



RACE REPORT

Participation

This year we saw 194 runners take to the trails of which 137 were first timers and 57 were here for their second outing. Of the 57 2nd timers, 14 achieved a new PB, an amazing achievement given that the heat caused the average time for returning runners to be around 3 minutes slower than their previous attempt.

The male / female ratio was exactly 50 / 50 an improvement on the slightly more male dominated race of last year.

From an age group perspective, we had a pretty even spread with the Female 40-44 category being by far the most heavily populated.

The winners

Harriers dominated again, with Rob Jowett beating last years time of 29:37 by one second and setting a new course record of 29:26. Katherine Wood was new to the race this year and set a new female course record of 32:52. Well done both! We hope you enjoy your prizes, a 1 hour treatment courtesy of [Blake's Sports, Nutrition and Massage](#).



Fundraising

We couldn't have done it without you!

We made a total profit of **£1484** which will be donated as follows,

£500 to 42nd Street - 42ndstreet.org.uk

Supporting young people aged 11-25 with their emotional wellbeing and mental health.

£500 Wood Street Mission - woodstreetmission.org.uk

Helping alleviate the effects of poverty on local children and their families through practical help.

£484 Trafford Metroviks - <http://www.traffordmv.co.uk/>

Giving people from the age of 4 up a Rugby community to belong to.

How did we raise this money?

In total it cost us £617 to put the race on, Dragons paid for the medals and after we total up the money we have made from bookings that leaves us with a donation of £1484.

If you are wondering where the costs go, it's medals, bibs, safety pins, flyers, booking fees the musician and the extra bit of water for out on the route.

Special thanks

We couldn't put this event on without the marshals and there was 26 of them this year, mostly from the Dragons and a few friends and family.



Our musician was found busking on the high street only a few hours early and went out of his way to make a special appearance for us! If you liked him here is his website www.idealforgery.co.uk

Oh, and the cake bakers to! What on earth would we do without them!

Thanks also to our sponsors,



BLAKE'S
Sports, Nutrition & Massage

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Fully Mobile - Fully Insured

Provider of prizes for 1st male and 1st female.



Provider of water and fruit juice.

Club Participation Table

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Club	Chorlton	Mile Shy	Infinity	Sale Dragons	Sale Harriers	Swinton	Gatley	Winston	Brahmal	Vegan
Runners	16	14	13	10	8	6	5	5	4	3

Fastest of the Fast Table

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Club	Sale Harriers	Chorlton	Infinity	Sale Dragons	Mile Shy	Swinton	Brahmal	Vegan	Winston	Gatley
Top 3 runners (total time)	98:08	102:39	114:30	122:13	134:03	150:00	150:39	160:44	160:47	164:22

Average Finishing Time Table

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Club	Sale Harriers	Chorlton	Sale Dragons	Infinity	Brahmal	Swinton	Vegan	Mile Shy	Winston	Gatley
Average Time	35:16	43:55	48:20	50:46	52:01	53:32	53:34	55:29	55:52	58:22

Individual Results

Position	Bib	Name	Club	Category	Category Position	Time	Achievements
1	119	Rob Jowett	Unaffiliated	M-Senior	1	29:26.7	PB, CB
2	177	Russell Price	Chorlton Runners	M-Senior	2	30:56.3	First Time
3	91	Steven Henderson	Sale Harriers	M-Senior	3	32:19.1	First Time
4	217	Katherine Wood	Sale Harriers	F-Senior	1	32:52.6	First Time
5	59	Sarah Douglas	Sale Harriers	F-Senior	2	32:57.4	New PB
6	85	Andrew Hadfield	Stockport Harriers	M-45-49	1	33:17.9	First Time
7	202	Chris Topping	Sale Harriers	M-35-39	1	33:41.5	First Time
8	169	Matt Page	Unaffiliated	M-40-44	1	35:04.0	First Time
9	151	Gareth Miller	Unaffiliated	M-35-39	2	35:13.3	First Time
10	86	Stephen Hampson	Infiniti Mud Runners	M-Senior	4	35:37.0	New PB
11	212	Keith Holman	Chorlton Runners	M-35-39	3	35:39.0	First Time
12	77	Duane Gaunt	Sale Harriers	M-Senior	5	35:53.6	New PB
13	117	mark jones	Unaffiliated	M-35-39	4	35:58.1	First Time
14	209	Ian Volland	Unaffiliated	M-40-44	2	36:00.2	First Time
15	79	Zoe Gmerek	Chorlton Runners	F-40-44	1	36:04.1	First Time
16	89	Michael Hargreaves	Chorlton Runners	M-Senior	6	36:15.1	First Time
17	138	Rob Marsden	Sale Harriers	M-35-39	5	36:21.9	First Time
18	20	Brian W Birkmyre	Chorlton Runners	M-Senior	7	36:32.2	PB Remains 32:57
19	76	Glen Gandy	Manchester Harriers & AC	M-50-54	1	36:39.7	New PB

