

Andems Runners supported by Rochdale Harriers  
present

## The Angela Deegan Memorial Cowm Reservoir Race.

(UK Athletics Laws. Licence No )

3pm, Saturday 26<sup>th</sup> June 2010 from the Cock & Magpie, Cockhall Lane,  
Whitworth, Rochdale. (A671 Burnley Rd)

Andems runners are staging this 2 lap, wheel measured 5, 000 Metres  
around the scenic Cowm Reservoir in memory of Angela who passed away  
in 2009. Proceeds for Christies & Cancer Research UK.

There will be an extensive prize list, catering for ALL categories.  
Spot Prizes/Commemorative Tee Shirt to all finishers/First Aid/Well  
Marshalled/scenic course. There will a one Lap race for Juniors at 3.30pm.  
Entry fee £3.00

Entry fee £5.00 to UK Athletics registered Runners. £7.00 to Unattached  
runners. £1.00 extra on day. Under 18's £4.00. Cheques payable to  
Andems Runners ADMR to Andy O'Sullivan MBE, 40 Crowshaw Drive,  
Rochdale, OL12 OSR. Collect Race Numbers on day.

Tel Enqs (01706) 750620 or [info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)

Please retain above and return below to organiser.

---

NAME.....Age.....Sex.....  
UK Athletics No..... Tel No.....  
Club (If any).....  
Address.....  
.....

I accept that the organisers cannot be held responsible for any loss, injury  
or damage incurred before, during or after the race. I am physically fit and  
enter at my own risk

.....Signed.....Dated