

Andems Runners assisted by Rochdale Harriers present

The Bob & Hilary Towell Cwm 5K Race

(ARC Rules. Permit No)

7pm Wednesday 18th April 2018 from the Cock & Magpie, Cockhall Lane, Whitworth,
OL12 8BJ. (A 671 Burnley Rd)

Andems are pleased to stage this accurately measured 5K Reservoir Course
(Cert. No 13/325) in honour of Bob & Hilary for their outstanding contribution to
Athletics! Proceeds to Whitworth CRUK.

Prizes in ALL Categories. Prize to all entrants! First Aid/ Well Marshalled.

Entry Fee £4.00 to Club Runner. £6.00 to U/A. £1.00 extra on night.

Cheques payable Andems Runners BHT5K to Andy O'Sullivan MBE, 40 Crowshaw
Drive, Rochdale, OL12 0SR. Enqs on 01706 750620 or

info@andemsrunners.co.uk

Please CAR SHARE and park sensibly!!!!

Please retain above.

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Bob & Hilary Race 2018

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

Address.....

Club (If Any).....

Emergency Contact..... Tel No

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. I enter at my own risk

Signed Dated

(from ukresults.net)

(By Parent if U/18)