

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!

12th December Stockport 10 mile

Name	Time	of 686
Jono Guildford	1:05:49	73
Tom Arnold	1:07:46	96
Roberto Raso	1:08:09	104
Ruth Travis	1:15:49	241
Joaquin Ramos Gallego	1:16:07	249
Richard Madgin	1:21:16	196
Linda Rix	1:21:55	368
Sarah Rickard	1:25:24	429
Julie Virgin	1:26:56	467
Angelo Tomasso	1:28:38	506

4th December Men's MACCL Race 3 Boggart Hole Clough

Name	Time	of 236
Daniel Murphy	40:15	74
Jono Guildford	42:33	112
Tom Arnold	44:02	136
Chris Cooper	44:26	142
Roberto Raso	45:22	155
Stephen Pottage	45:30	157
Mark Chadwick	45:32	158
Michael Reid	48:06	186
John Smith	49:40	203
Graham Bateson	50:06	207
Michael Goldie	1:00:44	234

4th December Women's MACCL Race 3 Boggart Hole Clough

Name	Time	of 111
Anna Einarsdottir	33:08	56
Ruth Travis	33:45	67
Julie Virgin	35:12	77
Linda Rix	35:42	80
Sandra Berns	36:36	89
Heather Davies	41:45	101

27th November Wesham 10k

Name	Time	of 465
Ruth Travis	45:11	157

21st November Men's MACCL Race 2 Sherdley Park

Name	Time	of 264
Sean Fletcher	35:30	85
Daniel Murphy	40:09	98
Jono Guildford	41:41	127

Darren Jackson	42:13	139
Roberto Raso	42:44	155
Stephen Pottage	43:25	169
Ian Roberts	43:52	176
Stuart Maloney	44:07	179
Mark Chadwick	44:25	182
Andrew Salter	46:08	201
Peter Symonds	46:35	205
Joaquin Ramos Gallego	47:02	211
Michael Reid	48:42	226
John Smith	48:47	229
Marwan Bukhari	51:26	244
Paul Jago	54:33	256

21st November Women's MACCL Race 2 Sherdley Park

Name	Time	of 143
Faye Woodhead	29:45	29
Anna Einarsdottir	31:12	53
Ruth Travis	32:36	69
Linda Rix	33:45	82
Sandra Berns	35:35	102
Helen Watkins	49:33	122

7th November Lancaster Half Marathon

Name	Time	of 661
Stuart Maloney	1:33:29	120
Ruth Travis	1:40:18	196

7th November Alex Park 5k

Name	Time	of 53
Jono Guildford	18:45	7
Darren Jackson	19:05	8
Ian Roberts	19:28	12
Mark Chadwick	19:38	13
Lee Marjoram	20:23	16
Greg Keynes	20:38	18
Andrew Salter	21:14	21

23rd October Men's MACCL Race 1 Heaton Park

Name	Time	of 297
Daniel Murphy	39:14	57
Stephen Welsh	41:29	105
Jono Guildford	42:37	134
Tom Arnold	43:37	151
Roberto Raso	45:00	176
Ian Roberts	45:21	180
Stephen Pottage	45:28	183
Chris Cooper	45:53	192

Mark Chadwick	46:57	210
Luke Wookey	47:16	214
Joaquin Ramos Gallego	47:51	219
Graham Bateson	48:21	223
John Smith	48:57	233

23rd October Women's MACCL Race 1 Heaton Park

Name	Time	of 158
Faye Woodhead	37:57	34
Anna Einarsdottir	40:04	62
Ruth Travis	40:52	73
Linda Rix	42:53	92
Sandra Berns	44:08	104
Heather Davies	49:39	136
Helen Watkins	49:48	138
Catherine Hurst	50:02	140
Angela Hilton	1:01:26	154
Michelle Ryan	1:06:39	146

17th October Aviemore Half Marathon

Name	Time	of 995
Ruth Travis	1:42:18	195

10th October Munich Marathon

Name	Time	of 6,403
James Moles	2:54:58	101
Daniel Murphy	3:02:05	233
Jono Guildford	3:26:28	1,015

