

27th December Wythenshawe Park GRL

POSTED BY JONO ON 12:27 PM IN RESULTS |

Name	Time
Nico Gibert	21:06

26th December Parkruns

POSTED BY JONO ON 12:23 PM IN RESULTS |

South Manchester	Time
Orla Judge	27:19
Gibside	Time
Martin Dunn	19:45
Stretord	Time
Greig Frankland	24:28

26th December Chevin Chase 7 mile

POSTED BY JONO ON 12:20 PM IN RESULTS |

Name	Time
Lucy Etchells	53:36

25th December Parkruns

POSTED BY JONO ON 9:22 PM IN RESULTS |

Ayr	Time
Nico Gibert	23:29
South Manchester	Time
Orla Judge	27:15

20th December Wythenshawe Park GRL

POSTED BY JONO ON 12:18 PM IN RESULTS |

Name	Time
Nico Gibert	21:28

19th December Parkruns

POSTED BY JONO ON 12:13 PM IN RESULTS |

Pennington Flash	Time
Kieran Welsh	23:56 *PB*
Delamere	Time
David Chambers	22:12
Stretord	Time
Martin Dunn	18:25 *PB* (-0:16)
Lucy Etchells	20:09

12th December Parkruns

POSTED BY JONO ON 11:58 PM IN RESULTS |

South Manchester	Time
Orla Judge	27:57
Stretford	Time
Lucy Etchells	20:07 *PB* (-0:39)
Stephen Moran	22:40
Joe Yang	25:38

10th December Salford Quays GRL

POSTED BY JONO ON 12:00 AM IN RESULTS |

Name	Time
Greig Frankland	20:51

6th December Stockport 10 mile

POSTED BY JONO ON 12:14 PM IN RESULTS |

Name	Time
James Moles	1:01:14
Jono Guildford	1:03:49
Thomas Blackburn	1:08:27
Steve Hatton	1:08:44
Martin Dunn	1:09:25 *PB* (-0:34)
Greig Frankland	1:12:36 *PB* (-1:11)
Amir Dar	1:16:28
Jane Fletcher	1:18:37 *PB*
Julie Virgin	1:24:20

Heather Clarkson	1:24:20
Paula Medley	1:24:50
Jo Gruchy	1:27:22 *PB*
Kate Brennan	1:28:49 *PB*
Orla Judge	1:40:02 *PB* (-1:34)
Johnathon Finlay	1:48:26 *PB*

5th December Men's XC Boggart Hole Clough 9.6K

POSTED BY JONO ON 12:11 PM IN RESULTS |

Name	Time
James Moles	41:39
Tom Bardwell	41:49
Jono Guildford	43:06
Martin Dunn	44:03
Steve Hatton	45:33
Thomas Blackburn	46:13
James Pearson	48:17
Tom Fraser	49:28
Amir Dar	49:31
Jordan Millar	51:45
Roberto Raso	53:17
Joe Carne	53:57
Nico Gibert	53:59
James Fox	56:53

5th December Women's XC Boggart Hole Clough 7.6K

POSTED BY JONO ON 12:09 PM IN RESULTS |

Name	Time
Jane Fletcher	41:46
Linda Rix	45:35
Paula Medley	47:28
Emma Reilly	47:52
Claire Naylor	51:24
Emily Rawlins	56:35

5th December Parkruns

POSTED BY JONO ON 9:52 AM IN RESULTS |

South Manchester	Time
Orla Judge	30:33
Stretford	
Tom Bardwell	19:00
James Fox	20:17
Nico Gibert	21:54
Stephen Moran	22:21

3rd December Salford Quays GRL

POSTED BY JONO ON 11:50 PM IN RESULTS |

Name	Time
Greig Frankland	22:07

29th November Xmas Pudding 5 mile Dash, Wythenshawe

POSTED BY JONO ON 8:02 PM IN RESULTS |

Name	Time
Thomas Blackburn	34:56
Greig Frankland	37:59
Nico Gibert	39:40

29th November City of Salford Women's 5.25 mile

POSTED BY JONO ON 5:59 PM IN RESULTS |

Name	Time
Paula Medley	42:04
Heather Clarkson	42:10
Orla Judge	48:54
Emma Shale	49:18
Amanda Raffo	51:41
Jacqueline Swain	51:46
Nina Barthel	55:33
Zoe Beswitherick	57:10

