Andems Runners assisted by Rochdale & Rossendale Harriers Present

<u>Davina Raidy's Birthday Brownhouse Wham Dash</u> (Association of Running Clubs Laws. Permit No

7pm Tuesday 29th April 2014 from the Oxford Pub, Whitworth Rd Rochdale. OL12 OSW (A671 Burnley Rd)

Andems are pleased to stage this 5K race which includes steep road climb, stoney trail and 2 laps of Brownhouse Wham Reservoir. This is in aid of **Help for Heroe's** and the **Mobile Chemotherapy Unit for The Christie. Registered Charity No 1049751**) Davina does good works at Rossendale Harriers.

Entry Fee £4.00 to Affiliated. £6.00 Non Affiliated. £1.00 extra on night. Cheques payable Andems Runners DRR to Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 OSR. Tel Enqs (017060 750620 or info@andemsrunners.co.uk

enter online at www.ukforms.net / www.bookitzone.com

There will be the usual full prize list. Prize to all finishers, Well marshalled. First Aid. Scenic course. Please Pool Vehicles and Park at Marathon Belting & Oxford Car Park.

PLEASE RETAIN ABOVE, COLLECT RACE NUMBERS ON NIGHT

Name	.AgeSex
Address	
Club (If Any)	Tel No