

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.

29th July Millbrook Monster 10K MT

Name	Time	of 227
Jono Guildford	44:47	19
David Chambers	47:30	28
Nico Gibert	50:06	48
Daniel Barrett	54:59	105
Kate Brennan	56:55	130

26th July Scott Snowdonia Trail Half Marathon

Name	Time	of 278
James Moles	2:09:40	7
Amir Dar	2:37:29	39
Angelo Tomasso	3:18:13	152

25th July Heaton PR

Name	Time	of 474
Jo Gruchy	25:14 *PB*	175

25th July South Manchester PR

Name	Time	of 334
Phil Facey	19:47	24
John Lowe	21:29	67
Joe Yang	21:58	77

25th July Keswick PR

Name	Time	of 129
David Chambers	21:34	18

23rd July Sale Sizzler 5K (Race 3)

Name	Time	of 468
Roberto Raso	18:31 *PB* (-0:03)	84
Steve Hatton	19:08 *PB* (-0:21)	113
Phil Facey	19:34	136
David Chambers	19:35	137
Lucy Etchells	20:46 *PB* (-0:27)	203
Linda Rix	23:11	314

19th July Great Newham London 10K Run

Name	Time	of 10,121
Greig Frankland	44:52 *PB* (-0.20)	661
Carl Lane	47:10 *PB* (-0.34)	1045

19th July Wythenshawe Park GRL 5K

Name	Time	of 45
Nico Gibert	20:54	9

18th July South Manchester PR

Name	Time	of 357
Phil Facey	19:06 *PB* (-0:19)	21
Steve Hatton	19:29 *PB* (-0:21)	28
Nico Gibert	20:48	47
James Fox	21:12	54
Lucy Etchells	21:13 *PB* (-3:10)	55
John Lowe	21:16	58
Venetta Uye	30:01	286

18th July Wythenshawe PR

Name	Time	of 311
Greig Frankland	22:07	38

17th July Northern FrontRunners 5K, Newcastle upon Tyne

Name	Time	of 508
Thomas Blackburn	19:23	24
Joe Yang	22:02	95
Matt Goddard	23:08 *PB* (-0:44)	123
Angelo Tomasso	23:13	126
Christopher Marsland	24:56 *PB* (-2:31)	203

12th July We Love Manchester 10K

Name	Time	of 2,283
James Moles	36:12	21
Thomas Blackburn	41:07	111
Martin Dunn	42:24 *PB*	156
Michael Thorley	43:58 *PB* (-1:14)	216
James Pearson	44:29 *PB* (-13:34)	248
Nico Gibert	44:43	263
Lucy Ironmonger	45:08 *PB*	289
James Fox	45:35	305
Carl Lane	47:44 *PB*	436
Paula Medley	48:28	500
Venetta Uye	52:34 *PB*	872
Henry Walker	59:115	1453
Nina Barthel	1:08:48	1950

12th July Vitality British 10K, London

Name	Time	of 13,647
Paul Whydall	55:20	3774

11th July South Manchester PR

Name	Time	of 301
Phil Facey	19:25 *PB* (-0:17)	25
Thomas Blackburn	19:36	27

Nico Gibert	21:02	46
Joe Yang	21:34	56
James Fox	21:59	67

11th July Worsley Woods PR

Name	Time	of 297
Joe Carne	20:11	11

9th July Wizard 5 mile Trail, Alderly Edge

Name	Time	of 253
David Chambers	33:00	44
Steve Hatton	33:08 *PB* (-3:22)	45
Michael Thorley	38:49 *PB*	130
Kate Brennan	41:49 *PB*	171

9th July Sale 5K Sizzlers (Race 2)

