

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!

30th December Ribble Valley 10k

Name	Time	of 1,070
Jono Guildford	39:24	232
Roberto Raso	40:46	317
Greg Keynes	42:57	406
Nico Gibert	43:55	445
Catherine Shelley	44:29	478
Graham Bateson	45:55	538
Julie Virgin	47:02	602
Angelo Tomasso	47:13	611
Ruth Travis	47:24	621
Anna Einarsdottir	47:35	630
Linda Rix	51:02	766
Mong Yang Loh	52:29	815
Paul Jaggs	58:04	965
Annie Holmes	58:00	967

9th December Stockport 10 mile

Name	Time	of 748
Jono Guildford	1:05:39	73
Rob Raso	1:08:03	109
Julie Virgin	1:19:31	363
Heather Clarkson	1:20:26	383
Sarah Rickard	1:21:13	397
Linda Rix	1:23:53	448
Adrian Vickers	1:24:13	453
Helen Watkins	1:26:44	500
Michael Goldie	1:27:50	526
Ka Man Wan	1:30:00	570
UKA3137809	1:41:46	688
Brian Ashley	1:47:05	712

1st December Men's MACCL Race 3 Wythenshawe Park

Name	Time	of 321
James Moles	35:02	46
David Stephan	36:46	91
Jono Guildford	37:39	114
Daniel Murphy	37:53	120
Rob Raso	38:45	173
Tom Arnold	40:52	198
Lucas Nightingale	41:38	215
Iain Buchan	43:44	249
Steve Scott	43:53	252
Stephen Brown	44:24	261

Phil Facey	45:30	277
Dan Eccles	46:30	286
Michael Goldie	49:16	302

1st December Women's MACCL Race 3 Wythenshawe Park

Name	Time	of 169
Catherine Shelley	34:28	64
Anna Einarsdottir	35:56	85
Helen Hart	36:33	96

25th November Salford Women's 5.25 mile

Name	Time	of 150
Anna Einarsdottir	39:29	19
Ruth Travis	40:12	26
Sarah Rickard	40:45	28
Ka Man Wan	44:10	52

18th November Conway Half Marathon

Name	Time	of 1,578
Ian Roberts	1:31:53	117
Lucas Nightingale	1:36:16	200
Iain Buchan	1:40:00	304
Trevor Fenton	1:45:37	447
Sarah Rickard	1:49:32	586
Heather Clarkson	1:50:43	638

18th November Leeds Abbey Dash 10k

Name	Time	of 7,383
UKA3137809	1:01:06	5,993

11th November Windmill 10k Lytham St Annes

Name	Time	of 553
Simon Parkinson	51:02	211
Ka Man Wan	52:18	243

10th November Men's MACCL Race 2 Sherdley Park

Name	Time	of 302
James Moles	37:06	35
David Stephan	38:35	58
Jono Guildford	40:14	99
Ian Roberts	42:47	159
Rob Raso	43:09	169
Lucas Nightingale	44:05	188
Joaquin Ramos-Gallego	45:18	209
Iain Buchan	46:01	220
Luke Wookey	46:57	231
Michael Goldie	54:26	293
John Smith	56:50	299

10th November Women's MACCL Race 2 Sherdley Park

Name	Time	of 153
Catherine Shelley	30:20	49
Julie Virgin	31:56	74
Helen Hart	32:17	79
Paula Medley	32:30	85
Heather Clarkson	35:13	122
Claire Garrett	38:10	141
Natalie Dunderdale	43:34	152

4th November Tatton Park Half Marathon

Name	Time	of 1,553
Tom Arnold	1:29:13	72

21st October Oldham Half Marathon

Name	Time	of 276
Ruth Travis	1:48:14	106

20th October Men's MACCL Race 1 Heaton Park

Name	Time	of 351
David Stephan	40:51	92
Jono Guildford	41:37	104
Daniel Murphy	42:11	113
Rob Raso	44:14	164
Ian Roberts	44:51	175
Lucas Nightingale	46:51	195
Lee Marjoram	46:37	211
Peter Symonds	47:59	239
Iain Buchan	48:11	244
Graham Bateson	49:20	263
Phil Facey	49:26	264
Nicholas Chokomert	49:49	267
Stephen Weigh	51:12	291
Angelo Tomasso	52:10	304
Trevor Fenton	52:31	310
Marwan Bkhari	53:49	326
Brendan Keville	56:21	335

