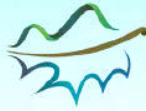




In partnership with

ORANGE RUNNING FESTIVAL

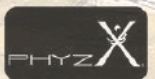


ORANGE
CITY COUNCIL



Australian Government

4-5 MARCH 2023 EVENT GUIDE



OPTUS

OUR CITY
REAL ESTATE



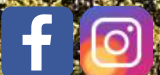
CARPENTER, COLLINS & CRAIG
A DIVISION OF CRAIG & RHODES



The Athlete's Foot



orange family
DENTAL



www.orangerunningfestival.com.au

Exclusive offers for Orange Running Festival registered participants, family and friends.

Get a personalised quote on health insurance by 6 March 2023 for your chance to win a Series 6 Apple Watch[^]. Plus, if you join combined Hospital and Extras cover using promo code ORF2023 you'll get one month free* after your first 90 days!





Table of Contents

| | | | |
|-----------------------|----|-----------------------------|----|
| Welcome | 06 | Parking | 19 |
| Race Start Times | 07 | Road Closures | 21 |
| Race Precinct Map | 08 | Event Course Maps | |
| Race Precinct Info | 10 | - Marathon | 22 |
| Event Schedule | 12 | - Half Marathon | 24 |
| Pre-Race Information | | - 10km | 26 |
| - Race Bib Collection | 14 | - 5km | 28 |
| - BYO Drink Dropoff | 14 | - Orange Mile | 30 |
| - Pre-race Assembly | 14 | Awards and Prizes | |
| - Pre-race Briefing | 15 | - Trophies | 32 |
| - Prams | 15 | - Finishers Medals | 32 |
| - Bicycles & Scooters | 15 | - Age Category Prizes | 33 |
| - Pets | 15 | Team Challenges | |
| - Timing Chips | 16 | - High Schools Challenge | 34 |
| - First Aid | 16 | - Primary Schools Challenge | 34 |
| - Toilets | 16 | - Workplace Challenge | 35 |
| - Water Stations | 16 | - Other Teams | 35 |
| Runners Etiquette | 17 | Registration Waiver | 37 |
| Travelling to Event | 19 | Our Sponsors | 38 |





Baby Evie, born at 28 weeks, survived with the help of life-saving equipment. Fundraise in the Orange Running Festival and give babies a better chance of survival.



Running for
Premature Babies



Runners, Supporters, Volunteers and Sponsors Welcome to the 2023 Orange Running Festival

As we celebrate our 17th year, we welcome back past entrants, sponsors and local community groups who have all grown to feel as proud of being part of this weekend as we are. We welcome new runners - from those who are on the journey that is their first fun run through to seasoned marathoners and elites who have added this event to their running calendar.

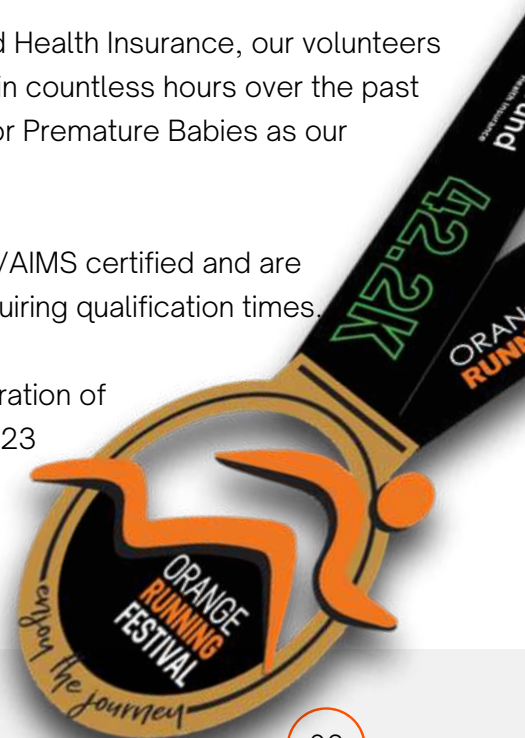
Join us on the 4th and 5th of March and enjoy a weekend away in the renowned food and wine region of Orange in Central West NSW. The festival caters for all ages and abilities with a distance for everyone. On Saturday we kick off with our Orange Mile events (the Junior, Womens & Mens Miles plus a NEW event, the Community Orange Mile, a non-competitive, inclusive race for all ages) leading into our Sunday distance program with the 5km, 10km, half marathon and marathon along a scenic, all sealed, gently undulating course in the cool climate of Orange.

