



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

Podiatry and Footbalance

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



JILL HUDSON BSC.POD.M, M.CH.S

- Podiatry
- Chiropody
- Biomechanical Assessment
- Orthotics; Customised For Sports

20% off initial assessment on production of this leaflet

Call: 01619696555 For Appointment

64 Marsland Road, Sale, Cheshire, M33 3HG
www.salepodiatry.co.uk



10% discount with this flyer
to all SALE SIZZLER runners!

Sports Massage Therapist

Injury Therapy

Deep Tissue

PNF Stretching

For a free consultation Call 07565807024

Covering the South of Manchester and Cheshire
Email: gillian.garrod@yahoo.co.uk

INVEST IN YOUR RUNNING PERFORMANCE
WITH A COMPREHENSIVE CLINICAL ANALYSIS

- Analyse your Running performance from head to toe: gait patterns, pressure distribution and how to adjust to avoid injury
- See real-time muscle function and develop a plan for return to sport
- Develop a high-performance training plan based on high-fidelity data and precise reporting
- State-of-the-art biomechanics analysis from **PHYSIQUBE** powered by **NORAXON** and **metamed**



Book your assessment now at: www.physiqube.com/clinic

THE SALE SIZZLERS

THE 4 X 5k RACES FOR ALL ABILITIES

Wythenshawe Park, South Manchester
In Partnership with



Licence No: 2018 - 33584

THURSDAYS 7.30pm

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

FAST, FLAT, PB COURSE

17th successful year: 500 capacity in each race



COURSE RECORDS AS OF 2017

SIZZLER RECORDS x 5 YEARS

MALE	Andrew Heyes (H'shire)	9th fastest in UK in '16	14:13 (2016)	M55	Stephen Watmough (W'ton AC)	6th fastest in UK in '17	17:08 (2017)
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) (Irish Record)
L40	Helen Clitheroe (Preston AC)	1st fastest in UK in '15	16.16 (2015)	L65	Alexis Dinsmor (St'port AC)	11th fastest in UK in '14	24.33 (2014)
M45	Paul Green (SHM)	1st fastest in UK in '17	15.27 (2017)	M70	Frank Reilly (Stockport)	1st fastest in UK in '16	19:43 (2016) (Irish Record)
L45	Mandy Vernon (Trentham)	2nd fastest in UK in '16	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	Richard Bacon (Winston R)	4th fastest in UK in '17	22.58 (2017)
L50	Sue Becconsail (Bingley H)	3rd fastest in UK in '09	18.34 (2009)				

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 OAB)
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

We ask everyone, as far as it is possible, to collect their chipped numbers from Decathlon (Stockport). Otherwise 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
Mobile: 07517 346 478

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 5th July 19th August 2nd August 16th

Tick which category you wish to enter

<input type="checkbox"/> Male	<input type="checkbox"/> 045
<input type="checkbox"/> Female	<input type="checkbox"/> 050
	<input type="checkbox"/> 055
<input type="checkbox"/> Senior	<input type="checkbox"/> 060
<input type="checkbox"/> U20	<input type="checkbox"/> 065
<input type="checkbox"/> L35	<input type="checkbox"/> 070
<input type="checkbox"/> 040	<input type="checkbox"/> 075



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 _____

FOCUSED NUTRITION, the UK's leading specialist flapjack manufacturer, **TOPPING PARTNERSHIP**, Salford based Chartered Accountants will continue to support the Sizzler goody bags whilst runners generously support **St. Ann's Hospice** on exiting the car-parks.

ukresults.net

Entry Fee per race

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

UK club affiliated	£6 each run (£20 for all four)
Unattached	£8 each run (£26 for all four)
On the night	£2 extra

DECATHLON

SPORT FOR ALL | ALL FOR SPORT

COLLECTING YOUR ENTRY

Decathlon (Stockport) and The Sizzlers are making available a pre-registration station at the Welcome Desk within the Decathlon Stockport store. We ask all entrants 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 unable to collect their number will, of course, collect them as usual on the night. BE EARLY!

GOLA®
active

As a sponsor of Sale Sizzler 5k series, Gola Active will provide running trainers part of their X-Pand specialist running range. Gola Active shoes will also be awarded additional to some of the prize categories. Details later.



"A front runner in the regeneration of Manchester"

FOCUSED
NUTRITION

www.focused-nutrition.co.uk

Topping
partnership