

ANDEMS RUNNERS assisted by Rochdale Harriers present

The Graham Wright Cowm Reservoir Multi-Terrain Race

(NoEAA Laws – permit applied for)

**Wednesday 5th September 2012
7.00pm**

from the Red Lion Inn, The Square, Whitworth, nr. Rochdale
(A671 Burnley Road)

ANDEMS RUNNERS are honouring Graham for his outstanding contribution to athletics. A 4.2 miler round roads, bridlepaths and the scenic Cowm Reservoir. Proceeds to cancer and other charities.

**Start and Finish in Cowm Park Way South – allow 5 minutes from pub
Please park in Cowm Park Way South**

Prize list to cater for all categories/ prize to ALL finishers!/well-marshalled/first aid/scenic course/drinks at finish

Entry fee: £5 club runners, £7 unattached plus £1 extra on the night.

Cheques payable to “Andems Runners GWR”.

Please enter early – limit 250 – demand is expected to be high for this event.

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 Graham Wright Race 2012

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)