

The 17th consecutive year and 2018 Sizzler dates are Thursday's 7.30 on July 5th & 19th and August 3rd & 16th. Get them into your diaries before summer events like holidays encroach on this annual running highlight! As usual I ask you to circulate these dates as widely as you can especially within your clubs and workplaces. Every year the Sizzlers have grown to a new peak whereby last year we topped the maximum of 500 finishers in three of the four races. I anticipate full houses again this year. I can confirm the Sizzlers easily compete with the region's other 5k's as a very fast course.

An informal study revealed that of the top 20 men, women and Sale Harriers who'd competed in one of the region's 5k's last year and had also run a Sizzler, most ran faster (or did their PB's) in the Sizzler and, of those who did not, there was only a few seconds difference.

You also contributed £3000 to St. Ann's Hospice, much of which was donated into the buckets as you exited the car-parks – a magnificent sum much appreciated by St. Ann's Hospice. This year again, I'm keeping entry fees low and, thanks to Barbara & Duncan Shuttleworth from the Chartered Accountants Topping Partnership and the flapjack company Focused Nutrition, we'll be providing great good-bags again in anticipation that you'll continue your generosity to St. Ann's Hospice. Supporting others with life-threatening illness as we buzz with health and fitness exiting a race is indeed commendable

Decathlon (Stockport) and GOLLA are our partners and we'll be asking you again to try and pick up your numbers from the Decathlon store in Stockport, more on that later.

Promotional literature and entry forms will be distributed at races and parkruns soon.

Thanks for your enthusiasm in making the 'Sizzlers' sizzle.

Good Luck in your spring & summer training and races.

Yours in Sport

Fechin McCormick

Race Director - Sale Harriers Manchester