Andems Runners assisted by Garry Bower present
Bernadette Bower 'Life for a Life' Tree 5K Cowm Reservoir Race
ARC laws. Permit No: UU Permit No:

11am Saturday 15th December 2018 from the Cock & Magpie
Cock Hall Lane, Whitworth, Rochdale. (OL12 8BJ)

Andems are staging the 1st Bernadette Bower 'Life for a Life' Tree Race. Bernadette raced around Cowm with her husband and children on many occasions with Andems Runners and this race is to celebrate her life and commemorate the determination she showed in her fight against cancer. Bernadette even raced around this reservoir the day she finished her Radiotherapy when we thought she had beaten the cancer but unfortunately it came back and took her life on the 29th July 2018.

Before the start of the race there will be a tree planting ceremony after which the race will start a short walk away with the tree marking the finish line. Please note this is not the normal 5K route, the start will be along the path at the top of the hill to the right of the reservoir and will be a little over 2 laps.

The proceeds will be split between paying for the tree and Springhill Hospice who cared for Bernadette and her husband Garry during the last 4 weeks of her life and continued to care for Garry after Bernadette had passed away.

This race is a RRC measured 5k. Cert No: 13/325. Prize to All Finishers.

Entry fee £5.00 to affiliated. £7.00 to unaffiliated. Cheques payable to Andems Runners BBTR to Andy O'Sullivan MBE, 40 Crowshaw Drive Rochdale OL12 OSR. Enqs on (01706) 750620 or info@andemsrunners.co.uk

Please Pool Vehicles and park in Cowm Park Way South.
Entry Limit 500. Please enter early! Prizes in ALL Categories.
Collect Race numbers on the day!!!
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Bernadette Bower 5k

Name……………………………………. Age …… Sex……..

Address…………………………………………………………………..

Club (If Any)…………………………… Tel No…………………..
I accept that Andems Runners cannot be held responsible for any injury, loss or damage, incurred before, during or after the BBTR. I am physically fit and enter at my own risk

Signed ………………………………… Dated ………………………
(By Parent if U/18)