

Andems Runners assisted by Rochdale Harriers present

The Maureen Cooper Brownhousewham Reservoir 5K Trail Race

(ARC Rules. Permit No)

7pm Tuesday 14th May 2019 from the Red Lion, The Square, Whitworth, Rochdale, OL12 8PY. (A 671 Burnley Rd)

Andems are honouring Maureen and her Committee from Rochdale Childer for their **Great** works for this worthy charity! ALL Proceeds to **Rochdale Childer**.

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

Cheques payable 'Andems Runners MC5K' to:

Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 0SR

Enquiries on (01706) 750620 or info@andemsrunners.co.uk

Please Car Share! Parking on side of Road North of Red Lion beyond Cattle Grid!

This 5K takes in two laps of Brownhousewham Reservoir! Prizes in all categories.

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Maureen Cooper 5k 2019

Name..... Age Sex

Club (If Any).....

Emergency Contact & number.....

Address.....

E-Mail.....

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

Signed Dated

(By Adult if U/18)