

ANDEMS RUNNERS assisted by Rochdale Harriers present

The Annual Vera Hirst 5k Road Race

(NoEAA Laws – permit applied for)

**Wednesday 28th March 2012
6.45pm**

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

ANDEMS RUNNERS are pleased to stage this accurately measured 5k (RRC No 96/045) in honour of Vera who has done so much for the Elderly in Littleborough. Beneficiaries of the proceeds will include LOPWC.

Extensive prize list, spot prizes etc. Well marshalled route, first aid, orange drinks and sandwiches on the bar in the Falcon. A prize to ALL finishers!

Entry fee: £4 club runners, £6 unattached
plus £1 extra on the night.

Cheques payable to "Andems Runners VH5k".

Please arrive in good time, with your form completed and correct money if possible
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 Vera Hirst 5k

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 17)