

mlh physiotherapy and sports injury clinic

HALF PRICE ASSESSMENT
QUOTE SIZZLERS WHEN BOOKING
www.mlhphysio.co.uk

OPTOGAIT GAIT ANALYSIS NOW AVAILABLE

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




Dynamic chiropractic

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
- 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 PB!!!
- 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



SPONSORED BY

WYTHENSHAW COMMUNITY HOUSING GROUP





THE 4 X 5k SIZZLERS
Rewarding Excellence • Encouraging Health
Licence No: 2015-14515

5k RUNS FOR EVERY ABILITY
in Wythenshawe Park, South Manchester

THURSDAYS 7.30pm
June 25th, July 9th, 23rd, August 6th

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





CURRENT SIZZLER COURSE RECORDS

Gender	Name	Year	Time	Rank
MALE	Andrew Heyes (H'shire)	2014	14:20	11th fastest in UK
FEMALE	Jess Coulson (St'port AC)	2014	15:43	1st fastest in UK
JUN MALE	Callum Greenwood (SHM)	2012	15:17	17th fastest U23 in UK
JUN FEMALE	Jessica Coulson (St'port AC)	2011	16:22	4th fastest U23 in UK
M40	Gaz Raven (SHM)	2014	14:44	1st fastest in UK
M45	Graham Green (W'ton AC)	2014	15:43	4th fastest in UK
L40	Bev Jenkins (Salford AC)	2013	17:50	5th fastest in UK
L45	Jayne Lawton (St'port AC)	2014	19:45	29th fastest in UK
M50	Jon Cordingley (Bingley H.)	2008	15:44	1st fastest in UK
M55	Martin Tighe (SHM)	2014	17:56	30th fastest in UK
	Sue Becconsail (Bingley H)	2009	18:34	3rd fastest in UK
	Sue Becconsail (Bingley H)	2014	18:55	2nd fastest in UK
	Dave Gee (M/C H)	2014	17:38	7th fastest in UK
	Stan Curran (Salford H)	2014	19:25	4th fastest in UK
	Ann-Marie Jones (Alty AC)	2014	20:26	1st fastest in UK
	C. Wolstenholme (H'shire)	2007	19:55	2nd fastest in world
	Alexis Dinsmor (St'port AC)	2014	24:33	11th fastest in UK
	Ken Burgess (Alty AC)	2014	21:17	9th fastest in UK
	Joe Park (Cheshire Tally Ho)	2014	26:11	15th fastest in UK

in aid of

St Ann's Hospice
Registered charity number 258085



FOCUSED NUTRITION
www.focused-nutrition.co.uk

Topping partnership

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
Travelling by tram? Exit Wythenshaw Park and walk 800m

Prizes

(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 second 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 54 mins

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

☐ June 25th ☐ July 9th ☐ July 23rd ☐ August 6th

Tick which category you wish to enter

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

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

MAX ENTRIES 500
(Requirement for race licence)

in aid of



Registered charity number 258085

CAN YOU DONATE TO HELP THOSE MUCH LESS FIT & HEALTHY...

St Ann's Hospice provides care and support to around 3,000 people in Greater Manchester each year who are living with, or affected by, life-limiting illnesses. The Neil Cliffe Centre at Wythenshaw Hospital is part of St Ann's Hospice, providing supportive outpatient services. St Ann's Hospice is a charity, and all their care is provided free of charge. They need to raise £16,000 every day to continue providing their services.

NAME: (PRINT)How much.....

THE SIZZLER PROMISE... Improve on last year's £2000 and the Sizzler entry fees will remain the same in 2016.



"A front runner in the regeneration of Manchester"



Mornflake

