

Andems Runners assisted by Rochdale Harriers present

The John Purdy Memorial Springhill Hospice Cowm 5K Race

(ARC Rules. Permit No) (U.U. Permit No)

11.15am Sunday 5th May 2019 from the Cock & Magpie, Cockhall Lane,
Whitworth, Rochdale, OL12 8BJ. (A671 Burnley Rd)

Andems are staging this accurately measured 5K which includes two Laps of the scenic 'Cowm' Reservoir in memory of John who was the most popular of Runners and a **Staunch Rochdale Hospice Supporter!**

Entry Fee £5.00 to Club Runner £7.00 to U/A. £1.00 extra on day.

Entry via BOOKITZONE or Cheques payable Andems Runners JPM5K to:

Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 0SR.

Enquiries on (01706) 750620 or info@andemsrunners.co.uk

PLEASE USE THIS 5K AS A COUNTER IN YOUR CLUB CHAMPIONSHIPS!

Prizes in All Categories. Please Car share. **ALL Proceeds to Springhill Hospice.**

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John Purdy 5k

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

Emergency Contact & Number.....

Address.....

Club (If Any).....

I accept that Andems cannot be held responsible for any injury, loss or damage, incurred before, during or after this 5K Race. I am physically fit, know of any reason not to participate, I enter completely at my own risk

Signed Dated

(By Parent if U/18)