

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!

All PBs are times that athletes have run whilst members of MFR. They may have run faster before joining MFR, but we own their ass now.

29th December Ribble Valley 10k

Name	Time	of 1,082
Jono Guildford	39:00	219
Dave Chambers	39:43 *PB*	248
Rob Raso	40:12	278
Steve Hatton	41:01 *PB*	303
Stephen Weigh	41:54 *PB*	340
Sarah Rickard	45:44 *PB*	512
Linda Rix	48:38	661
Annie Holmes	55:03 *PB*	891

29th December Todmorden Hot Toddy (5.6 mile)

Name	Time	of 314
Ruth Travis	45:58	193

28th December Cuerden Valley Parkrun

Name	Time	of 55
Ruth Travis	26:04	23

26th December Round The Walls, Chester

Name	Time	of 429
Dave Chambers	21:34	35

21st December Heaton Park Parkrun

Name	Time	of 243
Stewart Anthony	26:15	120

21st December Cannon Hill Parkrun

Name	Time	of 322
Tommy Hill	23:15	104

21st December Cuerden Valley Parkrun

Name	Time	of 62
Ruth Travis	25:31	18

14th December South Manchester Parkrun

Name	Time	of 232
Steve Hatton	20:23 *PB*	41

14th December Heaton Park Parkrun

Name	Time	of 274
Stewart Anthony	26:25	126

8th December Stockport 10 mile

Name	Time	of 938

Jono Guildford	1:04:24	73
Nico Gibert	1:10:22 *PB*	194
David Darton	1:15:35 *PB*	343
Ruth Travis	1:19:12	466
Heather Clarkson	1:24:13	595

7th December Men's MACCL Race 3 Sherdley Park

Name	Time	of 250
Jono Guildford	40:45	114
Dave Chambers	41:44	127
Rob Raso	42:35	147
Steve Hatton	43:11	153
Stephen Weigh	43:37	158
Adrian Vickers	48:01	215
James Piper	52:19	239

7th December Women's MACCL Race 3 Sherdley Park

Name	Time	of 137
Emma Radcliffe	30:47	54
Ruth Travis	32:53	79
Linda Rix	33:51	86
Emma Reilly	36:20	110

7th December Heaton Park Parkrun

Name	Time	of 290
Stewart Anthony	26:01	102

7th December Cannon Hill Parkrun

Name	Time	of 315
Tommy Hill	22:13	66

1st December 3-1-5 Lancaster Half Marathon

Name	Time	of 101
Rob Raso	1:28:47	12
Steve Hatton	1:35:25	25
Sarah Rickard	1:40:00 *PB*	36 (3rd female)
Adrian Vickers	1:40:06 *PB*	38
Ruth Travis	1:41:52	42
Linda Rix	1:51:52	59
UKA3137809	2:10:40	86

30th November South Manchester Parkrun

Name	Time	of 340
Klaudio Bari	25:45	197

30th November Worsley Woods Parkrun

Name	Time	of 159
UKA3137809	46:27	159

30th November Heaton Park Parkrun

Name	Time	of 352
Stewart Anthony	25:52	162

24th November Salford Women's 5.25 mile

Name	Time	of 145
Ruth Travis	38:40	13
Sarah Rickard	38:56	16
Philippa Bather	42:20	45
Paula Medley	43:08	54
Claire Garrett	44:59	64

23rd November South Manchester Parkrun

Name	Time	of 275
Chris Cooper	22:07	77
Klaudio Bari	25:49	171

17th November Leeds Abbey Dash 10k

Name	Time	of 9,452
UKA3137809	53:21 *PB*	4,895

17th November Preston 10 mile

Name	Time	of 464
Jono Guildford	1:03:09 *PB*	43
Andrew Brookes	1:06:11 *PB*	68
Steve Hatton	1:09:19 *PB*	110
Sarah Rickard	1:16:18 *PB*	205
Ruth Travis	1:16:58	214

16th November South Manchester Parkrun

Name	Time	of 348
Klaudio Bari	24:56	348

16th November Cannon Hill Parkrun

Name	Time	of 397
Tommy Hill	22:00 *PB*	78

16th November Worsley Woods Parkrun

Name	Time	of 159
UKA3137809	41:08	159

10th November Men's MACCL Race 2 Woodbank Park

Name	Time	of 375
Daniel Murphy	42:51	117
Gareth Oakes	43:07	123
Jono Guildford	44:49	160
Rob Raso	46:51	204
Graeme Henderson	47:30	214
Dave Chambers	47:36	218
Nico Gibert	48:18	238
Stephen Weigh	48:48	249

Lee Marjoram	52:54	314
Dan Whittaker	53:20	318
Andrew Porter	53:39	322
Adrian Vickers	53:41	323
Duncan MacLean	54:08	329
James Piper	54:28	332

10th November Women's MACCL Race 2 Woodbank Park

Name	Time	of 206
Ruth Travis	41:15	119
Philippa Bather	42:22	137
Linda Rix	43:08	150
Emma Reilly	46:51	185

