

TRAFFORD 5M TRAILS

Race Report 2019

Average time for all runners	00:45:28
Average time for female runners	00:48:56
Average time for male runners	00:41:28
Average time for unaffiliated runners	00:46:29
Average time for club runners	00:44:58
No. of participants	194 (72 affiliated, 122 unaffiliated)
No. of PB's	56
No. of First timers	108
Returning for their second outing	57
Returning for their third outing	28
All time total number of participants	398
No. of clubs / groups represented	33
Course records	00:29:26 - Rob Jowett - 2018 00:32:52 - Katherine Wood - 2018

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Congratulations to this year's winners!!

Simon Bareford - 30 min 32 seconds

Gemma Larkin - 35 min 58 seconds

2019 Club / Group Results

Based on Average time for clubs with more than 3 participants

Position	Avg Time	Best Time	Name	No. of participants	Club
1	00:37:46	00:31:31	Duane Gaunt	16	Sale Harriers Manchester
2	00:39:48	00:34:30	Matt Page	3	Altrincham & District ACL
3	00:41:22	00:31:13	Oliver Bernstein	15	Chorlton Runners
4	00:44:16	00:37:45	Tristan Pocock	11	Dragons Running Club (Sale)
5	00:45:52	00:43:07	Laura Parkin	3	Didsbury Runners
6	00:47:39	00:37:24	Peter Buckles	20	Infiniti Bootcamps **unaffiliated
7	00:47:53	00:39:46	John Archer	9	Winston Runners
8	00:48:00	00:37:05	Mike Donigan	5	Swinton Running Club
9	00:49:01	00:36:11	Bram Appleton	16	Mile Shy Club

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2019 Category Results

Categories	Avg Time	Best Time	Name	No. of participants
F - Senior	00:48:29	00:39:53	Molly Sander	20
F - Vet 35-40	00:47:55	**00:35:58	Gemma Larkin	22
F - Vet 41-50	00:48:13	00:36:46	Melanie barber	39
F - Vet 51-60	00:51:06	00:38:11	Jacqueline Cordingley	11
Total				92
M - Senior	00:40:21	00:31:13	Oliver Bernstein	18
M - Vet 35-40	00:39:49	00:31:32	Brian W Birkmyre	21
M - Vet 41-50	00:43:31	**00:30:32	Simon Bareford	31
M - Vet 51-60	00:45:02	00:36:38	Frank Cordingley	24
M - Vet 61+	00:45:52	00:39:16	Paul Wood	8
Total				102

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Full 2019 Results

Position	Bib	Time	Name	Club	Category	Category Position	PB	No. of runs
1	296	00:30:32	Simon Bareford		M - Vet 41-50	1 of 31		1
2	113	00:31:13	Oliver Bernstein	Chorlton Runners	M - Senior	1 of 18	PB	2
3	179	00:31:31	Duane Gaunt	Sale Harriers Manchester	M - Senior	2 of 18	PB	3
4	114	00:31:32	Brian W Birkmyre	Chorlton Runners	M - Vet 35-40	1 of 21	PB	3
5	207	00:32:17	Mark Jones	Manchester Harriers & AC	M - Vet 35-40	2 of 21		2
6	174	00:32:22	Mark Fox	Sale Harriers Manchester	M - Vet 35-40	3 of 21		1
7	132	00:32:26	Ben Caldwell	Chorlton Runners	M - Vet 35-40	4 of 21		1
8	243	00:32:46	Ged McGrath	Stockport Harriers	M - Vet 41-50	2 of 31		1
9	304	00:33:07	Jon Terry	Sale Harriers Manchester	M - Vet 41-50	3 of 31		1
10	193	00:33:24	Robert Higgs	Sale Harriers Manchester	M - Vet 41-50	4 of 31		1
11	188	00:33:48	Michael Hargreaves	Chorlton Runners	M - Vet 35-40	5 of 21	PB	2
12	248	00:34:05	Paul Minton	Belle Vue Racers	M - Vet 35-40	6 of 21	PB	2
13	254	00:34:23	John Morris	Sale Harriers Manchester	M - Vet 35-40	7 of 21	PB	2
14	265	00:34:30	Matt Page	Altrincham & District ACL	M - Vet 41-50	5 of 31	PB	2
15	201	00:34:32	Keith Holman	Chorlton Runners	M - Vet 35-40	8 of 21	PB	2
16	282	00:34:45	Phil Richardson		M - Senior	3 of 18		1
17	220	00:35:20	Stephane Laffly		M - Vet 41-50	6 of 31	PB	2
18	199	00:35:31	Mike Hodson	Bramhall Runners	M - Vet 41-50	7 of 31		1
19	273	00:35:57	Jared Potter		M - Senior	4 of 18	PB	2
20	223	00:35:58	Gemma Larkin	Chorlton Runners	F - Vet 35-40	1 of 22		1
21	104	00:36:11	Bram Appleton	Mile Shy Club	M - Senior	5 of 18	PB	2

