

Andems Runners assisted by Rochdale Harriers present

Joe Salt Memorial Cowm Reservoir Race

ARC laws. Licence No)

7pm Wednesday 5th April 2017 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 Springhill Hospice, Rochdale Stroke Club, Stubby's Boxing clubs. 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!!!

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