29th November Wythenshawe GRL

POSTED BY JONO ON 5:58 PM IN RESULTS |

Name	Time
Thomas Blackburn	19:10
Nico Gibert	21:36
Greig Frankland	22:50

28th November Parkruns

POSTED BY JONO ON 5:53 PM IN RESULTS |

Heaton	Time
Martin Dunn	18:46
South Manchester	Time
Nico Gibert	22:01
Orla Judge	33:44
Stretford	Time
Steve Hatton	19:17
Stephen Moran	22:18 *PB*

26th November Salford Quays GRL

POSTED BY JONO ON 10:44 PM IN RESULTS |

Name	Time
Thomas Blackburn	18:49
Greig Frankland	21:40

22nd November Wythenshawe GRL

POSTED BY JONO ON 10:57 PM IN RESULTS |

Name	Time
Thomas Blackburn	18:46
Greig Frankland	21:04
Nico Gibert	21:29

22nd November Conwy Half Marathon

POSTED BY JONO ON 10:45 PM IN RESULTS |

Name	Time
Nina Barthel	2:43:05
Zoe Beswitherick	2:43:07 *PB* (-13:55)

21st November Parkruns

POSTED BY JONO ON 10:55 PM IN RESULTS |

Heaton	Time
Orla Judge	30:15
South Manchester	
Steve Hatton	20:22
Lucy Etchells	20:53
Nico Gibert	22:26
Wilmslow	
Michael Thorley	21:45

19th November Salford Quays GRL

POSTED BY JONO ON 10:54 PM IN RESULTS |

Name	Time
Greig Frankland	21:16
Nico Gibert	22:59

15th November Preston 10 mile

POSTED BY JONO ON 4:31 PM IN RESULTS |

Name	Time
James Moles	1:00:26
Thomas Blackburn	1:04:18 *PB* (-2:30)
Tom Bardwell	1:04:58 *PB*
Jono Guildford	1:06:12
Amir Dar	1:06:59 *PB* (-13:33)
Roberto Raso	1:07:23
Steve Hatton	1:08:44
Martin Dunn	1:09:59 *PB*
Greig Frankland	1:14:24
Jordan Millar	1:15:24 *PB*
Linda Rix	1:24:31
Orla Judge	1:41:36 *PB*

15th November Leeds Abbey Dash 10K

POSTED BY JONO ON 4:29 PM IN RESULTS |

Name	Time
Lucy Etchells	42:06 *PB* (-0:37)
Jane Fletcher	43:41 *PB* (-1:11)

15th November Wythenshawe GRL

POSTED BY JONO ON 4:22 PM IN RESULTS |

Name	Time
Nico Gibert	21:35

14th November Parkruns

POSTED BY JONO ON 4:23 PM IN RESULTS |

South Manchester	Time
Thomas Blackburn	19:43
Orla Judge	29:46

Wythenshawe	Time
Greig Frankland	23:27

Worsley Woods	Time
Tom Arnold	22:30

Delamere	Time
David Chambers	20:46

Stretford	Time
James Moles	18:30
Martin Dunn	18:41 *PB* (-0:04)
Tom Bardwell	19:48 *PB*
Nico Gibert	21:21
Michael Thorley	21:23 *PB*
Paula Medley	23:38 *PB*
Graham Bateson	23:46

12th November Salford Quays GRL

POSTED BY JONO ON 4:20 PM IN RESULTS |

Name	Time
Greig Frankland	21:46

Nico Gibert	22:18
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8th November Wythenshawe Park GRL

