

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 898
Jono Guildford	38:33	208
Greg Keynes	41:43	311
Nico Gibert	42:54	358
Chris Cooper	47:46	526
Marwan Bukhari	49:21	613

11th December Stockport 10 mile

Name	Time	of 780
Jono Guildford	1:04:52	55
Daniel Murphy	1:07:04	77
Roberto Raso	1:07:16	78
Tom Arnold	1:09:53	122
Stephen Pottage	1:10:15	128
Steve Scott	1:14:51	228
Ruth Travis	1:15:55	261
Colin Lea	1:19:13	353
David Darton	1:19:20	357
Richard Madgin	1:21:09	396
Julie Virgin	1:23:12	447
Linda Rix	1:23:54	464
Sarah Robinson	1:30:10	704

4th December Alex Park 5k

Name	Time	of 43
Greg Keynes	20:49	13

3rd December Men's MACCL Race 3 Wythenshawe Park

Name	Time	of 324
Jono Guildford	41:18	127
Roberto Raso	42:38	160
Tom Arnold	44:05	190
Nico Gibert	44:38	198
Dave Hedges	45:38	214
Darren Jackson	46:18	224
Joaquin Ramos Gallego	46:43	230
Lucas Nightingale	47:27	245
Lee Marjoram	47:45	251
Iain Buchan	47:58	255
Andy Parkinson	49:06	274
Michael Goldie	53:00	304
Christian Guerreiro	56:39	319
Henry Walker	1:01:14	324

3rd December Women's MACCL Race 3 Wythenshawe Park

Name	Time	of 152
Ruth Travis	34:59	79
Anna Einarsdottir	35:59	88
Linda Rix	36:21	94
Heather Clarkson	37:02	103
Julie Virgin	37:03	104
Emma Reilly	42:04	140

27th November Salford Women's 5.25 mile

Name	Time	of 154
Kirstie Power	38:08	10
Ruth Travis	38:32	13
Helen Hart	40:36	24
Anna Einarsdottir	42:33	36
Heather Clarkson	42:55	37
Catherine Roughton	44:53	52
Helen Watkins	45:06	54
Sarah Rickard	45:13	56

26th November Wesham 10k

Name	Time	of 465
Ruth Travis	45:25	175

13th November Men's MACCL Race 2 Sherdley Park

Name	Time	of 309
James Moles	36:36	64
Daniel Murphy	38:01	105
Jono Guildford	38:30	118
Ian Roberts	40:07	157
Tom Arnold	40:36	164
Roberto Raso	40:47	168
Stephen Pottage	41:21	177
Dave Hedges	41:54	190
Peter Symonds	42:54	210
Stephen Brown	43:07	216
Graham Bateson	44:57	232
Lucas Nightingale	44:05	244
Chris Cooper	45:40	253
Steve Scott	45:47	256
Nigel Goldfinch	47:10	269
Jose Fernandez	47:26	271
Iain Buchan	47:27	272
Trevor Fenton	49:27	281
Michael Goldie	52:29	294

13th November Women's MACCL Race 2 Sherdley Park

Name	Time	of 145
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Ruth Travis	31:02	64
Julie Virgin	32:02	76
Linda Rix	32:41	86
Sarah Robinson	34:24	106
Heather Clarkson	35:53	121
Emma Reilly	37:10	129

6th November Lancaster Half Marathon

Name	Time	of 705
Roberto Raso	1:28:22	60
Ruth Travis	1:40:00	198
Linda Rix	1:47:48	318
Paul Jaggs	1:55:18	436

23rd October Birmingham Half Marathon

Name	Time	of ???
Heather Clarkson	2:01:25	5619

22nd October Men's MACCL Race 1 Heaton Park

Name	Time	of 362
Daniel Murphy	39:55	96
Jono Guildford	40:48	118
Roberto Raso	43:12	173
Ian Roberts	43:34	188
Peter Symonds	45:03	227
Dave Hedges	46:33	252
Chris Cooper	46:38	255
Lee Marjoram	46:53	260
Darren Jackson	47:12	264
Steve Scott	48:00	280
Joaquin Ramos Gallego	48:17	285
Lucas Nightingale	48:21	286
Nigel Goldfinch	50:04	314
Jose Fernandez	50:21	317
Paul Jaggs	51:19	320
Andy Parkinson	51:20	321
John Smith	53:43	334
Michael Goldie	54:45	341
Geln Turner	57:07	356