9th November South Manchester Parkrun

Name	Time	of 322
Steve Hatton	20:35	45
Chris Cooper	21:49	77

9th November Cannon Hill Parkrun

Name	Time	of 406
Tommy Hill	22:22	89

9th November Worsley Woods Parkrun

Name	Time	of 185
UKA3137809	26:50	116

3rd November Templeton 10 mile, Dundee

Name	Time	of 227
Lucas Nightingale	1:13:04 *PB*	49
Trevor Fenton	1:41:26 *PB*	207

3rd November Lancaster Half Marathon

Name	Time	of 552
Rob Raso	1:30:25	47
Linda Rix	2:03:06	404

2nd November Helvellyn Trail Run

Name	Time	of 251
Sue Guy	1:09:58	185

2nd November Heaton Park Parkrun

Name	Time	of 363
Stewart Anthony	25:16	136

2nd November Cannon Hill Parkrun

Name	Time	of 378
Tommy Hill	24:26	150

2nd November Worsley Woods Parkrun

Name	Time	of 188
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UKA3137809	42:15	187
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27th October Tandle Hill Trail Run, Middleton

Name	Time	of 107
Ruth Travis	54:49	78

26th October Heaton Park Parkrun

Name	Time	of 351
Stewart Anthony	25:38	127

26th October Edinburgh Park Parkrun

Name	Time	of 410
Lucas Nightingale	20:43 *PB*	67

20th October Oldham Half Marathon

Name	Time	of 385
Ruth Travis	1:52:59	178

20th October Cabbage Patch 10 mile, Twickenham

Name	Time	of 1,597
Daniel Murphy	1:04:23 *PB*	128

20th October Great Birmingham Half Marathon

Name	Time	of ???
Catherine Shelley	1:44:04 *PB*	2,323
Tommy Hill	1:44:35 *PB*	2,440
Andrew Porter	1:51:25 *PB*	3,999
James Piper	2:04:46 *PB*	7,436
Lisa Woods	2:05:22	7,558
UKA3137809	2:15:18	9,545

19th October Men's MACCL Race 1 Heaton Park

Name	Time	of 343
James Moles	39:22	59
Jono Guildford	41:31	103
Daniel Murphy	42:48	134
Joaquin Ramos Gallego	43:57	160
Ian Roberts	44:32	175
Rob Raso	45:26	206
Peter Symonds	46:35	220
Stephen Weigh	48:54	266
Duncan MacLean	49:58	278
Graham Bateson	50:45	285
Adrian Vickers	50:55	290
Dan Whittaker	51:11	293
Matt Coddard	52:22	305

19th October Women's MACCL Race 1 Heaton Park

Name	Time	of 212
Emma Radcliffe	38:54	58

Linda Rix	42:17	120
Philippa Bather	42:19	123
Heather Clarkson	43:45	136
Sue Guy	46:52	174
MY Loh	50:50	188

19th October Heaton Park Parkrun

Name	Time	of 370
Stewart Anthony	25:38	121

19th October Edinburgh Park Parkrun

Name	Time	of 432
Lucas Nightingale	21:43	110

19th October Delamere Park Parkrun

Name	Time	of 177
Dave Chambers	20:40	22

13th October Cologne Half Marathon

(all women's positions are for the women's race)

Name	Time	of 14,666
James Moles	1:18:57	41
Jono Guildford	1:23:12	91
Daniel Murphy	1:26:25	162
Dave Chambers	1:30:41 *PB*	314
Steve Hatton	1:34:02 *PB*	480
Iain Buchan	1:35:28 *PB*	604
Lucas Nightingale	1:35:51 *PB*	627
Nico Gibert	1:38:09 *PB*	815
Mark Chadwick	1:39:55	1,033
Stephen Weigh	1:43:00	1,377
Phil Facey	1:44:23	1,586
Graham Bateson	1:45:04	1,677
Nick Eaton	1:46:52	1,946
Trevor Fenton	1:46:52	1,947
Anna Einarsdottir	1:52:26	532
Heather Clarkson	1:52:27	533
Julie Virgin	1:52:27	534
Brendan Keville	1:53:53 *PB*	3,221
Sarah Rickard	1:54:20	679
Michael Goldie	1:54:46 *PB*	3,380
Philippa Bather	1:56:29 *PB*	855
Craig Brown	1:56:47	3,754
Sue Guy	1:58:55	1,120
MY Loh	1:59:39	4,297
Chris Loughran	2:03:17 *PB*	4,883
John Smith	2:10:19	5,714
Christian Guerreiro	2:19:56 *PB*	6,412

13th October Cologne Marathon

Name	Time	of 7,073
Steve Scott	3:40:30	1,247

12th October Heaton Park Parkrun

Name	Time	of 370
Stewart Anthony	26:13	156

6th October Chester Marathon

Name	Time	of 2,951
Angelo Tomasso	3:59:53 *PB*	1,355

6th October Bournemouth Marathon

Name	Time	of 1,500
Chris Robinson	4:06:46 *PB*	763

5th October Worsley Woods Parkrun

Name	Time	of 177
UKA3137809	28:43	107

29th September Nottingham Marathon

Name	Time	of 918
James Moles	2:43:36	3

29th September Berlin Marathon

Name	Time	of 27,549
Jono Guildford	2:58:38	1,228
Tom Arnold	3:29:13	6,470
Steve Scott	3:44:00	10,529
Ka Man Wan	3:57:31 *PB*	2,182 (in women's race)
Nick Eaton	4:06:49	17,496

