

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

7pm Wednesday 6th April 2016 from the Cock & Magpie
CockHall 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 Springhill Hospice, Rochdale Stroke Club
& Stubby's Boxing club. Prize to All Finishers.

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!!!

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Joe Salt Race 2016

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

Address.....

Club (If Any)..... 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 if U/18)

From ukresults.net