POSTED BY JONO ON 6:08 PM IN RESULTS |

Name	Time
Nico Gibert	21:14
Greig Frankland	21:35

8th November Lytham Windmill 10K

POSTED BY JONO ON 4:18 PM IN RESULTS |

Name	Time
Paula Medley	48:24

7th November Men's XC Sherdley Park 9K

POSTED BY JONO ON 6:11 PM IN RESULTS |

Name	Time
Martin Dunn	39:05
Tom Bardwell	39:09
Jono Guildford	39:59
Thomas Blackburn	40:49
Joe Carne	41:16
Roberto Raso	41:41
Thomas Deakin	42:07
Amir Dar	42:22
Peter Greatbanks	42:24
Steve Alcock	44:29
Michael Thorley	46:06
David Chambers	48:01
Jordan Millar	48:41
Dan Whittaker	50:46
Phil Dutton	51:53
Craig Isherwood	53:45

7th November Women's XC Sherdley Park 8K

POSTED BY JONO ON 6:10 PM IN RESULTS |

Name	Time
Lucy Etchells	33:09

Jane Fletcher	34:50
Linda Rix	39:58
Claire Naylor	47:34

7th November Warrington Way 40+ mile Trail

POSTED BY JONO ON 6:07 PM IN RESULTS | 1 COMMENT

Name	Time
James Moles	6:40:00

7th November Cheshire 10K

POSTED BY JONO ON 6:05 PM IN RESULTS |

Name	Time
Steve Hatton	39:19 *PB* (-1:26)
Jordan Millar	43:22 *PB* (-0:28)
David Chambers	43:38

7th November Parkruns

POSTED BY JONO ON 6:04 PM IN RESULTS |

South Manchester	Time
Orla Judge	27:11

5th November Salford Quays GRL

POSTED BY JONO ON 6:03 PM IN RESULTS |

Name	Time
Greig Frankland	21:16

1st November Striders Trail 5 mile

POSTED BY JONO ON 8:10 PM IN RESULTS |

Name	Time
Thomas Blackburn	33:42
Jono Guildford	33:53
Amir Dar	36:19 *PB*
James Fox	36:35 *PB* (-0:07)
Lucy Etchells	36:41 *PB*
Steve Alcock	37:58 *PB*
Jane Fletcher	38:21 *PB*
Stephen Moran	40:05 *PB*

Kieran Welsh	42:08 *PB*
Craig Isherwood	46:06 *PB*

1st November Great Run Locals

POSTED BY JONO ON 8:03 PM IN RESULTS |

Wythenshawe	Time
Greig Frankland	20:14 *PB* (-0:15)
Debdale Park	
Orla Judge	27:44

31st October Parkruns

POSTED BY JONO ON 8:01 PM IN RESULTS |

South Manchester	Time
Thomas Blackburn	18:42 *PB* (-0:01)
Martin Dunn	18:45 *PB* (-0:14)
Steve Hatton	19:15
Jordan Millar	20:41 *PB* (-1:18)
Orla Judge	26:19 *PB* (-0:03)
Wythenshawe Park	
Greig Frankland	22:22

25th October Wythenshawe Park GRL

POSTED BY JONO ON 7:23 PM IN RESULTS |

Name	Time
James Moles	18:07
Greig Frankland	21:23

24th October Parkruns

POSTED BY JONO ON 7:21 PM IN RESULTS |

South Manchester	Time
Martin Dunn	18:59 *PB* (-0:17)
James Fox	20:05 *PB* (-0:19)
Orla Judge	26:22 *PB* (-0:10)
Worsley Woods	
	Time

Steve Hatton	19:33
Jordan Millar	21:59 *PB* (-0:01)

18th October Amsterdam Marathon

POSTED BY JONO ON 9:50 PM IN RESULTS |

Name	Time
James Moles	2:44:32
Jono Guildford	3:04:11
Thomas Blackburn	3:09:14 *PB* (-27:59)
James Fox	3:13:52 *PB* (-6:42)
Amir Dar	3:17:45 *PB*
Michael Thorley	3:28:58 *PB*
Jordan Millar	3:35:49 *PB* (-17:04)