10th October Munich Half Marathon

Name	Time	of 3,165 M, 1,650 F
Graham Bateson	1:36:57	484 M
Kirstie Power	1:37:00	31 F
Greg Keynes	1:38:03	549 M
Luke Wookey	1:43:17	892 M
Lee Marjoram	1:44:59	1,050 M
Michael Reid	1:49:09	1,339 M
Marwan Bukhari	1:50:48	1,464 M
Sarah Rickard	1:51:18	No Chip
John Smith	1:57:01	1,944 M
Nick Eaton	2:00:29	2,220 M
MY Loh	2:02:16	2,329 M
Angela Hilton	2:45:25	1,628 F

10th October Munich 10k

Name	Time	of 1,224 M, 980 F
Stephen Welsh	37:53	52 M
Chris Cooper	41:28	130 M

Paul Billingham	41:41	134 M
Richard Madgin	45:20	241 M
Joaquin Ramos Gallego	47:42	347 M
Allan Wilson	48:30	379 M
Michael Coleman	51:03	499 M
Paul Jaggs	53:50	657 M
Angelo Tomasso	55:08	724 M

3rd October English Half Marathon, Warrington

Name	Time	of 1,811
Paul Fox	1:45:05	411

3rd October Northern Athletics Road Relay Championships (6 x

Name	Time	of 110 teams
Jono Guildford	21:34	100
Roberto Raso	21:57	98 (+2)
Ian Roberts	22:27	95 (+3)
Mark Chadwick	22:21	90 (+5)
Darren Jackson	22:13	89 (+1)
Sean Fletcher	20:35	85 (+4)
TOTAL		85

26th September Preston 5k

Name	Time	of 312
Ruth Travis	23:22	62

26th September Ormskirk 10k

Name	Time	of 394
Ian Roberts	42:39	40
Andrew Salter	46:18	91

19th September Manchester Park Series Race 5 Boggart Hole

Name	Time	of 98
James Moles	37:59	9
Daniel Murphy	38:29	10
Jono Guildford	41:15	21
Roberto Raso	42:03	24
Tom Arnold	42:07	25
Lee Marjoram	45:37	41
Michael Reid	46:16	45
Greg Keynes	46:50	49
Helen Hart	48:38	56
John Smith	49:26	63
Nick Ralph	50:33	65
Michael Coleman	51:37	65
Linda Rix	51:57	66
Duncan MacLean	56:14	83

19th September Great North Run

Name	Time	of 39,444
Darren Jackson	1:33:43	1,034
Kirstie Power	1:41:05	2,671
Faye Woodhead	1:41:38	2,823

5th September Great Yorkshire 10k Run

Name	Time	of 4,777
Darren Jackson	42:03	734
John Smith	>48:04	144

5th September City of Salford 10k

Name	Time	of 693
Daniel Murphy	37:26	7
Kirstie Power	45:07	107
Faye Woodhead	45:13	109
Michael Reid	46:11	130
Nicholas Ralph	50:28	274
Elizabeth Marston	52:30	331
Julie Virgin	53:29	369
Dunkan MacLean	55:46	444
Angelo Tomasso	1:00:36	554
Angela Hilton	1:09:49	647

5th September Alex Park 5k

Name	Time	of 46
Phil Facey	19:59	9

4th September Hilton Blackpool Illuminations 10k

Name	Time	of 340
Chris Cooper	42:30	51
Jemma Twist	53:23	175

15th August Great Warford 10 mile

Name	Time	of 363
Roberto Raso	1:07:38	76
Jono Guildford	1:08:40	92
Ian Roberts	1:09:56	107
Mark Chadwick	1:10:29	115
Greg Keynes	1:13:22	143
Andrew Salter	1:13:45	146
Kirstie Power	1:17:10	179
Faye Woodhead	1:24:07	235
Nick Eaton	1:29:01	273
Paul Fox	1:34:06	305
Helen Rajpar	1:47:48	353
Angela Hilton	2:04:30	363

