

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!

7th December Stockport 10 mile

Name	Time	of 544
Rob Raso	1:07:06	60
Jono Guildford	1:14:39	173
Greg Keynes	1:24:34	365
Eileen Pollard	1:32:31	452
Jolan Sulinski	2:07:31	543

29th November Wesham 10k

Name	Time	of 443
Ruth Travis	46:03	189

16th November Preston 10 mile

Name	Time	of 347
Ruth Travis	1:16:16	190

2nd November Alex Park 5k

Name	Time	of 128
Rob Raso	18:49	18
Jolan Sulinski	32:48	119

26th October Accrington 10k

Name	Time	of 342
Ruth Travis	48:51	170

19th October Lady Godiva Half Marathon, Coventry

Name	Time	of ???
Lee Marjoram	1:54:48	??

12th October Gin Pit 5 mile

Name	Time	of 208
Ruth Travis	39:26	129

5th October Liverpool 10k

Name	Time	of 2,110
Rob Greaves	45:40	309

5th October Alex Park 5k

Name	Time	of 103
Rob Raso	19:00	17
Jono Guildford	20:08	27

28th September Preston 10k

Name	Time	of 623
Ruth Travis	46:05	176

14th September Pride Games Run

Name	Time	of ??

Paul Billingham	39:12	??
Jono Guildford	39:20	??
Martin Toal	40:12	??
Graham Bateson	40:21	??
Lee Marjoram	40:29	??

14th September Cumberland Ale 10 mile

Name	Time	of ??
Rob Greaves	1:23:40	??

7th September Moray Marathon

Name	Time	of 129
Ruth Travis	3:37:39	54

7th September Alex Park 5k

Name	Time	of ??
Jono Guildford	20:08	??
Paul Billingham	20:58	??
Martin Toal	21:46	??
Eileen Pollard	21:48	??
Lee Marjoram	22:18	??
Greg Keynes	22:26	??
Aldene Woodward	24:19	??
Angela Hilton	20:08	??
Jolan Sulinski	19:00	??

6th September Marathon Du Medoc

Name	Time	of ???
Nick Eaton	4:40:46	???

16th August London Pride 10k

Name	Time	of ??
Stephen Welsh	40:04	52
Jono Guildford	44:11	121
Nick Eaton	44:29	128
Adrian Walker	46:02	166
Greg Keynes	47:11	196

3rd August Alex Park 5k

Name	Time	of 60
Rob Raso	18:38	10
Martin Toal	21:27	25

27th July Chernobyl Challenge 10k, Preston

Name	Time	of 310
Ruth Travis	47:11	125

8th July Jane City of Manchester 10k

Name	Time	of 1321
Roberto Raso	39:59	75

Jono Guildford	45:41	254
Greg Keynes	48:15	378
Eileen Pollard	49:30	440
Graeme Semple	49:59	447
David Fisher	53:23	680
Donna Bradbury	53:41	694
Julie Virgin	53:41	695
Angela Hilton	1:14:41	1 254

28th June Sotos 10k Fleetwood

Name	Time	of 209
Ruth Travis	46:35	88

1st June Alex Park 5k

Name	Time	of 68
Rob Raso	18:59	14
Linda Rix	21:09	35

27th May Edinburgh Marathon

Name	Time	of ???
Stephen Welsh	3:22:29	650

18th May Bupa Manchester 10k

Name	Time	of ???
Phil Facey	39:28	240
Martin Toal	42:15	635
Ian Roberts	45:24	1,702
Greg Keynes	46:46	2,418
Caroline Bond	47:00	2,533
Eileen Pollard	48:01	???
Michael Coleman	49:06	3,870
David Fisher	52:35	6,569
Angela Hilton	1:15:21	21 176

4th May Alex Park 5k

Name	Time	of 116
Jono Guildford	20:45	24
Martin Toal	20:52	26
Michael Coleman	22:46	37

27th April Lochaber Marathon, Fort William

Name	Time	of 391
Ruth Travis	3:42:51	182

13th April London Marathon

Name	Time	of ???
Julie Virgin	4:32:53	4,444

6th April Alex Park 5k

Name	Time	of 193

Eileen Pollard	21:50	38
Jono Guildford	22:07	42
Martin Toal	22:15	43
Michael Coleman	23:01	52
Jolan Sulinski	33:22	148

30th March Wilmslow Half Marathon

Name	Time	of 3,347
Stephen Welsh	1:28:18	217
Phil Facey	1:30:29	??
Graham Bateson	1:39:10	667
Nick Eaton	1:43:30	931
Jono Guildford	1:46:55	1,149
Greg Keynes	1:50:15	1,318
Julie Virgin	1:59:45	2,184

21st March Salford 10k

Name	Time	of 542
Stephen Welsh	38:46	106
Rob Raso	39:44	131
Ian Roberts	44:14	245
Nick Eaton	44:27	254
Linda Rix	44:53	264
Martin Toal	45:56	288
Jono Guildford	46:43	309
Greg Keynes	46:56	317
Eileen Pollard	47:00	319
David Darton	48:04	349
Caroline Bond	48:09	351
Colin Lea	48:14	354
Harriet Simpson	52:32	421
Julie Virgin	53:04	427
David Fisher	54:08	446

9th March Inverness Half Marathon

Name	Time	of 1,053
Ruth Travis	1:37:24	252

2nd March Alex Park 5k

Name	Time	of 150
Rob Raso	18:45	23
Linda Rix	21:43	47
Martin Toal	22:18	53
Eileen Pollard	22:26	57
Jamie Barry	22:53	61
Michael Coleman	23:29	67

24th February High Legh 10k

Name	Time	of 128
Jono Guildford	44:46	16
Nick Eaton	46:47	33

3rd February Alex Park 5k

Name	Time	of 119
Rob Raso	19:10	11
Phil Facey	19:42	17
Jono Guildford	21:04	31
Linda Rix	21:59	37
Greg Keynes	22:00	38
Jamie Barry	22:40	44
Eileen Pollard	22:45	47
Caroline Bond	22:57	50
Stella Naughton	23:13	52
Michael Coleman	23:44	57
Lisa Collins	23:55	58
Harriet Simpson	24:13	61
Jolan Sulinski	33:10	103
Angela Hilton	36:38	114
Heather Deakin	38:30	115

6th January Alex Park 5k

Name	Time	of 83
Rob Raso	19:13	11
Phil Facey	20:43	21
Jono Guildford	21:36	27
Linda Rix	24:29	53

Manchester Frontrunners are:

A member of International Frontrunners



Affiliated to England Athletics