

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. The figure in brackets when there is a PB, indicates how much time has been taken off the previous PB. No figure in brackets indicates it is the first time the athlete has run the distance whilst wearing an MFR vest.

28th December Ribble Valley 10k

* all positions are gun not chip positions

Name	Time	of 1,105
Tom Blackburn	38:57 *PB*	202
Dave Chambers	39:35 *PB* (-0:08)	232
Jono Guildford	42:11	336
Nico Gibert	42:29	352
Steve Hatton	42:44	377
Rob Raso	43:32	400
Joe Carne	43:52	418
Amir Dar	44:55 *PB* (-1:28)	463
Angelo Tomasso	48:03	654
Andrew Porter	48:14 *PB*	666
Linda Rix	48:29	656
Timothy Crump	53:50	847
Annie Holmes	1:01:13	1,024
Nina Barthel	1:08:00	1,000

27th December Delamere Parkrun

Name	Time	of 138
Dave Chambers	27:58	91

27th December South Manchester Parkrun

Name	Time	of 122
Nico Gibert	21:26	11

21st December Great Run Local Wythenshawe Park

Name	Time	of 37
Nico Gibert	20:54	6

20th December South Manchester Parkrun

Name	Time	of 238
Nico Gibert	21:26	34
Nina Barthel	31:53	202

7th December Stockport 10 mile

Name	Time	of 1,134
James Moles	1:03:11	60
David Darton	1:22:33	563
Colin Lea	1:23:37	627
Julie Virgin	1:29:15	806
Heather Clarkson	1:29:16	807

UKA3137809	1:37:22 *PB* (-4:24)	979
------------	----------------------	-----

7th December Great Run Local Wythenshawe Park

Name	Time	of 26
Nico Gibert	21:38	6

6th December Men's MACCL Race 3 Boggart Hole Clough

Name	Time	of 300
James Moles	37:00	54
Jono Guildford	42:21	174
Dave Chambers	44:17	200
Amir Dar	47:23	245
James Fox	47:24	246
Dan Whittaker	48:34	259
Joe Carne	49:23	271
Lee Marjoram	49:37	274
Henry Walker	1:05:04	300

6th December Women's MACCL Race 3 Boggart Hole Clough

Name	Time	of 194
Paula Medley	37:34	124
Linda Rix	37:57	128
Ruth Travis	38:31	135

6th December Cuerden Valley Parkrun

Name	Time	of 95
Ruth Travis	25:04	29

6th December Worsley Woods Parkrun

Name	Time	of 102
UKA3137809	29:30	59

30th November Seattle Marathon

Name	Time	of 1,793
Tom Blackburn	3:37:13 *PB*	275

30th November Les 20k De Montpellier

Name	Time	of 1,278
Nico Gibert	1:32:42	304

30th November Salford Women's 5.25 mile

Name	Time	of 112
Julie Virgin	42:06	27
Heather Clarkson	42:55	31
Nina Barthel	57:18	93
Julie Gosney	59:38	101
Mel Johnson	1:02:24	105

30th November Manchester Christmas Pudding 5 mile dash

Name	Time	of 149
UKA3137809	48:28	93

29th November South Manchester Parkrun

Name	Time	of 377
Graham Bateson	22:48	124

29th November Worsley Woods Parkrun

Name	Time	of 146
Ian Roberts	22:27	12

23rd November Conwy Half Marathon

Name	Time	of 2,374
Nina Barthel	2:37:09	2,254

23rd November Great Run Local Debdale Park

Name	Time	of 19
UKA3137809	27:09	9

23rd November Great Run Local Birchfields Park

Name	Time	of 15
UKA3137809	27:09	9

22nd November Worsley Woods Parkrun

Name	Time	of 169
UKA3137809	31:20	111

20th November Great Run Local Salford Quays

Name	Time	of 48
UKA3137809	28:03	37

16th November Preston 10 mile

Name	Time	of 431
Tom Blackburn	1:06:48 *PB*	82
Dave Chambers	1:08:41	100
Steve Hatton	1:08:52 *PB* (-0:27)	101
Joe Carne	1:12:42 *PB*	158
John Lowe	1:14:48 *PB*	182
James Fox	1:15:51 *PB*	195
Nico Gibert	1:16:34	203
Andrew Porter	1:18:01 *PB* (-1:05)	220
Angelo Tomasso	1:19:35	237
Sarah Rickard	1:19:55	244
Timothy Crump	1:21:22 *PB*	258
Paula Medley	1:23:53 *PB*	287
Nina Barthel	1:56:01 *PB* (-5:05)	420

16th November Leeds Abbey Dash 10k

Name	Time	of 9,524
Helen Watkins	46:30 *PB* (-2:18)	2,362
UKA3137809	57:01	5,946

15th November South Manchester Parkrun

Name	Time	of 377

Name	Time	of 426
Daniel Murphy	18:40	13
Nico Gibert	20:37	30

15th November Worsley Woods Parkrun

Name	Time	of 214
UKA3137809	29:31	145

9th November Lytham Windmill 10k

Name	Time	of 678
Nina Bsrthel	1:07:07 *PB* (-0:16)	607
Sian Griffith	1:10:55 *PB*	635

8th November Men's MACCL Race 2 Sherdley Park

Name	Time	of 389
James Moles	37:26	68
Jono Guildford	42:33	200
Dave Chambers	43:07	218
Steve Hatton	44:21	246
Joe Carne	44:48	259
John Lowe	45:36	269
Amir Dar	47:12	301
Stephen Weigh	47:27	306
Graham Bateson	47:44	314
James Fox	48:33	330
Dan Whittaker	48:46	334
Jordan Millar	49:14	343
Timothy Crump	56:19	377
Henry Walker	1:01:40	389

8th November Women's MACCL Race 2 Sherdley Park

Name	Time	of 219
Linda Rix	40:20	115
Ruth Travis	41:14	131
Mel Johnson	54:24	207
Nina Barthel	1:01:30	216