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22	250	00:36:25	Rob Moore		M - Senior	6 of 18		1
23	147	00:36:38	Frank Cordingley	Sale Harriers Manchester	M - Vet 51-60	1 of 24	PB	2
24	109	00:36:46	Melanie barber	Manchester Harriers & AC	F - Vet 41-50	1 of 39	PB	2
25	225	00:36:50	Simon Latham	Sale Harriers Manchester	M - Senior	7 of 18		1
26	149	00:36:54	Victoria Cordingley	Sale Harriers Manchester	F - Vet 35-40	2 of 22		1
27	127	00:37:02	Michael Buckenham		M - Vet 41-50	8 of 31		1
28	159	00:37:05	Mike Donigan	Swinton Running Club	M - Vet 35-40	9 of 21		1
29	268	00:37:18	Andrew Paton-Crockett	Altrincham & District ACL	M - Vet 35-40	10 of 21		1
30	128	00:37:24	Peter Buckles	Infiniti Bootcamps	M - Vet 41-50	9 of 31		3
31	274	00:37:29	Anthony Price		M - Senior	8 of 18		1
32	196	00:37:33	Chris Hirst		M - Vet 41-50	10 of 31		1
33	272	00:37:45	Tristan Pocock	Dragons Running Club (Sale)	M - Vet 41-50	11 of 31		3
34	148	00:38:11	Jacqueline Cordingley	Sale Harriers Manchester	F - Vet 51-60	1 of 11		1
35	270	00:38:28	Chris Peachey	Chorlton Runners	M - Vet 51-60	2 of 24	PB	2
36	221	00:38:32	Alan Lamb	Dragons Running Club (Sale)	M - Vet 41-50	12 of 31		1
37	180	00:38:35	Duncan Gazeley	Dragons Running Club (Sale)	M - Vet 35-40	11 of 21	PB	2
38	169	00:38:50	Sinead Ferguson	Sale Harriers Manchester	F - Vet 41-50	2 of 39		1
39	316	00:39:13	Britta Werner	Vegan Runners UK	F - Vet 41-50	3 of 39	PB	2
40	324	00:39:16	Paul Wood		M - Vet 61+	1 of 8	PB	3
41	195	00:39:18	Tim Hinsley	Infiniti Bootcamps	M - Vet 41-50	13 of 31	PB	2
42	309	00:39:28	Mark Turner	Chorlton Runners	M - Vet 51-60	3 of 24		3
43	399	00:39:30	Debbie McEvoy	Sale Harriers Manchester	F - Vet 41-50	4 of 39		1
44	258	00:39:37	Paul Neal	Fylde Coast Runners	M - Vet 51-60	4 of 24		1
45	105	00:39:46	John Archer	Winston Runners	M - Vet 61+	2 of 8		1
46	291	00:39:53	Molly Sander		F - Senior	1 of 21		1
47	279	00:39:58	Gavin Reynolds		M - Senior	9 of 18	PB	2

