

Andems Runners assisted by Rochdale Harriers present

Ruth Walczak's Olympic Appeal Trail 5K Race

(ARC Rules. Permit No)

7pm Wednesday 18th May 2016 from the Oxford Pub, Whitworth Rd
Rochdale OL12 OTB. (A671 Burnley Rd)

Andems are staging this trail 5K in honour of Rochdale's GB
International Rower, ALL proceeds to **British Olympic Association
Appeal**. This race includes two laps of Brownhouse Wham Reservoir.

This is Olympic year, please use this as club championship counter.

Entry fee £4.00 to Club Runner. £6.00 to U/A. £1.00 extra on night.

Cheques payable Andems Runners RW5K to Andy O'Sullivan MBE, 40
Crowshaw Drive, Rochdale, OL12 OSR. Enqs on (01706) 750620 or
info@andemsrunners.co.uk

Extensive Prize List in All Categories. Please park at the Oxford and
Marathon Belting Car Parks.

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

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

Address.....

I accept that Andems Runners and officials cannot be held
responsible for any injury, damage or loss, incurred before, during or
after 5K. I am physically fit and enter entirely at my own
risk.....signed.....dated. By Adult if U/18