

Andems Runners assisted by Rochdale Harriers present

Jimmy Cricket's 70th Birthday Cowm 5K Race

(A.R.C. Laws. Permit No)

11.30am, Sunday 18th October 2015 from the Cock & Magpie Pub, Cockhall Lane, Whitworth, Rochdale OL12 8BJ. (A671 Burnley Rd)

Jimmy Cricket is probably Britain's most popular Comic/Entertainer! Jimmy celebrates his 70th with this accurately measured 5K of two laps of Cowm Reservoir. Jimmy is a supporter of many Charities. Proceeds to **Francis House Children's Hospice**.

Jimmy will start the Race and will present the Prizes in 'The Cock'

Entry Fee £4.00 to Club Runner. £6.00 to U/A. £1.00 extra on day. Cheques payable 'Andems Runners JC70th' to Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 0SR. Enqs on (017060 750620 or info@andemsrunners.co.uk)

Enter online at <http://www.bookitzone.com>

Please Pool Cars and park sensibly in Cowm Park Way South. Extensive Prize list in All Categories. Prize to all finishers. Well Marshalled/Scenic Course.

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

Address.....

Tel No E-mail.....

Club (If Any).....

I accept that Andems cannot be held responsible for any injury, loss or damage, incurred before, during or after this 5K. I am physically fit and enter at my own risk..... Signed (By Adult if U/18).....Dated