29th September Mooathon Half Marathon, Donegal

Name	Time	of 111
Ruth Travis	1:58:25	36

29th September Windsor Half Marathon

Name	Time	of 3,741
Dave Chambers	1:35:59 *PB*	175

29th September Cheshire 10k

Name	Time	of 702
Daniel Murphy	36:11	30
Andrew Brookes	38:54 *PB*	60
Kevin McIver	39:55	76
Graeme Henderson	41:16	101
Nico Gibert	41:28	111
Brendan Keville	51:43	409
UKA3137809	58:40	584

29th September Preston 10k

Name	Time	of 734
Sean Martin	44:59	102

28th September Marple Parkrun

Name	Time	of 187
Julie Virgin	22:48 *PB*	39

28th September Worsley Woods Parkrun

Name	Time	of 148
UKA3137809	29:56	87

28th September Hanley Parkrun

Name	Time	of 104
Tommy Hill	22:50	13

28th September South Manchester Parkrun

Name	Time	of 319
Steve Hatton	20:26 *PB*	31
Klaudio Bari	24:39 *PB*	150

22nd September Littleborough 10k

Name	Time	of 111
Niall Byrne	49:00	60

22nd September Grand 10k, Aintree

Name	Time	of 587
UKA3137809	1:04:46	494

22nd September Dumfries Half Marathon

Name	Time	of 290
Lucas Nightingale	1:43:01	124

21st September South Manchester Parkrun

Name	Time	of 290
Dave Chambers	19:03	17
Steve Hatton	20:27 *PB*	46
Chris Cooper	21:12	64
Klaudio Bari	25:51	168

21st September Highbury Fields Parkrun

Name	Time	of 110
Tommy Hill	22:18 *PB*	51

21st September Burnage Parkrun

Name	Time	of 67
Mel Johnson	26:40	40

21st September Preston Parkrun

Name	Time	of 155
Sean Martin	21:40	30

15th September Five Races 5 - Boggart Hole 10k

Name	Time	of 155

Name	Time	of 80
Rob Raso	41:32	16
Ian Roberts	41:45	17
Dave Chambers	41:48 *PB*	19
Nico Gibert	43:53	30
Henry Walker	48:52	48
Linda Rix	50:15	59
Ka Man Wan	50:40	60

15th September Bristol Half Marathon

Name	Time	of 12,000
James Moles	1:18:22	79
Sarah Rickard	1:44:32 *PB*	2,229

15th September Great North Run

Name	Time	of 55,000
Kirstie Power	2:02:05	16,623

14th September South Manchester Parkrun

Name	Time	of 265
Klaudio Bari	27:24	169

14th September Edinburgh Parkrun

Name	Time	of 371
Lucas Nightingale	21:24	87

14th September Burnage Parkrun

Name	Time	of 82
Mel Johnson	27:40	66

14th September Heaton Park Parkrun

Name	Time	of 373
Stewart Anthony	25:20	133

8th September English Half Marathon (Warrington)

Name	Time	of 1537
Jono Guildford	1:22:16 *PB*	23
Ka Man Wan	1:48:11 *PB*	513

8th September City of Salford 10k

Name	Time	of 2132
Kevin McIver	39:29 *PB*	84
Ian Roberts	40:17	107
Graeme Henderson	40:40 *PB*	121
Steve Hatton	41:21 *PB*	148
Dave Chambers	41:59 *PB*	168
Iain Buchan	42:43 *PB*	200
Henry Walker	45:38 *PB*	368
Adrian Vickers	48:50	609

Emma Reilly	51:25	831
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8th September Blackleach 5 mile Trail Race

Name	Time	of 60
Rob Raso	33:27	10

7th September South Manchester Parkrun

Name	Time	of 261
Chris Cooper	21:19	52

7th September Derwentwater Trail Race (15km)

Name	Time	of 242
Lisa Woods	1:44:02	230

1st September Blackpool Hilton Half Marathon

Name	Time	of 394
Nick Eaton	1:41:53 *PB*	137
Angelo Tomasso	1:42:19 *PB*	140

1st September Moray Marathon

Name	Time	of 160
Ruth Travis	3:39:50	58

31st August Heaton Park Parkrun

Name	Time	of 397
Stewart Anthony	26:16	166

31st August Preston Parkrun

Name	Time	of 137
Sean Martin	21:32	26

31st August Cannon Hill Parkrun

Name	Time	of 429
Tommy Hill	23:23	140

25th August Fleetwood Half Marathon

Name	Time	of 531
Brain Ashley	2:30:43	494

25th August Wagon & Horses Half Marathon, Lancaster

Name	Time	of 70
Rob Raso	1:36:01	18
Linda Rix	2:06:03	55

18th August Birchwood 10k, Warrington

Name	Time	of 764
Ka Man Wan	49:06 *PB*	329

17th August Pride 10k, London

Name	Time	of 790
James Moles	35:55	13
Jono Guildford	37:33 *PB*	28

Steve Hatton	42:17 *PB*	102
Joaquin Ramos Gallego	42:43 *PB*	123
Stephen Brown	44:43	185
Angelo Tomasso	45:49 *PB*	222
Julie Virgin	46:37 *PB*	253
Sarah Rickard	47:34 *PB*	295
Nick Eaton	48:28	315
Phil Facey	49:16	333
Heather Clarkson	49:41	362
Emma Reilly	51:15 *PB*	413
Michael Goldie	52:42	458

