

# SPRING PROGRAM 2016

**START TIMES: WEDNESDAY: 5.00pm / SUNDAY: 9.00am**

## SEPTEMBER

Date	Course	Distance - KM	External Events
4-Sep-16	Bargwanna Road	3 * 5 * 10	Canberra Times Fun Run SIDS Stampede - Windsor The Bloody Long Walk - Manly
11-Sep-16	Favell Road - NEW RUN	3 * 5.8 * 8.1 * 11.2	Forster Running Festival Zoo Run - Secret Creek - Lithgow
18-Sep-16	Botanic Gardens	1.6 * 3.2 * 4.8 * 6.4 * 8	Edgell Bathurst Jog Sydney Running Festival Memory Walk and Jog - ACT
25-Sep-16	Stagecoach Road	2 * 3 * 5 * 8.5	Run NSW - Raymond Terrace Lawson Trail Run

## OCTOBER

Date	Course	Distance - KM	External Events
2-Oct-16	Gosling Creek OLD	2.3 * 4.6 * 9.6	Western Sydney Marathon (Saturday 1 Oct) Run NSW - Goulburn
9-Oct-16	Jack Brabham	1.75 * 3.5 * 5.25 * 7	Honslow Classic (Saturday and Sunday) Forbes Running Festival Sharks 10 Community Fun Run
16-Oct-16	Bulgas Road	3 * 5 * 10	Run with the Wind - Bungendore
23-Oct-16	Clergate School	3 * 5 * 10	Kedumba HM (Wentworth Falls) Tough Mudder Sydney
30-Oct-16	Elephant Park - BBQ - Melbourne Cup	Relay	The Bloody Long Walk - ACT

## NOVEMBER

Date	Course	Distance - KM	External Events
6-Nov-16	CSU	1.6 * 3.2 * 4.8 * 6.4 * 8	Carcoar Running Festival Run NSW - Armidale Run for your Lifeline - ACT
13-Nov-16	Kinross Forest	2 * 4.8 * 9.1	The Bloody Long Walk - Sydney East
20-Nov-16	Elephant Park	1 HR Challenge	Cherry Chase Fun Run - Young Stromlo Running Festival - ACT
27-Nov-16	Lake Canobolas (4 laps)	2.5 * 5 * 7.5 * 10	Central Coast HM

**Junior Spring Racing Carnival: Wednesday 28 September (incl. BBQ), 26 October and 30 November 2016**

Refer to the Website or Facebook for further information

**3km** handicapped event is held at Elephant Park every **WEDNESDAY – 5.00pm**

**SUNDAY** start time **9am** all seasons.

**Members absent for more than 8 weeks will require two qualifying runs to re-assess their handicap.**

**\*Participants must be current registered members of Orange Runners Club\***

**Publicity Officers:** Daryl Roweth, Kinisha Roweth & Sally Kitto

Don't forget to find/like us on [Facebook](#)



**Enquiries:** Renai McArdle, President - 0417 486 645 or [orangerunnersclub@outlook.com](mailto:orangerunnersclub@outlook.com)

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