

Andems Runners assisted by Rochdale Harriers present

**The Samantha Smith Health Appeal Cowm 5K Race**

(ARC Rules. Permit No )

11.15am Sunday 18<sup>th</sup> February 2018 from the Cock & Magpie Pub, Cockhall Lane, Whitworth, Rochdale OL12 8BJ. (A671 Burnley Rd)

Andems are pleased to be able to support Samantha Smith who needs urgent treatment for Ehlers Danlos Syndrome (EDS) this means her Brain and Spinal Cord are being crushed under the weight of her Skull. The Treatment required is **Not Available on the NHS!** It is only available in USA or Barcelona! If you are able to walk, Run, please support this 5K Race which incorporates two laps of Cowm Reservoir.

Entry Fee £4.00 to Club Runners. £6.00 unaffiliated. £1 extra on day. Cheques payable to Andems Runners SW5K to Andy O’Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 0SR.

Enquiries on (01706) 750620 or [info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)

Prizes in ALL Categories. Something for Every participant!

Please park sensibly and Car Share where possible! The Course is virtually traffic free, pancake flat and very scenic. Well Marshalled. First Aid.

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

Club (If Any).....E-mail address.....

EMERGENCY CONTACT and Number.....

Address.....

I accept that Andems Runners cannot be held responsible for any injury, loss or damage incurred before, during or after my participation in this 5K. I am physically fit, do not have any real health issues, and enter completely at my own risk.....Signed (By Parent/Guardian if U/18).....Dated