

Manchester Road Runners Canal 10K Results

Position	Bib number	Runner name	Time	Club	Gender	Category	Gender position	Category position
1	2	Ryan Stevenson	12:37:00 am	Trafford Athletic Club	M	M	1	1
2	12	Nicholas Crisp	12:37:01 am	Manchester Road Runners	M	M	2	2
3	3	Michael Logue	12:37:57 am	Stockport Harriers & AC	M	M	3	3
4	1	Gary Dale	12:38:07 am	Salford Harriers & AC	M	M60	4	1
5	5	Alistair Pearson	12:38:25 am	Chorlton Runners	M	M	5	4
6	6	Boyd Park	12:38:45 am	Southport Waterloo AC	M	M55	6	1
7	4	Thomas Longden	12:38:49 am	Unattached	M	M	7	5
8	8	Jason Chow	12:39:00 am	Lonely Goat RC	M	M40	8	1
9	7	Phil Facey	12:39:14 am	Manchester YMCA Harriers	M	M40	9	2
10	14	Steven Duckett	12:40:06 am	Unattached	M	M	10	6
11	9	Sarah Carroll	12:40:08 am	Salford Harriers & AC	F	F	1	1
12	11	Daniel Harrison-Croft	12:40:16 am	Manchester Road Runners	M	M	11	7
13	13	Rowan Dell	12:41:15 am	Unattached	M	M	12	8
14	15	Rich McVey	12:41:24 am	Unattached	M	M	13	9
15	18	Rebecca Fitzsimmons	12:42:56 am	Chorlton Runners	F	F	2	2
16	19	Josh Tingey	12:43:00 am	Unattached	M	M	14	10
17	16	Emily Gudgeon	12:43:45 am	Unattached	F	F	3	3
18	24	David Beggs	12:44:09 am	Unattached	M	M	15	11
19	23	Matthew Sowerby	12:44:16 am	Unattached	M	M50	16	2
20	26	Andrew Knox	12:44:41 am	Chorlton Runners	M	M40	17	3
21	17	Benjamin Jones	12:44:49 am	Unattached	M	M40	18	4
22	25	Naomi Drye	12:44:51 am	Unattached	F	F	4	4
23	38	James Mak	12:45:52 am	Unattached	M	M	19	12
24	35	Paul Turner	12:46:18 am	Unattached	M	M	20	13
25	20	Cathy Flitcroft	12:46:20 am	Preston Harriers	F	F55	5	1
26	21	Lucy Rowland	12:47:25 am	Unattached	F	F	6	5
27	30	Pete Worth	12:47:49 am	Unattached	M	M	21	14
28	27	Laura Walker	12:48:45 am	Unattached	F	F	7	6
29	44	Melissa Carmody	12:49:15 am	Unattached	F	F	8	7
30	48	Jack Gartlan	12:49:16 am	Unattached	M	M	22	15
31	28	Samuel Crawshaw	12:49:38 am	Levenshulme Runners	M	M45	23	5
32	29	Justina Berskyte	12:49:51 am	Unattached	F	F	9	8
33	41	Paul Gill	12:50:10 am	Manchester Road Runners	M	M40	24	6
34	43	Katarzyna Raczkowska	12:50:28 am	Manchester Road Runners	F	F	10	9
35	33	Mark Cawley	12:50:28 am	Unattached	M	M50	25	3
36	40	Darryl Fishwick	12:50:36 am	Unattached	M	M	26	16
37	37	Lisa Bell	12:50:40 am	Unattached	F	F45	11	1
38	39	David Casey	12:50:51 am	Unattached	M	M45	27	7
39	31	Adrian Lloyd	12:51:02 am	Unattached	M	M55	28	4
40	42	Stephen Squires	12:51:08 am	Manchester Road Runners	M	M40	29	8
41	47	Heather Aspinall	12:51:32 am	Manchester Road Runners	F	F	12	10
42	60	Simon Bowden	12:51:52 am	Unattached	M	M	30	17
43	63	Dean Shafto	12:53:11 am	Unattached	M	M40	31	9
44	36	Stephen Symons	12:54:11 am	Quays Running Club	M	M50	32	5
45	32	Gareth Crook	12:54:45 am	Unattached	M	M40	33	10
46	61	Mark Higgs	12:55:10 am	Sip Running Club	M	M50	34	6
47	68	Laura Higgins	12:55:22 am	Manchester Road Runners	F	F	13	11
48	55	Yohanna Duray	12:55:35 am	Manchester Road Runners	F	F	14	12
49	56	Andrew Holmes	12:55:48 am	Unattached	M	M	35	18
50	67	Michael Vale	12:55:55 am	Manchester Road Runners	M	M40	36	11
51	45	Wenjie Xu	12:56:04 am	Manchester Road Runners	M	M	37	19
52	53	Mike Hawkins	12:56:31 am	Manchester Road Runners	M	M	38	20
53	49	Dennis Yarwood	12:56:34 am	Spectrum Striders	M	M50	39	7
54	70	Kyriacos Hadjidemetriou	12:59:40 am	Unattached	M	M	40	21
55	73	Carla Mendoza Egusquiza	1:00:52 am	Unattached	F	F	15	13
56	62	Harriet Aitken	1:01:00 am	Manchester Road Runners	F	F	16	14
57	54	Andy Walker	1:01:24 am	Dragons Running Club (Sale)	M	M60	41	2
58	51	Fedra Zaribaf	1:01:38 am	Unattached	F	F	17	15
59	52	Laura Park	1:01:42 am	Southport Waterloo AC	F	F	18	16
60	57	John Cooper	1:02:53 am	Manchester Road Runners	M	M40	42	12
61	71	Ornella Bou	1:04:10 am	Manchester Road Runners	F	F	19	17
62	64	Lisa Wade	1:04:31 am	Unattached	F	F40	20	2
63	65	Clare Cartledge	1:04:32 am	Mile Shy Club	F	F40	21	3
64	34	Rebecca Sutherland-Pownall	1:04:32 am	Mile Shy Club	F	F	22	18
65	58	Arran Hall	1:05:48 am	Unattached	M	M40	43	13
66	72	Abbie Kearney	1:08:43 am	Unattached	F	F	23	19