



Hello members

Well it is spring time so let us hope the weather improves, especially for our Wednesday night runs! The past few weeks it has been a really miserable gathering at Elephant Park, however the usual die-hards have braved the elements and turned up for a run.

The year is fairly flying by and I hate to mention this, but, the Christmas party will be held at Nashdale Hall on Saturday 28th November commencing at 3.00 p.m. Once again Santa will be visiting the children (young and old), we will have the jumping castle and all food will be supplied. Soft drinks will be provided, however, if you want something a little stronger you will need to bring your tippie with you. More details will be forthcoming shortly.

The Christmas party is also our presentation of awards to club members for both categories – adult and children (18 years and under). We have the Most Consistent Wednesday Runner, Most Consistent Runner, Most Improved Runner, President's Medal, Junior Runner of the Year and the elite award – Runner of the Year. In relation to the Junior Runner of the Year and Runner of the Year, we will be asking for people to be nominated for these awards. There is a form for completion and once all the entries are in the Committee goes through each nominee's submission and we each vote privately, count the votes and determine our winners. Already I can think of a few people that need to be in that ballot and I am sure you can think of people as well.

I am very happy to advise that we have received a \$500 grant from Charles Sturt University. Renai McArdle lodged the submission so many thanks to Renai for once again putting in the extra yards for the club. We haven't quite decided how to spend the money yet, but are swaying towards hardware for the computer system.

I have received notification from Light The Night that their walk will be taking place in Orange, at Cook Park on 9 October 2015 commencing at 5.30 p.m. Light The Night is part of the fund raising activities undertaken by the Leukaemia Foundation. At the event you have the choice of purchasing different lanterns that will light up at the time of the night walk. There are gold lanterns – to remember a loved one, white lanterns for your own cancer journey and blue lanterns to show your support. Entertainment and food will also be available at Cook Park. To register for the walk, please log into ... Lighthenight.org.au. alternatively, if you are unable to do the walk and wish to contribute to the fundraising please use the same login as mentioned above.

Talking of fund raising, our club member, Maddie Macpherson, has been achieving wonderful goals for Motor Neurone Disease. Unfortunately Maddie has a friend suffering from this insidious disease and she decided she would like to do some fundraising. I hope you have logged onto her site (via ORC FB page) and gave her a donation. To raise funds Maddie did back-to-back runs, Wagga half marathon, the next weekend – Mudgee half marathon, and then the following weekend- Sunshine Coast Marathon. Well done Maddie! Brett Sammut has been of great assistance and support to Maddie throughout all her training.

Last weekend a group of us went down to the Southern Highlands to compete in a trail run down there. None of us knew what was in store for us with all the rain that the area had received, however the Wingello State Forest was magnificent and everyone enjoyed themselves. Iain McLean, Leanne Corcoran, John Betts, Ian Spurway and Brett Sammut did the 25 km bush trail, Renai McArdle, Pam Fullgrabe, Michelle Lang and Martin Ryan did the 19 km trail, Ellie Mackin, under the direction of Anthony Daintith, did the prestigious 1km and ran all the way together with the lovely Sammut sisters, Emily and Tegan and the post-birthday girl, Rosie Corcoran. The rest of us did the 6 kms. On the Saturday night we celebrated Martin's birthday so all indulged in too much cake (cough cough).

It's a busy time with fun runs, Mudgee and Wagga come to mind and we have had a good representation at both runs. Well done everyone on achieving your results! This coming Sunday there is no ORC run as we thought a lot of runners would either be at Bathurst or Dubbo for their fun runs. Whichever direction you are travelling have a good time. Thank you to Wayne Stewart for handling the mats for the Sunday runs for the month of August. It is always appreciated to have club members come forward and help out.

Most members have swapped their old chip over for the new chip which is compatible with the timing equipment. We will shortly be sending an email to the people who have not done the change-over as we are anxious to have this finalised. Once all the chips are in we will be in a position to re-sell the old ones and recoup a little bit of cost.

The new training tops have been ordered and I expect to receive them within the next 3 weeks. Additional reflection tape has been put on the shirts for extra safety, however it did increase the cost of the tops. Members will be charged \$20 for the tops and ORC will pay the additional cost. The good news is that Orange Clothing Company (Sale Street) now offer Orange Runners Club a full supply of whatever you want, e.g. training tops, singlets, polos, tee-shirts, jackets, hoodies and the list goes on. All you need to do is go to the shop and give Steve your order. Steve will advise you how much the items cost when you place your order.

That's all for now. Please remember if you have any questions or concerns about anything please contact me or any member of the committee.

Happy Running
Jane