



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

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

PAUL'S GARDEN SERVICES

Hedges, Grass, Trees, Borders, Weed Control ETC.

07960 118062



Free Quotations, Manchester & Surrounding Areas
Special Discounts to Runners



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 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

THE SALE SIZZLERS

THE 4 X 5k RACES FOR ALL ABILITIES

Wythenshawe Park, South Manchester

Supported by



Rewarding Excellence • Encouraging Health

Licence No: 2016 - 23635

Accurately measured fast & flat



THURSDAYS 7.30pm
June 30th, July 14th, 28th, August 11th

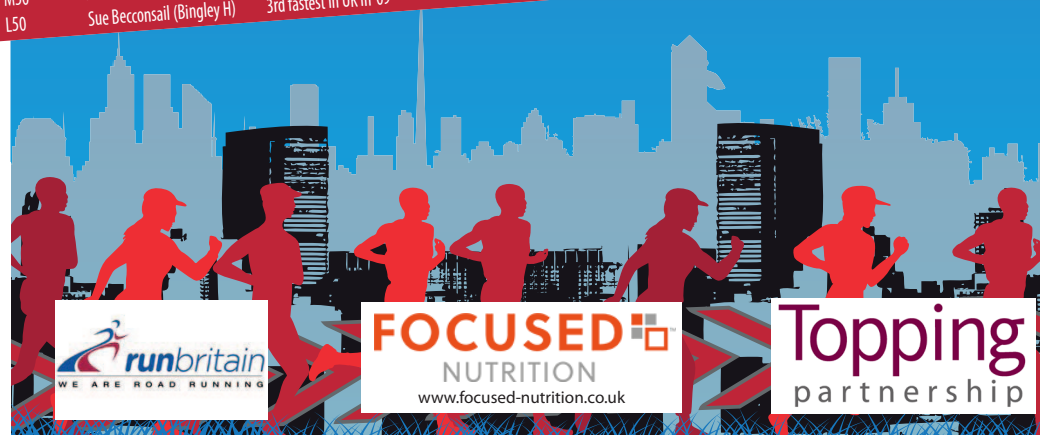


FAST, FLAT, PB COURSE

15th successful year: upto 500 runners in each event

SIZZLER RECORDS x 5 YEARS

| | | | | | | | |
|------------|------------------------------|---|--------------|-----|---|---------------------------|--------------|
| MALE | Andrew Heyes (H'shire) | 9th fastest in UK in '15 | 14:15 (2015) | M55 | Martin Tighe (SHM) | 30th fastest in UK in '14 | 17:56 (2014) |
| 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 | Jeff Norman (Alty AC) | 4th fastest in UK in '15 | 21:07 (2015) |
| L45 | Alison Drasdo (Trafford AC) | 19th fastest in UK in '15 | 19.42 (2015) | 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) | L60 | In 2007 Carol Wolstenholme (H'shire) 19.55 was the 2nd fastest L60 in the world | | |



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

1ST M & W: NOKA shoes in £160 price range
2nd M & W: NOKA shoes in £120 price range
3rd M & W: NOKA shoes in £100 price range
(Winners can select size & style; visit store or posted)
U20 M & W: ASICS shoes RRP (£100)

PRIZES –M40 – M70 and L35 – L70 (5 year)

Sportswear and monetary prizes value £20 -£25
Visit www.saleharriersmanchester.com for detail

BONUS FOR ALL

Come within 10 seconds of course record: ADDITIONAL £20
Break a course record: ADDITIONAL £30

ELITE RUNNERS

Men under 15.00 – free entry
3 x Affiliated Club – Break 45 minutes ADDITIONAL £100
Women under 17.00 – free entry
3 x Affiliated Club – Break 53.20 minutes ADDITIONAL £100

EVERY FINISHER : A goody bag

FINISH 4 RACES: A Commemorative medal.

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 Sizzlers
Fechin McCormick
131 Kerscott Road
Manchester
M23 0QE

Minimum age

All runners must be at least 16 on the day of the race

Be Early!

Races start 7.30pm prompt!

Enquiries

Email: fechinmccormick@saleharriersmanchester.com
Telephone: 0161 972 5715

DOWNLOAD ENTRY FORM FROM

www.saleharriersmanchester.com and from www.sale-harriers.niftyentries.com

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 30th July 14th July 28th August 11th

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 _____



Online entries preferred www.sale-harriers.niftyentries.com

in aid of



Registered charity number 258085

The Sizzlers again this year are supporting a bucket collection after each race, with your donations going to support St Ann's Hospice. The 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. 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.



"A front runner in the regeneration of Manchester"

