

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

**7pm Wednesday 4<sup>th</sup> 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, Rochdale Stroke 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](mailto: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 2018

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).....

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