We acknowledge our loyal sponsors lead by our Event Partner Westfund Health Insurance, our volunteers and importantly the members of the Orange Runners Club who have put in countless hours over the past year to make this event such a success. In 2023 we welcome Running for Premature Babies as our Charity Partner.

We're also pleased to advise that all courses have been World Athletics/AIMS certified and are eligible for earning ranking points, and for championships and events requiring qualification times.

Thank you for your ongoing support and passion for this truly local celebration of health and fitness. We hope you enjoy the weekend and have a great 2023 Orange Running Festival.

Anthony Daintith
Orange Running Festival Coordinator



Race Start Times

SATURDAY 4 MARCH 2023

- 5:00pm** Our City Real Estate Women's Orange Mile
- 5:15pm** PhyzX Men's Orange Mile
- 5:30pm** Optus Junior Orange Mile
Competitive event for ages to 15 years
- 5:45pm** Our City Real Estate Community Orange Mile
Non-competitive, inclusive race for all ages

SUNDAY 5 MARCH 2023

- 7:00am** Carpenter, Collins & Craig Marathon
- 7:30am** Athletes Foot Half Marathon
- 9:15am** Pigots Mid Western Mini Mix and Sand & Soil 10km
- 10:30am** Orange Family Dental 5km Run and Walk



Gosling Creek

FOREST ROAD

↑
TO ORANGE

BLOOMFIELD ROAD

P

CADIA ROAD



ACCESSIBLE PARKING
& DROP-OFF ZONE



SATURDAY
RACE START



Race Precinct



- START  FIRST AID
- FINISH  WALK FROM CARPARK TO RACE PRECINCT
- WATER STATION  WALK FROM RACE PRECINCT TO START LINE
- TOILETS  SUNDAY RACES COURSE MARKINGS
- CAR PARKING  ENTRANCE TO RACE PRECINCT

About Gosling Creek Race Precinct

ENTRY POINT

Please enter the Race Precinct via Bargwana Road where indicated on the map.

Other access into Gosling Creek will be restricted with pathways in use as part of the racetrack.

This entry point will lead you directly to the Runner HQ tent where you can pickup your race bib/t-shirt.

FOOD & DRINK VENDORS

Be sure to check out what's on offer.

Saturday 3pm til 7.30pm

Stay on after the mile events for a bite to eat, drinks from the Mad Hatters mobile van and live entertainment with Megan Woods.

Sunday 6am - 12.00pm

Coffee, breakfast, BBQ, ice cream, and more.

SPONSOR MARQUEES

Including Westfund's feel good station pumping out great tunes, providing refreshments and plenty of activities for all the family.

Plus there will be giveaways, lucky draws and more!

PHYZX MASSAGE

Drop by the Phyz X van for a complimentary massage pre or post race. Available all weekend.

OPTUS 'BIG SCREEN'

See your name on the big screen at the Optus van where we'll be streaming live race results all weekend.

PRESENTATION PODIUM

Race presentations will occur throughout the weekend at the presentation area, with Gosling Creek Reservoir providing a scenic backdrop.

See the Event Schedule for approximate presentation times.



Stay on after the Orange Mile
and be entertained by

MEGAN WOODS

PLUS
FOOD STALLS
BEER & COCKTAILS
LUCKY DRAWS



4:00PM - 7:00PM

SATURDAY 4TH MARCH



Please arrive at least 40 minutes prior to your event start time

Event Schedule

FRIDAY 3RD MARCH 2023

3:30 - 6:30pm Bib & Shirt collection
*Elephant Park shed
 Woodward Street*

SATURDAY 4TH MARCH 2023

3:00 - 6:00pm Bib & Shirt collection
Gosling Creek Race Precinct

4:55pm Women's Mile race briefing
 5:00pm Women's Mile Start
 5:10pm Men's Mile race briefing
 5:15pm Men's Mile Start
 5:25pm Junior Mile race briefing
 5:30pm Junior Mile Start
 5:40pm Community Mile race briefing
 5:45pm Community Mile Start
 6:15pm Orange Mile Presentations

SUNDAY 5TH MARCH 2023

6:00 - 10:00am Bib & Shirt collection
Gosling Creek Race Precinct

6:50am Marathon race briefing
 7:00am Marathon Start
 7:20am Half Marathon race briefing
 7:30am Half Marathon Start
 9:05am 10km race briefing
 9:15am 10km Start
 10:00am Half Marathon Presentation
 10:20am 5km race briefing
 10:30am 5km Start
 10:35am 10km Presentation
 11:15am Marathon Presentation
 11:30am 5km Presentation
 Challenge Presentations

SATURDAY EVENING

Competitors and supporters are encouraged to stay and enjoy dinner and drinks while listening to live entertainment by Megan Woods.



