

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!

27th December Ribble Valley 10k

| Name | Time | of 906 |
|----------------|-------|--------|
| Chris Cooper | 39:46 | 214 |
| Jono Guildford | 41:52 | 288 |
| Jemma Twist | 52:17 | 663 |

13th December Stockport 10 mile

| Name | Time | of 693 |
|----------------|---------|--------|
| Daniel Murphy | 1:05:10 | 62 |
| Roberto Raso | 1:08:21 | 114 |
| Jono Guildford | 1:08:49 | 122 |
| Ian Roberts | 1:09:08 | 126 |
| Mark Chadwick | 1:13:30 | 208 |
| Ruth Travis | 1:17:50 | 309 |
| Linda Rix | 1:22:11 | 406 |
| Lisa Woods | 1:27:04 | 518 |

6th December Alex Park 5k

| Name | Time | of 95 |
|-----------------------|-------|-------|
| Daniel Murphy | 18:37 | 15 |
| Roberto Raso | 19:51 | 24 |
| Jono Guildford | 20:07 | 26 |
| Wesley Almond | 21:06 | 37 |
| Greg Keynes | 21:10 | 38 |
| Joaquin Ramos Gallego | 22:08 | 41 |
| Michael Reid | 22:20 | 43 |
| Linda Rix | 23:30 | 57 |
| Richard Maddin | 23:48 | 58 |

29th November Co-operative 5k Santa Dash

| Name | Time | of 687 |
|-----------------------|-------|--------|
| Nick Markley | 20:27 | 5 |
| Jono Guildford | 20:53 | 7 |
| Michael Reid | 23:17 | 28 |
| Jamie Barry | 25:29 | 76 |
| Paul Billingham | 30:00 | 243 |
| Luke Wookey | 30:04 | 248 |
| Joaquin Ramos Gallego | 30:05 | 249 |
| Lee Marjoram | 30:05 | 250 |
| Stephen Welsh | 30:13 | 257 |
| Sarah Rickard | 30:16 | 258 |
| Helen Rajpar | 30:17 | 259 |
| Angela Hilton | 33:48 | 372 |

29th November Wesham 10k

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| Name | Time | of 467 |
|------|------|--------|
| | | |

1st November Alex Park 5k

| Name | Time | of 67 |
|---------------|-------|-------|
| Daniel Murphy | 18:33 | 6 |
| Chris Cooper | 19:20 | 11 |
| Roberto Raso | 19:35 | 12 |
| Ian Roberts | 20:20 | 17 |
| Mark Chadwick | 20:22 | 18 |
| Martin Toal | 21:47 | 22 |
| Linda Rix | 23:15 | 29 |
| Jamie Barry | 23:17 | 30 |

24th October Men's MACCL Race 1 Heaton Park

| Name | Time | of 248 |
|----------------------|-------|--------|
| Chris Cooper (MH&AC) | 46:31 | 164 |

18th October Amsterdam Marathon

| Name | Time | of ?? |
|-------------|---------|-------|
| Ruth Travis | 3:46:06 | 2,964 |

11th October Birmingham Half Marathon

| Name | Time | of 10,042 |
|----------------|---------|-----------|
| Ian Roberts | 1:32:15 | 648 |
| Jono Guildford | 1:32:33 | 661 |
| Nick Eaton | 1:45:49 | 1,838 |

4th October Alex Park 5k

| Name | Time | of 97 |
|-----------------------|-------|-------|
| Daniel Murphy | 19:24 | 13 |
| Roberto Raso | 19:40 | 15 |
| Ian Roberts | 19:50 | 17 |
| Mark Chadwick | 20:29 | 22 |
| Martin Toal | 20:46 | 25 |
| Joaquin Ramos Gallego | 22:10 | 40 |
| Jamie Barry | 22:43 | 47 |
| Linda Rix | 22:48 | 48 |

27th September City of Salford 10k

| Name | Time | of 351 |
|----------------|-------|--------|
| Stephen Welsh | 37:31 | 8 |
| Chris Cooper | 39:48 | 17 |
| Ian Roberts | 40:47 | 25 |
| Jono Guildford | 41:01 | 28 |
| Greg Keynes | 43:05 | 44 |
| Martin Toal | 43:43 | 56 |
| Wesley Almond | 46:30 | 94 |
| Jemma Twist | 50:45 | 161 |
| Michael Reid | 52:36 | 198 |