18th October Amsterdam Half Marathon

POSTED BY JONO ON 9:49 PM IN RESULTS |

Name	Time
Steve Hatton	1:30:46
Stephen Brown	1:34:16 *PB* (-3:21)
Greig Frankland	1:36:43 *PB* (-0:33)
Nico Gibert	1:38:37
Andrew Porter	1:43:04 *PB* (-7:00)
John Lowe	1:44:12 *PB* (-2:41)
Heather Clarkson	1:47:24 *PB* (-2:35)
Julie Virgin	1:47:24 *PB* (-0:15)
Carl Lane	1:51:11 *PB*
Lee Marjoram	1:56:46
Steve Weigh	1:56:47
Angelo Tomasso	1:56:49
Emma Reilly	1:58:03
Nina Barthel	2:27:02 *PB* (-1:58)
Mel Johnson	2:53:08

18th October Amsterdam 8K

POSTED BY JONO ON 9:47 PM IN RESULTS |

Name	Time
Christopher Marsland	44:37

Craig Brown

44:38

18th October Birchfields GRL

POSTED BY JONO ON 9:44 PM IN RESULTS |

Name

Time

David Chambers

19:13

18th October Great Birmingham Half Marathon

POSTED BY JONO ON 7:20 PM IN RESULTS |

Name

Time

Paul Whydall

2:06:25 *PB* (-3:35)

17th October Parkruns

POSTED BY JONO ON 9:45 PM IN RESULTS |

Heaton

Time

Martin Dunn

19:16 *PB*

South Manchester

Time

Orla Judge

26:58

Nina Barthel

32:26

Worsley Woods

Time

Joe Carne

19:45

17th October Elletson Arms 10K, Pilling

POSTED BY JONO ON 7:18 PM IN RESULTS |

Name

Time

Roberto Raso

39:10

Linda Rix

47:11

15th October Salford Quays GRL

POSTED BY JONO ON 9:43 PM IN RESULTS |

Name

Time

Greig Frankland

21:34

11th October Birchfields GRL

POSTED BY JONO ON 9:40 PM IN RESULTS |

Name	Time
Greig Frankland	21:50

11th October Yorkshire 10 mile, York

POSTED BY JONO ON 9:07 PM IN RESULTS |

Name	Time
Nico Gibert	1:16:19

11th October Gin Pit 5 mile, Tyldesley

POSTED BY JONO ON 7:17 PM IN RESULTS |

Name	Time
Roberto Raso	34:29
Linda Rix	39:27

11th October Chichester Half Marathon

POSTED BY JONO ON 6:52 PM IN RESULTS |

Name	Time
Philippa Bather	1:56:14

11th October Wythenshawe GRL

POSTED BY JONO ON 6:48 PM IN RESULTS |

Name	Time
Greig Frankland	21:16

10th October Women's XC Woodbank Park 8.5K

POSTED BY JONO ON 7:03 PM IN RESULTS |

Name	Time
Lucy Etchells	38:28
Jane Fletcher	40:20
Linda Rix	44:40
Paula Medley	45:07
Lucy Ironmonger	46:05
Venetta Uye	50:12
Claire Naylor	53:08
Nina Barthel	1:00:39

10th October Men's XC Woodbank Park 9.5K

POSTED BY JONO ON 6:54 PM IN RESULTS |

Name	Time
James Moles	35:43
Jono Guildford	37:26
David Chambers	39:11
Steve Hatton	39:43
Martin Dunn	39:44
Joe Carne	40:31
James Pearson	41:21
Roberto Raso	41:26
Amir Dar	41:36
Thomas Deakin	41:37
Jordan Millar	42:05
Stephen Brown	42:16
Peter Greatbanks	42:24
Phil Facey	42:37
Jack Coffin	42:39
Greig Frankland	44:14
James Fox	45:01
John Lowe	45:41
Joe Yang	45:48
Carl Lane	47:26
Dan Whittaker	49:05
Craig Isherwood	50:49

10th October Parkruns

POSTED BY JONO ON 6:37 PM IN RESULTS |

Heaton	Time
Jo Gruchy	23:42 *PB* (-0:57)
South Manchester	Time
Nico Gibert	21:21
Joe Yang	22:34
Orla Judge	26:32 *PB* (-0:07)
Nina Barthel	30:26 *PB* (-0:08)