22nd October Women's MACCL Race 1 Heaton Park

Name	Time	of 171
Ruth Travis	40:57	89
Emma Reilly	48:43	148
Sarah Robinson	42:22	149

16th October Amsterdam Marathon

Name	Time	of 9,637

Daniel Murphy	2:57:55	450
Mark Chadwick	3:18:25	1,514
Greg Keynes	3:19:58	1,681
Steve Scott	3:39:53	3,133
Julia Virgin	4:10:55	6,663

16th October Amsterdam Half Marathon

Name	Time	of 11,383
James Moles	1:18:27	41
Jono Guildford	1:24:58	188
Graham Bateson	1:34:18	835
Stephen Brown	1:39:04	1,494
Lee Marjoram	1:40:38	1,779
Luke Wookey	1:40:38	1,783
Marwan Bukhari	1:41:07	1,884
Duncan MacLean	1:46:36	3,082
Helen Hart	1:46:41	3,098
Mong Yang Loh	1:52:14	4,513
Paul Jaggs	1:52:48	4,673
John Smith	1:57:11	6,004
Nick Eaton	1:57:47	6,208
Sarah Rickard	1:58:29	6,422
Angelo Tomasso	2:03:34	7,831
Lisa Woods	2:04:44	8,080

16th October Amsterdam 8k

Name	Time	of 3,538
Michael Goldie	38:34	340
Michelle Ryan	52:18	2,735

9th October Chester Marathon

Name	Time	of ???)
James Moles	2:44:38	13
Tom Arnold	3:16:22	201
Ian Roberts	3:16:33	202
Stephen Pottage	3:22:08	266
Darren Jackson	3:22:42	289
John Baron	3:25:41	308
Dave Hedges	3:52:31	811

2nd October Alex Park 5k

Name	Time	of 89
Graham Bateson	20:19	21

25th September Preston 10k

Name	Time	of 710
Helen Watkins	57:02	450

25th September Preston 5k

Name	Time	of 255
Ruth Travis	22:02	53

25th September Swinton 10 mile

Name	Time	of 178
Jono Guildford	1:06:41	36

18th September English Half Marathon, Warrington

Name	Time	of ??
Greg Keynes	1:31:48	92
Nick Eaton	1:49:38	502

18th September Manchester Park Series Race 5 Boggart Hole

Name	Time	of 110
Daniel Murphy	37:26	5
Jono Guildford	40:44	14
Stephen Pottage	41:25	18
Roberto Raso	42:22	26
Duncan MacLean	45:28	37
Steve Scott	45:50	41
Ruth Travis	46:35	48
Joaquin Ramos Gallego	47:27	57
Marwan Bukhari	47:49	61
Iain Buchan	49:26	69
Linda Rix	50:16	75
Paul Jaggs	50:38	76
John Smith	51:40	78
Sarah Rickard	51:40	78
Angelo Tomasso	51:54	80

18th September Great North Run

Name	Time	of 40,000
Tom Arnold	1:25:35	379
Mark Edlin	2:08:39	17,697

4th September City of Salford 10k

Name	Time	of 629
Daniel Murphy	36:44	15
Steve Scott	43:56	91
Duncan MacLean	44:51	104
Joaquin Ramos Gallego	35:31	126
Iain Buchan	47:37	185
MY Loh	48:45	225
Angelo Tomasso	53:54	369
Helen Watkins	54:42	404

4th September Blackleach Country Park 5 mile

Name	Time	of 40
Roberto Raso	34:22	13

Linda Rix	40:15	29
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28th August Fleetwood Half Marathon

