

Andems Runners assisted by Rochdale Harriers and UKTIMERS present

Ron Hill's 80th Birthday Cowm 5K Reservoir Race

(ARC Rules. Permit No)

**6.30pm Tuesday 25th September 2018 from the Cock & Magpie, Cockhall Lane,
Whitworth, Rochdale, OL12 8BJ. (A671 Burnley Rd)**

Dr Ron Hill is **80** and Andems are proud to stage this accurately measured 5K around the scenic Cowm Reservoir! Dr Ron Hill has long been recognised as one of the **World's** greatest long distance athletes!

This event is limited to **500** Runners, so it is likely to be full very quickly!

Proceeds to Diane Modahl Sports Foundation.

Commemorative Mug to all Finishers! Extensive prize list! Age limit 13 to 99.

Entry Fee £10.00 to Club Runners £12.00 Non Club. **No Late Entries!**

To secure entry, Register online at **BOOKITZONE.COM** or

by Cheque payable to 'Andems Runners RH80th' to:

UKtimers, 1 Sutton St, Blackburn BB2 5ES

Enquiries to Andy O'Sullivan on info@andemsrunners.co.uk

This 5K will be Chip Timed and Registration will be open from 4pm until 6.15pm!
Runners are asked to Car Share and park sensibly in the area.

This Race is highly likely to be Televised live!!!!

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

Ron Hill 80th Birthday Race **2018**

Name..... Age Sex

Address.....

Emergency Contact.....

Club (If Any).....

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

Signed Dated

(By adult if U/18)

from ukresults.net