

Andems Runners assisted by Rochdale Harriers present  
**The Colin & Brenda Robinson 5K Cowm Race**  
(Association of Running Clubs Laws. Permit No )

**6.30pm Wednesday 27<sup>th</sup> March 2019** from the Cock & Magpie, Cockhall Lane,  
Whitworth, Rochdale OL12 8BJ. (A671 Burnley Rd)  
**Please note earlier start time which is now 6.30pm**

Andems are pleased to stage Colin & Brenda's 5K with 2 laps of Cowm Reservoir,  
proceeds to Wythenshawe Hospital Sports Transplants Fund.  
**Please use this event as a counter in Club Championships.**

Extensive Prize List. Prize to all finishers. Well Marshalled. Please Park at Cowm Park Way  
South. Please pool vehicles

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

Cheques payable Andems Runners CBRCR to:  
Andy O'Sullivan, MBE, 40 Crowshaw Drive, Rochdale, OL12 OSR.  
Email: [info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)  
Or (01706) 750620. Collect Race Numbers on Night!!!

Accurately measured 5K. Certificate No (RRC)

Please retain above. Return below to Organiser

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Colin & Brenda Robinson 5k 2019

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

Club (If Any)..... Tel No.....

Address.....

Emergency contact .....

I accept that the organisers cannot accept responsibility for any loss, injury or damage incurred before, during or  
after the 5K. I am physically fit and enter at my own risk

Signed ..... Dated .....

(By Parent if U/18)

ukresults.net