

Andems Runners assisted by Rochdale Harriers present
The Colin & Brenda Robinson 5K Cowm Race
(Association of Running Clubs Laws. Permit No)

7pm Wednesday 27th March 2019 from the Cock & Magpie, Cockhall Lane, Whitworth,
Rochdale OL12 8BJ. (A671 Burnley Rd)

Andems are pleased to stage Colin & Brenda's 5K with 2 laps of Cowm Reservoir,
proceeds to Wythenshawe Hospital Sports Transplants Fund.

Please use this event as a counter in Club Championships.

Extensive Prize List. Prize to all finishers. Well Marshalled Please Park at Cowm Park Way
South, Please pool vehicles

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

Cheques payable Andems Runners CBRCR to:

Andy O'Sullivan, MBE, 40 Crowshaw Drive, Rochdale, OL12 OSR.

Email: info@andemsrunners.co.uk

Or (01706) 750620. Collect Race Numbers on Night!!!

Accurately measured 5K. Certificate No (RRC)

Please retain above. Return below to Organiser

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Colin & Brenda Robinson 5k 2019

Name..... Age Sex

Club (If Any)..... Tel No.....

Address.....

Emergency contact

I accept that the organisers cannot accept responsibility for any loss, injury or damage incurred before, during or
after the 5K. I am physically fit and enter at my own risk

Signed Dated

(By Parent if U/18)

ukresults.net