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48	269	00:40:15	Zoë Paton-Crockett		F - Senior	2 of 21		1
49	313	00:40:30	Kieron Walsh	Achille Ratti Climbing Club	M - Vet 51-60	5 of 24		1
50	303	00:40:34	Tracey Taylor	Sale Harriers Manchester	F - Vet 35-40	3 of 22		2
51	185	00:40:36	Jason Hanford		M - Vet 51-60	6 of 24		2
52	135	00:40:48	Alexander Carroll		M - Vet 35-40	12 of 21		1
53	398	00:40:50	Darren Johnston		M - Vet 35-40	13 of 21		1
54	125	00:40:52	Alice Bruce	Oxford University AC	F - Senior	3 of 21		1
55	260	00:40:52	Michelle Newall		F - Vet 41-50	5 of 39		1
56	311	00:40:57	Andy Wadsworth	Dragons Running Club (Sale)	M - Vet 51-60	7 of 24		1
57	189	00:41:01	Tom Harrison	Infiniti Bootcamps	M - Senior	10 of 18		1
58	264	00:41:02	Carla Ousey	Sale Harriers Manchester	F - Vet 41-50	6 of 39		1
59	249	00:41:03	Ruth Mitchell	Chorlton Runners	F - Senior	4 of 21		1
60	326	00:41:04	Dennis Yarwood	Spectrum Striders	M - Vet 51-60	8 of 24	PB	3
61	259	00:41:04	John Neate		M - Vet 61+	3 of 8	PB	3
62	110	00:41:17	David Barnes	Warrington Road Runners	M - Vet 51-60	9 of 24		1
63	262	00:41:19	Richard Norris		M - Vet 35-40	14 of 21		1
64	129	00:41:24	Martin Bull	Dragons Running Club (Sale)	M - Vet 61+	4 of 8	PB	2
65	301	00:41:28	Kieran Tames		M - Vet 35-40	15 of 21		1
66	276	00:41:29	Mark Probert	Infiniti Bootcamps	M - Vet 41-50	14 of 31		1
67	244	00:41:34	Paula Medley	Manchester Frontrunners	F - Vet 35-40	4 of 22		2
68	224	00:41:43	Amelie Latham	Sale Harriers Manchester	F - Vet 35-40	5 of 22	PB	2
69	245	00:42:00	Liam Mellon	Hyde Village Striders	M - Senior	11 of 18		3
70	294	00:42:21	Jen Sherstone		F - Vet 41-50	7 of 39		3
71	320	00:42:23	Stephen Wiggins	Helsby Running Club	M - Senior	12 of 18		1

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72	307	00:42:34	Chris Toyne	Vegetarian Cycling & AC	M - Vet 51-60	10 of 24	PB	3
73	102	00:42:40	Samina Ahmad	Mile Shy Club	F - Vet 41-50	8 of 39	PB	2
74	184	00:42:57	Claire Gwyer		F - Vet 41-50	9 of 39	PB	2
75	236	00:43:04	Roger Markendale		M - Vet 51-60	11 of 24		1
76	233	00:43:04	John Mack	Mile Shy Club	M - Vet 41-50	15 of 31		1
77	267	00:43:07	Laura Parkin	Didsbury Runners	F - Vet 41-50	10 of 39		1
78	112	00:43:13	Tony Beck		M - Vet 41-50	16 of 31	PB	2
79	266	00:43:17	Geoff Paley	Dragons Running Club (Sale)	M - Vet 41-50	17 of 31	PB	3
80	284	00:43:28	Michael Rimmer	Infiniti Bootcamps	M - Vet 41-50	18 of 31		1
81	295	00:43:35	Andrew Skett	Lymm Runners	M - Vet 61+	5 of 8		2
82	124	00:43:42	Eva Brock	Chorlton Runners	F - Senior	5 of 21	PB	2
83	165	00:44:00	Sharon Eccles	Infiniti Bootcamps	F - Vet 41-50	11 of 39	PB	2
84	118	00:44:17	Brian Bradshaw	Sale Harriers Manchester	M - Vet 51-60	12 of 24		2
85	208	00:44:34	James Jeffries		M - Senior	13 of 18		1
86	161	00:44:41	Damian Duncan		M - Senior	14 of 18		3
87	142	00:44:46	Paul Clifford	Winston Runners	M - Vet 51-60	13 of 24		1
88	144	00:44:51	Joseph Connor	Bramhall Runners	M - Vet 35-40	16 of 21		3
89	298	00:44:54	Malcolm Smith		M - Vet 51-60	14 of 24		1
90	103	00:44:58	Sam Ankers		M - Vet 35-40	17 of 21		1
91	325	00:45:11	Michael Wymer	Sale Harriers Manchester	M - Vet 41-50	19 of 31		1
92	315	00:45:12	Emma Wells	Infiniti Bootcamps	F - Vet 41-50	12 of 39		3
93	293	00:45:20	Andy Scott		M - Vet 51-60	15 of 24		1
94	181	00:45:23	Lisa Gordon	Didsbury Runners	F - Vet 41-50	13 of 39	PB	2
95	319	00:45:33	Sarah Whyman	Mile Shy Club	F - Vet 35-40	6 of 22		1
96	288	00:45:34	Paul Rough		M - Vet 35-40	18 of 21		1
97	238	00:45:35	Chris Marsden		M - Senior	15 of 18		1

