

Andems Runners assisted by Rochdale Harriers present

**Andy O’Sullivan’s 35 years of races 5K.**

(ARC Rules. Permit No )

11.30am Sunday 19<sup>th</sup> August 2018 from the Cock & Magpie Pub, Cockhall Lane, Whitworth, Rochdale, OL12 8BJ. (A671 Burnley Rd)

It is **35years** this weekend (**Well almost!**) since Andy staged his first ever race! Since then he has organised more than 660 races and all for Charity! This 5K (RRC Measured) takes in two laps of the scenic Cowm Reservoir. Proceeds to Mollie Campbell, Whitworth CRUK & The Young Family.

Entry fee £7.00 to Club Runners. £9.00 to U/A. Entry Limit **300**. £2.00 extra on day if limit not reached! **Commemorative Mug to All Finishers!** Cheques payable Andems Runners A35th to Emily O’Sullivan, 40 Crowshaw Drive, Rochdale, OL12 0SR.

Enquiries on [info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk) On Line Entry on Bookitzone.

The Course will be well marshalled. **Please use 5K as Counter in your Club Championships!**

Name.....Age.....Sex.....

Club (If Any)..... Emergency Contact.....

Address.....

I accept that Andems Runners cannot be held responsible for any injury, loss or damage incurred before, during or after this 5K. I am physically fit and enter at my own risk.....signed (By adult if U/18).....Dated