Name	Time	of 397
Roberto Raso	18:37	75
Linda Rix	23:10	269

7th July Rochdale 10K

Name	Time	of 341
Emily Rawlins	1:01:46	311
Nina Barthel	1:10:50	338

5th July Lymm 10K Trail

Name	Time	of 170
Kate Brennan	53:00 *PB*	104

5th July Southport Half Marathon

Name	Time	of 963
Greig Frankland	1:37:16 *PB* (-0:10)	161

5th July Wythenshawe Park 5K GRL

Name	Time	of 49
Nico Gibert	21:00	6

4th July Worsley Woods PR

Name	Time	of 338
Jordan Millar	22:00 *PB* (-0:11)	49

4th July Wythenshawe PR

Name	Time	of 252
Greig Frankland	26:20	99

4th July South Manchester PR

Name	Time	of 278
Thomas Blackburn	20:27	31
Nico Gibert	21:06	45

1st July Offerton 10K

Name	Time	of 177
------	------	--------

James Moles	39:02	7
Steve Hatton	43:55	24
David Chambers	44:16	27
Thomas Blackburn	47:05	42
Jordan Millar	48:24	57
Lucy Etchells	48:27	58
Daniel Bennett	51:28	81

28th June Cross Bay Challenge Half Marathon

Name	Time	of 178
Steve Hatton	1:38:36	11
David Chambers	1:40:50	12
Nico Gibert	1:50:17	31
Iain Buchan	1:50:46	32
Tom Arnold	1:52:43	34
Jordan Millar	1:52:43	35
Lee Marjoram	1:54:24	40
Angelo Tomasso	2:04:50	68

28th June Platt Fields 10K

Name	Time	of 56
Greig Frankland	46:29	32

28th June Wythenshawe Park 5K GRL

Name	Time	of 38
Greig Frankland	21:08	6

27th June Lancaster 5K Summer Series (Race 2)

Name	Time	of 118
Stephen Brown	20:16 *PB* (-0.42)	53
Greig Frankland	20:29 *PB* (-0.14)	56

27th June Lyme Park PR

Name	Time	of 70
Heather Clarkson	26:01	34

27th June Wythenshawe PR

Name	Time	of 243
Greig Frankland	21:26	17

27th June South Manchester PR

Name	Time	of 343
Lucy Ironmonger	22:23 *PB*	83
Venetta Uye	25:55 *PB*	179

25th June Warrington 10K

Name	Time	of 421
David Chambers	40:24	23
Steve Hatton	40:45 *PB* (-0.01)	31
Thomas Blackburn	43:03	59

Lucy Etchells	44:38 *PB* (-1.19)	81
---------------	--------------------	----

25th June Sale 5K Sizzlers (Race 1)

Name	Time	of 419
Roberto Raso	18:52	100
Greig Frankland	20:43 *PB* (-0.12)	180

21st June Freckleton Half Marathon

Name	Time	of 601
Michael Thorley	1:38:25	132
Julie Virgin	1:52:21	288
Heather Clarkson	1:52:22	289

21st June Milltown to Moors 10K

Name	Time	of 335
Paul Whydall	52:22 *PB*	170

20th June Tour of Tameside Hadfield Half Marathon

Name	Time	of 293
Nico Gibert	1:46:06	79

20th June Worsley Woods PR

Name	Time	of 258
Joe Carne	20:11	13

20th June South Manchester PR

Name	Time	of 278
David Chambers	21:02	37

18th June Salford Quays 5K GRL

Name	Time	of 64
Greig Frankland	20:55 *PB* (-0.15)	11

17th June Tintwistle Gala Round the Resers 5 Mile MT

Name	Time	of 305
Daniel Murphy	32:35 *PB*	49
David Chambers	34:48	94
Heather Clarkson	40:42	210
Julie Virgin	41:04	212

17th June Salford Scorcher 5K (Race 1)

Name	Time	of 41
Greig Frankland	21:10 *PB*	27

14th June Marsden 10 Mile Challenge

Name	Time	of 143
Jono Guildford	1:12:00	8
Roberto Raso	1:18:53	22
Thomas Blackburn	1:20:32	27
Amir Dar	1:20:32 *PB*	28
Angelo Tomasso	1:35:03	71

