

WINTER PROGRAM 2017

START TIMES: WEDNESDAY: 4.45PM / SUNDAY: 9.00am

JUNE

Date	Track	Distances
4-Jun-17	Berrilee Road	4 * 8.1
11-Jun-17 - Trail	Kinross Forest (MTB Car Park) 6.45am for 7.00 am start, mandatory equipment required	11
11-Jun-17	Elephant Park - Original	1.6 * 3.2 * 4.8 * 6.4 * 8
18-Jun-17	Stagecoach road	2 * 3 * 5 * 8.5
25-Jun-17	Gosling Creek – OLD	2.3 * 4.6 * 9.6

JULY

Date	Track	Distances
2-Jul-17	Clergate School	3 * 5 * 10
9-Jul-17 – Trail	Mitchell's Way (Cnr Mitchells Way / Cargo Rd) 6.45am for 7.00 am start, mandatory equipment required	13
9-Jul-17	Charles Sturt Uni	1.6 * 3.2 * 4.8 * 6.4 * 8
16-Jul-17	Endeavour Oval	2.6 * 5.2 * 7.8 * 10.4
23-Jul-17	Bulgas Road	3 * 5 * 10 * 14
30-Jul-17	Sir Jack Brabham - New	2 * 4 * 6 * 8 * 10

AUGUST

Date	Track	Distances
6-Aug-17	Lake Canobolas	2.5 * 5 * 7.5 * 10
13-Aug-17 – Trail	Forth Crossing (Ophir Road) 6.45am for 7.00 am start, mandatory equipment required	13.3
13-Aug-17	Botanic Gardens	1.6 * 3.2 * 4.8 * 6.4 * 8
20-Aug-17	Bargwanna Road	3 * 5 * 10
27-Aug-17	Favell Road	3 * 5.8 * 8.1 * 11.2

3km handicapped event is held at Elephant Park every **WEDNESDAY - 4.45pm Winter (Mass Start)**

SUNDAY start time **9am** all seasons

SUNDAY Trail Runs – 6.45am arrival for 7.00am start

Trial Rules / Mandatory Equipment – Member of ORC, Self Sufficient 500ml water, Space Blanket, Whistle and Phone (or run with a buddy), self-timed (if you want this), under 16yrs must run with a parent/guardian (member of ORC), ORC Chip No

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: Richard Eggleston & Sally Kitto

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



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