20	146	Liam Mellon	Hyde village striders	M-Senior	8	36:44.0	New PB
21	174	Tristan Pocock	Dragons Running Club (Sale)	M-45-49	2	37:16.6	New PB
22	195	Greg Spanner	Unaffiliated	M-35-39	6	37:20.2	First Time
23	25	Paul Brackley	Unaffiliated	M-Senior	9	37:25.0	New PB
24	193	Matt Foster	Unaffiliated	M-Senior	10	37:38.5	New PB
25	149	Andy Mellor	Unaffiliated	M-40-44	3	37:45.9	First Time
26	87	Jason Hanford	Unaffiliated	M-50-54	2	37:57.5	First Time
27	189	Chris Sewart	Manchester Harriers & AC	M-40-44	4	37:59.2	First Time
28	176	Jared Potter	Unaffiliated	M-Senior	11	38:01.3	First Time
29	33	Peter Buckles	Infiniti Mud Runners	M-40-44	5	38:13.2	PB Remains 37:22
30	46	Frank Cordingley	Sale Harriers	M-55-59	1	38:14.2	First Time
31	78	Duncan Gazeley	Altrincham & District AC	M-35-39	7	38:38.1	First Time
32	139	Graeme Mccaig	Unaffiliated	M-40-44	6	38:53.2	First Time
33	61	Daniel Dowdall	Unaffiliated	M-35-39	8	38:57.2	First Time
34	107	Steve Hughes	Unaffiliated	M-40-44	7	39:13.1	First Time
35	207	Michael Unsworth	Unaffiliated	M-45-49	3	39:28.1	First Time
36	5	Bram Appleton	Mile Shy Club	M-Senior	12	39:39.8	First Time
37	110	Noel Irwin	Sale Harriers	M-50-54	3	39:56.9	First Time
38	71	Nick Fogarty	Lymm Runners	M-45-49	4	40:05.1	PB remains 37:32
39	8	Jacqui Baines	Manchester Frontrunners	F-35-39	1	40:05.9	First Time
40	93	Laura Higgins	Unaffiliated	F-40-44	2	40:07.6	First Time
41	22	Tim Blackwell	Chorlton Runners	M-40-44	8	40:09.0	First Time

42	52	Chris Darlaston	Unaffiliated	M-45-49	5	40:29.3	New PB
43	184	Amy Rogers	Unaffiliated	F-35-39	2	40:36.8	First Time
44	23	Paul Blades	Infiniti Mud Runners	M-50-54	4	40:40.3	First Time
45	111	Phil Jackson	Unaffiliated	M-40-44	9	40:44.8	PB remains 40:20
46	96	Craig Hinchcliffe	Unaffiliated	M-40-44	10	41:26.7	First Time
47	145	Paula Medley	Manchester Frontrunners	F-35-39	3	41:28.1	First Time
48	127	Nathan Langley	Chorlton Runners	M-Senior	13	41:28.9	First Time
49	205	Mark Turner	Chorlton Runners	M-50-54	5	41:32.9	PB remains 39:21
50	129	Sean Lawrence	Unaffiliated	M-40-44	11	41:34.3	First Time
51	173	Chris Peachey	Chorlton Runners	M-50-54	6	41:35.6	First Time
52	97	Tim Hinsley	Unaffiliated	M-45-49	6	41:43.4	First Time
53	218	Paul Wood	Unaffiliated	M-60-64	1	41:51.1	PB remains 40:13
54	34	Martin Bull	Dragons Running Club (Sale)	M-60-64	2	41:53.2	First Time
55	124	Emma Kerwin	Belle Vue Racers	F-Senior	3	42:12.9	First Time
56	125	Stephane Laffly	Unaffiliated	M-40-44	12	42:18.6	First Time
57	157	Mark Morgan	Unaffiliated	M-Senior	14	42:19.8	PB remains 40:48
58	82	Anthony Paul Gorman	Unaffiliated	M-40-44	13	42:21.8	PB remains 40:29
59	183	Matthew Roberts	Unaffiliated	M-45-49	7	42:24.8	First Time
60	213	Britta Werner	Vegan Runners	F-40-44	3	42:43.3	First Time
61	101	Trevor Holliday	Unaffiliated	M-35-39	9	42:44.6	New PB
62	220	Dennis Yarwood	Spectrum Striders	M-50-54	7	42:45.5	New PB
63	40	John Cleworth	Unaffiliated	M-40-44	14	43:00.5	First Time