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98	158	00:45:40	Jane Dennison	Mile Shy Club	F - Vet 35-40	7 of 22		1
99	312	00:45:58	Lisa Walker	Dragons Running Club (Sale)	F - Vet 41-50	14 of 39		1
100	162	00:46:02	Barbara Dunn	Winston Runners	F - Vet 51-60	2 of 11		1
101	292	00:46:23	Andrew Scialpi Sullivan	Swinton Running Club	M - Vet 51-60	16 of 24	PB	3
102	107	00:46:24	Sam Bagnall		F - Senior	6 of 21		1
103	228	00:46:25	Rebecca Lowe	Infiniti Bootcamps	F - Vet 41-50	15 of 39		1
104	218	00:46:26	Claire Kershaw	Infiniti Bootcamps	F - Vet 41-50	16 of 39	PB	2
105	192	00:46:28	Julie Hawkins	Winston Runners	F - Vet 51-60	3 of 11		1
106	157	00:46:31	Charlotte Dean	Winston Runners	F - Vet 35-40	8 of 22	PB	2
107	123	00:46:41	Jennifer Broadley		F - Vet 35-40	9 of 22	PB	2
108	140	00:46:43	Alexandra Clarke	Mile Shy Club	F - Senior	7 of 21		1
109	137	00:46:55	Chris Catterall	Hyde Village Striders	M - Senior	16 of 18		1
110	203	00:47:00	Gail Hopley		F - Vet 41-50	17 of 39		1
111	314	00:47:15	Alice Watson		F - Vet 35-40	10 of 22		1
112	261	00:47:24	John Norris	Fylde Coast Runners	M - Vet 51-60	17 of 24		1
113	168	00:47:33	Beth Evens		F - Vet 41-50	18 of 39	PB	3
114	108	00:47:38	Angela Bamford	Altrincham & District ACL	F - Vet 51-60	4 of 11		1
115	283	00:47:42	catherine rimmer	Infiniti Bootcamps	F - Vet 41-50	19 of 39		1
116	197	00:47:45	Laura Hirst		F - Vet 35-40	11 of 22	PB	3
117	115	00:47:46	Joanne Birkmyre	Chorlton Runners	F - Vet 41-50	21 of 39		1
118	278	00:47:47	andy redford	Dragons Running Club (Sale)	M - Vet 41-50	21 of 31	PB	2
119	246	00:48:03	Rachel Mellor	Dragons Running Club (Sale)	F - Vet 35-40	12 of 22	PB	3
120	134	00:48:12	Sam Carey	Infiniti Bootcamps	F - Vet 35-40	13 of 22	PB	2
121	290	00:48:12	Sonia Ruiz		F - Senior	8 of 21		1
122	178	00:48:15	Ruben Gallego		M - Senior	17 of 18		1
123	211	00:48:17	David Jones		M - Vet 41-50	21 of 31		1