Wythenshawe	Time
Greig Frankland	22:50

8th October Salford Quays GRL

POSTED BY JONO ON 6:45 PM IN RESULTS |

Name	Time
Greig Frankland	20:59

4th October Chester Marathon

POSTED BY JONO ON 8:41 PM IN RESULTS |

Name	Time
Angelo Tomasso	3:53:07 *PB* (-6:46)

4th October Cardiff Half Marathon

POSTED BY JONO ON 8:40 PM IN RESULTS |

Name	Time
Jane Fletcher	1:43:29

4th October Great Scottish 10K, Glasgow

POSTED BY JONO ON 8:38 PM IN RESULTS |

Name	Time
Martin Dunn	39:37 *PB* (-2:47)

4th October Great Cumbrian Half Marathon

POSTED BY JONO ON 8:36 PM IN RESULTS |

Name	Time
Jo Gruchy	1:52:26 *PB* (-1:19)

4th October Rainford 10K

POSTED BY JONO ON 8:35 PM IN RESULTS |

Name	Time
Greig Frankland	43:32 *PB* (-0:44)

4th October Wythenshawe GRL

POSTED BY JONO ON 8:33 PM IN RESULTS |

Name	Time
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Nico Gibert

21:28

4th October Great Scottish Half Marathon, Glasgow

POSTED BY JONO ON 6:48 PM IN RESULTS |

Name

Time

Jordan Millar

1:34:41 *PB* (-4:36)

3rd October Parkruns

POSTED BY JONO ON 5:40 PM IN RESULTS |

South Manchester

Time

James Moles

17:37 *PB* (-0:12)

Phil Facey

20:00

James Fox

20:50

Nico Gobert

22:53

Orla Judge

26:39 *PB* (-0:11)

Wythenshawe

Time

Greig Frankland

21:36

Worsley Woods

Time

Joe Carne

19:35

Watergrove, Rochdale

Time

Lucy Etchells

22:45

1st October Salford Quays GRL

POSTED BY JONO ON 6:42 PM IN RESULTS |

Name

Time

Greig Frankland

21:18

27th September Swinton 10 mile

POSTED BY JONO ON 6:39 PM IN RESULTS |

Name

Time

Greig Frankland

1:13:47 *PB*

27th September Birchfields Park GRL

POSTED BY JONO ON 5:56 PM IN RESULTS |

Name	Time
David Chambers	19:00

27th September Robin Hood Marathon, Nottingham

POSTED BY JONO ON 12:43 PM IN RESULTS |

Name	Time
James Moles	2:42:50

27th September Robin Hood Half Marathon, Nottingham

POSTED BY JONO ON 12:41 PM IN RESULTS |

Name	Time
Steve Weigh	1:45:18
Jo Gruchy	1:53:45 *PB*
Paul Whydall	2:10:00 *PB*

27th September Ealing Half Marathon

POSTED BY JONO ON 12:40 PM IN RESULTS |

Name	Time
Michael Thorley	1:33:54 *PB* (-1:15)

27th September Wythenshawe GRL

POSTED BY JONO ON 12:38 PM IN RESULTS, UNCATEGORISED |

Name	Time
Nico Gibert	21:05

26th September Parkruns

POSTED BY JONO ON 12:34 PM IN RESULTS |

South Manchester	Time
Thomas Blackburn	18:43 *PB* (-0:04)
Steve Hatton	19:51
James Fox	20:24 *PB* (-0:48)
Joe Yang	21:28
Orla Judge	26:50 *PB* (-3:28)

Pennington Flash	Time
Craig Isherwood	25:11 *PB*

20th September English Half Marathon, Warrington

POSTED BY JONO ON 7:55 PM IN RESULTS |

Name	Time
Jono Guildford	1:24:11
Amir Dar	1:29:51 *PB* (-4:21)
Joe Yang	1:32:15 *PB* (-11:49)
James Fox	1:32:31 *PB* (-2:11)
Peter Greatbanks	1:32:52 *PB* (-5:21)
Steve Alcock	1:33:17 *PB* (-1:10)
Jane Fletcher	1:42:38 *PB* (-7:11)

