

Andems Runners assisted by Rochdale Harriers present

Ron Hill's 76th Birthday Cowm Reservoir Race.

(ARC Laws. Permit No)

6.45pm Thursday 25th September 2014 from the Cock & Magpie, CockHall Lane, Whitworth, OL12 8BJ

Andems are staging Ron's 76th Birthday 5K, this is a two lap course of the scenic Cowm Reservoir. Dr Ron Hill has long been regarded as Britain's greatest ever long-distance Athlete.

Prizes in All Categories. **Commemorative Mug to All Finishers.** First Aid. Scenic Course. Accurate Course.

Entry Fee £7.00 to attached. £9.00 to U/A. **Strict limit 250.**
If available £2.00 extra on night, enter early to avoid disappointment.

Enter online: www.ukforms.net / www.bookitzone.com

Cheques payable **Andems Runners RH76th** to:
Andy O'Sullivan, MBE 40 Crowshaw Drive, Rochdale, OL12 OSR. Tel Enqs (01706) 750620 or info@andemsrunners.co.uk

Please Pool Vehicles and park in Cowm Park Way South.

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

Ron Hill 5k 2014

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

Address.....

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

I accept that Andems Runners cannot be held responsible for any injury, loss or damage occurring before, during or after the Ron Hill 5K. I am physically fit and enter at my own risk. I am not aware of any Health condition likely to cause problems.

Signed Dated.....

(By Parent if U/18

From ukresults.net