Linda Rix	1:36:52	77
Steve Alcock	1:40:52 *PB*	90
Matt Coddard	1:40:52 *PB*	91

14th June Liverpool Rock n Roll Half Marathon

Name	Time	of 5,529
Steve Hatton	1:28:36 *PB* (-1.30)	108
Joe Carne	1:29:28	127
Greig Frankland	1:37:26 *PB*	376
David Chambers	1:37:50	389
Jordan Millar	1:39:17 *PB* (-0.40)	454
Jane Fletcher	1:49:49 *PB*	1201

14th June Birchfields Park 5K GRL

Name	Time	of 10
Nico Gibert	21:07	2

13th June South Manchester Park Run

Name	Time	of 311
Thomas Blackburn	20:10	32
James Fox	21:12 *PB* (-0.29)	50

7th June Lakeland Trails Coniston Half Marathon Race

Name	Time	of 259
Claire Naylor	2:35:03 *PB*	257

7th June Mersey Tunnel 10K

Name	Time	of 2,795
James Moles	37:22	15
Jono Guildford	39:26	44
Steve Hatton	40:46 *PB* (-0.15)	64
Amir Dar	42:31	115
Peter Greatbanks	44:55	210
Michael Thorley	45:12 *PB*	226
Greig Frankland	45:12 *PB*	227
Lucy Etchells	45:57 *PB*	273
Lee Marjoram	48:24	457
John Lowe	48:29	460
Steve Scott	49:04	509
Stephen Weigh	50:03	602
Angelo Tomasso	50:23	632
Phillipa Pether	52:06	810

6th June Grasmere Gallop 17K Trail Run

Name	Time	of 152
Roberto Raso	1:22:59	26
Linda Rix	1:45:43	103

6th June Grasmere Gallop 10K Trail Run

Name	Time	of 303
------	------	--------

Nico Gibert	49:35	26
-------------	-------	----

6th June South Manchester Park Run

Name	Time	of 446
Daniel Murphy	19:03	20
David Chambers	19:22	29

6th June Worsley Woods Park Run

Name	Time	of 450
Joe Carne	20:33	30

31st May Comrades Marathon, South Africa 87.7 km

Name	Time	of 13,006
James Fox	11:21:14	8,536

31st May Edinburgh Half Marathon

Name	Time	of 8,772
Peter Greatbanks	1:38:13 *PB*	833

30th May Watergrove Park Run, Rochdale

Name	Time	of 40
Lucy Etchells	24:23 *PB*	7 (1st Female)

16th May South Manchester Park Run

Name	Time	of 421
James Moles	18:16	4
Steve Hatton	19:58	21
Brendan Mullaney	21:49 *PB*	65
John Lowe	21:56	68
Jordan Millar	22:11 *PB* (-1:13)	79

13th May Mad Hatter's Trail Race 5 mile

Name	Time	of 220
Jono Guildford	33:46	21
David Chambers	35:32	33
Steve Hatton	36:30 *PB*	44
James Fox	36:42 *PB*	47
Julie Virgin	44:27	146
Heather Clarkson	44:28	147
Henry Walker	55:54	210

10th May Morrisons Great Manchester Run 10K

Name	Time	of 25,535
James Moles	35:41 *PB* (-0:08)	74
Steve Hatton	41:24	575
James Fox	42:29 *PB* (-2:43)	738
Peter Greatbanks	43:20 *PB* (-0:51)	951
David Chambers	43:24	967
Iain Buchan	43:54	1145
Nico Gibert	44:04	1216

Jordan Millar	44:41 *PB* (-0:38)	1460
Stuart Leonard	46:03 *PB*	2024
Stephen Weigh	47:18	2650
John Lowe	47:46	2934
Dan Whittaker	48:31	3359
Daniel Barratt	49:16	3887
Philippa Bather	51:15 *PB* (-0.10)	5292
James Pearson	58:03 *PB*	11157
Emily Rawlins	1:00:25 *PB*	13363
Zoe Beswitherick	1:10:32 *PB*	19999