20th September Great North Run

| Name | Time | of 54,000 |
|-------------|---------|-----------|
| Greg Keynes | 1:45:39 | 3,990 |

20th September Manchester Park Series Race 5 Boggart Hole

| Name | Time | of 79 |
|-------------|-------|-------|
| Martin Toal | 45:49 | 35 |

13th September Robin Hood Half Marathon, Nottingham

| Name | Time | of 6,646 |
|--------------|---------|----------|
| Helen Rajpar | 2:22:31 | 5,056 |

12th September Fleetwood 10k

| Name | Time | of 82 |
|-------------|-------|-------|
| Ruth Travis | 45:49 | 30 |

12th September Marathon du Medoc

| Name | Time | of 7,557 |
|---------------------|---------|----------|
| Stephen Welsh | 6:12:03 | 5,688 |
| Nick Eaton | 6:12:03 | 5,690 |
| Graham Bateson | 6:12:03 | 5,691 |
| Luke Wookey | 6:12:03 | 5,691 |
| Jono Guildford | 6:12:02 | 5,693 |
| Paul Billingham | 6:12:02 | 5,694 |
| MY Loh | 6:12:03 | 5,695 |
| Isabelle Desgranges | 6:34:40 | 7,254 |
| Heather Barclay | 6:34:41 | 7,256 |

6th September Alex Park 5k

| Name | Time | of 87 |
|---------------|-----------------------|-------|
| Roberto Raso | 19:19 | 13 |
| Luke Wookey | 20:28 | 22 |
| Mark Chadwick | 20:38 | 24 |
| Lee Marjoram | 21:37 | 35 |
| Linda Rix | 22:06 (Female Bronze) | 39 |

5th September Hilton Illuminations 10k, Blackpool

| Name | Time | of 235 |
|--------------|-------|--------|
| Chris Cooper | 41:09 | 30 |

16th August Great Warford 10 mile

| Name | Time | of 317 |
|----------------|---------|--------|
| Roberto Raso | 1:07:39 | 68 |
| Jono Guildford | 1:12:38 | 106 |
| Graham Bateson | 1:13:55 | 119 |
| Greg Keynes | 1:15:44 | 136 |
| Linda Rix | 1:18:09 | 171 |
| Nick Eaton | 1:19:29 | 182 |

9th August Manchester Park Series Race 4 Debdale Park 7k

| Name | Time | of 378 |
|-------------|-------|--------|
| Martin Toal | 30:56 | 32 |

6th August Wythenshawe Park 5k Sizzler

| Name | Time | of 456 |
|--------------|-------|--------|
| Chris Cooper | 20:16 | 132 |

2nd August Alex Park 5k

| Name | Time | of 99 |
|--------------|-------|-------|
| Roberto Raso | 19:00 | 17 |
| Linda Rix | 22:18 | 43 |

12th July Catforth 10k

| Name | Time | of 188 |
|-------------|-------|--------|
| Ruth Travis | 47:05 | 93 |

5th July City of Manchester 10k

| Name | Time | of 1,622 |
|------------------|---------|----------|
| Roberto Raso | 41:02 | 68 |
| Ian Roberts | 41:29 | 80 |
| Jono Guildford | 41:32 | 82 |
| Paul Billingham | 42:16 | 108 |
| Martin Toal | 44:22 | 177 |
| Luke Wookey | 44:28 | 184 |
| Greg Keynes | 44:46 | 199 |
| Graham Bateson | 45:25 | 229 |
| Wesley Almond | 46:08 | 275 |
| Marwan Bukhari | 47:36 | 360 |
| Linda Rix | 47:42 | 366 |
| MY Loh | 51:24 | 614 |
| Joanne Ollerhead | 1:06:57 | 1430 |

28th June Sotos 10k, Fleetwood

| Name | Time | of ?? |
|--------------|-------|-------|
| Chris Cooper | 44:22 | 69 |
| Jemma Twist | 57:40 | 238 |

28th June Manchester Park Series Race 3 Platt Fields 10k

| Name | Time | of 93 |
|-------------|-------|-------|
| Martin Toal | 43:25 | 35 |

14th June Hoy Half Marathon, Orkney

| Name | Time | of ?? |
|-------------|---------|-------|
| Ruth Travis | 1:53:23 | 49 |