8th November Worsley Woods Parkrun

Name	Time	of 200
Ian Roberts	20:44	13

8th November South Manchester Parkrun

Name	Time	of 301
Nico Gibert	20:37	30

8th November Cuerden Valley Parkrun

Name	Time	of 123
Ruth Travis	24:53	26

2nd November Saint Jean Du Gard Trail Race

Name	Time	of 59
------	------	-------

Nico Gibert	18:02	27
-------------	-------	----

2nd November Lancaster Half Marathon

Name	Time	of 604
Emma Radcliffe	1:47:20	215

2nd November Cheshire 10k

Name	Time	of 1,159
Daniel Murphy	39:05	95
Linda Rix	46:15	301
Dave Chambers	49:19	422

1st November Leeds Parkrun

Name	Time	of 373
Helen Watkins	23:23	100

1st November Cuerden Valley Parkrun

Name	Time	of 148
Ruth Travis	24:53	20

27th October Dublin Marathon

Name	Time	of 12,506
Garry Clarke	3:58:27 *PB*	4,461

25th October South Manchester Parkrun

Name	Time	of 398
James Moles	18:04	7
Dave Chambers	19:41	30
John Lowe	20:53 *PB* (-0:11)	60

25th October Worsley Woods Parkrun

Name	Time	of 227
Ian Roberts	20:30	15
Sian Griffith	32:15 *PB* (-0:07)	188
UKA3137809	44:11	225

19th October Great Run Local Birchfields Park

Name	Time	of 20
John Lowe	21:56	7

19th October Green Drive 5 mile, Lytham

Name	Time	of 234
Ruth Travis	38:39	104

18th October Burnage Parkrun

Name	Time	of 80
Mel Johnson	31:01	57

18th October Worsley Woods Parkrun

Name	Time	of 228
UKA3137809	26:47	130
Sian Griffith	32:22 *PB*	186

18th October Preston Parkrun

Name	Time	of 205
Ruth Travis	23:59	66

18th October South Manchester Parkrun

Name	Time	of 349
Steve Hatton	20:30	35
John Lowe	21:14	55

12th October Great Run Local Birchfields Park

Name	Time	of 13
John Lowe	21:04 *PB* (-0:21)	3

12th October Gin Pit 5 Mile Trail Run

Name	Time	of 204
Linda Rix	39:24	129

12th October Wirral 10k

Name	Time	of 907
UKA3137809	51:51 *PB* (-1:10)	297

11th October Men's MACCL Race 1 Woodbank Park

Name	Time	of 420
James Moles	38:48	72
Jono Guildford	43:45	190
Dave Chambers	45:41	243
Nico Gibert	46:37	268
Rob Raso	46:49	275
Steve Hatton	47:23	293
John Lowe	48:21	307
Joe Carne	48:40	310
James Fox	51:40	360
Stephen Weigh	51:41	361
Amir Dar	51:45	365
Dan Whittaker	51:49	367
Andrew Porter	51:54	372
Timothy Crump	55:59	405
Henry Walker	1:00:00	420

11th October Women's MACCL Race 1 Woodbank Park

Name	Time	of 211
Emma Radcliffe	40:35	78
Paula Medley	43:10	121
Linda Rix	43:47	128
Nina Barthel	1:00:22	206

11th October Worsley Woods Parkrun

Name	Time	of 218
Ian Roberts	20:33	13

UKA3137809	26:45	128
------------	-------	-----

5th October Lisbon Rock and Roll Half Marathon

Name	Time	of ??
Andrew Brookes	1:34:08 *PB*	438
Dave Chambers	1:35:59	529
Nico Gibert	1:37:21 *PB* (-0:48)	609
Tom Arnold	1:40:42	936
Joe Carne	1:43:05 *PB*	1,099
Andrew Porter	1:50:04 *PB* (-1:21)	1,745
John Lowe	1:52:24	1,989
Steve Hatton	1:52:46	2,045
Angelo Tomasso	2:07:19	3,601
Julie Virgin	2:11:30	3,986
Heather Clarkson	2:11:30	3,987
Dan Eccles	2:13:27	4,146
Philippa Pether	2:16:32	4,817

5th October Lisbon Rock and Roll Marathon

Name	Time	of ??
James Moles	2:47:52	31
Graham Bateson	3:46:27	919
MY Loh	4:05:24	1,546

5th October Chester Marathon

Name	Time	of 2,422
Joe Yang	3:51:09 *PB*	1,025
UKA3137809	4:32:38 *PB*	1,855

5th October Chester Metric Marathon (26.2km)

Name	Time	of 474
Ian Roberts	1:58:25	150

4th October Rivington Trail Half Marathon

Name	Time	of 357
Ruth Travis	2:02:30	229

28th September The Grand 10k Aintree

Name	Time	of 743
Paula Medley	48:39 *PB* (-0:59)	185
UKA3137809	53:01 *PB* (-0:20)	303

28th September Bupa Great Yorkshire 10k

Name	Time	of 3,780
James Fox	46:47 *PB* (-1:35)	422

28th September Robin Hood Half Marathon

Name	Time	of 7,130
James Moles	1:16:48 *PB* (-0:24)	31
Nina Barthel	2:58:09	7,073

28th September Swinton 10 mile

Name	Time	of 263
Ruth Travis	1:18:42	165

27th September South Manchester Parkrun

Name	Time	of 407
Nico Gibert	20:05	59
Joe Yang	21:08	83

27th September Worsley Woods Parkrun

Name	Time	of 179
UKA3137809	28:57	121

25th September Great Run Local Salford Quays

Name	Time	of 44
UKA3137809	24:48	28

21st September English Half Marathon

Name	Time	of 2060
Andrew Brig	2:08:40	1474
Sian Griffith	2:42:08 *PB*	1984

21st September Manchester Airport Runway Run (6k)

