

Andems Runners assisted by Rochdale Harriers present
Vera Hirst 5K Cowm Race (Association of Running Clubs laws.
Permit No)

7.0pm Wednesday 29th April 2015 from the Cock & Magpie, Cockhall Lane,
Whitworth, Rochdale, O112 8BJ. (A671 Burnley Rd)

Andems Runners are pleased to Honour Vera Hirst, This lady has done so
much for the local Community. Proceeds to include Age Concern UK,
Whitworth Branch Cancer Research UK and Mollie Campbell.

This is an accurately measured course. Certificate No .

Entry Fee £4.00 Club Runner. £6.00 unaffiliated. £1.00 extra on night.
Cheques payable to Andems Runners VH5K to Andy O'Sullivan MBE,
40 Crowshaw Drive, Rochdale OL12 OSR. Enqs on (01706) 750620 or
info@andemsrunners.co.uk

Enter online at BookitZone.com

Please park at Cowm Park Way South. Please Pool Vehicles.

Name..... Age..... Sex.....
Address.....
Club (If Any)..... Tel No.....
e-mail address.....

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