

Andems Runners assisted by Rochdale Harriers present

The Jim Taylor & Andy McAllister Cowm Reservoir 5K Race

(ARC Rules. Permit No)

7pm Wednesday 16th May 2018 from the Cock & Magpie, Cockhall Lane,
Whitworth, Rochdale OL12 8 BJ. (A 671 Burnley Rd)

Andems are delighted to honour Jim & Andy. Both have served Athletics and their club Darwen Dashers with distinction. Proceeds to include East Lancashire Hospice. Race includes two laps of Cowm Reservoir.

Course is R.R.C. Measured, Certificate 13/325. **Prizes in all Categories!**

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

Cheques payable Andems Runners J&A 5K to:

Andy O'Sullivan, MBE 40 Crowshaw Drive, Rochdale OL12 0SR

Enquiries on info@andemsrunners.co.uk or (07766) 176560

Course is well marshalled. Scenic. First Aid.

Please park sensibly locally. **Please use as Counter in Club Championships!**

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Jim and Andy 5k 2018

Name..... Age Sex

Club (If Any)..... Emergency Contact No.....

Address.....

E-mail.....

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

Signed Dated

(By Adult if U/18)

from ukresults.net