

mlh physiotherapy and sports injury clinic

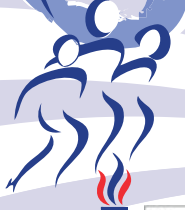
HALF PRICE ASSESSMENT

QUOTE SIZZLERS WHEN BOOKING
www.mlhphysio.co.uk

Sale Leisure Centre
T: 0161 905 2861
Bridgewater Hospital
T: 0161 227 0000



Dynamic
chiropractic



Run
pain free

Dynamic Chiropractic the Award Winning Clinic

- Chiropractic
- Sports Massage

Half price new patient visit (Worth £30.50!)

Call 0161 905 3440 for your appointment now!

- Physiotherapy
- Chiropody 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
CLINICS.com

ALTER G
Defy Gravity



The Anti-Gravity Treadmill for Performance. Why anti-gravity exercise?

- Quicker recovery from injury
- Train through 'niggling' injuries
- Increase mileage whilst reducing impact on joints
- Improve your PBI!!
- Minimise joint stress and pain
- Increase leg turnover speed
- Minimises jarring forces that can lead to injuries

What next? Come along to one of our taster clinics for a FREE 10 minute session. To book your session call 0161 300 5591

Physique Clinic, The Northern Lawn Tennis Club, West Didsbury, Manchester M20 3YA www.physiqueclinics.com clinic@physique.com @physique 0161 300 5591

DAVID ROBERTS
PHYSIO

DAVID ROBERTS PHYSIOTHERAPY

Physiotherapy • Sports Massage • Pilates • Podiatry

45 Northenden Road, Sale, M33 2DL

0161 962 0491 to arrange an appointment.

Clinics also available in: Hazel Grove, Old Trafford (within Emirates Stadium, Lancashire County Cricket Club), Spring Gardens (Central Manchester)

Visit our website for more information at www.davidrobertsphysio.co.uk

50% off Initial Assessment when Quoting: "Sale 5k Sizzler"

Test your fitness

IMPROVE YOUR BEST TIME

SALE 5K SIZZLERS

Supported by

RONHILL

Race licence No. 2014-11394

FOUR 5K RUNS FOR EVERY ABILITY
in Wythenshawe Park, South Manchester

Accurately measured fast & flat



THURSDAYS 7.30pm
July 3rd, July 17th, July 31st, August 14th

FAST, FLAT, SCENIC MOSTLY TARMAC PATHS
13th successful year upto 500 runners in each event

August 14th event incorporates



The Northern 5k Road Championships

Under NoEAA regulations at www.noeea-athletics.org.uk

Run with Olympians 5k

Last years Olympians who attended were **Ron Hill** (Tokyo '64 and Munich '72), **Alan Blinston** (Mexico '68), **Jeff Norman** (Montreal '76), **Michelle Scutt** (Moscow '80), **Susan Crehan** (Seoul '88)

Tom Lancashire (Beijing '08), **Nick McCormick** (London '12), **Ann Griffiths** (Barcelona '92), **Stuart Stokes** (London '12)

This Year so far we Welcome **Rebekah Wilson** (Sochi '14 Bobsleigh)

THIS YEAR'S SIZZLERS ARE SUPPORTING ST. ANN'S HOSPICE
PLEASE GIVE GENEROUSLY

St Ann's Hospice cares for around 3,000 people every year across Greater Manchester who are affected by life limiting illnesses. We are a charity, and all our care is provided free of charge. We need to raise £16,000 every day to continue providing our services.

in aid of



Registered charity number 258085



ON-LINE ENTRIES PREFERABLE & CHEAPER!

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: £20 or Ronhill sportswear

U20, Vet, L35-M & L, 40, 45, 50, 55, & 60+



Every male under 14.40 £50

Every female under 16.45 £50



£50 for all course records (See www.saleharriersmanchester.com for details)



Declared clubs 3 x men's teams under 45.00 mins £100

Declared clubs 3 x women's teams under 54.00 mins £100



Medals: Northern Champions - Individuals and teams

Medals: All who complete four races



Goody bags for all finishers

Entry Fee per race (retained from 2006)

Postal entries will not be acknowledged

Entries must be received 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 £2 extra

Enquiries

Email: fechinmccormick@saleharriersmanchester.com

Telephone: 0161 972 5715

NEW NUMBERS FOR EACH RACE

Collect on the night

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 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

Minimum age 16 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 3rd July 17th July 31st August 14th

Tick which category you wish to enter

Male 040
 Female 045
 Senior 050
 U20 055
 L35 060+

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 _____

Online entries preferred www.race-results.co.uk

FOCUSED 
NUTRITION

www.focusednutrition.com/running

The Sizzlers thank Focused Nutrition for their generous support of flap jacks for every goodie bag



"A front runner in the regeneration of Manchester"



Mornflake