Name	Time	of 327
Andrew Salter	1:34:18	78
Ruth Travis	1:38:35	98

20th August London Pride 10k

Name	Time	of 832
Daniel Murphy	35:40	21
Jono Guildford	40:27	99
Andrew Salter	42:36	146

14th August UK Backwards Running Chmapionship (1 mile)

Name	Time	of 95
Ruth Travis	13:23	2nd female

14th August Great Warford 10 mile

Name	Time	of 254
Angelo Tomasso	1:29:55	198

7th August Alex Park 5k

Name	Time	of 42
Daniel Murphy	17:26	2
Jono Guildford	19:37	7
Ian Roberts	20:20	9
Lee Marjoram	21:06	12
Graham Bateson	21:18	14
Kirstie Power	21:37	15
Michael Reid	22:44	18
Helen Hart	23:47	20
Paul Jaggs	23:56	21
Kevin Dawson	24:09	22
Mark Edlin	25:38	24
Helen Watkins	27:09	29
Angelo Tomasso	28:46	32

24th July Cross Bay Challenge, Morecambe

Name	Time	of 561
Daniel Murphy	1:20:50	1
Ian Roberts	1:30:49	17
Tom Arnold	1:31:10	19
Stephen Pottage	1:31:32	21
Mark Chadwick	1:32:19	25
Greg Keynes	1:36:11	43
Steve Scott	1:42:23	94
Graham Bateson	1:42:51	98
Lee Marjoram	1:45:58	123
Joaquin Ramos Gallego	1:49:37	172

MY Loh	1:56:45	290
Julie Virgin	1:56:48	292

10th July Manchester Park Series Race 4 Debdake 7k

Name	Time	of 112
Daniel Murphy	26:02	7
James Moles	26:56	10
Stephen Pottage	28:28	22
Jono Guildford	29:14	28
Steve Scott	30:04	34
Duncan MacLean	30:06	35
Mick Farry	30:25	37
Greg Keynes	30:35	40
Ruth Travis	32:12	49
Marwan Bukhari	32:13	50
Angelo Tomasso	36:06	70
Iain Buchan	36:23	71
Mark Edlin	39:54	86
Levent Chernouy	42:20	97

3rd July City of Manchester 10k

Name	Time	of 1,436
Ian Roberts	40:36	94
Greg Keynes	41:14	108
Kirstie Power	42:02	131
Duncan MacLean	43:21	170
Linda Rix	46:49	344
Paul Jaggs	49:57	511
Nicholas Ralph	50:16	536
Julie Virgin	50:31	545

3rd July Alex Park 5k

Name	Time	of 58
Jono Guildford	19:12	2
MArk Chadwick	19:40	5

2nd July Barrathon, Isle of Barra

Name	Time	of 227
Ruth Travis	1:46:19	68

26th June Manchester Park Series Race 3 Platt Fields 10k

Name	Time	of 90
Daniel Murphy	37:36	5
Tom Arnold	40:39	19
Stephen Pottage	41:47	22
Ian Roberts	42:02	24
Jono Guildford	42:05	25
Steve Scott	42:46	30

Dunkan MacLean	45:33	38
Ruth Travis	47:22	45
Joaquin Ramos Gallego	49:05	52
Nick Eaton	52:05	62
Paul Jaggs	53:21	67
Iain Buchan	54:27	70

19th June Freckleton Half Marathon

Name	Time	of 557
Helen Watkins	2:06:36	424

12th June Mersey Tunnel 10k

Name	Time	of 2,621
Steve Scott	41:18	119
Kirstie Power	41:45	125
Angelo Tomaso	52:20	1,231

5th June Alex Park 5k

Name	Time	of 78
David Darton	20:55	21
Colin Lea	23:19	34

30th May Manchester Park Series Race 2 Sale 5 mile

Name	Time	of 201
Tom Arnold	31:13	53
Jono Guildford	31:19	55
Stephen Pottage	31:36	57
Dave Hedges	32:35	67
Steve Scott	33:07	71
Graham Bateson	35:10	67
Marwan Bukhari	36:10	111
Ruth Travis	36:30	118
Dunkan MacLean	37:49	126
John Smith	41:48	169
Henry Walker	48:05	185

