

Andems Runners assisted by Rochdale Harriers present

Sidney & Andy's Birthday Winter 5K Trail/Reservoir Race.

(A.R.C. Rules. Permit No)

2pm, Saturday 7th February 2015 from the Oxford Pub, Whitworth Road, Rochdale, OL12 OSW.

The Christine Healey Memorial one lap Trail Run/Walk

1.15pm in aid of **SPRINGHILL HOSPICE**. Entry Fee £3.00.

Andems are honouring Sidney Edwards for his outstanding Contribution to Athletics on his **80th** Birthday, it is also Andy's 62nd!

Entry Fee £4.00 to Affiliated. £6.00 to Non Affiliated. Cheques payable 'Andems Runners 80th' to Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 OSR. Tel Enqs (01706) 750620 or info@andemsrunners.co.uk .Collect Numbers on day.

£1.00 extra on day!

This 5K takes in steep Road Climb, Stoney Trail and two laps of Brownhouse Wham Reservoir. **ALL Proceeds to Diane Modahl Sports Foundation.** Refreshments will be served after Race.

There will be an Extensive Prize list covering ALL Categories.

Please Pool Vehicles and use Marathon Belting and Oxford Pub Car Parks!

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

Address.....

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

I accept that Andems Runners cannot be held responsible for any injury. Loss or damage occurred before, during or after 5K Race. I am physically fit and enter at my own risk..... Signed (By Adult if U/18).....Dated