

# Airport City Manchester

# Sizzler 5k's



The 4 x 5k races for all abilities  
Wythenshawe Park, South Manchester

**2022 dates:**  
**Thursdays 7.30PM**  
**30th June, 14th July,**  
**28th July & 11th August**

Licence No: 2022-43589.

In partnership with

Airport City  
Manchester

**BDP.** 5plus architects



A Sale Harriers Promotion



# ON-LINE ENTRIES PLEASE: WWW.SALE-HARRIERS.NIFTYENTRIES.COM

All runs start/finish on the The Wythenshawe Park athletics track (M23 OPH)  
M60 (Jn 5) - M56 to A5103 - B5166 - B5167  
Travelling by tram? Exit Wythenshawe 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

1st M40 – M75 £25

**COURSE RECORDS:** Double yer money!  
(See Facebook - Sizzlers)

Every Sub 14.45 Male Bonus £40

Every Sub 16.45 Female Bonus £40

## Entry Fee per race

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

UK club affiliated Each 5k: £8  
Series: £28

Unattached Each 5k: £10  
Series: £35

Avoid entries on the night £2 extra

## USE SAME NUMBER FOR OTHER RACES

### Facilities

- Toilets
- Refreshments
- First Aid
- 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

E: fechin49@gmail.com

T: 0161 972 5715

M: 07517 346 478



Minimum age 15 on the day of the race

Full name

Address

Postcode

Telephone

Email (Print Clearly)

DOB

UK Affiliated Club

England Athletics Reg. No.

Tick here if unattached  (i.e. not belonging to an affiliate club)

Tick the event(s) entered

30th June  14th July  28th July  11th August

Tick which category you wish to enter

- Male
- Female
- Non Binary

- Senior  U20  L35  040
- 045  050  055  060
- 065  070  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

MAX  
ENTRIES  
550



Please be generous again this year to St. Ann's Hospice.  
They'll be present as usual with their collection buckets  
as you exit after each race. They do exceptional work  
and deserve exceptional support.



Dynamic  
chiropractic



Dr Hector Chinoy PhD FRCP,  
Consultant Rheumatologist

## £10 off your first visit

Dynamic Chiropractic ... the Award Winning Clinic

- ✓ Chiropractic
- ✓ Sports Massage
- ✓ Rehab (pre- and post-op and sports injuries)
- ✓ Podiatry and Footbalance

'An excellent and professionally run clinic'

Follow us on our social media



'For me they are the best in the business'

0161 905 3440

info@dynamicchiropractic.co.uk

Richard Bevan  
(CEO Football Manager's Assoc.)

# RUNNING BEAR

## WORLD FAMOUS

In-Store • Online • Virtual Running Club



Stocking all major brands, independent running specialists offering gait analysis and a wide range of popular and boutique brands, we pride ourselves on a warm welcome and personal service, whether in store or online.



**EXPERT ADVICE ACCESSORIES CLOTHING GAIT ANALYSIS TRAINERS**

To save 15% on everything full price, use the code  
**RUNBEARRUN15**

5 London Road Alderley Edge SK 9 7JT 01625 582130