Name	Time	of 200
Nico Gibert	25:37	4

20th September South Manchester Parkrun (Battle of the Sexes 2)

Name	Time	of 359
Andrew Brookes	18:13 *PB*	7
Nico Gibert	20:02 *PB* (-0:03)	33
Dave Chambers	20:36	46
Jo Carne	20:45	53
Amir Dar	21:24 *PB*	71
John Lowe	21:25 *PB* (-1:10)	73
Tom Arnold	21:26	74
Andrew Porter	21:33 *PB*	76
Graham Bateson	21:57	89
UKA3137809	25:16	53
Mel Johnson	26:23	204
Sarah Rickard	31:06	5289
Nico Gibert	21:02 *PB* (-0:26)	200

20th September Fulham Palace Parkrun

Name	Time	of 213
Ruth Travis	22:48	73

18th September Great Run Local Salford Quays

Name	Time	of 60
UKA3137809	25:30	29

14th September Blackleach 5 mile Multi Terrain

Name	Time	of 188
Rob Raso	33:30	45
Ruth Travis	38:44	100
Linda Rix	39:01	103

14th September Great Run Local Debdale Park

Name	Time	of 28
UKA3137809	30:05	15

13th September South Manchester Parkrun

Name	Time	of 317
Nico Gibert	20:19	49
Joe Yang	22:14	96

13th September Worsley Woods Parkrun

Name	Time	of 229
UKA3137809	26:38	123

13th September Huddersfield Parkrun

Name	Time	of 564
Helen Watkins	37:37	110

7th September City of Salford 10k

Name	Time	of 2,735
James Moles	36:02	18
Jono Guildford	39:00	87
Dave Chambers	40:08	123
Nico Gibert	43:52	292
Joe Carne	45:59	358
John Lowe	46:21	484
Amir Dar	46:23 *PB*	488
Dan Whittaker	47:54	603
James Fox	48:22 *PB*	657
Jordan Millar	49:36 *PB*	799
Timothy Crump	49:55 *PB*	832
Emma Reilly	52:05	1,057
Henry Walker	52:59	1,155
Dean Longley	57:16 *PB*	1,602
Mel Johnson	58:58	1,789
Nigel Smith	1:07:00 *PB* (1:07:00)	2,057

7th September Great North Run

Name	Time	of 50,000
Tom Arnold	1:42:57	3,535
Kirstie Power	2:02:51	13,466
UKA3137809	2:12:16	18,933

7th September South Cheshire 20 mile, Crewe

Name	Time	of 210

Ruth Travis 2:50:54 133

7th September Golden Ball 20 mile, Morecambe

Name	Time	of 54
Graham Bateson	2:42:27 *PB*	16
Mong Yang Loh	3:07:55 *PB*	36

6th September Leeds Parkrun

Name	Time	of 292
UKA3137809	26:52	164

6th September South Manchester Parkrun

Name	Time	of 304
Nina Barthel	31:34 *PB* (-0:58)	228

4th September Great Run Local Salford Quays

Name	Time	of 66
UKA3137809	25:50	37

31st August Epilepsy Action Alice's 10k Run

Name	Time	of 141
Nico Gibert	46:21	16

31st August Blackpool Hilton Half Marathon

Name	Time	of 312
Joe Yang	1:44:04 *PB*	103
John Lowe	1:46:53 *PB*	122
Angelo Tomasso	1:52:49	150
UKA3137809	2:14:44	259

30th August South Manchester Parkrun

Name	Time	of 376
Nico Gibert	20:29	39

30th August Cuerden Valley Parkrun

Name	Time	of 117
Ruth Travis	24:37	20

28th August Great Run Local Salford Quays

Name	Time	of 48
UKA3137809	26:55	38

24th August Fleetwood Half Marathon

Name	Time	of 510
Sarah Rickard	1:41:55	147

23rd August South Manchester Parkrun

Name	Time	of 250
Nico Gibert	20:23	35

23rd August Cuerden Valley Parkrun

Name	Time	of 103
Ruth Travis	25:26	27

17th August Wagon and Horses Half Marathon, Lancaster

Name	Time	of 76
Rob Raso	1:36:35	23
Linda Rix	1:51:48	45

16th August Race The Train (13.8 miles)

Name	Time	of 768
Ruth Travis	2:18:13	561

16th August South Manchester Parkrun

Name	Time	of 295
Joe Yang	21:00 *PB* (-1:21)	36
Lee Marjoram	21:56	56
Nina Barthel	34:23	267

14th August Sale Sizzler 5k - Race 4

Name	Time	of 492
Rob Raso	19:56	190
Linda Rix	22:34	319

9th August London Pride 10k

Name	Time	of 788
Steve Hatton	42:08	83
Joe Yang	43:56 *PB* (-2:43)	123
Angelo Tomasso	48:29	277
Nick Eaton	51:35	387
Chris Marsland	57:57	582
UKA3137809	58:55	616

9th August Huddersfield Parkrun

Name	Time	of 467
Helen Watkins	22:26 *PB* (-2:49)	74

9th August Wythenshawe Parkrun

Name	Time	of 172
Dave Chambers	21:15	17

7th August Great Run Local Salford Quays

Name	Time	of 41
UKA3137809	29:25	36

7th August Cuerden Valley Badger Trail 10k

Name	Time	of 226
Ruth Travis	51:20	108

3rd August North Wales Half Marathon

Name	Time	of 426
Julie Virgin	2:08:00	270
Heather Clarkson	2:08:01	271

3rd August Great Run Local Debdale Park

Name	Time	of 24
UKA3137809	30:06	15

3rd August Wagon and Horses 10 mile, Lancaster

Name	Time	of 163
Rob Raso	1:11:25	48
Linda Rix	1:22:57	95
Nina Barthel	2:01:06 *PB*	163

