

Andems Runners assisted by Rochdale Harriers present
The Colin & Brenda Robinson 5K Cowm Race
(Association of Running Clubs Laws. Permit No)

7pm Wednesday 30th March 2016 from the Cock & Magpie,
Cockhall Lane, Whitworth, Rochdale OL12 8BJ. (A671 Burnley Rd)

Andems are pleased to stage Colin & Brenda's 5K with 2 laps of
Cowm reservoir, proceeds to Wythenshawe Hospital Sports
Transplants Fund.

Please use this event as a counter in Club Championships.

Extensive Prize List. Prize to all finishers. Well Marshalled. Please
Park at Cowm Park Way South, Please pool Vehicles

Entry Fee £4.00 to Affiliated. £6.00 to U/A £1.00 extra on night.
Cheques payable Andems Runners CBR CR to:
Andy O'Sullivan, MBE, 40 Crowshaw Drive, Rochdale, OL12 0SR.
info@andemsrunners.co.uk Or (01706) 750620.

Collect Race Numbers on Night!!!

Accurately measured 5K. Certificate No (RRC)

Please retain above. Return below to Organiser

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Robinsons' Race 2016

Name..... Age Sex

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

Address.....

I accept that the organisers cannot accept responsibility for any
loss, injury or damage incurred before, during or after the 5K. I am
physically fit and enter at my own risk

Signed Dated
(By Parent if U/18)

From ukresults.net