

Andems Runners assisted by Rochdale Harriers present

The Ray Shaw & June Allingan Trail 5K Race

(ARC Rules. Permit No)

7pm Tuesday 19th April 2016 from the Oxford Pub, Whitworth Road, Rochdale, OL12 OSW. (A671 Burnley Rd)

Andems are delighted to stage this two lap Brownhouse Wham Reservoir Race in honour of Ray & June for their contribution to Athletics. Proceeds to include Stubby's ABC & Dr Kershaw's Hospice.

Entry Fee £4.00 to Affiliated Runners. £6.00 to unaffiliated. £1.00 extra on Night. Cheques payable 'Andems Runners J&RT' to Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 OSR. Enqs on info@andemsrunners.co.uk or (01706) 750620
Collect Race Numbers on the night.

Extensive Prize List. Prize to all finishers. Scenic/Mainly 'Off Road' course with steep hill start. Well Marshalled. First Aid.

Please Pool Vehicles and use Marathon Belting and Oxford Pub Car Parks.

Please retain above and return below to organisers.

Name.....Age.....Sex.....
Address.....
Club (If Any)..... Tel
No.....

I accept that the Organisers cannot be held responsible for any injury, damage or loss, incurred before, during or after this 5K Trail Race. I am physically fit and enter at my own risk.....Signed.....
Dated. (By Parent or Guardian if U/18)