

ANDEMS RUNNERS assisted by Rochdale Harriers present

The Ian Casey Memorial Cowm Race

(UKA Laws – permit applied for)

Thursday 17th May 2012

7:00pm

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

ANDEMS RUNNERS are commemorating the life of Royton Road Runner, Ian Casey, who so tragically collapsed and died competing in the Gloucester Marathon in 2009. Proceeds to local worthy causes.

This is a scenic wheel-measured 5,000 metre course which incorporates 2 laps of Cowm Reservoir. The event starts and finishes at the Treatment Works.

Please park in Cowm Park Way South

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

Course records: N. Brooks 15.13; V40 D. Lockett 16.05; Ladies Rachel Deegan 18.46; Juniors E. Wylie 18.29

Entry fee: £4 club runners, £6 unattached plus £1 extra on the night.
Cheques payable to "Andems Runners ICMR".

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 Ian Casey Memorial Race

Name Age Sex

Address

.....Tel. No.

Club (if any) UKA reg. No.

I accept that the organisers of this 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)