

ANDEMS RUNNERS assisted by Rochdale Harriers present

The Christine Navan Cowm Reservoir Race

(UKA Laws – permit applied for)

Sunday 4th November 2012 at 11:30am

from the Cock & Magpie, Cockhall Lane, Whitworth, nr. Rochdale
(off A671 Burnley Road)

ANDEMS RUNNERS are proud to honour Christine Navan who has been an inspiration to all who know her. Beneficiaries of proceeds to include Rossendale Hospice.

This is a wheel-measured 5,000 metre run around the pancake flat and scenic Cowm Reservoir.

Please park in Cowm Park Way South.

Prize list to cater for all categories/ prize to ALL finishers!/well-marshalled

Entry fee: £4 club runners, £6 unattached, Juniors u18 £3, plus £1 extra on the day.
Cheques payable to "Andems Runners CNR".

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 Christine Navan Cowm Reservoir Race 2012

Name Age Sex

Address

..... Tel. No.

Club (if any) UKA reg. No.

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

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