64	90	Joanne Healy	Dragons Running Club (Sale)	F-40-44	4	43:04.3	First Time
65	163	John Neate	Achille Ratti Climbing Club	M-60-64	3	43:11.6	PB remains 41:05
66	44	Joseph Connor	Bramhall Runners	M-35-39	10	43:19.5	New PB
67	32	Brendan Broderick	Dragons Running Club (Sale)	M-45-49	8	43:20.7	First Time
68	47	Brian Bradshaw	Unaffiliated	M-55-59	2	43:33.2	First Time
69	191	Jen Sherstone	Unaffiliated	F-40-44	5	44:01.8	PB remains 41:56
70	130	Martin Ledson	Unaffiliated	M-35-39	11	44:09.4	First Time
71	155	Paul Moreton	Infiniti Mud Runners	M-35-39	12	44:30.6	First Time
72	152	Paul Minton	Start2Jog	M-Senior	15	44:58.4	First Time
73	55	Anna Dick	Unaffiliated	F-40-44	6	45:01.5	First Time
74	133	Barry Locketti	Swinton RC	M-45-49	9	45:11.4	First Time
75	211	Emma Wells	Unaffiliated	F-40-44	7	45:34.0	PB remains 44:12
76	66	Sharon Eccles	Infiniti Mud Runners	F-45-49	1	45:34.7	First Time
77	113	Karen Johnson	Unaffiliated	F-50-54	1	45:35.6	First Time
78	142	Natalie McGuire	Unaffiliated	F-Senior	4	45:37.9	First Time
79	57	Andrew Dolan	Unaffiliated	M-35-39	13	45:38.7	First Time
80	12	Alison Barbuti	Chorlton Runners	F-40-44	8	45:54.4	First Time
81	48	James Cottrill	Unaffiliated	M-35-39	14	46:14.5	First Time
82	39	Jon Clare	Davenport Runners	M-40-44	15	46:20.7	First Time
83	104	Ben Horsefield	Unaffiliated	M-40-44	16	46:26.8	First Time

84	170	Geoff Paley	Dragons Running Club (Sale)	M-40-44	17	46:41.6	New PB
85	164	Steve Bruce	Unaffiliated	M-50-54	8	47:03.4	First Time
86	115	Mark Jolly	Mile Shy Club	M-Senior	16	47:06.4	First Time
87	31	Eva Brock	Unaffiliated	F-Senior	5	47:08.7	First Time
88	73	Joanne Foster	Unaffiliated	F-35-39	4	47:12.5	First Time
89	1	Samina Ahmad	Mile Shy Club	F-45-49	2	47:18.4	First Time
90	30	Jennifer Broadley	Unaffiliated	F-35-39	5	47:24.4	First Time
91	10	Emma Banister	Chorlton Runners	F-45-49	3	47:45.4	PB remains 46:18
92	187	Andrew Scialpi Sullivan	Swinton RC	M-55-59	3	47:50.3	PB remains 47:06
93	199	Jamie Thompson	Chorlton Runners	M-40-44	18	47:51.5	First Time
94	166	Stuart Oram	Unaffiliated	M-40-44	19	47:54.0	PB remains 42:06
95	19	Hannah Bickerstaff	Unaffiliated	F-35-39	6	47:58.0	First Time
96	83	Jane Gornell	Unaffiliated	F-50-54	2	48:06.5	First Time
97	123	Claire Kershaw	Unaffiliated	F-40-44	9	48:19.9	First Time
98	197	Paul Steane	Unaffiliated	M-60-64	4	48:25.8	PB remains 43:54
99	49	Andrew Cunningham	Unaffiliated	M-35-39	15	48:26.4	PB remains 46:54
100	215	Jane WilbyPalmer	Mile Shy Club	F-35-39	7	48:27.0	PB remains 42:11
101	172	James Patteson	Unaffiliated	M-40-44	20	49:25.8	First Time
102	214	Jo Wetton	Chorlton Runners	F-40-44	10	49:38.3	First Time
103	15	Tony Beck	Unaffiliated	M-45-49	10	49:39.4	First Time
104	37	Claire Gwyer	Unaffiliated	F-40-44	11	49:45.2	First Time
105	2	Sarmid Alkamil	Bramhall Runners	M-50-54	9	50:05.6	First Time

