

Andems Runners assisted by Rochdale Harriers present

The Billy Knox Cowl 5K and Keith Bailey Memorial Mile.

(ARC Permit No) (UU Permit No)

7pm Wednesday 17th April 2019 from the Cock & Magpie, Cockhall Lane, Whitworth, OL12 8BJ. (A671 Burnley Rd). The Mile Run will start at 6.30pm.

Andems are please to Stage this Accurately Measured 5K and Mile in honour of Billy's outstanding contribution to Athletics and in memory of Keith who was a friend to so many!

Proceeds of 5K to Mollie Campbell & Whitworth CRUK. £4 club runners, £6 unattached. £1 extra on the night.

Proceeds of the Mile to Springhill Hospice. Entry fee £3 to ALL.

Cheques payable 'Andems Runners' to:

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

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

Prizes in All Categories! Well Marshalled. **Please Car Share!**

Please retain above

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Knox 5k/Bailey Mile 2019

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

Address.....

Club (If any).....

Emergency contact name and number

I accept Andems Runners cannot be held responsible for any injury, loss or damage incurred before, during or after this 5K or Mile. I am physically fit and enter at my own risk

Signed Dated

(By Parent if U/18)