20th September Wythenshawe GRL

POSTED BY JONO ON 7:52 PM IN RESULTS |

Name	Time
Nico Gibert	21:51

20th September Cransley Hospice 10K

POSTED BY JONO ON 12:31 PM IN RESULTS |

Name	Time
Greig Frankland	45:49

19th September Parkruns

POSTED BY JONO ON 7:49 PM IN RESULTS |

South Manchester	Time
Steve Hatton	19:58
Phil Facey	20:14
Nico Gibert	21:39
Orla Judge	30:18 *PB*
Keswick	Time
David Chambers	20:18

13th September Great North Run, Half Marathon

POSTED BY JONO ON 9:07 PM IN RESULTS |

Name	Time
Thomas Blackburn	1:26:44 *PB* (-0:18)

Martin Dunn	1:30:45 *PB*
Tom Arnold	1:34:54
Greig Frankland	1:44:39
Niall Bryne	1:51:30
Paula Medley	1:56:25
Dan Whittaker	2:00:32
Kirstie Power	2:08:23
Mel Johnson	2:24:17
Nina Barthel	2:31:23

13th September Gawsworth 10K

POSTED BY JONO ON 9:05 PM IN RESULTS |

Name	Time
Heather Clarkson	52:16
Julie Virgin	52:16

12th September Parkruns

POSTED BY JONO ON 9:03 PM IN RESULTS |

Wythenshawe	Time
David Chambers	20:43
Steve Hatton	21:09

Noosa	Time
Nico Gibert	22:14

6th August South Cheshire 20 mile

POSTED BY JONO ON 11:27 PM IN RESULTS |

Name	Time
Michael Thorley	2:39:37 *PB*

6th August City of Salford 10K

POSTED BY JONO ON 10:17 PM IN RESULTS |

Name	Time
Thomas Blackburn	38:23 *PB* (-0:28)
Amir Dar	40:18 *PB* (-1:43)
James Pearson	42:00 *PB* (-2:29)
Lucy Etchells	42:43 *PB* (-1:30)

James Fox	43:33
Jordan Millar	43:50 *PB* (-0:51)
Jane Fletcher	44:52 *PB* (-0:12)
Steve Weigh	45:57
Greig Frankland	46:03
Paula Medley	46:41 *PB* (-1:22)
Carl Lane	47:00
John Lowe	47:04
Dan Whittaker	48:52
Emma Reilly	50:19 *PB* (-0:56)
Kate Brennan	50:33 *PB* (-2:27)
Daniel Barrett	52:58
Orla Judge	29:27 *PB*
Henry Walker	1:01:04
Johnathon Finlay	1:02:27 *PB*
Nina Barthel	1:08:05
Zoe Beswitherick	1:12:04

6th September Golden Ball 20 mile, Lancaster

POSTED BY JONO ON 8:45 PM IN RESULTS |

Name	Time
James Moles	2:05:34
Angelo Tomasso	3:08:26 *PB*

5th September Parkruns

POSTED BY JONO ON 8:40 PM IN RESULTS |

Carlisle	Time
Jo Gruchy	24:41

South Bank	Time
Nico Gibert	22:12

23rd August Birchwood 10K

POSTED BY JONO ON 12:01 AM IN RESULTS |

Name	Time
Lucy Etchells	44:13 *PB* (-0.25)
Greig Frankland	46:14

22nd August Parkruns

POSTED BY JONO ON 11:30 PM IN RESULTS |

South Manchester	Time
Thomas Blackburn	18:47 *PB* (-0.11)
James Fox	21:20
Joe Yang	22:02
Kate Brennan	23:42 *PB*
Worsley Woods	Time
Joe Carne	19:45
Burnage	Time
Mel Johnson	32:07

19th August Horwich Jubilee Series 5 mile (Race 4), Rivington

POSTED BY JONO ON 8:37 PM IN RESULTS |

Name	Time
Greig Frankland	35:55 *PB* (-0.08)