106	196	Helen Spanner	Unaffiliated	F-35-39	8	50:21.6	First Time
107	118	Ness Jones	Unaffiliated	F-40-44	12	50:30.2	First Time
108	188	Kath Sellers	Infiniti Mud Runners	F-40-44	13	50:44.4	First Time
109	102	Craig Holt	Unaffiliated	M-35-39	16	50:47.9	First Time
110	208	Nicole van den Wittenboer	Buckley RC	F-50-54	3	50:53.8	PB remains 47:21
111	150	Mark Ferns	Unaffiliated	M-55-59	4	50:56.1	PB remains 46:17
112	148	Rachel Mellor	Dragons Running Club (Sale)	F-35-39	9	51:15.4	PB remains 48:24
113	24	Janette Boynton	Unaffiliated	F-45-49	4	51:22.4	First Time
114	45	Paul Cookson	Unaffiliated	M-35-39	17	51:34.3	First Time
115	131	Heather Littlemore	Unaffiliated	F-Senior	6	51:49.2	First Time
116	67	Sarah Eccles	Unaffiliated	F-Senior	7	51:49.8	First Time
117	206	Alison Turner	Unaffiliated	F-40-44	14	51:51.3	New PB
118	68	Beth Evens	Unaffiliated	F-45-49	5	52:03.1	PB remains 49:01
119	141	Lucy McGill	Dragons Running Club (Sale)	F-35-39	10	52:05.6	PB remains 47:45
120	94	David Hiley	Unaffiliated	M-40-44	21	52:06.9	First Time
121	143	Katie McInnes	Chorlton Runners	F-Senior	8	52:29.2	First Time
122	135	Caroline Mack	Mile Shy Club	F-45-49	6	52:38.3	First Time
123	81	Lisa Gordon	Unaffiliated	F-45-49	7	52:39.2	First Time
124	180	Gavin Reynolds	Unaffiliated	M-Senior	17	52:39.9	First Time
125	120	Jana Julinkova	Winston runners	F-45-49	8	52:41.3	First Time

126	70	Kath Flynn	Mile Shy Club	F-50-54	4	53:09.7	First Time
127	122	Karl Kerman	Unaffiliated	M-40-44	22	53:17.7	First Time
128	35	Steve Burgess	Winston runners	M-55-59	5	53:19.0	First Time
129	178	Jillian Probert	Unaffiliated	F-45-49	9	53:44.0	First Time
130	4	Louise Ambler	Unaffiliated	F-Senior	9	53:45.7	First Time
131	100	Olivia Holland	Unaffiliated	F-Senior	10	53:50.6	First Time
132	50	Jane Damerum	Dragons Running Club (Sale)	F-40-44	15	53:51.7	First Time
133	18	Sheila Bhati	Unaffiliated	F-40-44	16	53:54.1	First Time
134	132	Alison Lord	Unaffiliated	F-40-44	17	54:11.7	PB remains 51:41
135	7	Jane Ash	Gatley Runners	F-40-44	18	54:12.5	PB remains 51:17
136	182	Emily Ritson	Unaffiliated	F-Senior	11	54:13.1	First Time
137	58	Matthew Dolan	Gatley Runners	M-35-39	18	54:13.8	First Time
138	171	Emma Patchwood	Unaffiliated	F-35-39	11	54:18.9	First Time
139	204	Chris Toyne	Vegetarian Cycling and Athletic Club	M-50-54	10	54:36.4	PB remains 49:59
140	203	Helen Toyne	Vegan Runners	F-40-44	19	54:43.1	PB remains 49:18
141	42	Linda Clifford	Winston runners	F-50-54	5	54:47.7	First Time
142	161	Simon Murray	Infiniti Mud Runners	M-50-54	11	54:48.6	First Time
143	69	Helen Firth	Unaffiliated	F-35-39	12	55:06.3	First Time
144	21	Lindsey Black	Unaffiliated	F-40-44	20	55:08.3	First Time
145	27	Sarah Bradbury	Dragons Running Club (Sale)	F-40-44	21	55:20.8	First Time