14th August London Pride 10k

Name	Time	of 736
Daniel Murphy	36:00	17
Phil Facey	40:38	60

8th August Manchester Park Series Race 4 Debdale Park 7k

Name	Time	of 122
Daniel Murphy	26:07	8
Lee Marjoram	30:31	42

4th July City of Manchester 10k

Name	Time	of 1,792
Roberto Raso	39:30	71
Jono Guildford	39:45	79
Darren Jackson	40:17	96
Ian Roberts	40:34	103
Greg Keynes	42:07	157
Anna Einarsdottir	43:38	229
Kirstie Power	44:08	253
Faye Woodhead	45:28	317
Marwan Bukhari	45:57	356
Nick Eaton	46:36	400
Paul Fox	48:05	510
Sarah Rickard	48:41	559
Brian Short	49:40	645
Michael Coleman	49:57	665
Nicholas Ralph	50:20	712
Paul Jaggs	52:14	855
Julie Virgin	53:32	958
Angelo Tomasso	54:33	1,048
Catherine Hurst	1:02:09	1,494

27th June Shetland Half Marathon

Name	Time	of 57
Ruth Travis	1:46:18	24

27th June Manchester Park Series Race 3 Platt Fields 10k

Name	Time	of 126
Daniel Murphy	40:16	19
Mark Chadwick	43:38	39
Martin Toal	46:24	53
Kirstie Power	46:28	56
Faye Woodhead	46:50	59
Lisa Woods	52:29	77
Angelo Tomasso	55:24	94

6th June Pride Games Alex Park 5k

Name	Time	of 86
Roberto Raso	18:57	11

Jono Guildford	19:19	12
Faye Woodhead	21:07 (1st Female)	21
Katie Kay	21:56 (2nd Female)	24
Linda Rix	23:43 (3rd Female)	30
Angelo Tomasso	25:07	44
Angela Hilton	33:02	77

31st May Manchester Park Series Race 2 Sale 5 mile

Name	Time	of 211
Martin Toal	36:55	96

30th May Mull of Kintyre Half Marathon

Name	Time	of 176
Ruth Travis	1:48:45	59

29th May MFR 5th Birthday 5k Race

Name	Time	of 19
Catherine Hurst	28:22	1
Rachel Thompson	32:13	2
Faye Woodhead	21:01	3
Helen Rajpar	28:46	4
Graham Bateson	21:04	5
Tom Arnold	20:20	6
Daniel Murphy	18:15	7
Angela Hilton	33:52	8
Stephen Welsh	17:53	9
James Moles	18:38	10
Ian Roberts	20:12	11
Stephen Brown	21:45	12
Luke Wookey	21:06	13
Mark Chadwick	21:07	14
MY Loh	25:38	15
Phil Facey	20:08	16
Greg Keynes	22:18	17
Michelle Ryan	34:09	18

16th May Bupa Manchester 10k

Name	Time	of 36,000
James Moles	37:34	132
Daniel Murphy	38:35	196
Phil Facey	39:00	226
Jono Guildford	39:35	304
Kevin McIver	40:40	439
Nick Markley	40:48	463
Greg Keynes	42:52	998
Mark Chadwick	43:13	1,118
Michael Reid	43:28	1,196

Martin Toal	45:01	1,959
Stephen Brown	45:02	1,965
David Masson	45:26	2,169
Kirstie Power	45:28	2,190
Faye Woodhead	45:28	2,191
Marwan Bukhari	45:31	2,219
Joaquin Ramos Gallego	47:25	3,407
Elizabeth Marston	49:50	5,356
Richard Madgin	52:11	7,494
Lisa Woods	52:51	8,130
Jamie Barry	52:59	8,252
Jemma Twist	53:37	8,879
Angelo Tomasso	53:44	9,001
David Dunne	56:03	11,384
Alison Shaw	56:16	11,641
Sarah Rickard	1:00:06	15,462
Christine Gibbons	1:00:44	16,021
Helen Rajpar	1:01:21	16,575