The Athletes Foot Half Marathon | Overall Results

| Chips | Name | Chips | CPK | Gender | GPk | Time |
|-------|-----------------------|-------|-----|--------|-----|----------|
| 151 | Jessie Burrows | 26:29 | 11 | Female | 40 | 02:04:01 |
| 152 | Amy Greenopole | 30:35 | 14 | Female | 41 | 02:04:55 |
| 153 | Mel Skiers | 30:39 | 15 | Female | 42 | 02:04:52 |
| 154 | Nicole Patten | 26:29 | 12 | Female | 43 | 02:04:21 |
| 155 | Tom Abney | 40:40 | 19 | Male | 112 | 02:04:27 |
| 156 | Shawn Ferguson | 40:40 | 19 | Male | 113 | 02:04:33 |
| 157 | Rachna Prescott | 56:56 | 5 | Female | 44 | 02:05:17 |
| 158 | Russi Gale | 30:39 | 16 | Female | 45 | 02:05:17 |
| 159 | Arshika De Leon Ewers | 30:38 | 17 | Female | 46 | 02:07:02 |
| 160 | Karen Mudge | 40:40 | 12 | Female | 47 | 02:07:08 |
| 161 | Jarrod E... | 30:38 | 53 | Male | 114 | 02:07:28 |
| 162 | Jessie... | 26:29 | 13 | Female | 48 | 02:07:29 |
| 163 | Hilary... | 30:38 | 19 | Male | 115 | 02:07:38 |
| 164 | Daniel... | 26:29 | 19 | Male | 116 | 02:08:49 |
| 165 | Georgia... | 26:29 | 20 | Male | 117 | 02:08:49 |



Pre Race Information

RACE BIB COLLECTION

Race bibs and festival t-shirts can be collected at the following times:

FRIDAY 3RD MARCH

3:30PM - 6:30PM Elephant Park Woodward Street (next to toilet block)

SATURDAY 4TH MARCH

3:00PM - 6:00PM Runner HQ, Gosling Creek Reserve

SUNDAY 5TH MARCH

From 6:00AM Runner HQ, Gosling Creek Reserve

Please Note: Bib collection (from the Runner HQ tent) and the full event site including Sunday race starts and the Finish Line are approximately 400m from the accessible parking and drop-off zone (see page 19). If you are planning to utilise this drop-off zone, we recommend picking up your bib on Friday afternoon.

BYO DRINK DROPOFF

(For half marathon & marathon only)

For runners who would like to bring their own drinks, we offer a drop-off service to any of the water stations (as indicated on the course map).

Drinks can be dropped off at the Runner HQ tent from 5:45am to 6:20am Sunday morning. Please ensure they are clearly identifiable to you. A volunteer will assign your drinks to the desired water station as per your instructions when you drop them off.

PRE-RACE ASSEMBLY

Competitors will be called to the Marshalling Area over the PA and then directed to the start line by our volunteers.

Please self seed, as per the race starters instructions, and enter the start area in line with your target time.

Participants will receive an individual start time when they cross the start line. All event finish times are based on net time. There will be no congregating at the start line for any extended period and no need to rush to start.



PRE-RACE BRIEFING

Please note the following information.

- Be sun smart – apply sunscreen. Sunscreen will not be provided at the event.
- Ensure you are hydrated. Drink water before your race and bring your own water to the event.
- Please ensure that any pre-existing medical conditions are advised on your online entry.
- Do not surge forward at the start – don't forget that your net run time starts when you cross the timing mat – NOT when the starting gun fires. The overall winner will be determined by the net time from individuals' chip timing.
- A lead cyclist will lead and direct the front runners for the first lap of each event.
- If you need help or have questions ask at the Runner HQ Tent or talk to any official wearing a fluorescent vest.
- The Race Starter will gain everyone's attention prior to commencing the race briefing. Participants are reminded that the briefing is provided with their health and safety in mind – so please pay attention.