17th August Cuerden Valley Parkrun

Name	Time	of 79
Sean Martin	22:48	10

17th August Delamere Parkrun

Name	Time	of 154
Dave Chambers	19:26	7

17th August Heaton Park Parkrun

Name	Time	of 394
Stewart Anthony	25:18	142

15th August Sale Sizzler 5k

Name	Time	of 462
Dave Chambers	19:00 *PB*	113

11th August Great Warford 10 mile

Name	Time	of 365
Ian Roberts	1:06:41 *PB*	85
Nico Gibert	1:11:27 *PB*	135
Angelo Tomasso	1:17:52 *PB*	218
Sarah Rickard	1:19:08 *PB*	238
Brian Ashley	1:51:54	360

11th August UK Backward Run (1 mile)

Name	Time	of 58
Ruth Travis	12:36 (Female Champion)	11

11th August Welcome Tavern 10k, Preston

Name	Time	of 126
Sean Martin	44:57 *PB*	44

10th August Clair Parkrun

Name	Time	of 85
Julie Virgin	23:46	19

10th August Burnage Parkrun

Name	Time	of 89
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Dave Chambers	20:35	5
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10th August Heaton Park Parkrun

Name	Time	of 390
Stewart Anthony	29:49	269

8th August Five Races 4 - Salford 5k

Name	Time	of 109
Jono Guildford	18:02 *PB*	13
Ian Roberts	19:14 *PB*	23
Dave Chambers	19:16 *PB*	26
Rob Raso	19:28	31
Nico Gibert	20:05 *PB*	41
Steve Hatton	20:35 *PB*	48
Henry Walker	21:55 *PB*	65
Angelo Tomasso	22:18 *PB*	70
Sarah Rickard	22:43 *PB*	75
Ka Man Wan	23:36 *PB*	84
LIKA3137809	31:02	106

4th August Stockport 10k

Name	Time	of 256
Brian Ashley	1:09:37	225

3rd August Marple Parkrun

Name	Time	of 165
Julie Virgin	22:57 *PB*	29

3rd August South Manchester Parkrun

Name	Time	of 215
Steve Hatton	20:55 *PB*	33

3rd August Preston Parkrun

Name	Time	of 143
Sean Martin	21:36	25

3rd August Heaton Park Parkrun

Name	Time	of 380
Stewart Anthony	25:17	126

31st July Millbrook Monster 10k

Name	Time	of 182
Gerard Victory	46:09 *PB*	25
Dave Chambers	49:54	54
Nico Gibert	50:03	55
Lisa Woods	1:09:40	164

28th July Le Tour 5k, Exeter

Name	Time	of 20
James Piper	23:11 *PB*	8

27th July Edinburgh Parkrun

Name	Time	of 374
Lucas Nightingale	20:45 *PB*	74
Trevor Fenton	22:47 *PB*	142

27th July Hanley Parkrun

Name	Time	of 55
Tommy Hill	23:18	18

27th July Heaton Park Parkrun

Name	Time	of 364
Stewart Anthony	31:36	266

21st July Olympic Park 5 mile

Name	Time	of ???
Nick Eaton	37:41	1,499
Angelo Tomasso	39:38	2,211
Tommy Hill	40:00 *PB*	2,368
Stewart Ainsworth	43:11 *PB*	3,746
Emma Reilly	47:19 *PB*	5,663
UKA3137809	49:10	6,594
Chris Marsland	49:22	6,691

21st July Arley Hall Half Marathon

Name	Time	of 379
Julie Virgin	1:49:59	191
Heather Clarkson	1:49:59 *PB*	192
Brian Ashley	2:24:50 *PB*	358

20th July Preston Parkrun

Name	Time	of 126
Sean Martin	21:40	21

19th July Northern Frontrunners 5k, Newcastle

Name	Time	of 164
Ruth Travis	22:51	42

14th July We Love Manchester 10k

Name	Time	of 2,084
Ian Roberts	42:22	136
Steve Hatton	43:51	197
Nico Gibert	44:56	258
Lucas Nightingale	44:58	261
Ruth Travis	46:43	367
Steve Scott	47:48	457
Trevor Fenton	51:33	743
Klaudio Bari	54:02	923
Stewart Ainsworth	57:14	1,170
UKA3137809	1:09:09	1,837
Brian Ashley	1:09:57	1,848

13th July Heaton Park Parkrun

Name	Time	of 328
Stewart Anthony	24:48	110

13th July Delamere Parkrun

Name	Time	of 128
Dave Chambers	20:30	13

7th July Five Races 3 - Debdale 7k

Name	Time	of 118
Jono Guildford	27:31	12
Rob Raso	29:13	34
Nico Gibert	30:54	49
Lee Marjoram	32:18	61
Craig Brown	34:06	69
Sarah Rickard	34:55	77
Linda Rix	34:57	78
Henry Walker	35:20	81
Ka Man Wan	35:47	85
Sue Guv	39:10	99

