

Andems Runners assisted by Rochdale Harriers present
The Geoff Doggett & Mike Allingan Memorial 5K Cowm Trail
Race.

(Association of Running clubs laws. Permit No) (UU Permit)

7pm Tuesday 28th April 2020 from the Cock & Magpie Pub, Cockhall Lane,
Whitworth, Rochdale, OL12 8BJ. (A671 Burnley Rd)

Andems are staging this accurately measured 5K (Cert No) in memory of
Geoff & Mike who were very popular! Proceeds to include Mollie Campbell &
MAGGIES (R.O.H) & **Springhill Hospice!**

There will be **one** lap for U/13's, same start time, entry fee £2.00. Proceeds To
Springhill Hospice!

Entry Fee £4.00 to Club Runner. £6.00 unaffiliated. £1.00 extra on night.

Cheques payable Andems Runners G&M to:

Andy O'Sullivan, MBE, 40 Crowshaw Drive, Rochdale OL12 OSR

Enqs on info@andemsrunners.co.uk

**Collect Race Numbers on Night. Please park at Cowm Park Way South, please
Pool Vehicles.**

Extensive Prize list in all categories. Prize to All finishers. Scenic course.

**£50.00 for new Course Record!!! Please use this 5K as Counter in Club
Championships/Grand Prix.**

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Geoff & Mike 5k 2020

Name..... Age Sex

Club (If Any).....

Address.....

Tel No.....

EMERGENCY CONTACT.....

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

Signed Dated

(By adult if U/18)

ukresults.net

