

Manchester Frontrunners enter many races throughout the year both in and around Manchester and some people have even been known to bravely venture outside the M60!

9th December Stockport 10 mile

| Name | Time | of 624 |
|----------------|---------|--------|
| Jono Guildford | 1:16:41 | 250 |

2nd December Alex Park 5k

| Name | Time | of 66 |
|-------------|-------|-------|
| Martin Toal | 21:54 | 24 |

16th September Boggart Chase 10k

| Name | Time | of 94 |
|-------------|-------|-------|
| Martin Toal | 43:31 | 47 |

2nd September Alex Park 5k

| Name | Time | of 105 |
|----------------|-------|--------|
| Janette Rayton | 23:17 | 44 |

19th August Pride Games 10k

| Name | Time | of 48 |
|----------------------|-------|-------|
| Stephen Welsh | 38:40 | 3 |
| Jose Luis De Freitas | 39:15 | 5 |
| Rob Raso | 39:56 | 6 |
| Graham Bateson | 41:40 | 9 |
| Martin Toal | 45:02 | 12 |
| Adrian Walker | 45:55 | 14 |
| Janette Tayton | 47:15 | 20 |
| Jamie Barry | 48:02 | 23 |
| Richard Ireland | 48:50 | 26 |
| Andrew Nixon | 52:24 | 33 |

9th August Manchester 5k Sizzler

| Name | Time | of 407 |
|----------------|-------|--------|
| Jolan Sulinski | 31:23 | 377 |

5th August Sale 10 mile

| Name | Time | of 267 |
|----------------|---------|--------|
| Graham Bateson | 1:11:36 | 86 |
| Nick Eaton | 1:16:38 | 137 |

5th August Alex Park 5k

| Name | Time | of 56 |
|-------------|-------|-------|
| Jamie Barry | 22:09 | 19 |

26th July Manchester 5k Sizzler

| Name | Time | of 337 |
|----------------|-------|--------|
| Jolan Sulinski | 31:23 | 377 |

12th July Manchester 5k Sizzler

| Name | Time | of 433 |
|------|------|--------|
|------|------|--------|

| | | |
|----------------|-------|-----|
| Jolan Sulinski | 32:33 | 408 |
|----------------|-------|-----|

1st July Alex Park 5k

| Name | Time | of 55 |
|-------------|-------|-------|
| Greg Keynes | 21:35 | 19 |

28th June Manchester 5k Sizzler

| Name | Time | of 401 |
|----------------|-------|--------|
| Jolan Sulinski | 31:30 | 368 |

3rd June Alex Park 5k

| Name | Time | of 124 |
|-------------|-------|--------|
| Martin Toal | 21:19 | 50 |

6th May Alex Park 5k

| Name | Time | of 107 |
|----------------|-------|--------|
| Rebecca Jones | 25:27 | 62 |
| David Fisher | 28:31 | 76 |
| Jolan Sulinski | 33:29 | 98 |

5th May Salford 5k

| Name | Time | of 159 |
|-------------|-------|--------|
| Anna Verges | 19:36 | 47 |
| Martin Toal | 22:18 | 95 |
| Phil Facey | 23:06 | 102 |

22nd April London Marathon

| Name | Time | of ??? |
|---------------|---------|--------|
| Caroline Bond | 3:49:46 | ?? |
| Nick Eaton | 4:02:43 | ?? |

6th April Salford 10k

| Name | Time | of 557 |
|----------------------|-------|--------|
| Jose Luis De Freitas | 39:13 | 138 |
| Graham Bateson | 41:43 | 204 |
| Nick Eaton | 41:67 | 211 |
| Ian Roberts | 43:08 | 242 |
| David Darton | 44:00 | 273 |
| Greg Keynes | 46:40 | 330 |
| Colin Lea | 46:48 | 335 |
| Elizabeth Marston | 49:23 | 401 |
| Fiona Sykes | 49:38 | 406 |
| Harriet Simpson | 51:00 | 425 |
| Julie Virain | 51:32 | 430 |

4th January Alex Park 5k

| Name | Time | of 117 |
|-------------|-------|--------|
| Greg Keynes | 22:55 | 43 |

Manchester Frontrunners are:

A member of International Frontrunners



Affiliated to England Athletics



Part of Manchester Athletics Network



Kindly supported by Manchester Pride Community Grants



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and Twitter