7th July Southport Half Marathon

Name	Time	of 620
Ruth Travis	1:41:22	170

6th July Marple Parkrun

Name	Time	of 182
Julie Virgin	23:15 *PB*	35

6th July Pennington Flash Parkrun

Name	Time	of 164
Sean Martin	22:01	33

6th July Burnage Parkrun

Name	Time	of 54
Mel Johnson	27:34	34

6th July Delamere Parkrun

Name	Time	of 156
Dave Chambers	20:25 *PB*	21

6th July Heaton Park Parkrun

Name	Time	of 353
Stewart Anthony	25:34	132

6th July South Manchester Park Parkrun

Name	Time	of 254
Steve Hatton	21:13 *PB*	43
Paul Jaggs	25:34	153

6th July Edinburgh Park Parkrun

Name	Time	of 384
Trevor Fenton	24:40 *PB*	174

29th June Preston Parkrun

Name	Time	of 136
Sean Martin	21:37	28

29th June Burnage Parkrun

Name	Time	of 75
Mel Johnson	27:44	42

29th June Heaton Park Parkrun

Name	Time	of 389
Stewart Anthony	24:54	140

23rd June Milltown to Moors 10k, Oldham

Name	Time	of 425
Nico Gibert	44:22	69

22nd-23rd June The Wall Run Ultra (Carlisle to Gateshead,69

Name	Time	of 265
Tom Arnold	12:25:23	19

22nd June Harrogate Parkrun

Name	Time	of 357
Dave Chambers	21:10 *PB*	49

22nd June Burnage Parkrun

Name	Time	of 68
Mel Johnson	27:41	45

22nd June Heaton Park Parkrun

Name	Time	of 378
Stewart Anthony	25:47	134

22nd June Oldham Parkrun

Name	Time	of 115
Ruth Travis	23:14	30

22nd June South Manchester Parkrun

Name	Time	of 245
Klaudio Bari	26:53	170

22nd June Worsley Woods Parkrun

Name	Time	of 209
Ian Roberts	19:54	9

22nd June Hanley Parkrun

Name	Time	of 55
Tommy Hill	22:39 *PB*	10

22nd June Edinburgh Parkrun

Name	Time	of 379
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Lucas Nightingale	21:08 *PB*	58
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20th June Warrington 10k

Name	Time	of 393
Dave Chambers	42:19 *PB*	61

16th June Cross Bay Challenge (12.4 miles), Morecambe

Name	Time	of 411
Daniel Murphy	1:32:26	15
Jono Guildford	1:32:28	16
Kevin McIver	1:32:45	17
Ian Roberts	1:34:15	25
Tom Arnold	1:34:33	28
Mark Chadwick	1:35:09	32
Nico Gibert	1:38:41	43
Dave Chambers	1:40:51	55
Gerard Victory	1:45:01	68
Steve Scott	1:46:01	76
Sean Martin	1:46:35	81
Graeme Henderson	1:46:53	84
Joaquin Ramos Gallego	1:53:31	145
Lee Marjoram	1:53:31	146
Sarah Rickard	1:59:27	229

16th June Hoy Half Marathon, Orkney

Name	Time	of 128
Ruth Travis	1:51:15	34

15th June Five Races 2 - Platt Fields 10k

Name	Time	of 130
Rob Raso	40:23	30
Ian Roberts	40:47	32
Lucas Nightingale	44:21	61
Nick Eaton	46:42	72
James Piper	48:43 *PB*	84
Linda Rix	49:19	87
Henry Walker	50:35 *PB*	94
Ka Man Wan	51:00	98
Paul Jaggs	52:03	103
Klaudio Bari	52:33 *PB*	106

15th June Burnage Parkrun

Name	Time	of 85
Mel Johnson	28:21	50

15th June Congleton Parkrun

Name	Time	of 136
Tommy Hill	22:59 *PB*	38

15th June Heaton Park Parkrun

Name	Time	of 440
Stewart Anthony	24:35	119

9th June Potters 'Arf Marathon, Stoke-on-Trent

Name	Time	of 1,319
Tommy Hill	1:52:47 *PB*	571

9th June Mersey Tunnel 10k

Name	Time	of 2,844
UKA3137809	1:05:34	2,403

9th June Alternative Manchester 10k

Name	Time	of 115
Brian Ashley	1:00:55 *PB*	98

8th June Grasmere Gallop (17k)

Name	Time	of 119
Rob Raso	1:28:19	28

8th June Grasmere Gallop (10k)

Name	Time	of 220
Linda Rix	56:57	64

8th June Burnage Parkrun

Name	Time	of 61
Mel Johnson	27:51	43

1st June Haddington 10k

Name	Time	of 165
Lucas Nightingale	42:57	63

1st June Five Races 1 - Sale 5 mile

Name	Time	of 158
Jono Guildford	30:30 *PB*	24
Rob Raso	31:58 *PB*	36
Ian Roberts	32:01 *PB*	38
Nico Gibert	34:40 *PB*	72
Angelo Tomasso	36:49 *PB*	91
Nick Eaton	36:56	92
Ruth Travis	37:00	94
Sarah Rickard	37:59 *PB*	98
Marwan Bukhari	38:11	100
Linda Rix	38:57 *PB*	110
Henry Walker	39:08 *PB*	112
Ka Man Wan	40:09 *PB*	122
Paul Jaggs	40:58 *PB*	123
Klaudio Bari	41:43 *PB*	127
Susan Guy	44:05 *PB*	136

