

Andems Runners present

Nick Gaskell Cowm 5K Race

(ARC Rules. Permit No . U.U. Permit No)

6.45pm Wednesday 11th September 2019 from the Cock & Magpie, Cockhall Lane, Whitworth, Rochdale, OL12 8BJ. (A671 Burnley Rd)

Andems are pleased to honour Nick in recognition of his outstanding contribution to athletics. Proceeds to Mollie Campbell, WCRUK & East Lancashire Hospice.

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

Entries to BOOKITZONE or Cheques payable Andems Runners NG5K to:

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

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

RRC measured Course. First Aid. Scenic 2 Laps of Cowm Reservoir.

Prizes in ALL categories. Please **Car Share** and park sensibly in Area.

Please use as Counter in your Club Championships!!!

C/R Joe Bailey 15.07. Jessica Coulson 16.41.

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Nick Campbell 5k 2019

Name..... Age Sex

Emergency Contact & Number

Address

Club (If any)

I accept that Andems Runners cannot be held responsible for any injury, damage or loss incurred before, during or after this 5K. I am physically fit and know of no reason why I should not compete

Signed Dated

(By adult if entrant u/18)

from ukresults.net