9th April South Manchester PR

Name	Time	of 316
David Chambers	20:14	37

2nd May It's A Piece of Cake 10K

Name	Time	of 157
Jono Guildford	39:29	7
David Chambers	41:23	14
Roberto Raso	41:32	16
Amir Dar	42:23	17
Steve Hatton	43:33	23
Peter Symonds	43:52 *PB*	25
Peter Greatbanks	44:11 *PB*	30
Iain Buchan	44:44	35
Ian Williamson	45:02 *PB*	39
Joe Yang	45:52	41
Nico Gibert	46:36	44
Neil Smith	47:08 *PB*	53
Daniel Jarvis	47:38 *PB*	60
Tom Arnold	48:14	66
Graham Bateson	48:33	67
Daniel Barratt	48:56 *PB*	71
Ruth Travis	49:06	72
Stephen Weigh	49:08	77
Paula Medley	49:19	79
Greg Keynes	50:35	85
Jordan Millar	50:45	86
Linda Rix	51:09	88
Jose Fernandez	51:18	91
Colin Lea	51:25	94
Philippa Bather	52:18	101
Adrian Vickers	54:18	108
Daniel Eccles	54:49	112
Mong-Yang Loh	55:15	115
Henry Walker	1:00:31	137

Mel Johnson	1:00:39	138
Emma Shale	1:01:10 *PB*	140

26th April London Marathon

Name	Time	of ???
Tom Blackburn	3:40:11	8,161
Jordan Millar	3:52:53 *PB*	11,546
Emma Reilly	4:09:49 *PB* (-2:20)	16,380
Timothy Crump	4:32:34 *PB*	22,461

26th April Bolton 10k

Name	Time	of 677
Jono Guildford	40:29	33
Amir Dar	44:43	92
Nico Gibert	48:29	171
Ruth Travis	50:52	230

26th April Blackpool Half Marathon

Name	Time	of 938
Paula Medley	1:49:17	261

25th April South Manchester PR

Name	Time	of 513
Joe Yang	21:52	102

25th April Burnage PR

Name	Time	of 92
Mel Johnson	27:39	51

23rd April Round The Runway, Mobberley (5.3 miles)

Name	Time	of 397
Dave Chambers	34:40	71

19th April Greater Manchester Marathon

Name	Time	of ???
James Moles	2:40:51 *PB* (-0:42)	41
James Fox	3:20:34 *PB* (-46:12)	1,404
Steve Hatton	3:22:30 *PB*	1,486
David Darton	3:46:02	2,970
Colin Lea	3:59:40	3,998

18th April Cheshire 10k

Name	Time	of 1,045
Rob Raso	39:05	88
John Lowe	44:21 *PB* (-1:46)	239
Linda Rix	48:24	337
Angelo Tomasso	48:56	357

18th April Burnage PR

Name	Time	of 135
Mel Johnson	29:10	83

15th April Chester Spring 5 mile

Name	Time	of 312
Dave Chambers	31:37 *PB*	71

12th April Paris Marathon

Name	Time	of 40,172
James Moles	2:42:15	175

12th April Vienna Marathon

Name	Time	of 5,949
Nina Barthel	5:37:33 *PB*	5,871

12th April Vienna Half Marathon

Name	Time	of 13,808
Zoe Beswitherick	2:57:02 *PB*	13,750

12th April Brighton Marathon

Name	Time	of 9,200
Heather Clarkson	4:11:35	3,736
Julie Virgin	4:11:35	3,737

12th April Great Run Local Wythenshawe

Name	Time	of 53
Nico Gibert	20:57	7

11th April Worsley Woods PR

Name	Time	of 230
Joe Carne	20:31	21
Jordan Millar	23:24 *PB* (-1:15)	47

11th April South Manchester PR

Name	Time	of 313
Nico Gibert	20:59	47

11th April Heaton Park PR

Name	Time	of 495
Stephen Brown	23:25	84

4th April Delamere PR

Name	Time	of 277
Dave Chambers	20:21	16

3rd April Salford Good Friday 10k

Name	Time	of 545
Jono Guildford	38:55	143
Joe Carne	40:04	166
Amir Dar	42:01 *PB* (-2:54)	207
Phil Facey	43:05	232
David Darton	44:51	278
Jordan Millar	45:19 *PB* (-4:03)	292