PRAMS

Prams and pushchairs are permitted for the following events only and must start at the back of the field.

- Community Mile
- 5KM
- 10KM

BICYCLES & SCOOTERS

Cycling, roller blading, rope skipping, scooters, skateboards, invalid scooters and nordic pole assisted walking are not permitted in any of the events.

PETS

Please do not bring your pets to the festival. Due to the wildlife in the area, dogs (including on leads) are not permitted in the Gosling Creek Reserve.





TIMING CHIPS

All participants must wear their assigned numbered timing transponder correctly (integrated into the Race Bib) as per the instructions provided. The use of any other participant's timing transponder is strictly prohibited as this would compromise the results and could lead to the disqualification of the participant and/or entire team (where applicable).

The timing transponder will be activated when you cross the start line of your chosen event. Your time will be automatically recorded when you cross the finish line.

Please ensure that you do not bend your race bib/ timing chip as it may impact its ability to scan and track your results.

Do not walk over the start/finish timing mat before your event begins/finishes.

FIRST AID

Rural Fire Service volunteers will provide first aid at the finish line within the Gosling Creek precinct and out on course at the intersection of Forest & Orchard Roads.

TOILETS

Toilets will be located at the intersection of Failford Lane & Forest Road, at the intersection of Orchard & Forest Road and at Gosling Creek. Please refer to course maps.

WATER STATIONS

Drink stations providing both water and Endura Electrolyte sports drink will be placed at regular intervals along the course and at the finish line within the Gosling Creek precinct. Refer to course maps for detailed locations.

Runners Etiquette

We intend to stage an awesome, fun event in a safe and friendly environment for all competitors to enjoy.

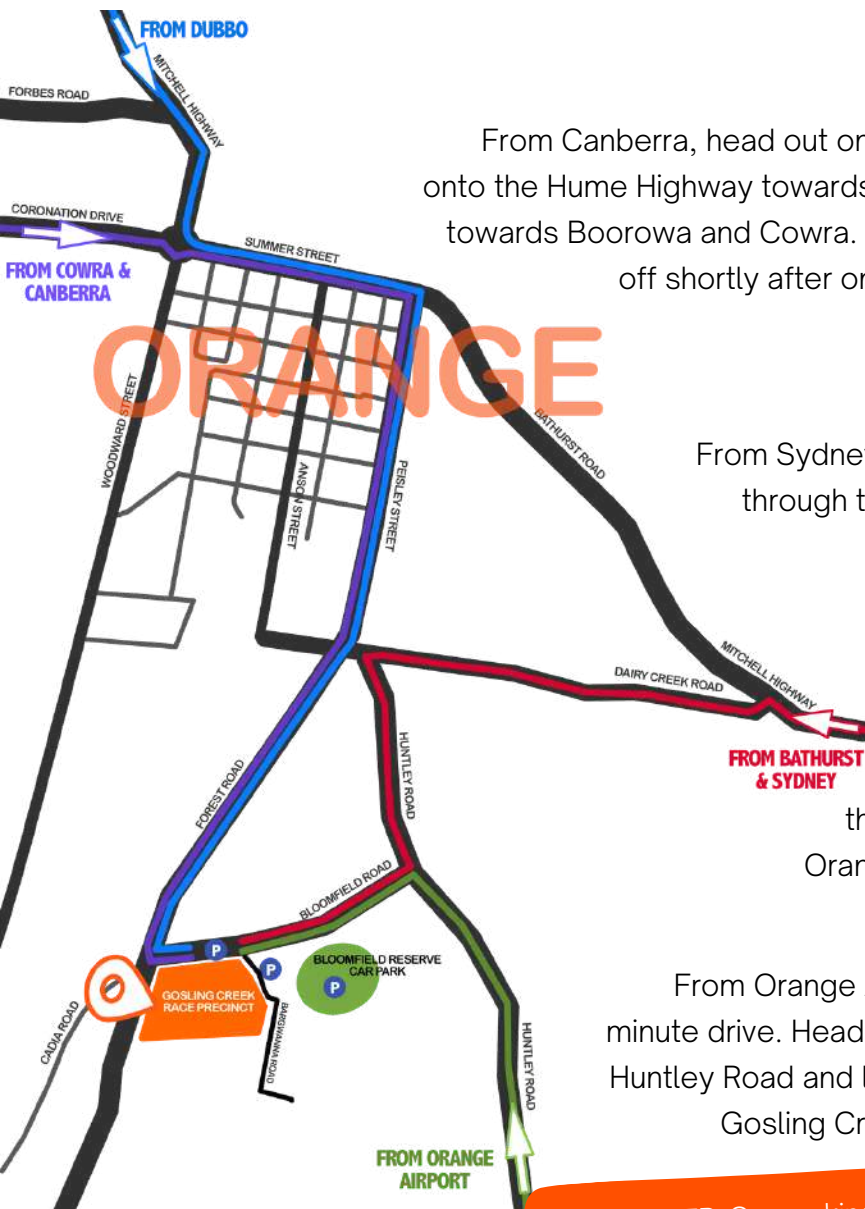
We ask that you be mindful of race etiquette and adhere to social distancing where possible.

