



Exclusive Personal Training in Greater Manchester, Sale, Altrincham, Didsbury & Stockport.

Call Gavin on 07885 987863

Want to get fit but don't want to join a gym, Home based Personal Training
Sale Water Park Boot Camp, Suitable for all fitness levels.

Email: gavin@motiv8personaltrainers.co.uk Website: www.motiv8personaltrainers.co.uk



Run pain free

25% off Chiro or Physio assessment & 1st treatment visit!
Call 0161 905 3440 and quote 'Dynamic'.

Dynamic Chiropractic the Award Winning Clinic

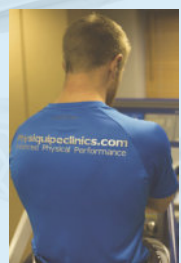
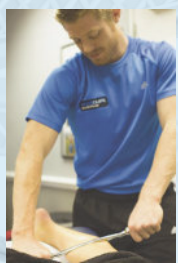
- Chiropractic
- Physiotherapy
- Sports Massage
- Chiroprody and Podiatry

Thank you DC in playing a vital part in keeping me injury free! My 2013 top 20 world ranking would not have been possible with out your help.' **Charlene Thomas - 1500m**

Call: **0161 905 3440** now for your appointment
www.dynamicchiropractic.co.uk

PHYSIQUE

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- Rehabilitation
- Injury Assessment
- Anti Gravity Treadmill

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Didsbury

Get 50% off your first visit!



THE SALE SIZZLERS

THE 4 X 5k RACES FOR ALL ABILITIES

Wythenshawe Park, South Manchester
In Partnership with

Chip
Timing
Start &
Finish

DECATHLON
.co.uk

SPORT FOR ALL | ALL FOR SPORT

Licence No: 2017 - 28468

Accurately
measured fast & flat



THURSDAYS 7.30pm
July 6th, 20th, August 3rd, 17th

FAST, FLAT, PB COURSE

16th successful year: upto 500 runners in each event



SIZZLER RECORDS x 5 YEARS

MALE	Andrew Heyes (H'shire)	9th fastest in UK in '16	14:13 (2016)	M55	Dave Gee (Mcr.H.)	28th fastest in UK in '12	17:56 (2012)
FEMALE	Jess Coulson (St'port AC)	1st fastest in UK in '14	15:43 (2014)	L55	Sue Becconsail (Bingley H)	2nd fastest in UK in '14	18:55 (2014)
JUN MALE	Daniel Lawton (Trafford AC)	10th fastest U20 in UK in '15	15:11 (2015)	M60	Dave Gee (M/C H)	7th fastest in UK in '14	17:38 (2014)
JUN FEMALE	Jessica Coulson (St'port AC)	4th fastest U23 in UK in '11	16.22 (2011)	L60	Ann-Marie Jones (Alty AC)	1st fastest in UK in '14	20:26 (2014)
M40	Gaz Raven (SHM)	1st fastest in UK in '14	14.44 (2014)	M65	Frank Reilly (St'port AC)	5th fastest in UK in '11	18:37 (2011)
L40	Helen Clitheroe (Preston AC)	1st fastest in UK in '15 (Irish Record)	16.16 (2015)	L65	Alexis Dinsmor (St'port AC)	11th fastest in UK in '14	24.33 (2014)
M45	Graham Green (W'ton AC)	4th fastest in UK in '14	15.43 (2014)	M70	Frank Reilly (Stockport)	1st fastest in UK in '16	19:43 (2016)
L45	Mandy Vernon (Trenthan)	2nd fastest in UK in '16 (Irish Record)	18.06 (2016)	L70	Brenda Robinson (Rochdale H)	10th fastest in UK in '15	29.09 (2015)
M50	Jon Cordingley (Bingley H.)	1st fastest in UK in '08	15.44 (2008)	M75	Joe Park (Cheshire Tally Ho)	15th fastest in UK in '14	26:11 (2014)
L50	Sue Becconsail (Bingley H)	3rd fastest in UK in '09	18.34 (2009)	M75	In 2007 Carol Wolstenholme (H'shire) 19.55 was the 2nd fastest L60 in the world		



Also supporting
ST. Ann's Hospice
Please give generously to their
"On-Exit" Bucket Collection

in aid of



Registered charity number 258085



ON-LINE ENTRIES PLEASE: WWW.SALE-HARRIERS.NIFTYENTRIES.COM

All runs start/finish on The Wythenshaw Park athletics track (M23 0AB)
M60 (Jn 5) - M56 to A5103 - B5166 - B5167
Travelling by tram? Exit Wythenshaw Park and walk 800m

Prizes Prize giving at 8pm prompt

(You must be present at prize giving to receive your prize)

£50 1st

£40 2nd

£30 3rd

£20 U20, L35, M/L 40, 45, 50, 55, 60, 65, 70, 75

Double your money:

Come within 10 seconds of the course record

Treble your money:

Break the course record

3 x Affiliated Club Men

£100 to break 45 mins

3 x Affiliated Club Women

£100 to break 53.20

Medals: All who complete four races
Goody bags for finishers

NEW NUMBERS FOR EACH RACE

Collect on the night

Please do not reuse numbers

Facilities

Toilets • First Aid

Refreshments • Car Parking

Results

Text Message

www.niftyentries.com/results

Postal Entries to

The Sizzlers
131 Kerscott Road
Northern Moor
M23 0QE

Minimum age

All runners must be at least 15 on the day of the race

Be Early!

Races start 7.30pm prompt!

Enquiries

Email: fechinmccormick@saleharriersmanchester.com

Telephone: 0161 972 5715

COLLECTING YOUR ENTRY:

In order to avoid those long queues on race night, Decathlon Stockport and The Sizzlers are making available for all entrants a pre-registration station at the Welcome Desk within the Decathlon Stockport store. We ask all entrants, as far as possible, to collect their chipped numbers from the store starting 2 weeks prior to each race and up to the Wednesday evening before each race. Those entrants collecting their numbers at Decathlon Stockport will receive a "£5 off when spending £25" voucher. These vouchers are available for every race and ONLY for those who pick up their own numbers at the store. One voucher per person (not available for those participants who get their number at the store through another participant). Those unable to collect their number from the store will, of course, collect them on the night as usual from the trackside entries desk. BE EARLY!

ON-LINE ENTRIES PLEASE: WWW.SALE-HARRIERS.NIFTYENTRIES.COM

Minimum age 15 on the day of the race

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 9th July 20th August 3rd August 17th

Tick which category you wish to enter

Male 045
 Female 050
 055
 Senior 060
 U20 065
 L35 070
 040 075

FREE DECATHLON CARD

from ukresults.net

Get a load of benefits like **FREE** entry into Decathlon Sports Events, their 5k running series (including the Stockport 5k on Sunday June 11th) and loyalty rewarded with every purchase. You can only be a **WINNER** with a Decathlon card.

To apply & for more information, log on to www.decathlon.co.uk



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 _____



MY DECATHLON



"A front runner in the regeneration of Manchester"

FOCUSED NUTRITION
www.focused-nutrition.co.uk

Topping partnership