

Andems Runners assisted by Rochdale Harriers present  
**The Ian Casey Memorial Cowm Reservoir Race**  
(Association of Running club Laws. Permit No )

7pm Thursday 14<sup>th</sup> May 2015 from the Cock & Magpie, Cockhall Lane,  
Whitworth. OL12 8BJ. (A671 Burnley Rd)

Andems are staging this 5K around the trail & tarmac 2 lap Cowm  
Reservoir course in memory of Ian who was a very popular Royton Road  
Runner. Proceeds to Heart Charities, Mollie Campbell & Turning point!

Entry Fee £4.00 to Club Runner £6.00 Unaffiliated. £1.00 extra on  
night. Cheques payable Andems Runners ICMR to Andy O'Sullivan  
MBE, 40 Crowshaw Drive, Rochdale, OL12 0SR. **Collect Race  
Numbers on Night. Please park in Cowm Park Way South.**

Enter online at [BookitZone.com](http://BookitZone.com)

Prizes in all categories. Well Marshalled. Very Scenic course.

**PLEASE USE THIS RACE AS COUNTER IN CLUB CHAMPS.**

Name..... Age.....Sex.....  
Club (If Any)..... Tel No.....  
Address.....

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