20th October Women's MACCL Race 1 Heaton Park

Name	Time	of 187
Claire Mulvenna	40:01	75
Anna Einarsdottir	41:15	91
Heather Clarkson	42:22	107
Natalie Dunderdale	56:15	183
Michelle Ryan	1:00:12	184

14th October Run Liverpool Marathon

Name	Time	of 3,220
Jono Guildford	3:18:32	168

Steve Scott	3:22:26	222
Pierre Tailleu	3:24:35	248
Iain Buchan	3:40:24	541
Niall Byrne	3:42:49	637
Heather Clarkson	4:00:24	1,155
Ka Man Wan	4:02:33	1,207
Angelo Tomasso	4:06:51	1,329
Emma Reilly	4:12:09	1,477
Helen Watkins	4:12:14	1,478
Matthew Goddard	4:34:07	2,168

14th October Run Wirral 10k

Name	Time	of 777)
Greg Keynes	41:02	22
Paul Riley	47:03	89
Brendan Keville	51:32	194
Dan Eccles	52:41	221

14th October Coventry Half Marathon

Name	Time	of 1,350)
Lee Marjoram	1:37:53	170

7th October Congleton Half Marathon

Name	Time	of 417)
Lucas Nightingale	1:37:29	
Trevor Fenton	253	
Adrain Vickers	1:52:42	271
UKA3137809	2:13:39	382

7th October Chester Marathon

Name	Time	of 2,066)
James Moles	2:48:40	27
Luke Wookey	3:40:44	626

7th October Mablethorpe Half Marathon

Name	Time	of 384)
Ruth Travis	1:42:13	80

30th September Berlin Marathon

Name	Time	of 34,348)
Mark Chadwick	3:09:01	2,218

30th September Preston 5k

Name	Time	of 241)
Ruth Travis	23:12	45

16th September Five Races Race 5 Boggart Hole Chase 10k

Name	Time	of 101)
James Moles	37:00	6

Jono Guildford	39:35	13
Nico Gibert	43:26	32
Lucas Nightingale	43:43	34
Luke Wookey	44:48	39
Lee Marjoram	44:56	41
Steve Scott	45:53	42
Marwan Bukhari	49:01	49
Simon Parkinson	49:59	54
Heather Clarkson	50:12	55
Sarah Rickard	50:17	56
Trevor Fenton	50:33	57
Ka Man Wan	52:26	68
Michael Goldie	52:30	69
UKA3137809	57:59	85
Henry Walker	63:08	91

16th September Great North Run

Name	Time	of 40,000
Tom Arnold	1:24:31	341
Angelo Tomasso	1:44:53	5,262
Melissa Anglesea	2:04:12	17,191
Sarah Robinson	2:20:45	26,820

15th September London Pride 10k

Name	Time	of 768
Daniel Murphy	37:15	27

9th September Budapest Half Marathon

* position in women's race, not overall

Name	Time	of 6,740
Jono Guildford	1:28:53	221
Daniel Murphy	1:29:14	234
Greg Keynes	1:36:11	500
Nico Gibert	1:39:15	674
MArk Chadwick	1:42:10	888
Steve Scott	1:42:58	964
Marwan Bukhari	1:44:41	1,142
Lee Marjoram	1:52:09	1,888
Jake Stretton	1:54:39	27
Heather Clarkson	1:54:46	317*
Helen Watkins	1:54:59	320*
Sarah Rickard	1:55:08	330*
<i>(GR) Dan Whittaker</i>	<i>1:58:24</i>	<i>2,622</i>
Emma Reilly	1:59:12	506*
Julie Virgin	1:59:45	528*
Michael Goldie	2:03:27	3,131
Brendan Keville	2:07:08	3,447