Paula Medley	48:03 *PB* (-0:36)	346
Colin Lea	51:45	406

29th March Ron Hill Accrington 10k

Name	Time	of 499
Rob Raso	42:19	69
Linda Rix	52:17	233

29th March Liverpool Half Marathon

Name	Time	of 4,983
UKA3137809	1:57:15 *PB* (-1:21)	2,634

29th March Great Run Local Wythenshawe

Name	Time	of 36
Nico Gibert	20:40	6

28th March South Manchester PR

Name	Time	of 358
Dave Chambers	20:22	22
Nico Gibert	21:22	33
Nina Barthel	30:47	262

26th March Great Run Local Salford Quays

Name	Time	of 95
Ian Roberts	20:37	14

22nd March Wilmslow Half Marathon

Name	Time	of 4,107
Tom Blackburn	1:27:02 *PB*	263
Jono Guildford	1:27:32	286
Joe Carne	1:27:55 *PB* (-5:53)	300
Steve Hatton	1:30:06 *PB* (-0:46)	417
Phil Facey	1:31:15	462
Ian Roberts	1:31:40	486
Amir Dar	1:34:12 *PB*	611
James Fox	1:34:42 *PB*	637
Michael Thorley	1:35:09 *PB*	663
Nico Gibert	1:37:20 *PB* (-0:01)	806
Lee Marjoram	1:38:36	877
Jordan Millar	1:39:57 *PB* (-6:36)	962
Tom Arnold	1:41:26	1,055
Graham Bateson	1:41:51	1,081
Stephen Weigh	1:45:39	1,393
Timothy Crump	1:46:54 *PB*	1,502
John Lowe	1:47:23	1,550
Angelo Tomasso	1:48:14	1,622
Steve Scott	1:48:54	1,672
Emma Reilly	1:49:10 *PB* (-2:06)	1,692

Marwan Bukhari	1:50:57	1,858
Jose Fernandez	1:54:30	2,183
Garry Clarke	1:55:25 *PB*	2,263
Ka Man Parkinson	1:55:58	2,306
Kirstie Power	1:56:24	2,343
Dan Whittaker	1:56:59	2,399
UKA3137809	1:58:36 *PB* (-1:22)	2,559
Krisna Lakhani	2:10:11	3,288
Emma Shale	2:19:21 *PB*	3,664
Mel Johnson	2:22:17	3,716

22nd March Oldham Way Ultra (40 miles)

Name	Time	of 78
Ruth Travis	9:51:14	55 (4th Female)

22nd March Trimpell 20

Name	Time	of 530
James Moles	2:06:05	13

21st March South Manchester PR

Name	Time	of 355
Tom Blackburn	19:18	17

15th March Barcelona Marathon

Name	Time	of 15,499
Jono Guildford	3:14:56	1,792

15th March Great Run Local Wythenshawe

Name	Time	of 58
Nico Gibert	20:43	6

15th March Sweatshop 10 mile, Blackpool

Name	Time	of 274
Nina Barthel	2:00:36	269

14th March South Manchester PR

Name	Time	of 373
Nico Gibert	21:32	61

14th March Worsley Woods PR

Name	Time	of 224
Joe Carne	19:57 *PB* (-0:43)	11

14th March Cuerden Valley PR

Name	Time	of 159
Ruth Travis	24:48	30

8th March Oulton Park Half Marathon

Name	Time	of 672
Ian Roberts	1:33:33	69

8th March Great Run Local Wythenshawe

Name	Time	of 49
Nico Gibert	20:43	4

8th March Trafford 10k

Name	Time	of 841
Joe Carne	40:02 *PB* (-3:35)	297
Rob Raso	40:06	300
Phil Facey	41:45	358

8th March Wrexham Half Marathon

Name	Time	of 423
Heather Clarkson	1:57:16	224
Julie Virgin	1:57:17	225

8th March Roddlesworth Roller MT (5.6 miles)

Name	Time	of 177
Ruth Travis	51:28	118

7th March South Manchester PR

Name	Time	of 393
Tom Blackburn	19:08	14
Steve Hatton	19:50 *PB* (-0:19)	26
Nico Gibert	21:52	78
Lee Marjoram	22:09	86
Dave Chambers	23:26	125
Angelo Tomasso	23:27	127
John Lowe	23:49	136
Jordan Millar	24:39 *PB* (-3:10)	152