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124	205	00:48:24	Charles Horton	Mile Shy Club	M - Vet 41-50	22 of 31		1
125	212	00:48:30	Mark Jones	Winston Runners	M - Vet 51-60	18 of 24		2
126	131	00:48:55	Steve Burgess	Winston Runners	M - Vet 51-60	19 of 24	PB	2
127	176	00:48:56	Megan Frain		F - Senior	9 of 21		1
128	175	00:49:03	david frain		M - Vet 41-50	23 of 31		1
129	281	00:49:08	Jen Richardson	Didsbury Runners	F - Senior	10 of 21		1
130	322	00:49:14	David Williamson	Swinton Running Club	M - Vet 51-60	21 of 24		3
131	219	00:49:17	Emma Knighton	Infiniti Bootcamps	F - Vet 41-50	21 of 39		1
132	152	00:49:20	Janette Crump	Mile Shy Club	F - Vet 41-50	22 of 39		1
133	297	00:49:24	Gemma Smith	Infiniti Bootcamps	F - Senior	11 of 21	PB	2
134	170	00:49:27	Helen Firth		F - Vet 35-40	14 of 22	PB	2
135	210	00:49:41	Andy R Jones		M - Vet 35-40	19 of 21		1
136	306	00:49:59	Stuart Thompson		M - Vet 41-50	24 of 31		1
137	229	00:50:00	Jennifer Lutton	Winston Runners	F - Vet 35-40	15 of 22	PB	3
138	275	00:50:01	Jillian Probert	Infiniti Bootcamps	F - Vet 41-50	23 of 39	PB	2
139	231	00:50:05	Sara Lyons		F - Senior	12 of 21		1
140	318	00:50:05	Martha Whitehead		F - Vet 51-60	5 of 11		1
141	101	00:50:11	Kirsty Adamoli	Infiniti Bootcamps	F - Vet 41-50	21 of 39		1
142	213	00:50:17	Stuart Jones	Dragons Running Club (Sale)	M - Vet 35-40	20 of 21		1
143	230	00:50:19	Charlotte Lyddon	Mile Shy Club	F - Senior	13 of 21		1
144	183	00:50:23	Steve Guscott		M - Vet 41-50	25 of 31		1
145	130	00:50:31	Christopher Burgess	Swinton Running Club	M - Senior	18 of 18		1
146	289	00:50:37	sasha rudd	Mile Shy Club	F - Vet 41-50	22 of 39	PB	2
147	232	00:50:40	Caroline Mack	Mile Shy Club	F - Vet 41-50	26 of 39	PB	2
148	182	00:50:42	Clare gosling		F - Vet 41-50	27 of 39		1
149	139	00:50:47	Jo Chandramani		F - Vet 35-40	16 of 22		1

