

Andems Runners assisted by Rochdale Harriers present
The Colin & Brenda Robinson 5K Cowm Race
(Association of Running Clubs Laws. Permit No)

7pm Wednesday 29th March 2017 from the Cock & Magpie, Cockhall Lane, Whitworth, Rochdale OL12 8BJ. (A671 Burnley Rd)

Andems are pleased to stage Colin & Brenda's 5K with 2 laps of Cowm reservoir, proceeds to Wythenshawe Hospital Sports Transplants Fund.
Please use this event as a counter in Club Championships.

Extensive Prize List. Prize to all finishers. Well Marshalled Please Park at Cowm Park Way South, Please pool vehicles

Entry Fee £4.00 to Affiliated. £6.00 to U/A £1.00 extra on night.
Cheques payable Andems Runners CBRCR to Andy O'Sullivan, MBE
40 Crowshaw Drive, Rochdale, OL12 OSR. info@andemsrunners.co.uk
Or (01706) 750620. Collect Race Numbers on Night!!!

Accurately measured 5K. Certificate No (RRC)

Please retain above. Return below to Organiser

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

I accept that the organisers cannot accept responsibility for any loss, injury or damage incurred before, during or after the 5K. I am physically fit and enter at my own risk.....Signed (By Parent if U/18)
.....Dated