7th March Heaton Park PR

Name	Time	of 546
Stephen Brown	22:53	66

7th March Cuerden Valley PR

Name	Time	of 150
Ruth Travis	25:05	39

1st March High Legh 10k

Name	Time	of 485
James Moles	37:09	15
Tom Blackburn	38:51 *PB* (-0:06)	26
Jono Guildford	40:31	37
Amir Dar	44:58	104
James Fox	45:12 *PB* (-1:35)	109
Dan Whittaker	46:39 *PB* (-0:36)	128
Angelo Tomasso	48:40	168
Michael Goldie	54:44	293
Nina Barthel	1:07:03	444

1st March Great Run Local Wythenshawe

Name	Time	of 77
Nico Gibert	21:06	5

1st March Trotters 5 mile Multi-Terrain, Bolton

Name	Time	of 342
Ruth Travis	45:30	203

28th February Castlewellan 10k

Name	Time	of 518
Gerard Victory	46:40	97
Joaquin Ramos Gallego	46:40	98
Lee Marjoram	48:40	139

28th February South Manchester PR

Name	Time	of 421
Nico Gibert	20:56	55
Stuart Leonard	21:56	86
Nina Barthel	30:34 *PB* (-0:26)	319

28th February Heaton Park PR

Name	Time	of 476
Stephen Brown	21:52	54

22nd February Rhyl 10 mile

Name	Time	of 462
James Moles	59:53 *PB* (-1:56)	11
Steve Hatton	1:06:47 *PB* (-2:05)	36
James Fox	1:12:24 *PB* (-3:27)	94

22nd February Great North West Half Marathon

Name	Time	of 1,250
Joe Carne	1:33:48 *PB* (-9:17)	148
Phil Facey	1:38:50	224
Jordan Millar	1:46:33 *PB*	371

22nd February Great Run Local Wythenshawe Park

Name	Time	of 52
Nico Gibert	25:54	25

22nd February Terry Nortley 10 mile Multi Terrain

Name	Time	of 185
Ruth Travis	1:27:15	116

21st February Standish Hall Trail 10k

Name	Time	of 239
Ruth Travis	55:52	149

21st February South Manchester PR (Battle of the Sexes 3)

Name	Time	of 354
Tom Blackburn	18:58 *PB* (-0:33)	25
Joe Carne	20:59	53

Nico Gibert	21:29	64
James Fox	21:41 *PB* (-1:03)	70
Amir Dar	21:50	73
Lee Marjoram	22:40	94
Angelo Tomasso	24:25	138
Greg Keynes	25:08	157

14th February La Course de la Saint Valentine 10k, Paris

Name	Time	of 392
Angelo Tomasso	48:37	138
Lee Marjoram	48:37	138

14th February Men's MACCL Race 5 Wythenshawe Park

Name	Time	of 284
Jono Guildford	36:50	125
Steve Hatton	38:13	159
Joe Carne	39:08	175
Rob Raso	39:41	187
Phil Facey	41:23	217
Amir Dar	41:40	227
Stephen Weigh	42:10	235
Jordan Millar	42:20	240
Dan Whittaker	42:58	248
Graham Bateson	44:03	254
Andrew Pilling	44:08	255
James Fox	44:22	259
Henry Walker	56:11	282

14th February Women's MACCL Race 5 Wythenshawe Park

Name	Time	of 166
Linda Rix	39:33	112
Mel Johnson	46:51	153

14th February South Manchester Parkrun

Name	Time	of 312
Tom Blackburn	19:31 *PB* (-0:07)	17

14th February Worsley Woods Parkrun

Name	Time	of 168
Joe Carne	22:11	9

14th February Heaton Park Parkrun

Name	Time	of 495
Stephen Brown	21:46	48

8th February Southport Mad Dog 10k

Name	Time	of 1,982
Nina Barthel	1:04:24 *PB* (-2:43)	1,618

8th February Blackburn Winter Warmer 10k

Name	Time	of 477
Rob Raso	42:30	56
Linda Rix	50:24	200

7th February South Manchester Parkrun

Name	Time	of 332
Stuart Leonard	21:00 *PB*	49
Tom Arnold	21:06	53
Emma Shale	27:45 *PB*	203

