynch (293) | IoM Veteran Athletes' | 46m1s | 189 |
| 166th | Krysy Wheeldon (281) | | 46m4s | 187 |
| 167th | Lottie Moore (345) | | 46m13s | 185 |
| 168th | Jason Orr (296) | | 46m28s | 64 |
| 169th | Dave Kinrade (152) | | 46m31s | 63 |
| 170th | Helen Kee (142) | | 46m31s | 183 |
| 171st | Denise Gimbert (108) | IoM Veteran Athletes' | 47m25s | 132 |
| 172nd | Hollie Mills (177) | | 48m9s | 131 |
| 173rd | Rachele Quayle (214) | | 48m20s | 130 |
| 174th | Stacey Robinson (230) | | 48m55s | 129 |
| 175th | Karen Gadsby (101) | Western AC | 49m20s | 128 |
| 176th | Yanisa Sananueah (239) | | 50m14s | 127 |
| 177th | Isobel Bloor (15) | | 50m27s | 126 |
| 178th | Natalie-Jayne Bush (313) | | 50m41s | 125 |
| 179th | Alana Faragher (331) | | 50m41s | 124 |
| 180th | Sinead Hodgson (128) | | 50m51s | 123 |
| 181st | Laura Bryan (28) | | 50m55s | 122 |
| 182nd | Denise Bridson (24) | Northern AC | 51m26s | 121 |
| 183rd | Jade Parkinson (193) | | 51m31s | 120 |
| 184th | Kayleigh Parkinson (317) | | 51m31s | 119 |
| 185th | Liam Reynolds (223) | Northern AC | 57m31s | 62 |
| 186th | Lynda Reid (221) | Other Affiliated Club | 57m44s | 118 |
| DNF | David Craine (307) | IoM Veteran Athletes' | 27m58s | |