



Run
pain free

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



THE SALE SIZZLERS

THE 4 X 5k RACES FOR ALL ABILITIES

Wythenshawe Park, South Manchester

In Partnership with

DECATHLON

.co.uk

SPORT FOR ALL | ALL FOR SPORT

Licence No: 2019 - 23636

Chip
Timing
Start &
Finish

THURSDAYS 7.30pm

JUNE 27th JULY 11th JULY 25th AUGUST 8th



FAST, FLAT, PB COURSE

18th successful year: 500 capacity in each race

COLLECTING RACE NUMBERS

We ask all runners to try and collect your chipped race number from the Welcome Desk within the Decathlon (Stockport). They are available from the beginning of June up to 2 hours before each race. Numbers can also be collected track-side on race night as normal. When you do you'll receive a complimentary £5 voucher when you spend £30. That can then be spent in any of their 3 Decathlon Manchester branches. Remember! Always **NEW** race – **NEW NUMBER** – never reuse numbers

Thanks to the exceptional generosity of **FOCUSED NUTRITION & TOPPING PARTNERSHIP**, again this year every finisher will receive an exceptional goody bag. This is in the hope you'll help raise £3000 for **ST. ANN'S HOSPICE** by donating at least £1 on exit after each race to their collection buckets

in aid of



Registered charity number 258085



WE ARE A COMPANY THAT SPECIALIZES IN MANAGING SPORTS INJURIES AND PROVIDES HEALTHCARE SERVICES INCLUDING PHYSIOTHERAPY, MASSAGE AND PODIATRY TO CLUBS AND ORGANIZATIONS RANGING FROM YOUR LOCAL AMATEUR CLUB TO TEAM GB. WE HAVE CLINICS IN HAILE, MANCHESTER & BURY.

GREATER MANCHESTER



BUY ONLINE AT

DECATHLON
.co.uk

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)

1st M & F £75

2nd M & F £50

3rd M & F £40

1st U20 M & F £25

1st Non-Binary £25 (Minimum of 3 finishers)

1st L35 – L70 £25 Decathlon vouchers

1st M40 – M75 £25 Decathlon vouchers

COURSE RECORDS: Double your prize-money

Every Sub 14.45 Male Bonus £25

Every Sub 17.00 Female Bonus £25

MEDALS: Finishers of all four

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

June 27th July 11th July 25th August 8th

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"/> Non Binary	<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 _____

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
(£22 for all four)

Unattached £8 each run
(£28 for all four)

On the night £2 extra

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.



"A front runner in the regeneration of Manchester"

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Topping
partnership