

Andems Runners assisted by Rochdale Harriers present

Joe Salt Memorial Cowm Reservoir Race

ARC laws. Licence No)

7pm Wednesday 8th April 2015 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 UKA measured 5k. Cert No 13/325. Incorporates 2 laps of Cowm Reservoir. Proceeds to Springhill Hospice, Rochdale Stroke Club, Turning Point & Mollie Campbell.

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

Enter online at BookitZone.com

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