

Andems Runners assisted by Rochdale Harriers present

The Ian Terry Memorial 5K Cowm Race

(Association of Running Clubs Laws. Permit No) (U.U. Permit No)

7pm Tuesday 9th July 2019 from the Cock & Magpie Pub, Cockhall Lane,
Whitworth, Rochdale OL12 8BJ. (A671 Burnley Rd)

Andems are staging this 5K Cowm Reservoir race in memory of Ian who was so tragically killed in Police Training accident. All proceeds to **Care of Police Survivors.**

Please POOL vehicles and park on Cowm Park Way South. First Aid/Well Marshalled/Full Prize list in all Categories.
Prize to all finishers.

Entry Fee £4.00 to Affiliated Runners. £6.00 to unaffiliated. £1.00 extra on night.

Cheques payable to Andems Runners ITMR to:
Andy O’Sullivan MBE, 40 Crowshaw, Drive, Rochdale OL12 OSR.
Tel enqs (01706) 750620 or info@andemsrunners.co.uk

Please retain above and return below to Organiser

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Ian Terry 5k

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

Address.....Tel No.....

Club (If Any).....

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

Signed Dated
(By Adult if U/18)