

Andems Runners assisted by Rochdale Harriers present

The Phil Roberts Cowm 5K Race

(ARC Rules. Permit No)

7pm Wednesday 26th April 2017 from the Cock & Magpie Pub, Cock Hall Lane,
Whitworth, Rochdale, OL12 8BJ.

Andems are delighted to stage this 5K measured course in honour of Phil Roberts who has staged lots of races and been a stalwart of Rochdale Harriers.

Entry Fee £4.00 to Attached. £6.00 U/A. £1.00 extra on day.

Cheques payable 'Andems Runners PR5K' to Andy O'Sullivan, MBE
40 Crowshaw Drive, Rochdale, OL12 OSR

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

ALL Proceeds to Children's Heart Association and Rochdale Harriers Juniors. Please CAR SHARE and park sensibly in the Cowm area!

Prizes in All Categories. Bar of Chocolate for all entrants!

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Phil Roberts Race 2017

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

Address.....

Club (If any).....Tel No.....

I accept that Andems cannot be held responsible for any injury, Loss or damage incurred before, during or after the 5K. I am physically fit, enter at my own risk

Signed Dated.....

(By Parent if u/18)

from ukresults.net