

**ANDEMS RUNNERS assisted by Rochdale Harriers and the Falcon Inn
present**

Ron Hill's 70th Birthday 5k Road Race

(NoEAA Laws – permit applied for)

Thursday 25th September 2008 - 6.45pm

from the Falcon Inn, The Square, Littleborough, nr. Rochdale
(A58 Halifax Road)

ANDEMS RUNNERS are delighted to honour Ron on his 70th birthday. The proceeds will be donated to local worthy causes. Ron has always been considered to have been Britain's greatest ever long-distance runner.

RRC measured course cert no. 96/45. Please park at Littleborough Police Station and adjacent Health Centre car park!!

There will be a fabulous prize list!! Spot prizes, drinks at the finish in the Falcon/first aid/well-marshalled. Commemorative mug to ALL finishers!

Entry fee: 5k - £5 club runners, £7 unattached – NO ENTRIES ON THE NIGHT!! Limit 450.
Closing date 11 Sept or earlier if full!! Enter early to avoid disappointment!!

Cheques payable to "Andems Runners RHBR".

Post your entry slip with cheque to: Andrew O'Sullivan MBE, 40 Crowshaw Drive, Lower Healey, Rochdale OL12 0SR – tel. 01706 750620 or email andems.runners@btinternet.com

Please PRINT CLEARLY!! Entry form for 2008 Ron Hill 5k

Name Age Sex

Address

.....Tel. No.

Club (if any) UKA reg. No.

I declare that I am medically fit to run and understand that the organisers of this race will not be held responsible for personal injury, illness or damage incurred before, during or after the race. I am an amateur as defined by UK Athletics rules.

Signed Date

(to be signed by parent or guardian if entrant under 18)