

Andems Runners assisted by Rochdale Harriers present

The Ian Holloway 70th Birthday Cowm 5K

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

11.15am Sunday 22nd December 2019 from the Cock & Magpie Pub, Cockhall Lane, Whitworth, Rochdale OL12 8BJ. (A671 Burnley Rd)

Andems are delighted to honour Ian on his 70th! Ian has been a stalwart Rochdale Harrier and for many years organised the Rochdale 10K.

Entry Fee £5.00 to Club Runner. £7.00 to Unaffiliated. £1.00 extra on day.

Cheques payable 'Andems Runners IH5K' to:

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

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

Prizes in ALL Categories. Something for every starter. Proceeds to Mollie Campbell (Whitworth Commonwealth Silver Medallist)

Please **CAR SHARE**. 5K includes two laps of Cowm Reservoir. This is a **PB Course**.

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Ian Holloway 70th 5k

Name Age Sex

Address

Club (If any) Tel No

Emergency contact & Number

E-mail

I accept that Andems Runners and Marshals cannot be held responsible for any injury, loss or damage incurred before, during or after this 5K. I am physically fit, do not have any condition detrimental to participating

Signed Dated

(By Parent if U/18)

from ukresults.net