16th August Wythenshawe Park 5K GRL

POSTED BY JONO ON 4:55 PM IN RESULTS |

Name	Time
Nico Gibert	20:53

15th August Pride Run 10K, London

POSTED BY JONO ON 4:56 PM IN RESULTS |

Name	Time
James Moles	36:45
Joe Carne	38:35 *PB* (-1.27)
Michael Thorley	43:23 *PB* (-0.35)
Greig Frankland	44:16 *PB* (-0.01)
Jane Fletcher	45:04 *PB*
Carl Lane	45:44 *PB* (-1.26)
Graham Bateson	46:43

Greg Keynes	46:51
John Lowe	47:01
Angelo Tomasso	49:17
Nick Eaton	53:19
Mong Yang Loh	53:47
Christopher Marsland	54:03 *PB* (-0.13)

15th August Race the Train Quarry Challenge 10K, Tywyn

POSTED BY JONO ON 4:50 PM IN RESULTS |

Name	Time
Peter Greatbanks	47:06

15th August Watergrove Reservoir Trail Race, 4.55 miles

POSTED BY JONO ON 4:47 PM IN RESULTS | 1 COMMENT

Name	Time
Julie Virgin	41:24
Heather Clarkson	41:24

15th August Parkruns

POSTED BY JONO ON 4:43 PM IN RESULTS |

South Manchester	Time
James Fox	21:18

13th August Salford Quays 5K GRL

POSTED BY JONO ON 10:48 PM IN RESULTS |

Name	Time
Greig Frankland	22:04

12th August Ulverston Summer 10K

POSTED BY JONO ON 10:46 PM IN RESULTS |

Name	Time
Greig Frankland	44:17 *PB* (-0:35)

12th August Saddleworth 6 mile

POSTED BY JONO ON 4:37 PM IN RESULTS |

Name	Time
Heather Clarkson	49:23

11th August Wavertree Mystery Park 5K

POSTED BY JONO ON 10:44 PM IN RESULTS |

Name	Time
Greig Frankland	21:23

9th August Griffin Grind 5 mile

POSTED BY JONO ON 10:41 PM IN RESULTS |

Name	Time
Greig Frankland	36:03 *PB*

8th August Parkruns

POSTED BY JONO ON 11:33 AM IN RESULTS |

Heaton	Time
Jo Gruchy	24:39 *PB* (-0:35)
Wythenshawe	Time
Greig Frankland	21:39
Clair	Time
Julie Virgin	25:29

6th August EuroGames Stockholm 10K

POSTED BY JONO ON 11:30 AM IN RESULTS | 2 COMMENTS

Name	Time
Daniel Murphy	37:31
Phil Facey	40:37
Nick Eaton	56:30

6th August Sale Sizzler 5K (Race 4)

POSTED BY JONO ON 11:19 AM IN RESULTS |

Name	Time
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Roberto Raso	18:59
Joe Carne	19:23
Greig Frankland	20:29
Lucy Etchells	21:05
Linda Rix	22:48

2nd August Wythenshawe Park 5K GRL

POSTED BY JONO ON 11:13 AM IN RESULTS |

Name	Time
Greig Frankland	20:56

1st August Parkruns

POSTED BY JONO ON 5:38 PM IN RESULTS |

South Manchester	Time
James Moles	18:05
Joe Yang	21:58
Halifax	Time
Jo Gruchy	25:33
Wythenshawe	Time
Greig Frankland	22:20
Worsley Woods	Time
Joe Carne	19:12 *PB* (-0:45)

29th July Millbrook Monster 10K MT

POSTED BY FOXY ON 6:21 PM IN RESULTS | 1 COMMENT

Name	Time
Jono Guildford	44:47
David Chambers	47:30
Nico Gibert	50:06
Daniel Barrett	54:59
Kate Brennan	56:55