7th June Pride Games 10k Road Race

| Name | Time | of 30 |
|---------------|-------|-------|
| Ian Roberts | 38:45 | 1 |
| Daniel Murphy | 39:37 | 2 |
| Chris Cooper | 41:22 | 5 |

| | | |
|-----------------------|-------|----|
| Martin Toal | 41:31 | 6 |
| Wesley Almond | 43:48 | 9 |
| Joaquin Ramos Gallego | 43:49 | 10 |
| Jemma Twist | 49:17 | 16 |

31st May Pride Games Alex Park 5k

| Name | Time | of 82 |
|---------------|-------|-------|
| Martin Toal | 20:52 | 17 |
| Chris Cooper | 21:07 | 18 |
| Greg Keynes | 21:15 | 19 |
| Jemma Twist | 25:09 | 39 |
| Sarah Rickard | 25:10 | 40 |
| Lisa Woods | 26:26 | 48 |

25th May Manchester Park Series Race 2 Sale 5 mile

| Name | Time | of 219 |
|-------------|-------|--------|
| Martin Toal | 33:34 | 84 |

23rd May MFR 5 mile Birthday Run, Heaton Park

| Name | Finishing Position | Starting Position |
|---------------------|--------------------|-------------------|
| Helen Rajpar | 1st GOLD | 2nd |
| Heather Barclay | 2nd SILVER | 1st |
| MY Loh | 3rd BRONZE | 6th |
| Christine Gibbons | 4th | 3rd |
| Sarah Rickard | 5th | 4th |
| Ian Roberts | 6th | 14th |
| Isabelle Desgranges | 7th | 5th |
| Rownan Macmuiris | 8th | 10th |
| Luke Wookey | 9th | 11th |
| Oliver Roberts | 10th | 9th |
| Chris Cooper | 11th | 13th |
| Nick Eaton | 12th | 12th |
| Caroline Bond | 13th | 8th |

17th May Bupa Manchester 10k

| Name | Time | of ?? |
|-----------------|-------|-------|
| Jono Guildford | 42:03 | 556 |
| Paul Billingham | 42:05 | 558 |
| Ian Roberts | 42:13 | 581 |
| David Darton | 43:01 | 797 |
| Chris Cooper | 43:24 | 914 |
| Luke Wookey | 43:44 | 1,019 |
| Martin Toal | 43:49 | 1,063 |
| Greg Keynes | 44:30 | 1,324 |

| | | |
|-----------------------|---------|--------|
| Colin Lea | 44:32 | 1,343 |
| Lee Marjoram | 45:00 | 1,547 |
| Joaquin Ramos Gallego | 45:13 | 1,639 |
| Oliver Roberts | 45:57 | 2,037 |
| Marwan Bukhari | 46:21 | 2,253 |
| Nick Markley | 56:24 | 10,997 |
| Helen Rajpar | 1:02:40 | ?? |
| Jeanne Ollerhead | 1:06:56 | 10,953 |

10th May Beaverbrooks Blackpool 10k

| Name | Time | of ?? |
|--------------|-------|-------|
| Chris Cooper | 42:15 | |
| Jemma Twist | 50:30 | |

9th May Manchester Park Series Race 1 Salford 5k

| Name | Time | of 135 |
|-------------|-------|--------|
| Martin Toal | 21:16 | 69 |

3rd May Alex Park 5k

| Name | Time | of 160 |
|----------------|-------|--------|
| Roberto Raso | 18:53 | 16 |
| Jono Guildford | 20:03 | 29 |
| Rob Greaves | 20:33 | 33 |
| Lee Marjoram | 20:45 | 37 |
| David Darton | 21:08 | 42 |
| Chris Cooper | 22:29 | 53 |
| MY Loh | 24:44 | 70 |
| Jamie Barry | 26:54 | 96 |
| Colin Lea | 29:31 | 121 |

26th April London Marathon

| Name | Time | of ??? |
|----------------|---------|--------|
| Ruth Travis | 3:45:20 | ?? |
| Jono Guildford | 4:01:53 | ?? |
| Nick Eaton | 4:07:23 | ?? |
| Graeme Semple | 4:34:35 | ?? |

