

TRAFFORD TRAILS 5 MILE

RACE POSTPONED UNTIL FURTHER NOTICE

Unfortunately due to CV-19 it will not be possible to host the event in June as we had planned, instead we are going to postpone the race in the hope that we will be able to find another date later in the year. Due to sunset getting much earlier from early September the latest we could host an evening event would be towards the end of August. At the moment we think that is unlikely so we are instead hoping for a winter weekend event. We will keep you posted if anything changes. For now, entries are closed until we have a new date.

OVERVIEW

Established in 2017, Trafford Trails 5 is an easy going, summertime, 5 mile trail race. Starting at the Metroviks Rugby Club in Sale the route meanders along the banks of the River Mersey, adventuring through woodlands and up into Stretford Meadows before returning to Sale along the river.

A perfect step up from your local parkrun, especially for those who regularly enjoy Sale Water parkrun.

All profits shared with local community youth groups/charities.

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Brought to you by...

dragons



RUNNING CLUB SALE

RACE DETAILS

Date: TBD

Start time: TBD

Registration: TBD

On the day entry: Please check the website 24hrs in advance.

Distance: 5 miles (approx)

Start location: Trafford Metroviks Rugby Club, Finny Bank Road, Sale, M33 6LR

Organisers: Dragons Running Club (Sale)

Race director 2020: Robert Todd

Race founder: Robert Wadsworth - joining the runners this year.

Cost: £8 unaffiliated, £6 affiliated (Optional £4.00 donation to charity)

Goodies: Medal

Age limit: 18 and above

Dogs: Not allowed

Water stations: Only at finish (all marshals will be carrying small amount of water for use in an emergency)

Prizes: 1st Male and 1st Female

Event capacity: 250

Elevation gain: A whopping 54ft! So, flat.

Terrain: A mix of gravel/hard packed soil/grass/tarmac

Governing body: The race will be held under the UK Athletics rules.

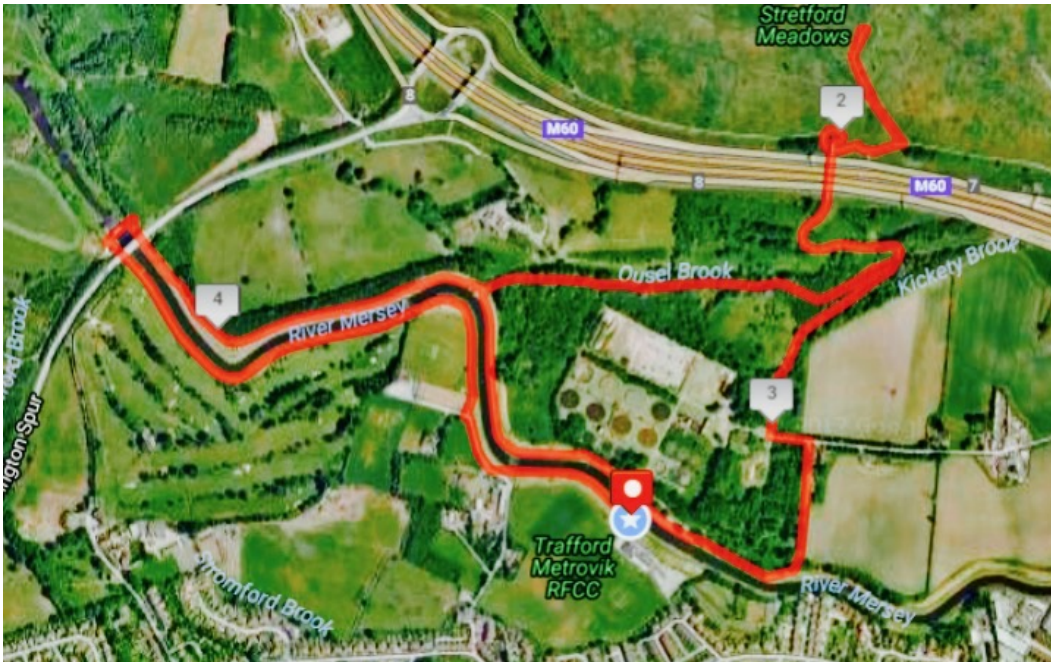
Facebook page and photo's

<https://www.facebook.com/pg/traffordtrails/photos/>

ENTER HERE VIA FULL ON SPORT.

BROUGHT TO YOU BY A FEW DEDICATED PEOPLE THAT HAVE DECIDED TO COMBINE THEIR LOVE OF RUNNING AND LOVE OF RAISING MONEY FOR CHARITY TOGETHER TO MAKE AN EVENT FOR SALE TO BE PROUD OF.

ROUTE



Download - [Route GPX File](#)

View - [MapMyRun route](#)

View - [Strava segment](#)

OUR CHOSEN CHARITIES

42nd Street

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

42ndstreet.org.uk

Wood Street Mission

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

woodstreetmission.org.uk

CONTACT US

Via email - TraffordTrails@gmail.com

Via our website - [Dragons Running Club \(Sale\)](#)

Via our facebook group - www.facebook.com/traffordtrails/

PLEASE CONSIDER THE FOLLOWING BEFORE RACING

If you in any doubt on the day about your ability to complete the 5 mile race, then you are advised not to start.

If you are new to running and are considering entering the race, you are advised to consult a doctor regarding your wish to take up running and racing as a form of exercise.

It is recommended that you wear appropriate trail footwear, however, if you feel comfortable running on trails in road specific footwear then that is your choice.

We operate 5 simple rules:

1. Look after yourself
2. Look after others
3. Look after the environment
4. Try your damned hardest and
5. Enjoy the race!