John Smith	2:18:19	4,210
Angelo Tomasso	2:27:44	4,510

9th September English Half Marathon, Warrington

Name	Time	of 1,169
Ka Man Wan	1:57:57	597

7th September Arenzano-Varazze Half Marathon, Italy

Name	Time	of 521
Ruth Travis	1:46:12	273

2nd September Great Yorkshire 10k, Sheffield

Name	Time	of ????
UKA3137809	57:58	1,678

19th August Birchwood 10k, Warrington

Name	Time	of 969
Ka Man Wan	52:54	541

12th August Cross Bay Challenge (13.6miles), Morecambe

Name	Time	of 561
Daniel Murphy	1:39:23	4
Tom Arnold	1:43:17	13
Jono Guildford	1:45:22	16
Ian Roberts	1:46:00	18
Dave Hedges	1:47:49	28
Nico Gibert	1:48:55	36
Greg Keynes	1:51:09	45
Steve Scott	1:55:51	72
Ian Buchan	1:58:33	95
Lucas Nightingale	1:58:50	98
Graham Bateson	1:59:09	104
Helen Hart	2:00:47	123
Peter Symonds	2:03:38	154
Trevor Fenton	2:09:00	220
Sarah Rickard	2:09:25	221
Matthew Goddard	2:15:04	287
MY Loh	2:15:43	294

5th August Wagon & Horses 10 mile, Lancaster

Name	Time	of 175
Ruth Travis	1:14:32	58
Michael Goldie	1:23:36	97

5th August Alex Park Women's 5k

Name	Time	of 7
Helen Hart	23:02	1
Heather Clarkson	23:06	2
Sarah Rickard	23:52	3

Emma Reilly	24:56	4
Ka Man Wan	25:04	5
Natalie Dunderdale	29:47	6
Heather Davies	30:12	7

29th July Great Warford 10 mile

Name	Time	of 345
Ian Roberts	1:07:18	85
Nick Eaton	1:16:56	179
Angelo Tomasso	1:19:30	208

22nd July Great North 10k, Gateshead

Name	Time	of 3,375
Pierre Talleu	42:14	215

22nd July Pudsey 10k Challenge

Name	Time	of 349
UKA3137809	1:04:47	278

21st July Pride Games 5k Multi-Terrain Run

Name	Time	Category	of 50
James Moles	18:17	M	1
David Stephan	18:43	M	2
Mike Neal	20:02	M	3
Ian Roberts	20:32	M	4
Roberto Raso	20:49	M45	5
Ian Wilding	20:56	M	6
Peter Symmonds	21:41	M50	7
Catherine Shelley	21:53	F45	8
David Suggett	22:12	M	9
Graham Bateson	22:18	M45	10
Nick Eaton	22:20	M	11
Martin Toal	22:46	M50	12
Ricky Pugh	23:14	M45	13
Paula Medley	23:18	F	14
Helen Hart	23:23	F	15
Adrian Vickers	23:25	M	16
Anna Einarsdottir	24:08	F40	17
Matthew Goddard	24:23	M	18
Zoe Nightingale	24:39	F	19
Steve Scott	24:59	M	20
Emma Cooper	25:00	F	21
Potch Dulku	25:04	M40	22
Mong Yang Loh	25:12	M	23
Brendan Keville	25:22	M	24
Nigel Goldfinch	25:52	M40	25
Andrew Williams	25:54	M	26

Michael Goldie	25:56	M	27
Saqib Bakht	26:23	M	28
Ka Man Wan	26:44	F	29
Daniel Cicognani	26:57	M	30
Adeline Dallman	27:03	F	31
Abigail Tarran-Jones	27:44	F	32
Charlotte Gee	28:31	F	33
Heather Walkington-Peak	28:32	F	34
Clare Simpson	28:36	F45	35
Elise Wood<	28:58	F	36
Claire Garrett	29:17	F	37
Hannah Mansell	29:17	F	38
Sam Coates	29:52	M Jnr	39
Richard Tiley	29:59	M	40
Robin Bowles	30:38	M	41
Natalie Dunderdale	31:27	F	42
Chian Choo	31:31	M	43
Fie Lancaster	31:54	F	44
Risha Lancaster	32:09	F40	45
Michelle Ryan	33:40	F35	46
Heather Prendergast	34:18	F35	47

15th July Windmill Half Marathon, Lytham St Annes

Name	Time	of 316
Ruth Travis	1:40:58	83

8th July Jane Tomlinson Run For All Leeds 10k

Name	Time	of ???
Helen Watkins	52:15	1,123
UKA3137809	57:33	2,118

8th July Five Races Race 4 Debdake 7k

Name	Time	of 125
James Moles	25:46	7
Daniel Murphy	26:37	13
Jono Guildford	27:34	21
Greg Keynes	29:29	36
Lee Marjoram	30:25	44
Jake Stretton	31:41	52
Joaquin Ramos Gallego	33:30	58
Simon Parkinson	33:53	60
Marwan Bukhari	34:18	65
Heather Clarkson	34:20	66
Trevor Fenton	34:25	68
Angelo Tomasso	34:29	68
Sarah Rickard	34:56	70

