



PRESIDENTS REPORT

March 2019

Dear Members,

Congratulations to everyone involved in the delivery of a fantastic Orange Running Festival. Well done to the Festival Subcommittee for all their hard work during the year and all the ORC volunteers who assisted during the weekend. There was about 1850 entries across all events which was an amazing result!





ORANGE RUNNERS CLUB

Trail Running

The Trail Hustlers are going from strength to strength with great turnouts for the monthly runs. We encourage all members to give it a go! Next month, as preparation for the UTA event in May in the Blue Mountains, a training run will be held on the actual course on Saturday 27 April (further details to be provided soon). If you have any questions, please come and see me or David Ross.



AGM – 14 May

Our Annual General Meeting will be held on the 14 May at the Hotel Canobolas. All positions in both the main Orange Runners Club Committee and the Orange Runners Club Subcommittee will be declared open. Encourage all members to attend the AGM and have a say in the future of the Club.



ORANGE RUNNERS CLUB

Membership Fees (2019-2020)

Inline with our Club financial year, the payment of membership fees will open on Register Now on the 1 April (for the year 1 April 2019 to 31 March 2020). The Committee has voted that the fees will remain the same as this year.

	April 19-March 20	October 19-March 20	January 20-March 20
Individual Junior	\$20	\$15	\$10
Individual Adult	\$35	\$20	\$15
Family	\$75	\$40	\$25

I encourage all members to get their family, friends and work mates to join our great Club and enjoy the benefits of a healthy and supportive running (and walking) community.

I will email out the Register Now link once set up.

We will also set up another uniform order through Register Now in line with previous orders where the Club will provide a subsidy for the purchase of items. I will email out that Register Now link once set up.

Wednesday – Flexible Start Times (continued in Autumn)

The aim of the flexible start times is to get more members to the Wednesday run and to take a little pressure off those members and their families that struggle to make it on time and quite often miss out (especially the ones that make the mad dash from work or from other after school commitments).

5.00pm - OFFICIAL START TIME & ANNOUNCEMENTS (encourage everyone to get there early as usual and start at this time).

5:15pm - If you are walking, cut off time to start.

5:20pm to 5:30pm - If you are running, cut off time to start depending upon your expected run time.

5:45pm - TIMING WILL CEASE.

Thank you to the members for adhering to these times and making it a success.

Club Achievements

The Club will continue to recognise our members for their achievements. It is always very pleasing to present medals to members that have achieved milestone runs (either big or small). The following members have achieved significant milestones recently:

Peter Hyde 25
Sam Leatham 25
Abigail Francis 25
Oliver McLean 50
Michael O'Mara 50



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Kim Anlezark 50
Kate Thornton 75
Patrick Hakkinen 100
Andrew McCauley 100
Anthony Daintith 700

PIZZA NIGHT

All members and their families are invited to attend the ORC Pizza Night
Great opportunity to relax, socialise and get to know other members of the Club!

DATE: 5 April 2019 (6:30PM)
VENUE: HOTEL CANOBOLAS

Note: Members to pay for their meals (other meal options are available)

RSVP: 1 April 2019
by emailing:
orangerunnersclub@outlook.com with numbers



Great Volcanic Mountain Challenge

Following the bushfires that meant the cancellation of the GVMC last year, it is back for 2019 and will be held on the 31 March. There will be 2 distances on offer – the usual 11 km (9am start) race that starts at the Pinnacle carpark and finishes at the top of Mount Canobolas and for the first time a family friendly 5km (9:30am start) race that will start and finish at the Pinnacle carpark.

The Orange Runners Club will be providing the timing for the GVMC 5km race. This 5km will be an official Orange Runners Club run (you will be credited with a run), but your result will not count for any championship points (this is too hard to account for with non-ORC competitors in the race). If you wish to be considered for any prizes you will have to officially enter the race (otherwise you can just run as per usual – and you will receive a finishers medal regardless!).

Should you have any questions please check our the GVMC website or speak to Russell Tym at one of our runs.



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Sunday Mats and Equipment

Big thankyou to the members who assisted in taking the mats and equipment during 2018. Also thankyou to the following members who have so far volunteered for 2019 (let me know if you can assist later in the year):

January – Ed Maclean
February – Kim Jarvis
March – Alicia and Dave Ross
April – Kim and Alicia Anlezark
May – Michael and Lynn O'Mara
June – Dave Craig
July – Daryl and Kim Roweth
August – Brian Sharp



AUTUMN PROGRAM 2019

DATE	COURSE (9am)	DISTANCES	TRAIL COURSE (7am)	EXTERNAL EVENTS
3/3/2019	Orange Running Festival	2,5,10,21,42		Orange Running Festival
10/3/2019	Berrilee Forest	4 ,8.1, 12		Six Foot Track (9 th)
17/3/2019	Endeavour Oval	2.9 (1-4 laps)	Fourth Crossing	
24/3/2019	Baldwins Run (Forest Reefs)	3, 5, 8, 11.5		Gateway 2 Garden (Mayfield Gardens – Oberon 5 & 10k)
31/3/2019	Pinnacle (GVMC)	5		GVMC (5 and 11)
7/4/2019	Favell Road	3, 5.5, 8.1, 11.3		Mt Solitary
14/4/2019	Jack Brabham	1.75 (1-6 laps)		Australian Running Festival (Canberra)
21/4/2019	Lake Canobolas	2.5 (1-4 laps)		Easter
28/4/2019	Botanic Gardens	1.6 (1-6 laps)	27 th – UTA Training Run on Course	Bathurst Half & 10k + ANZAC Challenge
5/5/2019	Stagecoach Road	2, 3 ,5, 8 ,12		
12/5/2019	Gosling Creek New	2.3, 4.6, 8, 11.5	Kinross	
19/5/2019	Spring Creek Dam	2.4,4.8, 7.2, 9.6		UTA (22, 50, 100, 951), SMH Half Marathon
26/5/2019	Clergate	3,5,10		YMCA Half Marathon (Canberra)
Wednesdays	Elephant Park (5 to 5:45pm)	1, 2 or 3 laps		

For any further information or if you have any suggestions to improve the club, please don't hesitate to contact me.

Together we achieve individual goals!

Anthony Daintith
ORC President



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