2nd August Ormskirk Parkrun

Name	Time	of 46
UKA3137809	31:17	38

2nd August South Manchester Parkrun

Name	Time	of 242
Lee Marjoram	21:49	47
Nina Barthel	35:10	226

31st July Great Run Local Salford Quays

Name	Time	of 46
UKA3137809	28:29	40

31st July Sale Sizzler 5k - Race 3

Name	Time	of 444
Rob Raso	19:31	145
Nico Gibert	20:38	193
Linda Rix	22:31 (1st F50)	274

30th July Millbrook Monster 10k

Name	Time	of 224
Dave Chambers	47:51	39
Steve Hatton	48:12	45
Nico Gibert	49:56	56

26th July Great Warford 10 mile

Name	Time	of 279
Dave Chambers	1:08:19 *PB*	68
Ian Roberts	1:09:43	79
Steve Hatton	1:10:41	88
Rob Raso	1:10:44	89
Angelo Tomasso	1:23:23	185
Linda Rix	1:24:38	199

26th July Edinburgh Parkrun

Name	Time	of 513
UKA3137809	28:27	375

26th July Delamere Parkrun

Name	Time	of 165
Dave Chambers	29:56	113

26th July Cuerden Valley Parkrun

Name	Time	of 114
Ruth Travis	25:23	28

26th July South Manchester Parkrun

Name	Time	of 319
Lee Marjoram	20:46	48
Nico Gibert	20:52	52
Tom Arnold	21:15	55

20th July Harrogate Town Centre 10k

Name	Time	of 403
Nico Gibert	44:37	97

20th July Jane Tomlinson's Leeds 10k

Name	Time	of 7,065
UKA3137809	1:06:08	4,402

18th July Northern Frontrunners 5k

Name	Time	of 390
Steve Hatton	20:09 *PB* (-0:14)	86
Ruth Travis	22:51	103
Angelo Tomasso	23:31	132
Chris Marsland	27:27 *PB* (-0:11)	235

17th July Sale Sizzler 5k - Race 2

Name	Time	of 438
Dave Chambers	18:51 *PB* (-0:09)	90
Linda Rix	23:05	286

16th July Manchester Mile

Name	Time	of 89
Rob Raso	5:42	45
Linda Rix	6:51	71

13th July We Love Manchester 10k

Name	Time	of 2,328
James Moles	36:34	17
Dave Chambers	40:50	96
Phil Facey	41:23	112
Steve Hatton	41:30	116
Ian Roberts	42:15	137
Iain Buchan	43:38	206
Nico Gibert	44:33	241
John Lowe	46:07 *PB* (-2:54)	335
Dan Whittaker	47:15 *PB* (-0:10)	423
Stephen Weigh	47:29	439
Paula Medley	49:38 *PB*	631
Henry Walker	50:54	754

Kirstie Power	53:08	962
Mel Johnson	55:57	1,223
Chris Marsland	1:01:05	1,627

13th July Trawden 7 mile MT (6.66 miles)

Name	Time	of 153
Ruth Travis	1:02:18	125

12th July South Manchester Parkrun

Name	Time	of 284
Ian Roberts	20:38	21
Tom Arnold	20:40	23
Dan Eccles	25:24	101

9th July Offerton 10k

Name	Time	of 192
James Moles	37:50	6
Dave Chambers	44:02	38
Nico Gibert	47:40	77

6th July Cross Bay Half Marathon (13.4 miles)

Name	Time	of 313
Ian Roberts	1:45:15	21
Phil Facey	1:46:34	24
Steve Hatton	1:49:13	33
Dave Chambers	1:49:21	34
Nico Gibert	1:53:37	49
Iain Buchan	1:55:41	60
Tom Arnold	1:55:41	61
Lee Marjoram	1:57:39	73
John Lowe	1:57:52	77
Peter Symonds	1:57:58	78
Steve Brown	1:58:30	80
Sarah Rickard	2:00:41	93
Angelo Tomasso	2:07:56	126
James Foy	2:20:46	228

6th July Isle of Arran Half Marathon

Name	Time	of 112
Ruth Travis	1:48:41	47

5th July South Manchester Parkrun

Name	Time	of 278
Chris Cooper	21:13	36

3rd July Sale Sizzler 5k - Race 1

Name	Time	of 396
Rob Raso	19:40	131
Linda Rix	22:37	253

1st July Rochdale 10k

Name	Time	of 346
Ruth Travis	50:23	208
Annie Holmes	1:00:25	311
Nina Barthel	1:19:08	343

29th June Platt Fields 10k

Name	Time	of 54
Rob Raso	42:24	14
Nico Gibert	43:49	20
Linda Rix	48:18 (First V50)	32
Sue Guy	52:49	38
Stacey Williams	1:02:45 *PB* (-0:40)	53

29th June Hadrian's Wall Half Marathon

Name	Time	of 434
Ruth Travis	2:04:00	214

28th June South Manchester Parkrun

Name	Time	of 297
Nico Gibert	20:12	28
Nina Barthel	32:32 *PB* (-0:39)	248

28th June Worsley Woods Parkrun

Name	Time	of 253
UKA3137809	28:41	174

26th June Warrington 10k

Name	Time	of 240
Nico Gibert	43:17	111

26th June Great Run Local Salford Quays

Name	Time	of 52
UKA3137809	28:07	39

25th June Blues and Two's MT 10k

Name	Time	of 149
Ruth Travis	49:05	65

22nd June Jane Tomlinson's Pennine 10k

Name	Time	of 1,135
UKA3137809	1:04:14	1,660

22nd June Freckleton Half Marathon

Name	Time	of 660
Angelo Tomasso	1:58:45	308

21st June White Bear Way 10 mile

Name	Time	of 15
Ruth Travis	1:38:00	4

21st June Worsley Woods Parkrun

Name	Time	of 333
UKA3137809	30:14	238

21st June South Manchester Parkrun

Name	Time	of 341
Steve Hatton	20:35	38
Tom Arnold	20:40	41
Chris Cooper	20:56	45
Nico Gibert	21:02	46
Lee Marjoram	21:43	63
Dan Eccles	25:19	152
Mel Johnson	27:13	204
Stacey Williams	29:14 *PB* (-0:15)	243