- Please ensure that you self-seed based on your target time. The Race Starter will assist with this.
- Please keep to the right hand side of the road.
- Be courteous to fellow competitors, public and volunteers.
- If walking or running in groups, don't take up the full width of the path and allow others to pass.
- Please observe the marshal's directions. They are there to ensure your safety and that you stay on course. All marshals will have phone access back to Race Control & emergency services.
- It is preferred that you do not wear earphones. If you do, please wear only one earpiece and adjust the volume to a level where you can hear and respond to approaching runners, directions from marshals and hazards.
- Please be aware of cars being on the road. Roads will be closed to general traffic but local residents will have access to their properties (via an escort vehicle).
- There will be photographers at the start, on course and at the finish line. If you do not wish to have your photograph taken, please cross your arms in front of you.
- Take care at the short transition from Gosling Creek Reserve to Forest Road. The surface is unsealed and narrow. Upon your return there may be runners coming in the opposite direction so please keep to the right hand side of the barrier.
- Whilst restrictions have eased, please continue to be mindful of COVID safe practises, especially the following.
 - If you are unwell please stay away
 - Practise social distancing when you can
 - Please use the hand sanitiser that will be available at various locations
 - Please do not spit
- Vacate the finishing area immediately after your event.





Travelling to the Festival



Travelling from Canberra/Cowra

From Canberra, head out on the Barton Highway towards Yass and turn left onto the Hume Highway towards Gundagai. Turn right onto Lachlan Valley Way towards Boorowa and Cowra. From Cowra head north to Canowindra, turning off shortly after onto the Cargo Road toward Orange. The drive is approximately 3 and a 1/4 hours.

Travelling from Sydney/Bathurst

From Sydney, head west along the Great Western Highway through the Blue Mountains. Travel through Lithgow and Bathurst before arriving in Orange. The drive is approximately 3 and a 1/2 hours.

Travelling from Dubbo

From Dubbo, head south east toward Wellington along the Mitchell Highway. Travel through Wellington and Molong before arriving in Orange. The drive is approximately 1 and 3/4 hours.

Travelling from Orange Airport

From Orange Airport, the Gosling Creek Race Precinct is a 10 minute drive. Head out west along Aerodrome Road, turn left onto Huntley Road and left again onto Bloomfield Road to the Festival. Gosling Creek is situated just south of the city of Orange.

REMEMBER: Our parking marshals are volunteers. Please be courteous and follow their instructions. Please also be mindful of pedestrians and take care when driving around Gosling Creek.

Parking

Saturday Self parking will be available along Bloomfield and Bargwana Roads. Please reverse park.

Sunday Early arrivals will be able to self park along Bloomfield and Bargwana Roads. Please reverse park. Later arrivals will need to park at Bloomfield Reserve main carpark. There will be Parking Marshals to guide you.

ACCESSIBLE PARKING & DROP-OFF ZONE

We will have a dedicated parking and drop-off zone for the Orange Running Festival for anyone requiring assistance getting to the event. This will be located at the corner of Forest Road and Bloomfield Road. This location is only a short distance from the Orange Mile start.



