

Andems Runners assisted by Rochdale Harriers present  
**The Geoff Doggett Memorial 5K Cowm Trail Race.**  
(Association of Running clubs laws. Permit No )

7pm Tuesday 5<sup>th</sup> May 2015 from the Cock & Magpie Pub, Cockhall Lane, Whitworth, Rochdale, OL12 8BJ. (A671 Burnley Rd)

Andems are staging this accurately measured 5K (Cert No )  
In memory of Geoff who dedicated his life to Athletics and in particular, Salford Harriers. Proceeds to include Turning Point, Springhill Hospice and Mollie Campbell.

Entry Fee £4.00 to Club Runner. £6.00 unaffiliated. £1.00 extra on night.  
Cheques payable Andems Runners GDR to Andy O'Sullivan, MBE  
40 Crowshaw Drive, Rochdale OL12 OSR. **Collect Race Numbers on Night. Please park at Cowm Park Way South, please Pool Vehicles.**

Extensive Prize list in all categories. Prize to All finishers. Scenic course.

Enter online at [BookitZone.com](http://BookitZone.com)

**£50.00 for new Course Record!!! Please use this 5K as Counter in Club Championships/Grand Prix.**

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