

Andems Runners assisted by Rochdale Harriers present

The Mollie Campbell Cowm Reservoir 5K and Ella Chadwick Mile

(ARC Rules. Permit No) (U.U. Permit No)

7pm Wednesday 10th April 2019 from the Cock & Magpie, Cockhall Lane,
Whitworth, Rochdale, OL12 8BJ. (A671 Burnley Rd)

Andems are pleased to stage **Mollie's 5K** to support Whitworth's own
Commonwealth Silver Medallist in the build up to the 2020 Tokyo Olympics.

This accurately measured 5K, takes in two laps of the Reservoir.

Ella Chadwick Mile starts at 6.30pm and costs £3.00. **Ella** is the Whitworth girl
who recently received a ***Pride of Britain award***. Proceeds to Royal Manchester
Children's Hospital!

Entry fee £4.00 to Club Runners. £6.00 to U/A. £1.00 extra on night.

Cheques payable Andems Runners MC5K to:

Andy O'Sullivan, MBE 40 Crowshaw Drive, Rochdale OL12 0SR.

Enquiries on info@andemsrunners.co.uk or (01706) 750620.

Please Car share and park sensibly in area. **All proceeds to Mollie Campbell.**

Prizes in all categories!

----- cut here -----

Mollie Campbell 5k/Ella Chadwick Mile 2019

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

Address.....

Emergency Contact and Number.....

Club (If Any)..... E-Mail.....

I accept that Andems and officials cannot be held responsible for any injury, loss or damage incurred before, during or after
this 5K at Cowm. I am fully fit, and know of no reason why I should not compete. I enter at my own risk.

Signed Dated

(By parent if U/18)

from ukresults.net