

Andems Runners assisted by Rochdale Harriers & GAL's present

The Jim Smith Brownhouse Reservoir 5K Trail

(Association of Running Clubs Rules. Permit No)

6.30pm Tuesday 13th September 2016 from the Oxford Pub, Whitworth Road, Rochdale OL12 OTB. (A671 Burnley Rd)

Andems are pleased to Honour Jim, this wonderful Todmorden Harrier is an inspiration to us all and has made an enormous contribution to our sport!

This re-measured 5K trail race includes a Hilly Road start, Stony trail and two laps of Brownhouse Wham Reservoir. There will be the usual extensive prize list and there will be a prize for all finishers! **Proceeds to Whitworth Branch Cancer Research UK.** Entry fee £4.00 to Club Runner. £6.00 to Unattached. £3.00 to Junior's. £1.00 extra on night.

Cheques payable Andems Runners JSRR to Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 OSR. Collect Race Numbers on Night.

Please use this 5K as Club Counter in your Championships! First Aid/Well Marshalled. Please use Oxford and Marathon belting Car parks. Arrive early with correct entry fee.

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

Address.....

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

I accept that the organisers cannot accept responsibility for any injury, loss or damage incurred before, during or after the run. I am physically fit and enter at my own risk.....signed (By adult if U/18).....Dated