

Andems Runners assisted by Rochdale Harriers present

**The Bernadette Flynn VBCU Cowm Reservoir 5K Race**

( A.R.C Rules. Permit No )

7pm Tuesday 29<sup>th</sup> May 2018 from the Cock & Magpie Pub, Cockhall Lane,  
Whitworth, Rochdale, OL12 8BJ. (A 671 Burnley Rd)

Andems are pleased to support Bernadette to raise much needed funds for the Victoria Breast Care Unit at Royal Oldham Hospital. This 5K Measured Course holds RRC Certificate of Accuracy.

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

Cheques Payable 'Andems Runners BF 5K' to Andy O'Sullivan, MBE 40 Crowshaw Drive, Rochdale, OL12 0SR. Enquiries on (01706) 750620 or [info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)

Please park sensibly in the local area! Well Marshalled! Prizes in all categories.

Please retain above, return below to organiser.

----- cut here -----

Bernadette Flynn race

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

Address .....

Club (If Any) ..... Emergency Contact .....

Emergency Tel No .....

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

Signed ..... Dated .....

( By adult if U/18)

from ukresults.net