7th February Preston Parkrun

Name	Time	of 257
Ruth Travis	23:35	67

7th February Heaton Park Parkrun

Name	Time	of 542
Stephen Brown	22:38	97

1st February Alsager 5 mile

Name	Time	of 896
Tom Blackburn	31:22 *PB*	159
Angelo Tomasso	39:33	498

1st February Great Run Local Wythenshawe Park

Name	Time	of 46
Nico Gibert	20:52	6

31st January South Manchester PR

Name	Time	of 294
Nico Gibert	21:14	35
Nina Barthel	31:00 *PB* (-0:08)	238

31st January Worsley Woods PR

Name	Time	of 182
Joe Carne	24:20	24
Jordan Miller	27:49 *PB*	58

25th January Great Run Local Wythenshawe Park

Name	Time	of 44
Nico Gibert	20:46	10

24th January South Manchester PR

Name	Time	of 343
Tom Blackburn	19:38 *PB* (-0:52)	26

24th January Temple Newsam PR

Name	Time	of 172
Helen Watkins	24:47	35

24th January Women's Northern Cross Country Championships

Name	Time	of 342

24th January Men's Northern Cross Country Championships

Name	Time	of 697
James Moles	48:46	274
Jono Guildford	51:35	401
Rob Raso	57:25	549
Amir Dar	58:22	569
James Fox	1:01:09	617
Dan Whittaker	1:01:24	623
Henry Walker	1:15:10	687

18th January Great Run Local Wythenshawe Park

Name	Time	of 30
Nico Gibert	21:48	4

17th January Hebden 22

Name	Time	of 156
Ruth Travis	6:21	128

17th January Burnage Parkrun

Name	Time	of 174
Lee Marjoram	26:52	93

10th January Men's MACCL Race 4 Heaton Park

Name	Time	of 333
Dave Chambers	44:32	138
Jono Guildford	45:36	167
Rob Raso	48:55	225
Joe Carne	49:20	232
Amir Dar	51:24	271
Stephen Weigh	51:43	275
Dan Whittaker	53:46	302
James Fox	56:30	317
Timothy Crump	58:22	324

10th January Women's MACCL Race 4 Heaton Park

Name	Time	of 193
Ruth Travis	46:22	107
Linda Rix	47:56	119
Philippa Bather	48:43	127
Paula Medley	50:55	140
Mel Johnson	55:06	162
Nina Barthel	1:07:09	190

10th January Temple Newsam Parkrun

Name	Time	of 121
Helen Watkins	25:10	36

10th January South Manchester Parkrun

Name	Time	of 381
-------------	-------------	---------------

Tom Blackburn	20:30 *PB*	23
Paul Jaqqs	27:41	191

4th January Great Run Local Wythenshawe Park

Name	Time	of 27
Nico Gibert	21:56	6

3rd January Women's Greater Manchester Cross Country

Name	Time	of 41
Ruth Travis	44:31	27
Linda Rix	46:09	31
Nina Barthel	1:06:28	40

3rd January Men's Greater Manchester Cross Country

Name	Time	of 86
James Moles	50:47	39
Dave Chambers	54:59	52
Nico Gibert	59:22	63
Jono Guildford	59:55	65
Steve Hatton	1:00:14	67
Amir Dar	1:01:33	76
Rob Raso	1:01:49	77
Joe Carne	1:04:03	81
Jordan Millar	1:04:09	84

1st January Temple Newsam PR

Name	Time	of 307
Helen Watkins	26:25	138

1st January Woodhouse Moor PR

Name	Time	of 323
Helen Watkins	23:41	121

1st January Bolton Parkrun

Name	Time	of 254
Ruth Travis	25:04	67

Manchester Frontrunners are:

A member of International Frontrunners



Affiliated to England Athletics