15th June Polesden Lacey 10k

Name	Time	of 373
James Moles	39:13	5

15th June Sport in the Port 10k, Ellesmere Port

Name	Time	of 622
UKA3137809	56:42	442

15th June Hendon Brook Half Marathon (13.4 miles)

Name	Time	of 124
Ruth Travis	2:09:35	99

14th June Burnage Parkrun

Name	Time	of 79
Mel Johnson	27:38	45

14th June Worsley Woods Parkrun

Name	Time	of 271
UKA3137809	28:06	159

14th June South Manchester Parkrun

Name	Time	of 335
Nico Gibert	21:01	54
Lee Marjoram	21:29	68
Nina Barthel	34:07	296

12th June Great Run Local Salford Quays

Name	Time	of 50
UKA3137809	28:54	36

8th June Potters 'Arf Marathon

Name	Time	of 1,533
Adrian Vickers	1:50:57	448

8th June Mersey Tunnel 10k

Name	Time	of 2,786
James Moles	36:13	11

Jono Guildford	37:58	31
Steve Hatton	42:44	110
Joe Carne	44:15	177
Sarah Rickard	46:31	316
John Lowe	49:01 *PB* (-1:39)	489
Angelo Tomasso	49:53	562
John Maines	53:13 *PB*	916
Sue Guy	53:50	968
Mel Johnson	57:34	1,365
UKA3137809	1:02:49	1,870
Chris Marsland	1:02:56	1,881
Andrew Pilling	1:03:19 *PB* (-5:58)	1,909
Stacy Williams	1:07:20	2,210

7th June Grasmere Gallop 17k

Name	Time	of 164
Rob Raso	1:31:05	45

7th June Grasmere Gallop 10k

Name	Time	of 260
Nico Gibert	48:47	20
Linda Rix	57:17	70
Philippa Bather	57:27	72

7th June Wythenshawe Parkrun

Name	Time	of 162
Ian Roberts	20:55	12
Tom Arnold	21:06	15

7th June South Manchester Parkrun

Name	Time	of 300
James Moles	18:07	10
Mel Johnson	26:39	167
Nina Barthel	34:00	272

6th June Pride Games 5k

Name	Time	of 25
James Moles	17:49 *PB* (-0:28)	1
Phil Facey	20:28	4
Joe Carne	20:59	6
John Lowe	22:35 *PB* (-2:21)	8
Angelo Tomasso	23:44	10

5th June Cuerden Valley Badger Trail 10k

Name	Time	of 242
Ruth Travis	53:27	138

1st June Wigan Trail 10k

Name	Time	of 237
Jono Guildford	40:03	8

Nico Gibert	45:27	37
Dave Chambers	47:00	51
Rob Raso	47:05	52
Joe Yang	47:49	59
Steven Wales	48:43 *PB*	65
Linda Rix	51:20	91
Ruth Travis	51:29	96
Angelo Tomasso	53:31	119
Philippa Bather	54:15	127
UKA3137809	1:09:02	210
Nina Barthel	1:16:10	234

31st May Blackpool Promenade 10 mile

Name	Time	of 221
Andrew Porter	1:19:06 *PB*	62

31st May Worsley Woods Parkrun

Name	Time	of 270
UKA3137809	33:58	213

31st May South Manchester Parkrun

Name	Time	of 404
Nico Gibert	20:46	64

29th May Great Run Local Salford Quays

Name	Time	of 47
UKA3137809	30:18	43

25th May Sandgrunder 10k, Southport

Name	Time	of 101
Nico Gibert	43:09	22

25th May Fishwick 5 Mile Trail, Preston

Name	Time	of 40
Ruth Travis	43:04	25

25th May Liverpool Rock and Roll Half Marathon

Name	Time	of 3,485
Nina Barthel	2:33:07 *PB* (-9:42)	3,093

25th May Great Run Local Debdale Park

24th May Burnage Parkrun

Name	Time	of 93
Mel Johnson	27:40	59

24th May Worsley Woods Parkrun

Name	Time	of 288
UKA3137809	31:17	202

24th May South Manchester Parkrun

Name	Time	of 367
------	------	--------

Nico Gibert	21:12	79
-------------	-------	----

18th May Bupa Great Manchester Run

Name	Time	of 40,000
Gareth Oakes	39:17	236
Joe Carne	43:37 *PB* (-4:44)	851
Phil Facey	43:53	912
David Darton	43:53	914
Nico Gibert	44:01	961
Steve Hatton	45:26	1,421
Colin Lea	47:09	2,120
Dan Whittaker	47:25 *PB*	2,238
Marwan Bukhari	48:02	2,534
Philippa Bather	51:25 *PB*	4,638
James Piper	52:29	5,387
John Lowe	52:59	5,769
Angelo Tomasso	53:23	6,055
Emma Reilly	53:45	6,319
David Fine	54:35 *PB*	6,991
Kevin Bridges	54:35 *PB*	6,992
Krisna Lakhani	55:36 *PB*	7,820
Sue Guy	55:49	7,996
Andrew Pilling	1:09:17 *PB*	18,658
Stacey Williams	1:11:27	19,984
UKA3137809	1:14:21	21,547

