

ANDEMS RUNNERS assisted by Rochdale Harriers present

The Dawn Taylor Cowm Reservoir Race

(UKA Laws – licence applied for)

Tuesday 25th September 2012 at 6:45pm

From the Cock & Magpie, Cockhall Lane, Whitworth, Rossendale
(A671 Burnley Road)

Andems Runners are pleased to present Dawn's wheel-measured 5k which takes in 2 laps of the scenic Cowm Reservoir.

All proceeds to Community Public Access Defibrillators for Rossendale

Please pool vehicles and park in Cowm Park Way South. Please show caution around the reservoir, as there are lots of walkers who use this pleasant place.

Well-marshalled – water at the finish. First aid attending.

Entry fee: £5 club runners, £7 unattached, juniors £4 - £1 extra on the night.
Cheques payable to "Andems Runners DTCR".

ALL NUMBERS TO BE COLLECTED ON THE NIGHT!!

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

Or bring this slip completed with the correct money on the night!!

Please PRINT CLEARLY!! – Entry form for Dawn Taylor Cowm Reservoir Race

Name Age Sex

Address

.....Tel. No.

Club (if any) UKA reg. No.

I accept that the organisers of this race will not be held responsible for any injury, loss or damage incurred before, during or after the race. I am an amateur as defined by UK Athletics. I declare that I am physically fit and enter at my own risk

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