

Andems Runners assisted by Rochdale Harriers present

**Ron Hill's 76<sup>th</sup> Birthday Cowm Reservoir Race.**

(ARC Laws. Permit No )

6.45pm Thursday 25<sup>th</sup> September 2014 from the Cock & Magpie, CockHall Lane, Whitworth, OL12 8BJ.

Andems are staging Ron's 76<sup>th</sup> Birthday 5K, this is a two lap course of the scenic Cowm Reservoir. Dr Ron Hill has long been regarded as Britain's Greatest ever long distance Athlete.

Prizes in All Categories. **Commemorative Mug to All Finishers.** First Aid. Scenic Course. Accurate Course.

Entry Fee £7.00 to attached. £9.00 to U/A. **Strict limit 250.**  
If available £2.00 extra on night, enter early avoid disappointment. Cheques payable **Andems Runners RH76th.**  
To Andy O'Sullivan, MBE 40 Crowshaw Drive, Rochdale, OL12 OSR. Tel Enqs (01706) 750620 or [info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)

Please Pool Vehicles and park in Cowm Park Way South.

Name.....Age.....Sex.....  
Address.....  
Club (If Any)..... Tel No.....

I accept that Andems Runners cannot be held responsible for any injury, loss or damage occurring before, during or after the Ron Hill 5K. I am physically fit and enter at my own risk. I am not aware of any Health condition likely to cause problems.

.....Signed.....Dated (By Parent if U/18