

PUT SOMETHING BACK INTO RUNNING

OUR NEXT RACE IS

BLACKSHAWHEAD FETE FELL RACE

Saturday September 1st 2.00pm

Race organiser Sarah Glyde

If you are available to help please ring her on 01422 847628 or E-mail on glyde@causewayfold.freeserve.co.uk

PLEASE VOLUNTEER DON'T WAIT TO BE ASKED IT MAKES THE ORGANISERS JOB A LOT EASIER

Andy O'Sullivan's 25th Year of Promotions Race (UK Athletics Laws. Permit No 1087)

11.15am, Sunday 2nd September 2007
from the Falcon Inn, Littleborough. (A58 Halifax Rd)

Andems Runners are pleased to commemorate the 25th Anniversary of the 1st ever race organised by Andy O'Sullivan, MBE, BEM who has in those years organised 300+ races. This race is an approximate 5 Mile Road & Trail race through Whittaker & Rakewood.

All proceeds to local charities including C.R.Y & Children of Chernobyl.

Entry Via SAE or Collect number on Day **Entries Limited to 400 !! Postal Entries close on August 25th!! Please enter early!!!**

Entry fee £5.00 to club runners £7.00 to U/A £1.00 extra on day.

Commemorative Tee Shirt to All Finishers Cheques payable Andems Runners 25th to 40 Crowshaw Drive, Rochdale OL12 OSR. Tel Enqs on (01706) 750620 or

andems.runners@btinternet.com

EXTENSIVE PRIZE LIST/spot prizes/first aid/well marshalled/hilly but scenic course/Sandwiches & Soft drinks on bar after race. Please Allow 5 Minutes Jog to start. Park at Police Station & adjacent Health Centre!

Not in Co-Op Car Park!!

Andy O'Sullivan 5

Name.....Age.....Sex.....

Club (If any).....Tel No.....

Address.....

UK Athletics Reg No.....

E- Mail Address

I accept that the Organiser cannot be held responsible for any injury, loss or damage incurred before, during or after the event. I am physically fit and an amateur as defined by UK Athletics and enter at my own risk

.....signed (By Parent if U/18).....Dated