Ka Man Wan	37:09	84
Henry Walker	43:31	106

24th June Five Races Race 3 Platt Fields 10k

Name	Time	of 86
James Moles	37:01	8
Jono Guildford	39:48	16
Greg Keynes	42:42	31
Niall Byrne	43:03	32
Nico Gibert	43:29	34
Dave Hedges	43:33	35
Lucas Nightingale	43:58	36
Lee Marjoram	45:17	40
Pierre Talleu	45:25	42
Steve Scott	47:12	47
Simon Parkinson	47:15	48
Marwan Bukhari	48:16	52
Jake Stretton	49:32	56
Sarah Rickard	50:40	60
Angelo Tomasso	51:20	63
Sue Guy	51:27	64
Michael Goldie	52:30	67
Ka Man Wan	54:42	72
UKA3137809	55:48	74
Daniel Cicognani	58:38	78
Henry Walker	1:05:35	83

24th June We Love Manchester 10k

Name	Time	of 1,845
Ruth Travis	44:54	255
Joaquin Ramos Gallego	47:32	457
Helen Watkins	48:48	550
John Smith	57:22	1,200

17th June Freckleton Half Marathon

Name	Time	of 592
Ruth Travis	1:42:27	178
Angelo Tomasso	1:54:32	314

10th June Gtasmere Gallop 10k Trail Race

Name	Time	of 400
Daniel Murphy	42:24	17
Jono Guildford	44:13	34
Roberto Raso	47:37	60
Brendan Keville	59:43	204
Linda Rix	1:07:25	311

10th June Mersey Tunnel 10k

Name	Time	of 2,647
UKA3137809	58:31	1,570
Hannah Durkin	1:04:39	2,039

27th May Five Races Race 2 Sale 5 mile

Name	Time	of 146
James Moles	28:57	13
Jono Guildford	31:37	36
Ian Roberts	32:08	40
Greg Keynes	34:16	60
Lucas Nightingale	34:37	64
Dave Hedges	35:10	67
Lee Marjoram	35:26	70
Jake Stretton	37:37	82
Steve Scott	37:46	83
Nico Gibert	38:55	93
Trevor Fenton	40:14	107
Sarah Rickard	40:54	110
Marwan Bukhari	41:54	113
Angelo Tomasso	42:17	116
Ka Man Wan	43:16	119
Heather Clarkson	44:02	121
Melissa Anglesea	44:06	122
Daniel Cicognani	46:36	130
Jonathon Malbon	47:21	135
Henry Walker	49:38	137

27th May Edinburgh Marathon

Name	Time	of ???
Tom Arnold	3:08:52	262

27th May Edinburgh Half Marathon

Name	Time	of ???
Graham Bateson	1:34:35	341
MY Loh	1:51:01	1,795

27th May Bupa London 10k

Name	Time	of 10,525
Ruth Travis	46:35	1,193
Gllen Turner	55:30	3,533

20th May Bupa Manchester 10k

Name	Time	of 29,281
Jono Guildford	37:59	193
Ian Roberts	38:58	265
Niall Byrne	39:06	281
Nick Markley	40:25	455

Greg Keynes	40:56	558
Nico Gibert	42:02	798
David Darton	43:13	1,174
Iain Buchan	44:24	1,724
Colin Lea	44:51	1,947
Stephen Weigh	45:02	2,050
Steve Scott	45:34	2,362
Marwan Bukhari	46:00	2,589
Peter Bampton	47:38	3,658
Adrian Vickers	47:53	3,848
Angelo Tomasso	51:12	6,752
Christian Guerreiro	51:28	6,979
Nigel Goldfinch	51:37	7,124
Helen Watkins	52:33	8,011
Ka Man Wan	53:14	8,711
Christopher Marsland	55:30	11,047
Christopher Loughran	56:38	12,182
John Smith	57:16	12,824
Hannah Durkin	1:02:31	18,056
Michelle Mattison	1:02:36	18,118
Jonathon Malbon	1:04:21	19,596
UKA3137809	1:05:37	20,572

