

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

7pm Wednesday 28<sup>th</sup> March 2018 from the Cock & Magpie, Cockhall Lane, Whitworth, Rochdale OL12 8BJ. (A671 Burnley Rd)

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. [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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Brenda & Colin Robinson 5k 2018

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

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

Address.....

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)

from [ukresults.net](http://ukresults.net)