

Andems Runners assisted by Rochdale Harriers present

**The James Riley Memorial Cowm 5K Race**

(ARC Rules. Permit No )

6.45pm Wednesday 19<sup>th</sup> September 2018 from the Cock & Magpie Pub,  
Cockhall lane, Whitworth, Rochdale OL12 8BJ. (A 671 Burnley Rd)

Andems are staging this fundraising 5K 'Cowm' Race in memory of James,  
Proceeds to Cancer Research UK.

Entry Fee £4.00 to Club Runner. £6.00 Non Club Runner. £1.00 extra on night,

Cheques payable 'Andems Runners JR5K' to Andy O'Sullivan MBE, 40  
Crowshaw Drive, Rochdale, OL12 0SR. Enquiries on (01706) 750620 or  
[info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)

Please Car Share and park sensibly in area. Well Marshalled Two laps of Cowm  
Reservoir. Prizes in all categories. Something for every participant!

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James Riley Memorial 5k

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

Emergency Contact & Number.....

Club (If Any)..... E-mail.....

Address.....

I accept that Andems Runners cannot be held responsible for any injury, loss or  
damage incurred before, during or after this 5K. I am physically fit, have no real  
health problems. I enter at my own risk

Signed ..... Dated .....

(By parent if U/18)

from ukresults.net