

DIANE MODAHL SPORTS FOUNDATION

Recognising, Supporting & Shaping Talent

The Diane Modahl Sports Foundation; a registered charity with The Charity Service dedicated to supporting young people from disadvantaged communities and providing them with the quality coaching, mentoring and support network necessary to fulfil their sporting potential. Please help us to support their development. Thank you.

Diane



Your local running specialist

SEIZE THIS SPECIAL SIZZLER OFFER!

£5.00 VOUCHER - Can be redeemed against any shoe purchase
PLUS a **FREE** pair of our fabulous BEARFOOT SOCKS
(special offers excluded/one voucher per purchase)

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

01625 582130

EXCELLENT SELECTION OF TOP RUNNING BRANDS VIDEO GAIT ANALYSIS



Run
pain free

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Consultation and Examination
worth **£25** (Quote ref: Sizzler)

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Chiropractic
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"Chiropractic is a fast and effective way of treating and preventing injuries. I constantly recommend Chiropractic to athletes and I am delighted to endorse the BCSC as it's patron."
Steve Grim MBE - Former World and Olympic Champion - Chairman of the English Institute of Sport.

Call: **0161 905 3440** now for your appointment

www.dynamicchiropractic.co.uk

Anatomy

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Get an hour's massage for **£25** for anyone that quotes 'Sizzler'

Anatomy Manchester
T: 0161 861 0848
E: info@anatomymanchester.co.uk
W: www.anatomymanchester.co.uk
Anatomy Manchester Ltd | 164 Manchester Road | Choriton | Manchester | M16 0DZ

As an injury rehabilitation specialist we provide a continuum of healthcare from injury to a fitness programme, to enable you to return to your sport or continue your daily activities pain free! Our rehabilitation process takes traditional physiotherapy one step further. A range of relaxation and therapeutic treatments are also available.

mlh physiotherapy and sports injury clinic

@Bridgewater Hospital @Sale @MediaCity

We treat: **Sports injuries Muscle strains Neck & back pain Sciatica**

www.mlhphysio.co.uk

mlh Physiotherapy Manchester was established in 2007 • Sale: 0161 905 2861 • Bridgewater: 0161 227 0000 • info@mlhphysio.co.uk

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THE FAMOUS



FOUR 5k RUNS FOR EVERY ABILITY
in Wythenshawe Park, South Manchester @ 7.30pm



Thursday July 5th • Thursday July 19th July
Thursday August 2nd • Thursday August 16th

Race Permit applied for

FAST, FLAT, SCENIC MOSTLY TARMAC PATHS
11th successful year • over 500 runners in each event

RUN WITH OLYMPIANS 5k - Thursday August 16th
Join ex-Olympians Ron Hill (Marathon), Diane Modahl (800m), Geoff Norman (Marathon), Kevin Mc Kay (1500m), Susan Crehan (10,000) and several other ex Olympians

incorporating
THE NORTHERN 5K CHAMPIONSHIPS

Eligibility for Northern Championships
Northern Athletics www.noeaa-athletics.org.uk

To support future Olympians, participants are asked to contribute generously to the Diane Modahl Sports Foundation



FOR RUNNERS GOOD, BAD AND UGLY

All runs start/finish on The Wythenshaw Park athletics track (M23 0AB)
M60 (Jn 5) - M56 to A5103 - B5166 - B5167

Prizes

(Same for Men & Women)

1st £50

2nd £40

3rd £30

Age Groups: Valuable Ronhill fashion sportswear
U20, Vet 40, 45, 50, 55, 60, 65, 70 for both M & F



1st TEAM: £100 for a 3 x men's accumulative time under 45.00 mins and 3 x women under 52.00 mins.



A further £50 to every male under 14.40 & female under 16.30.
Additional £50 for all Sizzler records (see website for details)



Goody bags for every finisher



Commemorative medals for finishers of the four runs

Entry Fee per race *(retained from 2006)*

Postal entries will not be acknowledged
Entries must be recieved one week before the event

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

Unattached £7 each run
(£24 for all four)

On the night £1 extra

Equiries

Email: fechin@kemptoncourt.com
Telephone: 0161 862 0393 (evenings)

NUMBERS

Collect on the night

New numbers issued for each race event

Please do not reuse numbers

Facilities

Toilets • First Aid
Refreshments • Car Parking

Results

Available on the day & at
www.race-results.co.uk

Entries to

The Ronhill Sale Sizzlers
34 Sunnywood Drive
Tottington
Bury
Lancashire
BL8 3EN

Minimum age

All runners must be at least 16 on the day of the race

Be Early!

Races start 7.30pm prompt!

DOWNLOAD ENTRY FORM FROM
www.saleharriersmanchester.com and from www.race-results.co.uk

Full name _____

Address _____

_____ Postcode _____

Tel _____ Email _____ (Print Clearly)

DOB _____ UK Affiliated Club _____

England Athletics Reg. No. _____

Tick here if unattached (i.e. not belonging to an affiliated club)

Tick the event(s) entered

July 5th July 19th August 2nd August 16th

Tick which category you wish to enter

Male 045
 Female 050
 Senior 055
 U20 060
 040 065+

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 _____

Enter online at www.race-results.co.uk



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Kellogg's