

WIGAN PHOENIX

www.wiganphoenix.org.uk

THE HAIGH HALL 5 MILE ROAD RACES 2007

(UNDER UK ATHLETICS RULES. NoEAA PERMIT APPLIED FOR)

SPONSORED BY SWEATSHOP

WEDNESDAY - 9th MAY /13TH JUNE/11th JULY /8th AUGUST

June 13th Race will be Race 3 of the Sweatshop / Mizuno Wave Idaten Race Series

For further info regarding this series contact Glyn at Sweatshop – Chorley

01257-269 814 / chorley@sweatshop.co.uk

START TIME: 7.30pm. N.B: 2nd Wednesday of the month

REGISTRATION AT: WIGAN RUGBY UNION CLUB - WN1 2SJ

Wingates Road, off Leyland Mill Lane,

off Wigan Lane (A49) between Cherry Gardens PH and Wigan Infirmary

RUNNERS OF ALL STANDARDS WELCOME

*******PRIZES*******

First 5 men

**First men's team (4 to count)
1st male vet over 40/45/50/55/60/65
1st male junior (Under 18)**

First 3 ladies

**1st ladies' team (3 to count)
1st lady vet over 35/40/45/50/55/ 60
1st female junior (Under 18)**

Plus Champagne for setting a new course record and spot prizes

Course records: Paul Freary(Belgrave) 25.13 (2006); Lisa Heyes (Salford) 28.42(2004)

Series prizes for the 1st man & lady plus 1st vet in each category

The course is over fast roads and tracks within Haigh Country Park.

Free results on the night - Bar & refreshments - Changing and shower facilities.

ENTRY FEES (Minimum age 16)

£4 per race /£6 unattached (£1 extra on the night)

4 RACE SERIES - ONLY £12 /£20 U/A (£2 extra at first race)

All series entries get a free T-shirt

Cheques payable to Wigan Phoenix

Postal entries to: Paul Carroll

21 Pilgrims Way,

Standish, Wigan

WN6 0AJ

01257 426166 (evening/week-end)

Send 9 x 6 SAE or collect on night

Haigh Hall 5 Mile Series/May/June/July/Aug (Please circle)

Name _____ M/F _____ D.O.B. _____ Age _____

Address _____

Postcode _____

UKA Club _____ NoEAA Reg No. _____

I am an amateur as defined by UKA laws and rules. I agree to participate entirely at my own risk. I declare that I am medically fit to run & agree to be bound by the UKA rules.

Signed _____