26th July Scott Snowdonia Trail Half Marathon

POSTED BY FOXY ON 6:35 PM IN RESULTS |

Name	Time
James Moles	2:09:40
Amir Dar	2:37:29
Angelo Tomasso	3:18:13

25th July Keswick PR

POSTED BY FOXY ON 6:38 PM IN RESULTS |

Name	Time
David Chambers	21:34

25th July South Manchester PR

POSTED BY FOXY ON 6:36 PM IN RESULTS |

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

25th July Heaton PR

POSTED BY FOXY ON 6:36 PM IN RESULTS |

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

23rd July Sale Sizzler 5K (Race 3)

POSTED BY FOXY ON 6:40 PM IN RESULTS |

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

19th July Wythenshawe Park GRL 5K

POSTED BY FOXY ON 6:47 PM IN RESULTS |

Name	Time	of 45
Nico Gibert	20:54	9

19th July Great Newham London 10K Run

POSTED BY FOXY ON 6:46 PM IN RESULTS |

Name	Time
Greig Frankland	44:52 *PB* (-0.20)
Carl Lane	47:10 *PB* (-0.34)

18th July Wythenshawe PR

POSTED BY FOXY ON 6:48 PM IN RESULTS |

Name	Time
Greig Frankland	22:07

18th July South Manchester PR

POSTED BY FOXY ON 6:48 PM IN RESULTS |

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

17th July Northern FrontRunners 5K, Newcastle upon Tyne

POSTED BY FOXY ON 6:49 PM IN RESULTS |

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

12th July Vitality British 10K, London

POSTED BY FOXY ON 6:51 PM IN RESULTS |

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

12th July We Love Manchester 10K

POSTED BY FOXY ON 6:50 PM IN RESULTS |

Name	Time
James Moles	36:12
Thomas Blackburn	41:07
Martin Dunn	42:24 *PB*
Michael Thorley	43:58 *PB* (-1:14)
James Pearson	44:29 *PB* (-13:34)
Nico Gibert	44:43
Lucy Ironmonger	45:08 *PB*
James Fox	45:35
Carl Lane	47:44 *PB*
Paula Medley	48:28
Venetta Uye	52:34 *PB*
Henry Walker	59:115
Nina Barthel	1:08:48

11th July Worsley Woods PR

POSTED BY FOXY ON 6:53 PM IN RESULTS |

Name	Time	of 297
Joe Carne	20:11	11

11th July South Manchester PR

POSTED BY FOXY ON 6:52 PM IN RESULTS |

Name	Time
Phil Facey	19:25 *PB* (-0:17)
Thomas Blackburn	19:36
Nico Gibert	21:02
Joe Yang	21:34
James Fox	21:52

11th July Race to the Stones 100K (2 stage)

POSTED BY JONO ON 2:37 PM IN RESULTS |

Name	Time
Jane Fletcher	18:39:44

9th July Wizard 5 mile Trail, Alderly Edge

POSTED BY FOXY ON 6:53 PM IN RESULTS |

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

7th July Rochdale 10K

POSTED BY JONO ON 2:57 PM IN RESULTS |

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

5th July Wythenshawe Park 5K GRL

POSTED BY JONO ON 2:59 PM IN RESULTS |

Name	Time	of 49
Nico Gibert	21:00	6

5th July Southport Half Marathon

POSTED BY JONO ON 2:59 PM IN RESULTS |

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

5th July Lymm 10K Trail

POSTED BY JONO ON 2:58 PM IN RESULTS |

Name	Time
Kate Brennan	53:00 *PB*

4th July South Manchester PR

POSTED BY JONO ON 3:01 PM IN RESULTS |

Name	Time
Thomas Blackburn	20:27
Nico Gibert	21:06

4th July Wythenshawe PR

POSTED BY JONO ON 3:00 PM IN RESULTS |

Name	Time	of 252
Greig Frankland	26:20	99

4th July Worsley Woods PR

POSTED BY JONO ON 3:00 PM IN RESULTS |

Name	Time
Jordan Millar	22:00 *PB* (-0.11)

1st July Offerton 10K

POSTED BY JONO ON 3:02 PM IN RESULTS |

Name	Time
James Moles	39:02
Steve Hatton	43:55
David Chambers	44:16
Thomas Blackburn	47:05
Jordan Millar	48:24
Lucy Etchells	48:27
Daniel Barratt	51:38