

**ANDEMS RUNNERS assisted by Rochdale Harriers and the Falcon Inn
present**

Ron Hill's 74th Birthday 5k Road Race

(NoEAA Laws – permit applied for)

Thursday 20th September 2012 - 6.45pm

from the Falcon Inn, Church Street, Littleborough, nr. Rochdale
(A58 Halifax Road)

ANDEMS RUNNERS are delighted to honour Ron on his 74th birthday. The proceeds will be donated to local worthy causes. Ron has always been considered to have been Britain's greatest ever long-distance runner.

RRC measured course cert no. 96/45. Please park sensibly away from the course!!

There will be a fabulous prize list!! Spot prizes, drinks at the finish in the Falcon/first aid/well-marshalled. Commemorative mug to ALL finishers, which depicts Ron's win at the English national Cross Country Championships!

Entry fee: £6 club runners, £8 unattached – £1 EXTRA FOR ENTRIES ON THE NIGHT taken up to 6.30pm!! Limit 400. Enter early to avoid disappointment!!

Cheques payable to "Andems Runners RHBR".

Post your entry slip with cheque to: Andrew O'Sullivan MBE, 40 Crowshaw Drive, Lower Healey, Rochdale OL12 0SR – tel. 01706 750620 or email info@andemsrunners.co.uk

Please PRINT CLEARLY!! Entry form for Ron Hill Birthday 5k 2012

Name Age Sex

Address

.....Tel. No.

Club (if any) UKA reg. No.

I declare that I am medically fit to run and understand that the organisers of this race will not be held responsible for personal injury, illness or damage incurred before, during or after the race. I am an amateur as defined by UK Athletics rules.

Signed Date

(to be signed by parent or guardian if entrant under 18)