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150	302	00:51:10	Karina Taylor	Infiniti Bootcamps	F - Vet 41-50	28 of 39		1
151	227	00:51:41	Alison Lord		F - Vet 41-50	29 of 39	PB	3
152	235	00:51:44	Elizabeth Mann		F - Senior	14 of 21		1
153	106	00:51:45	Jane Ash	Gatley Runners	F - Vet 41-50	30 of 39		3
154	255	00:51:47	Stephanie Morton	Infiniti Bootcamps	F - Senior	15 of 21	PB	2
155	126	00:51:50	David Bruce		M - Vet 61+	6 of 8		1
156	156	00:52:14	Andrew Day		M - Vet 51-60	21 of 24		1
157	308	00:52:17	Helen Toyne	Vegan Runners UK	F - Vet 41-50	31 of 39		3
158	154	00:52:18	Jen Davidson	Chorlton Runners	F - Senior	16 of 21		1
159	200	00:52:19	Caroline Hoernig	Chorlton Runners	F - Senior	17 of 21		1
160	167	00:52:28	Sarah Evans		F - Vet 51-60	6 of 11		1
161	202	00:52:29	Lisa Holt	Sams Running Buddies	F - Vet 41-50	32 of 39		1
162	151	00:52:31	Ben Crouch		M - Vet 35-40	21 of 21		1
163	217	00:52:33	karl Kerman		M - Vet 41-50	26 of 31	PB	2
164	153	00:52:35	Hannah Dabinett	Rossendale Harriers & AC	F - Senior	18 of 20		1
165	214	00:52:43	Wendy Jones	Chorlton Runners	F - Vet 51-60	7 of 11		1
166	177	00:53:13	Howard Friend	Mile Shy Club	M - Vet 51-60	22 of 24	PB	2
167	160	00:53:19	David Douglas		M - Vet 61+	7 of 8		1
168	305	00:53:21	Jamie Thompson	Chorlton Runners	M - Vet 41-50	27 of 31		2
169	194	00:53:26	David Hiley	Mile Shy Club	M - Vet 41-50	28 of 31		2
170	206	00:53:40	Jill Hudson	Mile Shy Club	F - Vet 51-60	8 of 11	PB	2
171	145	00:53:40	Matthew Cook	Wellfield Runners	M - Vet 41-50	29 of 31		1
172	216	00:54:02	Claire Kerman	Lonely Goat RC	F - Vet 41-50	33 of 39		1
173	299	00:54:03	Tracy Smith		F - Vet 35-40	17 of 22	PB	2
174	285	00:54:03	Emily Ritson		F - Senior	19 of 20	PB	2
175	310	00:54:24	Nicole van den Wittenboer	Buckley RC	F - Vet 51-60	9 of 11		3

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176	191	00:54:24	Jill Hatton	Dragons Running Club (Sale)	F - Vet 41-50	34 of 39		2
177	186	00:54:25	Claire Harding		F - Vet 35-40	18 of 22		1
178	241	00:54:45	Victoria McCarthy	Mile Shy Club	F - Vet 35-40	19 of 22	PB	2
179	117	00:55:46	Sarah Boxford	Solemothers	F - Vet 41-50	35 of 39		1
180	226	00:55:47	Grace Lees	Solemothers	F - Vet 41-50	36 of 39		1
181	286	00:55:48	Rachel Robinson		F - Vet 35-40	20 of 22		1
182	111	00:55:48	Rosie Bastow	Lonely Goat RC	F - Vet 35-40	21 of 22		3
183	247	00:56:32	Dougie Millward	Infiniti Bootcamps	M - Vet 51-60	23 of 24		1
184	277	00:56:45	Elizabeth Rawlinson	Infiniti Bootcamps	F - Vet 35-40	22 of 22	PB	2
185	187	00:56:49	kevin hardman	Swinton Running Club	M - Vet 61+	8 of 8		3
186	257	00:57:16	Simon Murray	Infiniti Bootcamps	M - Vet 51-60	24 of 24		2
187	256	00:59:55	Andrew Mottershead		M - Vet 41-50	30 of 31		1
188	141	01:00:02	Lynda Clifford	Winston Runners	F - Vet 51-60	10 of 11		1
189	164	01:00:48	Parveen Earl	Mile Shy Club	F - Vet 41-50	37 of 39		1
190	237	01:01:19	Lisa Marriott		F - Senior	20 of 20		2
191	287	01:01:20	Sandra Robinson	Manchester YMCA Harriers	F - Vet 41-50	38 of 39		1
192	215	01:03:59	Angie Kenney		F - Vet 41-50	39 of 39		2
193	155	01:05:39	James Davies		M - Vet 41-50	31 of 31		2
194	122	01:27:36	Ria Bright	Todmorden Harriers	F - Vet 51-60	11 of 11		3

Race Report 2019

Special thanks to everyone that contributed to our Foodbank collection.



Race Report 2019

TRAFFORD
TRAILS **5** **MILE**

And extra special thanks to our amazing marshals!!



SEE YOU NEXT YEAR.

Rob and the race team.

