

10km road race

7 June 2009, Salford Water Sports Centre

Medals Tables

Medal	Men	Women
Gold	Ian Roberts, Manchester FrontRunners	Anna Einarsdottir, London FrontRunners
Silver	Daniel Murphy, George House Trust	Liz Turton, Unattached
Bronze	Neil Armitage, Unattached	Melanie Taylor, Unattached

Full results

Position	Time hh:mm:ss	Race no	Name	Gender	Club
1	00:38.45	48	ROBERTS, Ian	M	Manchester FrontRunners
2	00:39.37	50	MURPHY, Daniel	M	George House Trust
3	00:39.41	43	ARMITAGE, Neil	M	Unattached
4	00:40.32	47	EINARSDOTTIR, Anna	F	London FrontRunners
5	00:41.22	26	COOPER, Chris	M	Manchester FrontRunners
6	00:41.31	21	TOAL, Martin	M	Manchester FrontRunners
7	00:41.32	39	LAMB, Dean	M	Unattached
8	00:43.07	31	TURTON, David	M	Unattached
9	00:43.48	33	ALMOND, Wesley	M	Manchester Frontrunners
10	00:43.82	28	RAMOS GALLEGO, Joaquin	M	Manchester FrontRunners
11	00:44.25	30	TURTON, Liz	F	Unattached
12	00:45.45	37	SEMPLE, Graeme	M	Northern Wave
13	00:45.56	41	TAYLOR, Melanie	F	Unattached
14	00:48.08	45	FOSTER, Lucy	F	Unattached
15	00:48.48	44	COLBERT, Jill	F	Unattached
16	00:49.17	27	TWIST, Jemma	F	Manchester FrontRunners
17	00:50.00	46	PEARSON, Simon	M	Unattached
18	00:51.33	23	SCAWTHORN, Alan	M	Unattached
19	00:51.43	24	SCAWTHORN, Paul	M	Unattached
20	00:52.11	49	THOMAS, Emma	F	Unattached
21	00:52.26	38	MARSTON, Caroline	F	Unattached
22	00:52.57	32	SCHOFIELD, Martin	M	Unattached
23	00:53.37	42	JOHNSON, James	M	Unattached
24	00:55.03	22	MIR, Zlatanai	M	Unattached
25	00:55.41	36	RAJPAN, Helen	F	Manchester Frontrunners
26	00:57.59	34	WHITWORTH, Melissa	F	Unattached
27	00:57.59	35	MORRIS, Kay	F	Unattached
28	01:02.50	25	DEAN, Estelle	F	Unattached
29	01:03.34	29	MAISONNEUVE, Laurence	F	Unattached
30	01:03.34	20	KEMP, David	M	Unattached
31	01:03.35	40	FELSE, Michael	M	Proud City