18th May Cheddar Gorge 10k Challenge

Name	Time	of 206
Rob Raso	53:16	53
Linda Rix	1:04:14	130

18th May Brathay Windermere Marathon

Name	Time	of 681
Heather Clarkson	4:46:42	438
Julie Virgin	4:46:42	439

17th May South Manchester Parkrun

Name	Time	of 354
Lee Marjoram	22:23	85

17th May Worsley Woods Parkrun

Name	Time	of 281
Ian Roberts	20:15	19

17th May Cape Wrath Challenge Day 6 - Cape Wrath Marathon

Name	Time	of 84
Ruth Travis	4:43:21	64

14th May Cape Wrath Challenge Day 3 - Around Durness run (6

--	--	--

Name	Time	of 15
Ruth Travis	50:30	5

13th May Cape Wrath Challenge Day 2 - Short Hill run (4.3 miles)

Name	Time	of 7
Ruth Travis	37:35	2

12th May Cape Wrath Challenge Day 1 - Loch Eribol Half Marathon

Name	Time	of 48
Ruth Travis	1:53:55	24

11th May Morecambe Half Marathon

Name	Time	of 109
Sarah Rickard	1:50:30	52

10th May Burnage Parkrun

Name	Time	of 72
Dave Chambers	21:21	7

10th May Worsley Woods Parkrun

Name	Time	of 294
Ian Roberts	19:53	12

9th May University of Salford VC's Charity Fun Run (4.62k)

Name	Time	of 50
Jono Guildford	17:44	1
Ian Roberts	19:10	3

5th May Avenham Park 5k, Preston

Name	Time	of 216
Ruth Travis	23:45	74

4th May Liverpool Spring 10k

Name	Time	of 2,612
Sue Guy	52:56	879
Stacey williams	1:03:25 *PB*	1,844

3rd May MFR Birthday Handicap 5k

Name	Time	of 21
Joe Carne	20:40 *PB*	1
Krisna Lakhani	25:06 *PB*	2
Phil Facey	22:00	3
Adrian Vickers	23:06 *PB* (-0:19)	4
Philippa Bather	24:17 *PB* (-0:10)	5
Daniel Eccles	23:54 *PB*	6
John Lowe	24:56 *PB*	7
Emily Rawlings (Non MFR)	30:42	8
Gareth Oakes	18:43 *PB*	9
Graham Bateson	22:16	10
Anya Mackie	24:02 *PB*	11

James Piper	24:14	12
Nina Barthel	34:27	13
Linda Rix	23:57	14
Sarah Rickard	23:01	15
Mel Johnson	26:05	16
Dave Chambers	20:35	17
Rob Raso	20:35	18
James Fox	22:44 *PB*	19

26th April Cuerden Valley Parkrun

Name	Time	of 84
Ruth Travis	25:39	30

26th April South Manchester Parkrun

Name	Time	of 444
Nina Barthel	33:11 *PB* (-0:10)	406

20th April Run the Bridge 5 mile

Name	Time	of 662
Nico Gibert	36:37	154
UKA3137809	48:50	499

18th April Salford Good Friday 10k

Name	Time	of 574
Jono Guildford	38:05	119
Rob Raso	39:35	154
Chris Cooper	40:16	176
Dave Chambers	43:29	243
David Darton	43:47	252
Nico Gibert	43:51	255
Lee Marjoram	44:03	257
Joe Yang	46:39 *PB*	327
Phil Facey	46:46	330
Henry Walker	47:13	343
Colin Lea	47:51	356
Joe Carne	48:21 *PB*	373
Linda Rix	49:00	393
John Lowe	50:40 *PB*	433
Sue Guy	53:20	469
Mel Johnson	54:47 *PB*	485

18th April Caldervale 10 mile

Name	Time	of 159
Ruth Travis	1:25:44	87

17th April Great Run Local Salford Quays

Name	Time	of 29
UKA3137809	28:39	23

16th April Chester Spring 5 mile

Name	Time	of 334
Nico Gibert	35:11	148

13th April Fleetwood 10k

Name	Time	of 195
Chris Cooper	41:54	20

13th April London Marathon

Name	Time	of 35,756
James Moles	2:44:14	335
Kevin McIver	3:45:09 *PB*	7,845
Jose Fernandez	4:02:48 *PB* (-6:48)	12,409
Ka Man Parkinson	4:15:56	15,422

13th April Great Run Local Birchfields Park

Name	Time	of 5
UKA3137809	29:33	4

12th April Worsley Woods Parkrun

Name	Time	of 248
UKA3137809	30:51	177

12th April South Manchester Parkrun

Name	Time	of 308
Stacey Williams	30:40	247

11th April Marathon Des Sables Overall

Name	Time	of 917
Tom Arnold	44:38:27	436

11th April Marathon Des Sables Stage 5 (42.2km)

Name	Time	of 917
Tom Arnold	5:46:06	298

9th April Marathon Des Sables Stage 4 (81.5km)

Name	Time	of 926
Tom Arnold	16:42:49	395

8th April Marathon Des Sables Stage 3 (38km)

Name	Time	of 939
Tom Arnold	7:42:54	559

7th April Marathon Des Sables Stage 2 (41km)

Name	Time	of 983
Tom Arnold	7:21:40	490

6th April Marathon Des Sables Stage 1 (34km)

Name	Time	of 1,009
Tom Arnold	7:04:58	542

6th April Greater Manchester Marathon

Name	Time	of ???
James Moles	2:46:12	45
Jono Guildford	3:07:32	334
Ian Roberts	3:12:26 *PB* (-1:00)	475
Dave Chambers	3:47:44 *PB*	1,955
Helen Watkins	4:00:51 *PB* (-11:23)	2,813
Andrew Porter	4:46:20 *PB*	4,871

6th April Blackpool Half Marathon

Name	Time	of 984
Nina Barthel	2:42:49 *PB*	920

6th April Blackpool Marathon

Name	Time	of 393
James Fox	4:06:46 *PB*	210

6th April Brighton Marathon

Name	Time	of ???
Peter Bampton	3:58:16 *PB*	??

