

Andems Runners assisted by Rochdale Harriers present

The Ian Stansfield Cowm 5K Race

(ARC Rules. Permit No)

7pm Monday 6th August 2018 from the Cock & Magpie, Cockhall Lane,
Whitworth, Rochdale, OL12 8BJ. (A671 Burnley Rd)

Andems are delighted to stage this two lap Cowm Reservoir Race in
honour of Ian's outstanding contribution to Athletics. Proceeds to
include Halifax Hospice.

Entry Fee £4.00 to Affiliated Runners. £6.00 to unaffiliated
£1.00 extra on Night

Cheques payable 'Andems Runners IS5K' 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 course / Well
Marshalled. First Aid.

Please Pool Vehicles and use Cowm Park Way.

Please retain above and return below to organisers.

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Ian Stansfield 5k Race 2018

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)

(from ukresults.net)