

The Manchester 5K SIZZLERS

FAMOUS

A series of four 5km runs, jogs, and walks for all abilities within Wythenshawe Park (south Manchester) on scenic paths



The sixth successful year! Five hundred in every event since 2004

Thursday 26 June

7.30pm

Thursday 10 July

7.30pm

Thursday 24 July

7.30pm

Thursday 7 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 for front runners in every category and for course records.
- Free health 'goodies' for every finisher.
- Commemorative medals for all who complete four events.

Get fit – not fat!

This year this popular series aligns with the revolutionary national Great Activity Campaign to improve the health of the nation by having two million people clock up 100million miles of physical health up to London 2012.

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 £4 each run
(£14 for four)
Unattached £6 each run
(£18 for four)

On the night £1 extra

Postal entries:
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

(world record) >

PRIZES

Course records £50

1st male/female £30

2nd male/female £25

3rd male/female £20

1st veteran male/female 40/50/60 £20

1st under-20 male/female £20

Runs 1 and 3: every 50th finisher £15

Runs 2 and 4: every 60th finisher £15

Every finisher: Free goodies

Complete the series: Commemorative medals

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

COURSE RECORDS

£200 FOR A TEAM OF ANY FOUR MEN TO BEAT
59.09 MINUTES

£200 FOR A TEAM OF ANY THREE WOMEN TO
BEAT 52.30 MINUTES

Teams can be club or composite teams. All teams
must be declared prior to the race.

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

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 _____

DOB _____ UK: Affiliated club _____

Tick here if unattached

Tick the event(s) entered

26 June 10 July 24 July 7 August

Tick which category you wish to enter

Men Women

Men U20 Women U20

Men U40 Women U40

Men U50 Women U50

Men U60 Women U60

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

for every ability

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



Kellogg's



"A front runner
in the regeneration of Manchester"



Reebok