

### **Isle of Man Track 10,000m Race Walking Championships 2019**

- 1 Tom Partington, MH, Senior – 43 mins.58.9 secs PB
- 2 Adam Cowin, MH, Senior – 45.19.3 PB
- 3 Hannah Hunter, MH, V35 – 52.06.4 – 1<sup>st</sup> Woman PB
- 4 David Walker, MH, V45 – 56.40.8 – 3<sup>rd</sup> Male PB
- 5 Tony Edwards, MH, V55 – 57.59.7 PB
- 6 Jayne Farquhar, MH, V50 – 60.51.2 – 2<sup>nd</sup> Woman PB
- 7 Marie Jackson, MH, V55 – 60.56.9 – 3<sup>rd</sup> Woman
- 8 Louise Hollings, MH, V35 – 64.30.5 PB
- 9 Nicola Raven, MH, V55 – 64.49.8 PB
- 10 Phil Swales, NAC, V50 – 66.52.2 PB
- 11 Vicki Heavey, NAC, V45 – 67.00.4 PB
- 12 Lalage Earnshaw-Cain, MH, Sen – 67.13.5 PB
- 13 Voirrey Cain, MH, V55 – 69.48.7 PB

### **5,000m Walk**

- 1 Keira Heavey, NAC, U17 – 31.39.2 PB

### **3,000m Walk**

- 1 Mia Dunwell, NAC, U15 – 16.26.2 PB

### **Isle of Man Track 10,000m Running Championships 2019**

- 1 Alan Corlett, MH, Sen – 31 mins 23.4 secs PB
- 2 Jamie Beaman, MH, V35 – 35.31.7 PB
- 3 Louis Morris, Unatt, Sen – 36.23.0 PB
- 4 Oliver Dickinson, MH, Sen – 37.23.9 PB
- 5 Elissa Morris, MH, Sen – 37.55.4 – 1<sup>st</sup> Woman PB
- 6 Paul Rodgers, MH, V35 – 37.59.4
- 7 Andrew Falconer, MH, Sen – 38.18.0 PB
- 8 Gail Griffiths, MH, V50 – 40.18.9 – 2<sup>nd</sup> Woman
- 9 Ciara Hardisty, MH, Sen – 40.28.0 – 3<sup>rd</sup> Woman PB
- DNF Wil Draper, MTC, U20

### **5,000m Run**

- 1 Ieuan Owen, WAC, U17 – 16.45.6 PB
- 2 Caroline Mayers, MH, V45 – 19.07.09 PB
- 3 Mark Corrin, MH, V45 – 21.28.5 PB

### **3,000m Run**

- 1 Rhys Owen, WAC, U20 – 9.29.0 PB
- 2 Robbie Lambie, WAC, V60 – 12.45.7 PB

26 Track PBs out of 30 performances!