6th April Paris Marathon

Name	Time	of 39,115
Sue Guy	4:38:45 *PB* (-4:10)	29,098

5th April South Manchester Parkrun

Name	Time	of 315
Chris Cooper	19:56	32
Mel Johnson	26:27	193
Stacey Williams	29:29 *PB*	247

5th April Heaton Park Parkrun

Name	Time	of 422
Stephen Brown *	20:58 *PB* (-0:15)	32

30th March Cheshire 10k

Name	Time	of 1086
Rob Raso	39:35	92
Linda Rix	46:28	265

29th March Heaton Park Parkrun

Name	Time	of 407
Stewart Anthony	28:01	244
Nina Barthel	33:56	342

29th March Cannon Hill Parkrun

Name	Time	of 500
Tommy Hill	34:34	441

29th March Burnage Parkrun

Name	Time	of 54
Mel Johnson	26:51	32

29th March Delamere Parkrun

Name	Time	of 229
Dave Chambers	20:59	16

23rd March Wilmslow Half Marathon

Name	Time	of 3,924
James Moles	1:18:16	47
Jono Guildford	1:22:37	115
Gareth Oakes	1:24:44 *PB*	159
Rob Raso	1:27:36 *PB* (-0:46)	223
Ian Roberts	1:30:39	327
Brendan Mullaney	1:35:19 *PB*	526
Dave Chambers	1:36:14	572
Lee Marjoram	1:38:01	676
Joaquin Ramos Gallego	1:40:26 *PB* (-1:11)	835
Gerard Victory	1:40:27 *PB*	838
Stephen Weigh	1:43:49	1,068
Niall Byrne	1:44:29	1,125
Paula Medley	1:45:12 *PB*	1,174
Linda Rix	1:46:59	1,311
Angelo Tomasso	1:48:28	1,429
Steve Scott	1:49:25	1,506
Emma Reilly	1:51:16 *PB* (-7:56)	1,659
Dan Whittaker	1:51:29 *PB*	1,671
Philippa Bather	1:52:58 *PB* (-3:31)	1,800
Kirstie Power	1:56:02	2,099
Mel Johnson	2:00:19 *PB* (-2:58)	2,490
Francesca Lock	2:01:03 *PB*	2,547
Dan Eccles	2:01:46 *PB*	2,597

23rd March Liverpool Half Marathon

Name	Time	of 6,820
Emma Radcliffe	1:38:41 *PB*	734
UKA3137809	2:27:59	6,090

22nd March Preston Parkrun

Name	Time	of 228
Sean Martin	21:38	38

22nd March South Manchester Parkrun

Name	Time	of 352
Nina Bartel	33:44	316

22nd March Heaton Park Parkrun

Name	Time	of 410
Stephen Brown	21:51	57
Stewart Anthony	34:58	367

16th March Trimpell 20

Name	Time	of 496
James Moles	2:01:20 *PB* (-1:01)	5
Jono Guildford	2:12:40 *PB* (-0:59)	31

16th March Sweatshop 10 mile, St Annes

Name	Time	of 295
Nico Gibert	1:13:13	82

15th March Heaton Park Parkrun

Name	Time	of 395
Stewart Anthony	29:56	265

15th March South Manchester Parkrun (Battle of the Sexes 5k)

Name	Time	of 407
Jono Guildford	18:34	10
Nico Gibert	21:38	69
Lee Marjoram	21:44	72
Sarah Rickard	21:54 *PB* (-0:49)	75
Emma Radcliffe	22:24 *PB*	93
Angelo Tomasso	23:11	121
Philippa Bather	24:27 *PB* (-1:08)	163
Mel Johnson	24:52 *PB* (-0:46)	178
Michael Goldie	25:45	208
Dave Chambers	26:25	226
Chris Marsland	27:38 *PB* (-0:07)	266
UKA3137809	28:49	297
Nina Barthel	29:21 *PB* (-0:30)	364

9th March High Legh 10k

Name	Time	of 457
Jono Guildford	37:52	18
Sarah Rickard	46:10	126
Ruth Travis	47:41	155
Angelo Tomasso	48:56	174
Michael Goldie	54:32	288
UKA3137809	1:02:35	380

9th March Trafford 10k

Name	Time	of 824
Rob Raso	39:17	258
Linda Rix	47:29	511
Nina Barthel	1:13:34 *PB* (-0:19)	813

8th March Glasgow Parkrun

Name	Time	of 306
Tommy Hill	25:25	128

8th March South Manchester Parkrun

Name	Time	of 306

Name	Time	of 332
Chris Cooper	20:56	50
Dave Chambers	22:50	96

2nd March Anglesey Half Marathon

Name	Time	of 836
Julie Virgin	1:53:40	346
Heather Clarkson	1:53:41	347

2nd March Bath Half Marathon

Name	Time	of 11,208
Krisna Lakhani	2:01:48 *PB*	6,654

2nd March Haweswater Half Marathon

Name	Time	of 439
Ruth Travis	1:52:13	253

1st March Wythenshawe Parkrun

Name	Time	of 159
Graham Bateson	22:51	33

1st March Heaton Park Parkrun

Name	Time	of 359
Stewart Anthony	29:55	264

1st March South Manchester Parkrun

Name	Time	of 368
Nina Barthel	34:00 *PB*	333

1st March Worsley Woods Parkrun

Name	Time	of 206
UKA3137809	29:11	147

23rd February Oulton Park Half Marathon

Name	Time	of 249
Ian Roberts	1:30:09	25
Rob Raso	1:30:29	30
Linda Rix	1:55:52	249

23rd February Rhyl 10 mile

Name	Time	of 515
James Moles	1:01:49 *PB*	13
Sarah Rickard	1:16:43	120
Lee Marjoram	1:18:00 *PB*	136

