



Your local running specialist

5 London Road, Alderley Edge, Cheshire, SK9 7JT

01625 582130

SEIZE THIS SPECIAL SIZZLER OFFER!

£5.00 VOUCHER

Can be redeemed against any show purchase
 PLUS a FREE pair of our fabulous BEARFOOT SOCKS
 (special offers excluded/one voucher per purchase)

EXCELLENT SELECTION OF TOP RUNNING BRANDS VIDEO GAIT ANALYSIS

The Manchester 5K SIZZLERS

EXCITING NEW
 FLAT & FASTER
 TRAFFIC FREE
 COURSE

A series of four 5km runs, jogs, and walks for all abilities
 in Wythenshawe Park



Almost five hundred in every event since 2004

Thursday 25 June	7.30pm	Thursday 23 July	7.30pm
Thursday 9 July	7.30pm	Thursday 6 August	7.30pm

All runs start and finish on the track at Wythenshawe Park, situated off Wythenshawe Road (B5157) and are accessed from M60 (Junction 5) and M56 (Junction 3).

- £2,500 prize money prizes for course records.
- Goodie bags for every Finisher.
- Commemorative medals for all who complete four events.

Get Fit
 - Not Fat!

Dynamic
 chiropractic

be pain free be your best

**FREE CHECK-UPS
 BEFORE/AFTER THE RACES
 OR AT THE CLINIC**

Dynamic Chiropractic the Award Winning Clinic

Doug Clark and Associates,
 President of the British Chiropractic Sports Council



0161 905 3440

Cheltenham House, Sale, M33 2DQ

www.dynamicchiropractic.co.uk



for every ability

the good... the bad... and the very slow

ENTRY FEES PER RUN

Please note that as a result of new UKA guidelines, unattached levies are no longer charged. Instead, participants affiliated to an athletic club receive a £2 reduction in entry fee. It pays to belong to a club!

The fees are:

UK club affiliated £5 each run
(£16 for four)

Unattached £7 each run
(£24 for four)

On the night £1 extra

Postal entries: (will not be acknowledged)
One week before the event

Online entries:
www.race-results.co.uk

NUMBERS

collected on the night

**New numbers issued
for each event**

Please do not reuse numbers.
BE EARLY!

FACILITIES

Toilets, showers, first aid
car parking, refreshments

Results on the day and at
www.race-results.co.uk

ENQUIRIES

Tel: Graham 0161 962 2625
(evenings)

Email: fechin@kemptoncourt.com

PRIZES

Course records £50

1st male/female £30

2nd male/female £25

3rd male/female £20

1st veteran male/female 40/50/60/70 £20

1st under-20 male/female £20

Every 50th finisher £15

Every finisher: Goody Bags

Complete the series: Commemorative medals

Disclaimer: The sponsors and event organisers are not responsible for any consequences arising from eating their products.

COURSE RECORDS

MALE	JASON WARD (ALTRINCHAM)	14:23 (2006)
FEMALE	BEV JENKINS (SALFORD AC)	16:27 (2005)

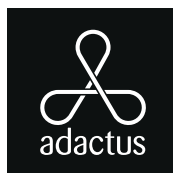
JUNIOR MALE	SIMON MILLS (SHM)	15:18 (2005)
JUNIOR FEMALE	VICTORIA MASON (SHM)	17:48 (2005)

OVER-40 MALE	GERRY HEALY (IRELAND)	15:28 (2006)
OVER-40 FEMALE	SUE BECCONSALL (BINGLEY H)	18:20 (2007)

OVER-50 MALE	ANTHONY DUFFY (BOLTON UTD H)	16:18 (2006)
OVER-50 FEMALE	JANETTE STEVENSON (FALKIRK)	18:50 (2007)

OVER-60 MALE	FRANK REILLY (STOCKPORT H)	17:51 (2006)
OVER-60 FEMALE	CAROL WOLSTENHOLME (H'SHIRE)	19:55 (2006)

(world record)



"A front runner in
the regeneration of
Manchester"

for every ability

the good... the bad... and the very slow

Entry form

Minimum age 16

on the day of the race

Send completed form to:
The Reebok Manchester Sizzlers
34 Sunnywood Drive, Tottington
Bury, Lancashire BL8 3EN

Full name _____

Address _____

Postcode _____

Tel _____ Email _____ (Print Clearly)

DOB _____ UK: Affiliated club _____

Tick here if unattached

Tick the event(s) entered

25 June 9 July 23 July 6 August

Tick which category you wish to enter

Men Women
 Men U20 Women U20
 Men O/40 Women O/40
 Men O/50 Women O/50
 Men O/60 Women O/60
 Men O/70 Women O/70

Fee enclosed _____
(Cheques payable to Sale Harriers Manchester)

Declaration: I am medically fit and accept
that the organisers shall not be liable for any
loss, damage, injury or illness to my person
as a result of taking part.

Signed _____

Dated _____

You can enter online at www.race-results.co.uk