

Andems Runners assisted by Rochdale Harriers present

David Emanuel 5K Cowm Trail Race

(ARC Laws. Permit No)

7pm Thursday 13th September 2018 from the Cock & Magpie, CockHall Lane, Whitworth, Rochdale OL12 8BJ.

Andems are pleased to honour David of Royton Road Runners for his contribution to Running with this 5K around the scenic Cowm Reservoir. Proceeds to include Dr Kershaw's Hospice & Whitworth CRUK.

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

Cheques payable 'Andems Runners DECR' to:

Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 OSR

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

Please CAR SHARE and park sensibly in the vicinity of Cowm Park Way.

Extensive Prize list, Prizes in ALL categories. **Please Use as Club Championships Counter!!!** Please retain above and return below to organiser

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David Emanuel 5k 2018

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

Club (If Any).....Tel No.....

Address.....

I accept that Andems cannot be held responsible for any injury, loss or damage incurred before, during or after the 5K. I am medically fit and enter at my own risk

Signed Dated

(By Adult if U/18)

from ukresults.net