13th May Chester Half Marathon

Name	Time	of 3,646
Sarah Robinson	2:25:53	3,278

7th May Preston Guild 5k

Name	Time	of 741
Ruth Travis	22:28	119

5th May MFR Birthday Handicap 5k

Name	Time	of 18
Christian Guerreiro	24:46	1
Brendan Keville	24:38	2
Henry Walker	25:13	3
Matthew Goddard	23:52	4
Mong Yang Loh	23:58	5
Emma Reilly	25:11	6
Angelo Tomasso	24:03	7
Jake Stretton	21:18	8
Michael Goldie	25:02	9
Sarah Rickard	24:36	10
Stephen Pottage	19:09	11
Kevin Dawson	24:40	12
Stewart Ainsworth	25:45	13

Graham Bateson	20:48	14
Catherine Shelley	21:34	15
Tom Arnold	20:52	16
Ian Roberts	20:37	17

28th April Manchester Marathon

Name	Time	of 4,760
James Moles	2:59:47	82
Stephen Pottage	3:09:58	176
Jono Guildford	3:12:14	205
Ian Roberts	3:15:01	244
Catherine Shelley	3:31:50	666
Paul Fox	3:32:06	677
Iain Buchan	3:49:42	1344
Nick Eaton	3:50:57	1408
Richard Madgin	3:58:23	1833
Duncan MacLean	4:03:02	2058
Barry Magnier	4:15:20	2478
Stephen Brown	4:19:11	2690
Heather Clarkson	4:25:30	2904
Linda Rix	4:26:34	2954
Helen Watkins	4:27:36	2991

25th April Five Races Race 2 Salford 5k

Name	Time	of 106
James Moles	18:19	18
Daniel Murphy	19:30	31
Jono Guildford	20:18	40
Catherine Shelley	20:52	44
Lee Marjoram	20:56	45
Jake Stretton	21:15	48
Nico Gibert	21:23	51
Marwan Bukhari	23:26	67
Angelo Tomasso	24:08	72
Sarah Rickard	24:14	74
Melissa Anglesea	25:19	79
Michael Goldie	25:20	80
Henry Walker	26:08	84
Jonathon Malbon	28:29	92

22nd April London Marathon

Name	Time	of 36,672
Graham Bateson	3:26:45	4,010
Daniel Murphy	3:28:48	4,352
Ruth Travis	3:34:31	5,335

Steve Scott	3:46:33	7,552
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15th April Brighton Marathon

Name	Time	of 8,925
Jono Guildford	2:57:58	60

6th April Salford 10k

Name	Time	of 532
James Moles	35:50	71
Daniel Murphy	37:38	113
Nico Gilbert	40:41	171
Lucas Nightingale	40:59	181
Catherine Shelley	41:44	198
Lee Marjoram	42:21	216
Ruth Travis	43:37	245
Marwan Bukhari	45:01	284
Luke Wookey	45:44	295
Trevor Fenton	48:17	349
Angelo Tomasso	48:21	352
Stewart Ainsworth	53:09	443
Christopher Marsland	54:16	459
Leigh Palfreeman	55:26	472
Michelle Ryan	1:01:44	510

31st March South Manchester Park Run

Name	Time	of 200
Daniel Murphy	18:47	3
Lee Marjoram	20:47	29
Chris Cooper	21:59	50
Sarah Rickard	24:45	95
Michelle Ryan	29:51	163

31st March Olympic Park 5 mile Run

Name	Time	of 5,707
Nick Eaton	36:20	734
Nigel Goldfinch	38:55	1,345
Angelo Tomasso	40:52	1,826

25th March Wilmslow Half Marathon

Name	Time	of 4,116
James Moles	1:17:12	60
Jono Guildford	1:25:54	184
Daniel Murphy	1:26:12	189
Tom Arnold	1:27:30	217
Ian Roberts	1:27:35	220
Stephen Pottage	1:27:59	232
Greg Keynes	1:31:01	318
Niall Byrne	1:32:52	393

