

Andems Runners assisted by Rochdale Harriers present

Sheila Philips 70th Birthday 5K Cowm Trail Race

(ARC Laws. Permit No)

7pm Thursday 14th September 2017 from the Cock & Magpie,
CockHall Lane, Whitworth, Rochdale OL12 8BJ.

Andems are pleased to honour Sheila with her 70th Birthday 5K Race around the scenic Cowm Reservoir. Proceeds to include Dr Kershaw's Hospice.

Entry Fee £4.00 to Club Runner. £6.00 to U/A. £1.00 extra on night.

Cheques payable 'Andems Runners SP70th' to Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 OSR. Tel Enqs on (01706) 750620 or info@andemsrunners.co.uk

Please CAR SHARE and park sensibly in the vicinity of Cowm Park Way.

Extensive Prize list, Prizes in ALL categories. **Please Use as Club Championships Counter!!!** Please retain above and return below to organiser

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

Club (If Any).....Tel No.....

Address.....

I accept that Andems cannot be held responsible for any injury, loss or damage incurred before, during or after the 5K. I am medically fit and enter at my own risk

Signed Dated

(By Adult if U/18)

from ukresults.net