

Andems Runners assisted by Rochdale Harriers present

The Harriers Heroes Cowm 5K Race

(ARC Rules. Permit No)

7pm Wednesday 27th April 2016 from the Cock & Magpie Pub, Cock Hall Lane,
Whitworth, Rochdale, OL12 8BJ.

Andems are delighted to stage this 5K measured course in honour of Jilly B, Amanda T, Janet P and the Coaching staff at Rochdale Harriers! These are the 'Heroes' of Athletics and the backbone of the sport!

Entry Fee £4.00 to Attached. £6.00 U/A. £1.00 extra on day.

Cheques payable 'Andems Runners H5K' to Andy O'Sullivan, MBE

40 Crowshaw Drive, Rochdale, OL12 0SR. Enquiries on (01706) 750620 or
info@andemsrunners.co.uk

ALL Proceeds to Children's Heart Association and Rochdale Harriers Juniors.
Please CAR SHARE and park sensibly in the Cowm area!

Prizes in All Categories. Bar of Chocolate for all entrants!

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

Address.....

Club (If any).....Tel No.....

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