

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

7pm Wednesday 4th April 2018 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 & BREAST CARE UNIT AT ROH. Prize to All Finishers.

The Mia Butterworth-Brooks One Lap 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 5k 2018

5k option

1 lap option

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 U/18)

From ukresults.net