

Andems Runners assisted by Rochdale Harriers present

**The Tony Lavin Memorial Brownhouse Reservoir 5K Trail Race**

(A.R.C. Rules. Permit No )

**6.00pm**, Wednesday 25<sup>th</sup> March 2015 from the Oxford Pub, Whitworth Rd, Rochdale, OL12 OSW. (A671 Burnley Rd)

Andems are staging this scenic 5 K which includes two laps of Brownhouse Wham Reservoir in memory of Tony who bravely fought Multiple Myeloma but sadly passed away in July. All proceeds to **Myeloma UK**.

**Please arrive EARLY! Bring correct money with entry slip completed!**

This race starts with a tough climb on Country Road, then stony trail followed by two laps of the disused Reservoir. Well Marshalled (Team TP) First Aid. Extensive Prize list. Please use Marathon Belting and Oxford Car Parks.

Course Records; 15.07 Tom Cornthwaite 18.04. Carly Needham 2014

Entry Fee £4.00 to Club Runners. £6.00 to U/A. £1.00 extra on night. Cheques payable Andems Runners TLMR to Andy O’Sullivan, MBE 40 Crowshaw Drive, Rochdale OL12 OSR. Tel Enqs (01706) 750620 or [info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)

Please retain above

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

Address.....

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

I accept that Andems Runners cannot be held responsible for any injury, loss or damage incurred before, during or after the 5K. I am physically fit and enter at my own risk (By Adult if U/18).....signed.....Dated