

Andems Runners assisted by Rochdale Harriers present

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

7pm Tuesday 10th July 2018 from the Cock & Magpie Pub, Cockhall Lane,
Whitworth Rochdale, OL12 8BJ. (A671 Burnley Rd)

Andems are staging this 5K Cowm 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 Cowm 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

Please retain above and return below to Organiser

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Ian Terry Race, 2018

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)