146	54	Charlotte Dean	Winston runners	F-Senior	12	55:21.9	First Time
147	105	Claire Howarth	Unaffiliated	F-35-39	13	55:22.6	First Time
148	194	Tracy Smith	Unaffiliated	F-35-39	14	55:23.1	First Time
149	200	Dawn Thornton	Infiniti Mud Runners	F-50-54	6	55:36.4	First Time
150	75	Howard Friend	Unaffiliated	M-50-54	12	55:54.5	First Time
151	153	Paul Mitchell	Gatley Runners	M-35-39	19	55:57.5	First Time
152	140	Victoria McCarthy	Mile Shy Club	F-35-39	15	56:12.0	First Time
153	26	Helen Brackley	Unaffiliated	F-35-39	16	56:13.0	PB remains 50:40
154	62	Damian Duncan	Unaffiliated	M-Senior	18	56:22.9	PB remains 42:26
155	186	Sasha Rudd	Mile Shy Club	F-45-49	10	56:37.7	First Time
156	106	Jill Hudson	Mile Shy Club	F-55-59	1	56:41.8	First Time
157	136	Beth Maguire	Infiniti Mud Runners	F-Senior	13	56:43.2	First Time
158	192	Gemma Smith	Infiniti Mud Runners	F-Senior	14	56:44.2	First Time
159	179	Elizabeth Rawlinson	Infiniti Mud Runners	F-35-39	17	56:45.0	First Time
160	216	David Williamson	Swinton RC	M-50-54	13	56:59.6	PB remains 46:16
161	6	Rachel Archer	Swinton RC	F-45-49	11	57:00.8	First Time
162	154	Jan Molyneux	Swinton RC	F-50-54	7	57:01.6	First Time
163	98	Laura Hirst	Unaffiliated	F-35-39	18	57:02.4	PB remains 51:46
164	14	Susan Bean	Chorlton Runners	F-65-69	1	57:03.3	First Time
165	88	Kevin Hardman	Swinton RC	M-60-64	5	57:11.9	PB remains 54:56
166	175	Joanne Podolanski	Bramhall Runners	F-45-49	12	57:15.2	First Time
167	116	Cath Jones	Bramhall Runners	F-55-59	2	57:25.5	First Time
168	144	Helen Mckay	Unaffiliated	F-45-49	13	57:27.6	PB remains 53:51

169	114	Nan Johnson	Unaffiliated	F-45-49	14	57:46.6	PB remains 53:03
170	159	Andy Mottershead	Mile Shy Club	M-55-59	6	58:34.2	First Time
171	56	Michelle Dobson	Dragons Running Club (Sale)	F-Senior	15	58:36.2	PB remains 48:47
172	109	Ashley Hughes	Unaffiliated	M-Senior	19	59:03.2	First Time
173	158	Stephanie Morton	Infiniti Mud Runners	F-Senior	16	1:00:16	First Time
174	13	Rosie Bastow	Unaffiliated	F-35-39	19	1:00:17	PB remains 53:04
175	121	Angie Kenney	Unaffiliated	F-40-44	22	1:00:38	First Time
176	137	Lisa Marriott	Unaffiliated	F-Senior	17	1:00:39	First Time
177	95	Holly Hill	Altrincham & District AC	F-40-44	23	1:00:46	PB remains 52:52
178	92	Christopher Higgins	Unaffiliated	M-55-59	7	1:01:24	First Time
179	156	Trish Morgan	Mile Shy Club	F-45-49	15	1:01:25	First Time
180	185	Ali Roskell	Chorlton Runners	F-40-44	24	1:01:52	PB remains 53:28
181	134	Jennifer Lutton	Winston runners	F-35-39	20	1:03:16	PB remains 50:53
182	201	Sue Thurrold	Vegan Runners	F-55-59	3	1:03:18	PB remains 54:45
183	99	Helena Hodgson	Gatley Runners	F-45-49	16	1:03:26	PB remains 58:06
184	168	Colin Owen	Gatley Runners	M-50-54	14	1:04:06	PB remains 40:06
185	51	Alison Daniel	Infiniti Mud Runners	F-45-49	17	1:04:10	First Time
186	65	Andrew Earl	Mile Shy Club	M-35-39	20	1:04:40	First Time
187	28	Rosie Breen	Unaffiliated	F-50-54	8	1:05:08	First Time
188	29	Roisin Breen	Unaffiliated	F-Senior	18	1:05:49	First Time
189	128	Emma Law	Mile Shy Club	F-40-44	25	1:07:28	First Time
190	60	Bronagh Dowdall	Unaffiliated	F-40-44	26	1:07:29	First Time

191	80	Natalie Golden	Mile Shy Club	F-45-49	18	1:07:30	First Time
192	63	Helen Dwyer	Unaffiliated	F-35-39	21	1:07:31	First Time
193	3	Hannah Allan	Unaffiliated	F-40-44	27	1:07:51	First Time
194	64	Ria Bright	Goyt Valley Striders	F-50-54	9	1:24:33	PB remains 1:23:33

SEE YOU NEXT YEAR.

Rob and the race team.