8th May Manchester Park Series Race 1 Salford 5k

Name	Time	of 100
Daniel Murphy	18:13	15
Greg Keynes	21:38	63
Martin Toal	23:04	75

25th April London Marathon

Name	Time	of 36,984
Stephen Welsh	2:58:51	1,001
Ruth Travis	3:35:18	5,260
Jono Guildford	3:42:25	6,550
Nick Markley	3:44:22	6,931
Jamie Barry	5:24:33	30,498
Catherine Hurst	5:47:21	33,014

11th April High Legh 10k

40:21

Name	Time	of 205
Daniel Murphy	39:09	6
Ian Roberts	10	
Jono Guildford	40:31	11
Faye Woodhead	45:06	37
Kirstie Power	45:13	40
Michael Reid	48:08	58
Paul Fox	48:46	65
Jamie Barry	50:26	79

4th April Alex Park 5k

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Name	Time	of 93
Stephen Brown	21:15	31

2nd April Salford 10k

Name	Time	of 569
Stephen Welsh	36:33	69
David Darton (guest)	40:04	156
Roberto Raso	40:06	157
Jono Guildford	40:16	160
Ian Roberts	40:38	168
Paul Billingham	40:42	171
Luke Wookey	42:17	202
Greg Keynes	43:25	233
Stephen Brown	43:47	241
Lee Marjoram	43:55	247
Colin Lea (guest)	44:07	252
Faye Woodhead	44:10	253
Ruth Travis	45:35	290
Nick Eaton	46:37	311
Marwan Bukhari	47:35	343
Linda Rix	47:38	346
Elizabeth Marston	50:26	390
Sarah Rickard	51:18	401
Kirstie Power	51:38	409

28th March Wilmslow Half Marathon

Name	Time	of 3,691
Stephen Welsh	1:21:33	120
Daniel Murphy	1:23:11	147
James Moles	1:23:14	148
Jono Guildford	1:30:27	328
Ian Roberts	>1:30:40	333
Nick Markley	1:31:35	359
Roberto Raso	1:31:41	361
Mark Chadwick	1:31:42	363
Paul Billingham	1:32:26	387
Graham Bateson	1:33:59	460
Luke Wookey	1:35:23	524
Greg Keynes	1:38:27	701
Stephen Brown	1:38:33	710
Lee Marjoram	1:41:56	908
Linda Rix	1:43:47	1,050
Nick Eaton	1:50:50	1,593
Catherine Hurst	2:15:58	3,236

7th March Trafford 10k

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Name	Time	of 434
James Moles	37:41	72
Roberto Raso	39:38	95
Ian Roberts	40:04	98
Mark Chadwick	41:20	111
Linda Rix	46:52	219
Joaquin Ramos Gallego	47:05	221

7th March Alex Park 5k

Name	Time	of 114
Stephen Brown	21:13	35
Martin Toal	23:18	49

7th February Central Lancashire Half Marathon

Name	Time	of 235
Ruth Travis	1:44:31	59

7th February Alex Park 5k

Name	Time	of 125
Daniel Murphy	18:09	9
Jono Guildford	19:36	22
Greg Keynes	20:36	29
Thibault Thorez-Debrucq	20:59	32
Kirstie Power	22:06	37
Faye Woodhead	22:06	38
Michael Reid	22:12	39

30th January Women's MACCL Race 5 Wythenshawe Park

Name	Time	of 130
Jemma Twist	33:40	97

30th January Men's MACCL Race 5 Wythenshawe Park

Name	Time	of 199
Daniel Murphy	36:26	50
Ian Roberts	40:26	118
Jono Guildford	40:52	126
Chris Cooper	41:25	133
Luke Wookey	43:13	148
Thibaut Thorez-Debrucq	43:41	154
Graham Bateson	44:36	163

3rd January Women's MACCL Race 4 Woodbank Park

Name	Time	of 101
Lisa Woods	35:21	83

3rd January Men's MACCL Race 4 Woodbank Park

Name	Time	of 173
Daniel Murphy	38:32	??