

Andems Runners assisted by Rochdale Harriers present

**The Ian Terry Memorial 5K Cowl Race** (Association of Running Clubs Laws. Permit No )

7pm Tuesday 11<sup>th</sup> July 2017 from the Cock & Magpie Pub, Cockhall Lane, Whitworth Rochdale, OL12 8BJ. (A671 Burnley Rd)

Andems are staging this 5K Cowl Reservoir race in memory of Ian who was so tragically killed in Police Training accident. All proceeds to **Care of Police Survivors**.

**Please POOL vehicles and park on Cowl Park Way South.** First Aid/Well Marshalled/Full Prize list in all Categories. Prize to all finishers.

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

Cheques payable to Andems Runners ITMR to:  
Andy O'Sullivan MBE, 40 Crowshaw, Drive, Rochdale OL12 OSR.  
Tel enqs (01706) 750620 or [info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)

Please retain above and return below to Organiser

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Ian Terry 5k 2017

Name.....Age.....Sex.....

Address.....

Tel No.....

Club (If Any).....

I accept that the organisers 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 ..... Dated .....

(By Adult if U/18)

from ukresults.net