27th May Bupa London 10000

Name	Time	of 10,127
David Stephan	37:43 *PB*	329
Ruth Travis	47:14	1,611
Ka Man Wan	50:42	2,485

26th May Bupa Great Manchester Run

Name	Time	of 27,796
Jono Guildford	38:25	208
Iain Buchan	42:49 *PB*	894
Nico Gibert	43:08	968
Steve Hatton	43:38 *PB*	1,113
Carl Brooks	43:51 *PB*	1,188
Paul Riley	44:17 *PB*	1,326
Stephen Weigh	44:24 *PB*	1,373
Angelo Tomasso	46:21 *PB*	2,217
Claire Mulvenna	46:57 *PB*	2,520
Gary McKenna	47:13 *PB*	2,678
Marwan Bukhari	48:10	3,264
Peter Bampton	48:53	3,694
James Piper	50:35 *PB*	5,041
Ka Man Wan	50:45	5,106
Christian Guerreiro	54:00	7,724
Stewart Anthony	54:37 *PB*	8,412
Klaudio Bari	54:48 *PB*	8,478
Christopher Loughran	55:19 *PB*	8,937
Nick Markley	57:55	11,302
Emma Reilly	57:57 *PB*	11,302
UKA3137809	1:06:02	18,067

26th May Edinburgh Half Marathon

Name	Time	of ???
Graham Bateson	1:40:26	680
MY Loh	1:44:46 *PB*	1,027

25th May South Manchester Parkrun

Name	Time	of 183
Klaudio Bari	25:15 *PB*	183

25th May Worsley Woods Parkrun

Name	Time	of 140
UKA3137809	30:16	112

25th May Mile End Parkrun

Name	Time	of 91
Ruth Travis	24:24	51

25th May Edinburgh Parkrun

Name	Time	of 366
Lucas Nightingale	21:28 *PB*	61

19th May Monklands Half Marathon Coatbridge

Name	Time	of 165
Lucas Nightingale	1:36:35	40
Trevor Fenton	1:45:30	62

18th May Heaton Park Parkrun

Name	Time	of 492
Stewart Anthony	24:31 *PB*	151

18th May Hanley Parkrun

Name	Time	of 20
Tommy Hill	23:29	76

18th May Edinburgh Parkrun

Name	Time	of 346
Lucas Nightingale	22:34	123

18th May Preston Parkrun

Name	Time	of 136
Ruth Travis	23:10	36

12th May Chester Half Marathon

Name	Time	of 4,821
Sarah Rickard	1:46:58 *PB*	1,349
Klaudio Bari	2:05:57 *PB*	3,187

11th May Edinburgh Parkrun

Name	Time	of 302
Lucas Nightingale	21:53	60

11th May Cannon Hill Parkrun

Name	Time	of 433
Tommy Hill	23:38	162

11th May Preston Parkrun

Name	Time	of 174
Sean Martin	21:23 *PB*	37

11th May Heaton Park Parkrun

Name	Time	of 386
Stewart Anthony	25:32	155

11th May Worsley Woods Parkrun

Name	Time	of 196
UKA3137809	31:05	153

11th May Burnage Parkrun

Name	Time	of 79
Mel Johnson	27:13	49

5th May North Dorset Village Marathon

Name	Time	of 294
Ruth Travis	3:52:50	132

4th May MFR Birthday 5k Handicap

Name	Time	of 33
Philippa Bather	25:35 *PB*	1
Christopher Loughran	25:12 *PB*	2
Steve Hatton	21:44 *PB*	3
Tommy Hill	23:17 *PB*	4
James Piper	24:02 *PB*	5
Anna Einarsdottir	23:10 *PB*	6
Craig Brown	22:13 *PB*	7
Kevin McIver	20:15 *PB*	8
Mong Yang Loh	22:56 *PB*	9
Paul Riley	21:35 *PB*	10
Angelo Tomasso	23:40 *PB*	11
Sean Martin	21:45 *PB*	12
Joaquin Ramos Gallego	21:31 *PB*	13
Stephen Brown	21:40	14
Lucas Nightingale	21:43 *PB*	15
Graeme Henderson	20:50 *PB*	16
David Stephan	18:28 *PB*	17
Mike Neal (GR)	19:58	18
Dave Hedges	21:48	19
Adrian Vickers	23:51	20
Stewart Anthony	26:27 *PB*	21
Michael Goldie	26:03	22
Sarah Rickard	24:37	23
James Moles	18:40	24
Brendan Keville	26:06	25
Chris Cooper	23:07	26
Ian Roberts	20:48	27
Steve Scott	23:15	28
Jonathon Malbon	30:27	29
Catherine Shelley	23:00	30
Graham Bateson	23:07	31
Christian Guerreiro	27:46	32

