

Andems Runners assisted by Rochdale Harriers present

Aaron Ashforth Memorial Cowm 5K Reservoir Race.

(Association of RC rules. Permit No)

7pm Tuesday 23rd May 2017 from the Cock & Magpie Pub, Cockhall Lane, Whitworth, Rochdale, OL12 8BJ. (A 671 Burnley Rd)

Andems are staging this accurately measured 5K in memory of Aaron who so sadly died of Sudden unexpected death in Epilepsy. Proceeds to **SUDEP**. Aaron was the son of Royton Road runner, Simon Howard.

Entry fee £4.00 to affiliated. £6.00 to U/A £1.00 extra on night. Cheques payable to Andems Runners AA5K to Andy O'Sullivan, MBE 40 Crowshaw Drive, Rochdale. Please pool vehicles/Car share and park sensibly!

Prizes in all categories, very scenic course!

Please retain above

Aaron Ashforth Race 2017

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

Address.....

Club (If any)..... Emergency contact No.....

I accept that Andems Runners cannot be held responsible for any injury, loss or damage occurring before, during or after 5K. I am physically fit and run at my own risk

Signed Dated

(By Parent if U/18)