

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

7pm Thursday 12th May 2016
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.

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 OSR
Enqs info@andemsrunners.co.uk

Collect Race Numbers on Night. Please park in Cowm Park Way South.

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

PLEASE USE THIS RACE AS COUNTER IN CLUB CHAMPS.

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Ian Casey Race 2016

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 Dated
(By Parent if U/18)

From ukresults.net