4th May South Manchester Parkrun

Name	Time	of 329
Paul Jaggs	23:00 *PB*	116

4th May Heaton Park Parkrun

Name	Time	of 478
Stewart Anthony	24:54	151

4th May Burnage Parkrun

Name	Time	of 74
Mel Johnson	27:45	44

28th April Manchester Marathon

Name	Time	of 5,715
James Moles	2:42:36	26
Ian Roberts	3:13:26 *PB*	494
David Darton	3:27:28 *PB*	1,032
Iain Buchan	3:29:17 *PB*	1,098
Tom Arnold	3:29:36	1,122
Trevor Fenton	3:39:43 *PB*	1,559
Rob Raso	3:40:08 *PB*	1,582
Colin Lea	3:50:48 *PB*	2,258
Heather Clarkson	3:52:28 *PB*	2,353
Julie Virgin	3:52:28 *PB*	2,354
Nick Eaton	4:03:40	3,029
Jose Fernandez	4:09:36 *PB*	3,287
Susan Guy	4:42:55 *PB*	4,639
Brian Ashley	5:59:50 *PB*	5,656

27th April Heaton Park Parkrun

Name	Time	of 442
Stewart Anthony	33:06	345

27th April South Manchester Parkrun

Name	Time	of 310
Chris Cooper	22:07	68
Paul Jaggs	23:44	116
Ka Man Wan	23:58 *PB*	127
Mel Johnson	27:25	208

21st April London Marathon

Name	Time	of 35,000
James Moles	2:41:33 *PB*	217
Jono Guildford	3:01:24	1440
Mong Yang Loh	3:56:01 *PB*	9870
Duncan MacLean	4:47:12	21737

20th April Heaton Park Parkrun

Name	Time	of 448
Stewart Anthony	24:45 *PB*	112

20th April Oldham Parkrun

Name	Time	of 118
Ruth Travis	22:19	26

20th April Burnley Parkrun

Name	Time	of 186
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Paul Jaggs 24:46 67

13th April South Manchester Parkrun

Name	Time	of 237
Chris Cooper	21:36	65
Paul Jaggs	24:05	110
Mel Johnson	25:38 *PB*	135

7th April Paris Marathon

Name	Time	of 38,690
David Stephan	3:20:54 *PB*	4,045

6th April South Manchester Parkrun

Name	Time	of 267
Jono Guildford	18:32 *PB*	11
Chris Cooper	22:20	85
Graham Bateson	22:54	105
Mel Johnson	26:39 *PB*	183
Paul Jaggs	27:08	190
Michelle Ryan	30:05	228

6th April Heaton Park Parkrun

Name	Time	of 387
Lucas Nightingale	21:49 *PB*	52

31st March Runcorn Run the Bridge 5 mile

Name	Time	of 701
UKA3137809	42:51 *PB*	357

30th March Heaton Park Parkrun

Name	Time	of 332
Angela Hilton	34:49	307

30th March South Manchester Parkrun

Name	Time	of 207
Graham Bateson	22:20	50
Paul Jaggs	23:59	85
UKA3137809	25:43	126

30th March Ally Pally Parkrun

Name	Time	of 27
Ruth Travis	23:28	7

29th March Salford Good Friday 10k

Name	Time	of 536
Daniel Murphy	38:35	123
David Stephan	38:36 *PB*	124
David Darton	43:03 *PB*	225
Phil Facey	46:10	314
Colin Lea	47:32	348
Adrian Vickers	48:36	375

Sarah Rickard	48:40 *PB*	377
Ka Man Wan	49:32 *PB*	391
Henry Walker	50:51 *PB*	414
Stewart Ainsworth	51:02 *PB*	420
UKA3137809	55:19	487

24th March Wilmslow Half Marathon

Name	Time	of 3679
James Moles	1:18:04	48
David Stephan	1:21:06 *PB*	79
Jono Guildford	1:24:34 *PB*	141
Daniel Murphy	1:25:42	170
Tom Arnold	1:28:38	267
Ian Roberts	1:28:54	276
Dave Hedges	1:34:26	495
Stephen Weigh	1:34:53 *PB*	523
Niall Byrne	1:35:37	561
Ruth Travis	1:38:26	712
Gary McKenna	1:39:07 *PB*	763
Lucas Nightingale	1:39:21	776
Graham Bateson	1:39:25	783
Trevor Fenton	1:39:27 *PB*	785
Paul Riley	1:40:29 *PB*	860
Steve Scott	1:42:09	968
Marwan Bukhari	1:44:15	1136
Mong Yang Loh	1:45:59 *PB*	1274
Joaquin Ramos Gallego	1:46:11	1282
Angelo Tomasso	1:46:11	1284
Julie Virgin	1:47:39 *PB*	1379
Craig Brown	1:47:51 *PB*	1388
Jose Fernandez	1:48:20 *PB*	1438
Anna Einarsdottir	1:48:28 *PB*	1454
Helen Watkins	1:49:23 *PB*	1538
Allan Wilson	1:49:38	1560
Ka Man Wan	1:52:59 *PB*	1856
Michael Goldie	1:56:11 *PB*	2131
UKA3137809	1:59:58 *PB*	2418
Mel Johnson	2:03:17 *PB*	2629
Brendan Keville	2:04:30 *PB*	2696
Paul Jaggs	2:04:58	2725
Kirstie Power	2:06:47	2833
Christopher Marsland	2:12:35 *PB*	3130
Susan Guy	2:13:10	3151
Sarah Robinson	2:17:44	3300
Michael P	2:21:10 *PB*	3405

17th March Trimpell 20

Name	Time	of 386
James Moles	2:02:21 *PB*	5
Jono Guildford	2:13:39 *PB*	28
Rob Raso	2:47:51	187

