Andems Runners assisted by Rochdale Harriers present

***The Lynne Edmondson Memorial & Christine Navan’s Cowm Reservoir Race***

Association of Running Clubs Rules. Permit No 12/366 )

11.30am Sunday 16th December 2012 from the Sportsman Pub, Market Street, Whitworth Nr Rochdale. (A671 Burnley Rd)

Andems Runners are staging this 6,655 Metres run around Cowm Reservoir and roads and bridlepaths in memory of Lynne & as an honour to Christine. Pproceeds to **SPRINGHILL HOSPICE. & CARE OF POLICE SURVIVORS! .**

Entry Fee £7.00 to unaffiliated £5.00 to Club Runners. £1.00 extra on day, Cheques payable Andems Runners LEMR to Andy O’Sullivan MBE

40 Crowshaw Drive, Lower Healey, Rochdale, OL12 OSR.

Telephone enqs (01706) 750620 or [info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)

Prize to ALL Finishers. Prizes in all categories. Scenic course/well marshalled. Start and finish in Cowm Park Way South at Lloyd Street.

Please pool vehicles and park in Cowm Park Way South. **Please support this very worthwhile race in memory of this very special person.**

Registration and Prizegiving in the Sportsman Pub. Food Available. Fine Ales.

Name……………………………. Age………Sex…..

Address……………………………………………………………….

Club (If Any)…………………………….. Tel No……………………

UK Athletics No……………………… e-mail…………………………..

I accept that the organisers 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……………………..Signed………..Dated

(By Parent/Guardian if U/18)