10th April Salford Good Friday 10k

| Name | Time | of 544 |
|-----------------|-------|--------|
| Nick Markley | 37:40 | 90 |
| Paul Billingham | 41:20 | 169 |
| David Darton | 41:29 | 172 |
| Jono Guildford | 41:50 | 182 |
| Graham Bateson | 42:27 | 202 |
| Ian Roberts | 42:43 | 210 |
| Nick Eaton | 42:48 | 217 |
| Lee Marjoram | 43:18 | 228 |
| Mark Chadwick | 43:20 | 230 |

| | | |
|-----------------------|---------|-----|
| Martin Toal | 43:28 | 233 |
| Luke Wookey | 43:34 | 236 |
| Chris Cooper | 43:44 | 243 |
| Colin Lea | 47:11 | 331 |
| Joaquin Ramos Gallego | 47:39 | 337 |
| Caroline Bond | 48:01 | 347 |
| Ruth Travis | 48:02 | 348 |
| Wesley Almond | 49:19 | 375 |
| MY Loh | 52:19 | 437 |
| Lisa Woods | 55:20 | 473 |
| Harriet Simpson | 55:51 | 475 |
| David Fisher | 59:02 | 504 |
| Helen Rajpar | 1:04:01 | 531 |
| Angela Hilton | 1:09:43 | 540 |

5th April Blackpool Marathon

| Name | Time | of 635 |
|---------------|---------|--------|
| Stephen Welsh | 3:11:49 | 52 |

5th April Blackpool Half Marathon

| Name | Time | of 994 |
|-----------------|---------|--------|
| Paul Billingham | 1:34:20 | 89 |
| Mark Chadwick | 1:34:21 | 90 |
| Jono Guildford | 1:37:00 | 108 |
| Nick Eaton | 1:37:58 | 124 |

5th April Alex Park 5k

| Name | Time | of 162 |
|--------------|-------|--------|
| Martin Toal | 20:48 | 29 |
| Chris Cooper | 21:01 | 31 |

29th March Liverpool Half Marathon

| Name | Time | of 3,494 |
|---------------|---------|----------|
| Jolan Sulinko | 2:59:25 | 3,465 |

29th March Wilmslow Half Marathon

| Name | Time | of 3,905 |
|-----------------|---------|----------|
| Grahaam Bateson | 1:33:59 | 489 |
| Rob Greaves | 1:37:30 | 695 |
| Lee Marjoram | 1:41:58 | 1,019 |

15th March Trafford 10k

| Name | Time | of 466 |
|-------------|-------|--------|
| Rob Raso | 39:03 | 139 |
| Ruth Travis | 44:56 | 235 |
| Greg Keynes | 45:02 | 237 |
| Linda Rix | 46:37 | 268 |

1st March Alex Park 5k

| Name | Time | of 172 |
|----------------|-------|--------|
| Rob Raso | 18:46 | 29 |
| Graham Bateson | 21:08 | 58 |
| Martin Toal | 21:11 | 61 |
| Lee Marjoram | 22:09 | 74 |
| Jamie Barry | 22:43 | 81 |
| Linda Rix | 21:01 | 83 |
| Angela Hilton | 32:51 | 164 |

22nd February Great North West Half Marathon

| Name | Time | of 1,193 |
|---------------|---------|----------|
| Mark Chadwick | 1:36:41 | 272 |
| Wesley Almond | 1:49:37 | 597 |

15th February Wrexham Village Bakery Half Marathon

| Name | Time | of 507 |
|-------------|---------|--------|
| Ruth Travis | 1:38:17 | 218 |

1st February Alex Park 5k

| Name | Time | of 117 |
|--------------------------------|-------|--------|
| Nick Markley | 19:36 | 12 |
| Jono Guildford | 20:38 | 26 |
| Ian Roberts | 20:46 | 27 |
| Paul Billingham | 20:54 | 29 |
| Lee Marjoram | 21:28 | 34 |
| Martin Toal | 21:45 | 39 |
| Greg Keynes | 22:05 | 46 |
| Linda Rix | 23:29 | 63 |
| Katy Kernchan | 23:54 | 66 |
| Marie-Claude Quieffin-Witcombe | 26:35 | 85 |

11th January Garstang 10k

| Name | Time | of 458 |
|-------------|-------|--------|
| Ruth Travis | 47:00 | 210 |

4th January Alex Park 5k

| Name | Time | of 66 |
|----------------|-------|-------|
| Rob Raso | 19:10 | 6 |
| Linda Rix | 26:07 | 30 |
| Jolan Sulinski | 34:00 | 52 |

Manchester Frontrunners are:

A member of International Frontrunners