23rd February Terry Nortley 10 mile Multi Terrain Race, Radcliffe

Name	Time	of 157
Ruth Travis	1:28:43	117

22nd February Heaton Park Parkrun

Name	Time	of 370
------	------	--------

Stewart Anthony	27:00	168
-----------------	-------	-----

16th February Osmotherley Trail Half Marathon

Name	Time	of 149
Ruth Travis	2:36:11	83

15th February Course de la St Valentine 10k, Paris

Name	Time	of 318
James Moles	36:06	5
Gareth Oakes	37:40 *PB*	9
Chris Robinson	46:04 *PB*	83
Sarah Rickard	47:34 (1st Female Vet)	108
Nick Eaton	49:28	134
James Piper	50:31	153

15th February South Manchester Park Parkrun

Name	Time	of 188
Chris Cooper	21:32	46

9th February Mad Dog 10k, Southport

Name	Time	of 1788
Nina Barthel	1:13:53 *PB*	1648

8th February Women's MACCL Race 5 Wythenshawe

Name	Time	of 163
Emma Radcliffe	30:36	64
Linda Rix	33:23	105
Heather Clarkson	34:08	111
Emma Reilly	34:11	113
Mel Johnson	38:05	149

8th February Men's MACCL Race 5 Wythenshawe

Name	Time	of 288
Jono Guildford	40:29	102
Steve Hatton	41:40	123
Rob Raso	42:55	155
Nico Gibert	44:49	185
Garry Clarke	45:18	200
Stephen Weigh	45:38	214
Peter Symonds	47:03	233
Graham Bateson	47:07	235
Dan Whittaker	48:13	245
Adrian Vickers	49:17	255

8th February Heaton Park Parkrun

Name	Time	of 356
Stewart Anthony	28:06	185

2nd February Alsager 5 mile

Name	Time	of 911
Julie Virgin	38:47 *PB*	425

Heather Clarkson	38:47 *PB* (-0:15)	426
Angelo Tomasso	39:24	462
James Piper	40:06 *PB*	496
UKA3137809	50:06	822

1st February Whitley Bay Parkrun

Name	Time	of 314
Graeme Henderson	21:19	30

1st February Worsley Woods Parkrun

Name	Time	of 204
UKA3137809	27:32	117

1st February South Manchester Parkrun

Name	Time	of 316
Paul Jaggs	24:44	127

1st February Cannon Hill Parkrun

Name	Time	of 487
Tommy Hill	23:03	118

1st February Heaton Park Parkrun

Name	Time	of 379
Stewart Anthony	27:03	178

26th January Welcome Tavern 10k, Preston

Name	Time	of 292
Nico Gibert	42:47	56

25th January Men's Northern Athletics Cross Country

Name	Time	of 613
James Moles	52:10	212
Andrew Brookes	55:17	315
Jono Guildford	55:37	321
Dave Chambers	1:00:55	430
Rob Raso	1:02:03	448
Stephen Weigh	1:03:58	480
Joaquin Ramos Gallego	1:04:53	495
Gerard Victory	1:05:03	499
Steve Scott	1:10:33	569

25th January Women's Northern Athletics Cross Country

Name	Time	of 232
Emma Radcliffe	43:11	168
Linda Rix	45:49	194
Francesca Lock	46:06	200
Philippa Bather	46:08	201
Paula Medley	47:14	213

25th January South Manchester Parkrun

Name	Time	of 386
------	------	--------

Chris Cooper	21:27	53
--------------	-------	----

25th January Cannon Hill Parkrun

Name	Time	of 472
Tommy Hill	22:14	87

25th January Heaton Park Parkrun

Name	Time	of 404
Stephen Brown	22:12	57
Stewart Anthony	26:57	189

19th January Helsby Four Villages Half Marathon

Name	Time	of 1805
Dave Chambers	1:27:20 *PB* (-3:21)	199
Steve Hatton	1:30:52 *PB* (-3:10)	301
Ian Roberts	1:32:57	338
Sarah Rickard	1:46:50	894
Julie Virgin	1:51:51	1092
Heather Clarkson	1:51:52	1093

18th January Cannon Hill Parkrun

Name	Time	of 519
Tommy Hill	22:39	100

18th January Heaton Park Parkrun

Name	Time	of 412
Stewart Anthony	27:14	182

12th January Women's MACCL Race 4 Boggart Hole Clough

Name	Time	of 162
Linda Rix	33:53	95
Ruth Travis	35:07	111
Philippa Bather	36:03	122
Heather Clarkson	37:16	130
Emma Reilly	38:12	135

12th January Men's MACCL Race 4 Boggart Hole Clough

Name	Time	of 295
James Moles	35:52	34
Gareth Oakes	37:25	71
Jono Guildford	38:31	87
Dave Chambers	40:05	124
Rob Raso	41:46	161
Steve Hatton	42:56	177
Graham Bateson	47:15	248
Garry Clarke	47:36	253
Dan Whittaker	47:56	256
Chris Loughran	49:56	270
Kevin Bridges	51:41	282

11th January Country to Capital Ultra (45 miles)

Name	Time	of 304
Tom Arnold	7:53:54	145

11th January South Manchester Parkrun

Name	Time	of 248
Dave Chambers	19:06	8

11th January Cannon Hill Parkrun

Name	Time	of 481
Tommy Hill	22:45	91

11th January Heaton Park Parkrun

Name	Time	of 395
Stewart Anthony	27:26	182

5th January Hit the Trail, Reddish (4.7 miles)

Name	Time	of 247
Ruth Travis	41:30	145

4th January Women's Manchester Cross Country Championship

Name	Time	of 43
Ruth Travis	33:01	30
Linda Rix	33:28	32
Philippa Bather	35:07	38
Sue Guy	39:44	41

4th January Men's Manchester Cross Country Championship

Name	Time	of 120
James Moles	40:57	41
Dave Chambers	44:21	65
Jono Guildford	44:35	67
Steve Hatton	46:00	72
Rob Raso	46:07	74
Steve Weigh	47:42	89

1st January Bolton Parkrun

Name	Time	of 214
Ruth Travis	24:24	61

Manchester Frontrunners are:

A member of International Frontrunners