22nd May Manchester Park Series Race 2 Salford 5k

Name	Time	of 85
Daniel Murphy	18:38	17
Jono Guildford	19:53	28
Mark Chadwick	19:56	29
Mick Fry	20:33	33
Kirstie Power	21:07	36
Dunkan MacLean	23:15	51
Ruth Travis	23:31	55
Paul Jaggs	23:47	56
John Smith	24:47	61
Michael Goldie	25:00	63

22nd May Edinburgh Marathon

Name	Time	of ???
James Moles	2:52:37	69
Stephen Welsh	3:00:17	165
Phil Facey	3:32:07	1,399

22nd May Edinburgh Half Marathon

Name	Time	of ???
Stephen Brown	1:37:37	448
Andrew Salter	1:40:14	596
Marwan Bukhari	1:43:37	798
Angela Hilton	2:31:45	4,212

15th May Bupa Manchester 10k

Name	Time	of ???
Sean Fletcher	37:38	180
Daniel Murphy	37:41	184
Jono Guildford	38:44	260
Stephen Pottage	39:41	368
Greg Keynes	39:43	375
Stuart Williams	39:50	397
Kevin McIver	41:16	645
Darren Jackson	42:55	1,095
Joaquin Ramos Gallego	45:04	2,116
Marwan Bukhari	45:24	2,296
Allan Wilson	45:56	2,624
Michael Reid	47:11	3,404
Duncan MacLean	47:57	3,975
Michael Coleman	50:26	6,159
Angelo Tomasso	50:34	6,284
Elizabeth Marston	51:10	6,832
Benjamin Lambert	54:06	9,774
Helen Watkins	54:18	9,965
Laura Hamilton	1:01:16	17,151
Angela Hilton	1:10:58	23,401
Melissa Bouchard	1:11:04	23,445
Jolan Sulinski	1:20:43	26,154

1st May Alex Park 5k

Name	Time	of 74
Stuart Maloney	19:38	13
Darren Jackson	20:31	18

22nd April Salford 10k

Name	Time	of 558
Daniel Murphy	38:29	91
Mark Chadwick	42:16	179

Greg Keynes	43:12	203
Andrew Salter	44:34	236
Ruth Travis	45:42	265
Nigel Goldfinch	47:30	315
Marwan Bukhari	48:34	342
Linda Rix	49:13	355
Nichael Goldie	49:32	361
Julie Virgin	50:17	380
Barry Magnier	52:16	413
Angelo Tomasso	52:44	424
Paul Jaggs	52:45	446

17th April London Marathon

Name	Time	of ???
Jsmes Moles	2:56:29	778
Sean Fletcher	3:03:41	1,297
Jono Guildford	3:10:01	1,788
Paul Fox	3:53:20	7,702

10th April Brighton Marathon

Name	Time	of ???
Steve Scott	3:35:42	913

10th April Great Welsh Marathon

Name	Time	of 375
Stuart Williams	3:14:43	40
Nick Eaton	4:04:13	214

10th April Lochaber Marathon

Name	Time	of 379
Ruth Travis	3:30:29	86

3rd April Radcliffe 10k Multi Terrain

Name	Time	of 234
Paul Jaggs	56:29	191

3rd April Alex Park 5k

Name	Time	of 90
Ian Roberts	19:20	16
Ruth Travis	21:33	31

27th March Wilmslow Half Marathon

Name	Time	of 3,759
James Moles	1:18:07	75
Stephen Welsh	1:18:07	76
Jono Guildford	1:25:33	197
Daniel Murphy	1:26:13	218
Stuart Maloney	1:27:53	270
Roberto Raso	1:28:29	290

