

Andems Runners assisted by Rochdale Harriers present
Joe Salt Memorial Cowm Reservoir Race
ARC laws. Licence No _____) (UU Permit _____)

7pm Wednesday 1st April 2020 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 Mollie Campbell. 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

**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!!!**

----- cut here -----

Joe Salt Memorial 5k 2020

Name..... Age Sex

Club (If Any).....

Address.....

Tel No.....

EMERGENCY CONTACT.....

I accept that the organisers 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

Signed Dated
(By adult if U/18)

ukresults.net