Graham Bateson	1:33:11	406
Dave Hedges	1:34:16	462
Ruth Travis	1:35:53	539
Nick Markley	1:36:31	571
David Darton	1:36:39	583
Lee Marjoram	1:36:51	596
Colin Lea	1:38:38	693
Lucas Nightingale	1:38:43	700
Steve Scott	1:39:16	738
Andrew Salter	1:39:30	749
Joaquin Ramos Gallego	1:43:45	1,016
Iain Buchan	1:47:18	1,275
Helen Hart	1:49:00	1,428
Allan Wilson	1:49:37	1,483
Duncan MacLean	1:50:09	1,531
Julie Virgin	1:50:22	1,546
Nick Eaton	1:50:25	1,550
Linda Rix	1:51:03	1,593
Heather Clarkson	1:56:18	2,047
Sus Guy	1:56:50	2,091
Sarah Rickard	1:57:14	2,234
Trevor Fenton	1:58:01	2,229
Paul Jaggs	2:04:38	2,769
Angelo Tomasso	2:07:03	2,949

11th March Trafford 10k

Name	Time	of 668
Roberto Raso	38:59	188
Iain Buchan	48:13	444
Linda Rix	48:44	464
Sarah Rickard	50:14	489
MArk Edlin	1:05:05	645

4th March Trimpell 20

Name	Time	of 354
James Moles	2:04:34	18
Jono Guildford	2:14:41	47
Ian Roberts	2:19:41	66
Roberto Raso	2:24:05	79
Greg Keynes	2:26:35	92
Ruth Travis	2:33:53	124
David Darton	2:42:17	169
Colin Lea	2:49:07	203
Julie Virgin	2:56:41	238
Linda Rix	3:00:52	267

26th February High Legh 10k

Name	Time	of 314
James Moles	35:49	5
Daniel Murphy	36:55	8
Jono Guildford	38:08	13
Luke Wookey	45:42	71
Marwan Bhukari	46:13	81
Julie Virgin	48:22	110
Sarah Rickard	51:15	151
Angelo Tomasso	53:23	173

19th February Wrexham Village Bakery Half Marathon

Name	Time	of 470
Ruth Travis	1:36:14	167

12th February Liversedge Half Marathon

Name	Time	of 467
Nick Eaton	1:44:38	188

11th February Hellrunner - Hell in the Middle (Cannock Chase)

Name	Time	of 1140
Lee Marjoram	2:03:20	907
Luke Wookey	2:03:21	908
Angelo Tomasso	2:03:22	909

11th February Women's MACCL Race 5 Clayton Vale

Name	Time	of 95
Ruth Travis	37:30	51
Linda Rix	39:51	71
Heather Clarkson	41:03	79
Sarah Robinson	42:16	85
Emma Reilly	43:14	88

11th February Men's MACCL Race 5 Clayton Vale

Name	Time	of 216
Daniel Murphy	37:32	51
Jono Guildford	37:56	59
Ian Roberts	41:09	111
Lucas Nightingale	42:33	138
Stephen Brown	43:42	148
Graham Bateson	44:09	155
Joaquin Ramos Gallego	44:46	165

5th February Alsager 5

Name	Time	of 563
Jono Guildford	31:25	107
Ian Roberts	32:50	141
Greg Keynes	34:38	185
Angelo Tomasso	46:22	472

15th January Women's MACCL Race 4 Woodbank Park

Name	Time	of 139
Ruth Travis	38:59	72
Julie Virgin	39:26	76
Anna Einarsdottir	40:04	85
Linda Rix	41:16	92
Heather Clarkson	42:30	103
Sarah Robinson	42:36	105
Emma Reilly	45:09	121

15th January Men's MACCL Race 4 Woodbank Park

Name	Time	of 258
Jono Guildford	38:41	83
Daniel Murphy	28:56	90
Ian Roberts	41:26	130
Stephen Pottage	41:35	133
Roberto Raso<	41:52	136
Dave Hedges	43:20	165
Lucas Nightingale	44:07	144
Joaquin Ramos Gallego	44:35	178
Graham Bateson	46:34	204
Lee Marjoram	47:08	207
Trevor Fenton	50:44	241

7th January Women's Manchester Cross Country Championship

Name	Time	of 47
Linda Rix	41:44	39
Heather Clarkson	44:30	45
Sarah Robinson	45:07	46

7th January Men's Manchester Cross Country Championship

Name	Time	of 98
James Moles	47:36	24
Sean Fletcher	51:25	40
Jono Guildford	51:32	41
Stephen Pottage	53:55	55
Roberto Raso	54:01	56
54:24	57	
Dave Hedges	56:14	65

Manchester Frontrunners are:

A member of International Frontrunners

