

Andems Runners assisted by Rochdale Harriers present

The Mike McGee Memorial Cowm Reservoir 5K Race

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

7pm Wednesday 15th April 2015 from the Cock & Magpie, Cockhall Lane, Whitworth, Rochdale, OL12 8BJ. (A 671 Oldham Rd)

Andems are staging this accurately measured 5K race around the scenic Cowm Reservoir, in memory of Mike who so sadly passed away in 2012. (NOE Course Certificate No 13/325) **ALL proceeds to Bowel Cancer UK.**

There will be an extensive Prize list in ALL categories. Prize to All finishers. Well Marshalled. First Aid. Please POOL Vehicles and park in Cowm Park Way South.

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

Cheques payable to 'Andems Runners MMR' to Andy O'Sullivan, MBE
40 Crowshaw Drive, Rochdale, OL12 OSR. Enqs on (01706) 750620 or info@andemsrunners.co.uk Collect Race Numbers on Night!

Enter online at BookitZone.com

Retain Above. Return below to Organiser.

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

Address.....

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

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