17th March East Hull 20

Name	Time	of 395
Ruth Travis	2:35:01	149

17th March Liverpool Half Marathon

Name	Time	of 6560
UKA3137809	2:05:46 *PB*	4409
Hannah Durkin	2:17:06 *PB*	5416

17th March Reading Half Marathon

Name	Time	of 12,863
Phil Facey	1:38:00	1667

16th March South Manchester Parkrun

Name	Time	of 197
Ka Man Wan	24:42 *PB*	93

10th March Trafford 10k

Name	Time	of 745
Rob Raso	41:06	256
Ka Man Wan *PB*	50:23	510
UKA3137809 *PB*	54:29	590
Lisa Woods	54:36	591

9th March Preston Parkrun

Name	Time	of 100
Ruth Travis	22:44	21

9th March South Manchester Parkrun

Name	Time	of 210
Michelle Ryan	30:29	174

3rd March High Legh 10k

Name	Time	of 375
James Moles	35:49	6
Jono Guildford	38:23	20
Trevor Fenton	44:38 *PB*	76
Graham Bateson	44:57 *PB*	82
Lucas Nightingale	46:34	105
Heather Clarkson	47:10 *PB*	116
Mong Yang Loh	47:59 *PB*	131
Angelo Tomasso	48:03	132
UKA3137809	59:03	294

2nd March South Manchester Parkrun

Name	Time	of 251
Ka Man Wan	25:14	140
Klaudio Bari	27:21 *PB*	177

17th February Bramley 10 mile

Name	Time	of 513
Phil Facey	1:11:43 *PB*	93

17th February Wrexham Village Bakery Half Marathon

Name	Time	of 455
Trevor Fenton	1:40:46 *PB*	220
Klaudio Bari	2:13:32 *PB*	431

16th February Course de la Saint Valentine 10k, Paris

Name	Time	of 334
Jono Guildford	40:14	18
Nico Gibert	45:07	74
Ruth Travis	47:52	118
Lee Marjoram	48:18	127
Chris Cooper	49:49	150
Craig Brown	49:59 *PB*	153
Heather Clarkson	50:09 *PB*	157
Julie Virgin	50:09	158

16th February South Manchester Parkrun

Name	Time	of 222
Paul Jaggs	26:25	145
Klaudio Bari	27:25 *PB*	161

10th February Women's MACCL Race 5 Woodbank Park

Name	Time	of 117
Anna Einarsdottir	40:25	43
Heather Clarkson	44:50	81
Mel Johnson	49:30	102
Claire Garrett	53:10	110

10th February Men's MACCL Race 5 Woodbank Park

Name	Time	of 232
James Moles	40:57	27
David Stephan	42:23	55
Jono Guildford	45:35	91
Rob Raso	49:35	142
Joaquin Ramos Gallego	51:32	167
Stephen Weigh	53:27	186
Michael Goldie	57:25	215

10th February Southport Mad Dog 10k

Name	Time	of 1747
Stewart Ainsworth	52:05 *PB*	778

9th February South Manchester Parkrun

Name	Time	of 219
Michelle Ryan	29:04 *PB*	169

9th February Dewsbury Parkrun

Name	Time	of 68
UKA3137809	29:01	31

3rd February Alsager 5 mile

Name	Time	of 794
Jono Guildford	30:50 *PB*	125
Gary McKenna	33:43 *PB*	206
Greg Keynes	34:06 *PB*	226
Heather Clarkson	39:02 *PB*	403
Christopher Marsland	46:00 *PB*	625
UKA3137809	46:40 *PB*	645

2nd February Preston Parkrun

Name	Time	of 115
Ruth Travis	23:03	26

2nd February South Manchester Parkrun

Name	Time	of 237
Paul Jaggs	25:59	139

2nd February Worsley Woods Parkrun

Name	Time	of 128
UKA3137809	28:16	79

26th January Worsley Woods Parkrun

Name	Time	of 55
UKA3137809	34:16	47

27th January Ferriby 10 mile

Name	Time	of 550
Claire Mulvenna	1:25:52 *PB*	373

13th January Women's MACCL Race 4 Boggart Hole Clough

Name	Time	of 134
Catherine Shelley	34:52	52
Julie Virgin	35:36	61
Heather Clarkson	37:40	83
Mel Johnson	41:30	109
Francesca Lock	42:41	117

13th January Men's MACCL Race 4 Boggart Hole Clough

Name	Time	of 232
James Moles	41:46	31
David Stephan	43:51	71
Jono Guildford	45:56	78

Rob Raso	47:49	121
Nico Gibert	50:02	145
Lucas Nightingale	50:20	148
Joaquin Ramos Gallego	53:03	181
Stephen Weigh	53:29	186

12th January South Manchester Parkrun

Name	Time	of 235
Klaudio Bari	27:25	143

12th January Preston Parkrun

Name	Time	of 112
Ruth Travis	23:48	38

5th January Women's Manchester Cross Country Championship

Name	Time	of 37
Catherine Shelley	38:59	20
Anna Einarsdottir	39:35	23
Helen Hart	42:25	30

5th January Men's Manchester Cross Country Championship

Name	Time	of 99
James Moles	48:27	31
David Stephan	48:46	32
Jono Guildford	52:30	50
Angelo Tomasso	1:04:51	86
Klaudio Bari	1:22:25	99

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