

Andems Runners assisted by Rochdale Harriers present  
**Joe Salt Memorial Cowm Reservoir Race**  
ARC laws. Licence No )

7pm Wednesday 3rd April 2019 from the Cock & Magpie  
Cock Hall Lane, Whitworth, Rochdale. (OL12 8BJ)

Andems are staging the annual Joe Salt Memorial Cowm Race.  
Joe contributed over **60** years to Athletics. This race is a RRC measured  
5k. Cert No 13/325. Incorporates 2 laps of Cowm Reservoir. Proceeds to  
Samantha Smith Health Appeal. Prize to All Finishers.

**The Mia Butterworth-Brooks One Mile Race is at 6.45pm  
And is £3.00 to all Runners! Proceeds to CHA.**

Entry fee £5.00 to affiliated. £7.00 to unaffiliated.  
Cheques payable to Andems Runners JSCR to:  
Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale OL12 OSR.

Enqs on (01706) 750620 or [info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)

**Please Pool Vehicles and park in Cowm Park Way South.  
Entry Limit 200. Please enter early! Prizes in ALL Categories.**

Collect Race numbers on Night!!!

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Joe Salt 5k 2019

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

Address.....

Club (If Any).....

Emergency contact .....Tel No.....

I accept that Andems Runners cannot be held responsible for any injury, loss or damage,  
incurred before, during or after the Joe Salt Race. I am physically fit and enter at my own risk

Signed ..... Dated .....

(By Parent U/18)

ukresults.net