Ian Roberts	1:29:02	315
Stephen Pottage	1:29:12	324
Nick Markley	1:29:45	344
Kirstie Power	1:31:04	397
Mark Chadwick	1:32:02	439
Darren Jackson	1:33:16	492
Greg Keynes	1:34:02	535
Lee Marjoram	1:36:28	659
Steve Scott	1:37:42	740
Paul Fox	1:38:51	811
Joaquin Ramos Gallego	1:41:37	992
Allan Wilson	1:46:12	1,313
Helen Hart	1:46:47	1,368
Linda Rix	1:47:56	1,453
John Smith	1:49:38	1,591
Julie Virgin	1:55:44	2,123
Angelo Tomasso	1:55:53	2,133

13th March Stafford 20

Name	Time	of 281
Paul Fox	2:36:37	106

13th March Trafford 10k

Name	Time	of 623
Roberto Raso	39:17	164
Ian Roberts	39:33	169
Stephen Pottage	39:53	180
Angelo Tomasso	51:41	443

6th March Haweswater Half Marathon

Name	Time	of 512
Graham Bateson	1:39:41	160

6th March Trimpell 20

Name	Time	of 388
Jono Guildford	2:19:15	80
Ruth Travis	2:29:59	136

27th February High Legh 10k

Name	Time	of 225
Stephen Welsh	36:13	3
James Moles	37:07	4
Jono Guildford	38:47	7
Ian Roberts	40:09	11
Kirstie Power	41:57	24
Greg Keynes	42:26	28
Nick Eaton	46:16	55

Duncan MacLean	48:26	75
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27th February Castlecombe 10k

Name	Time	of 207
Sarah Rickard	49:05	85

20th February RAF Kinloss-RAF Lossiemouth Half Marathon

Name	Time	of 166
Ruth Travis	1:37:41	56

20th February Seville Marathon

Name	Time	of 3,900
Tom Arnold	3:21:59	1,313

13th February Liversedge Half Marathon

Name	Time	of 421
Nick Eaton	1:52:38	228

12th February Women's MACCL Race 5 Clayton Vale

Name	Time	of 105
Anna Einarsdottir	37:22	47
Ruth Travis	39:11	63
Linda Rix	40:51	73

12th February Men's MACCL Race 5 Clayton Vale

Name	Time	of 180
Jono Guildford	40:25	67
Daniel Murphy	40:37	70
Roberto Raso	42:29	94
Mark Chadwick	44:29	119
Phil Facey	43:08	126
Michael Reid	45:12	128
Joaquin Ramos Gallego	45:59	136
Graham Bateson	47:00	143
John Smith	48:07	148
Michael Goldie	56:40	179

6th February Alsager 5

Name	Time	of 903
Jono Guildford	31:47	135
Darren Jackson	32:59	183
Ian Roberts	33:15	195
Lee Marjoram	34:48	248
Michael Reid	36:45	324
John Smith	38:19	398
Angelo Tomasso	40:32	498

6th February Alex Park 5k

Name	Time	of 65
Greg Keynes	20:27	16

Duncan Maclean 23:35 25

8th January Women's Manchester Cross Country Championship

Name	Time	of 53
Faye Woodhead	34:59	30

8th January Men's Manchester Cross Country Championship

Name	Time	of 93
Jono Guildford	51:20	52
Roberto Raso	53:21	59
Chris Cooper	54:36	62
Stephen Pottage	55:12	64
Ian Roberts	55:29	65
John Smith	1:03:33	86

2nd January Women's MACCL Race 4 Woodbank Park

Name	Time	of 115
Faye Woodhead	29:55	27
Anna Einarsdottir	31:13	41
Ruth Travis	33:07	61
Linda Rix	34:46	74
Sandra Berns	37:21	99
Heather Davies	40:16	108
Helen Watkins	41:21	112

2nd January Men's MACCL Race 4 Woodbank Park

Name	Time	of 221
DSean Fletcher	41:24	92
Jono Guildford	41:37	97
Tom Arnold	41:55	100
Roberto Raso<	42:23	103
Chris Cooper	45:18	151
Mark Chadwick	45:28	154
Phil Facey	49:14	188
John Smith	51:19	197
James Galloway	56:16	214

2nd January Alex Park 5k

Name	Time	of 39
Michael Coleman	25:05	23

Manchester Frontrunners are:

A member of International Frontrunners