

Andems Runners assisted by Rochdale Harriers present  
**The Ian Casey Memorial Cowm Reservoir Race**  
(Association of Running club Laws. Permit No )

7pm Thursday 9<sup>th</sup> May 2019 from the Cock & Magpie, Cockhall Lane,  
Whitworth. OL12 8BJ. (A671 Burnley Rd)

Andems are staging this 5K around the trail & tarmac 2 lap Cowm Reservoir course in memory of Ian who was a very popular Royton Road Runner. Proceeds to Heart Charities & Mollie Campbell.

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

Cheques payable Andems Runners ICMR to:  
Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 OSR.

Enqs info@andemsrunners.co.uk

**Collect Race Numbers on Night. Please park in Cowm Park Way South.**

Prizes in all categories. Well Marshalled. Very Scenic course.

**PLEASE USE THIS RACE AS COUNTER IN CLUB CHAMPS.**

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**Ian Casey 5k 2019**

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

Club (If Any).....

Address.....

Emergency contact ..... Tel No.....

I accept that the organisers cannot be held responsible for any loss, injury or damage incurred before, during or after this race. I am physically fit and enter at my own risk

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

(By Parent if U/18)

ukresults.net