

Andems Runners assisted by Rochdale and Middleton Harriers present

Roger Colson Cowm Reservoir 5K Race

(ARC Rules. Permit No)

**7pm Wednesday 25th April 2018 from the Cock & Magpie, Cockhall Lane,
Whitworth, Rochdale. (A 671 Burnley Rd)**

Andems are pleased to stage this accurately measured 5K which includes 2 laps of Cowm Reservoir in honour of Roger’s 70+ years service to Athletics.

Proceeds to Francis House Children’s Hospice.

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

Entries to BOOKITZONE.COM or by Cheque, payable to Andems Runners RC 5K to: Andy O’Sullivan, MBE 40 Crowshaw Drive, Rochdale, OL12 0SR.

Enquiries on info@andemsrunners.co.uk or (01706) 750620

Extensive Prize list in ALL Categories! Please Car Share and park sensibly!

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Roger Colson 5k, 2018

Name..... Age Sex

Address.....

Emergency contact details.....

Club (If Any).....

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

Signed Dated

(By Adult if U/18)

from ukresults.net