Achilles
INTERNATIONAL
Australia

WARRI
MONDFESTIVAL
370
ANDREW
211km

Achilles
INTERNATIONAL
Australia

WARRI
MONDFESTIVAL
390
SARAH
211km

Achilles
INTERNATIONAL
Australia

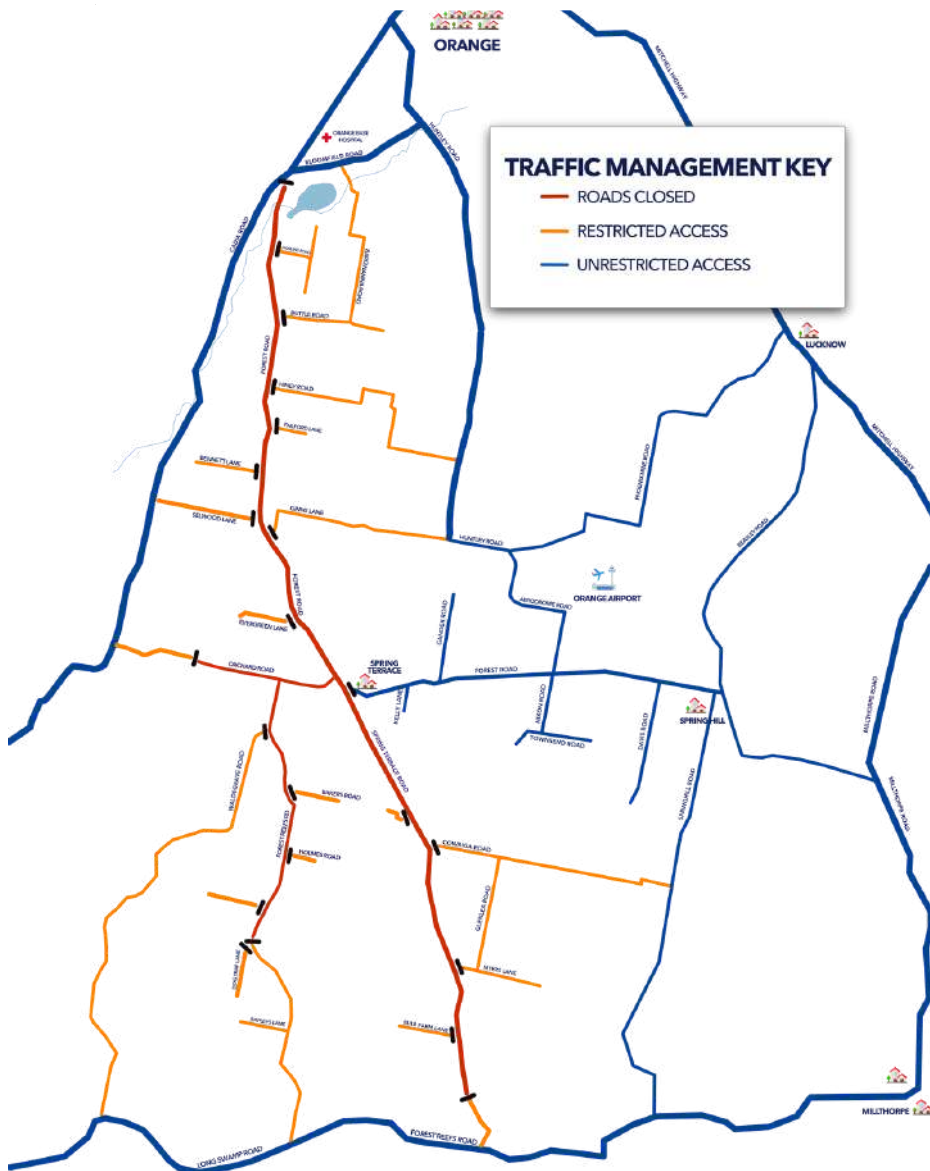
GUIDE
391
STRENGTH
211km

Road Closures



Sunday 5th March 2023 6:00am - 1:00pm*

| Temporary Road Closure | From | To |
|------------------------|--------------|---------------------|
| Forest Road | Cadia Road | Spring Terrace Road |
| Orchard Road | Forest Road | Cadia Road |
| Forest Reefs Road | Orchard Road | Dog Trap Lane |
| Spring Terrace Road | Forest Road | Forest Reefs Road |



The map provides further details of the location of the road closures (red), roads with restricted access (orange) and roads that are unaffected (blue).

*Affected roads will be closed from 6:00am until 1:00pm however we will re-open earlier if it is safe to do so.

Arrangements have been made for local residents to access their property during the event.

In the interest of participant safety, residents have been asked to keep traffic movements during the event to a minimum and to use the alternative routes wherever possible.

The Carpenter, Collins & Craig Marathon



CARPENTER, COLLINS & CRAIG

A DIVISION OF CRAIG & RHODES



The Carpenter, Collins & Craig Marathon starts and finishes within the Gosling Creek Reserve.

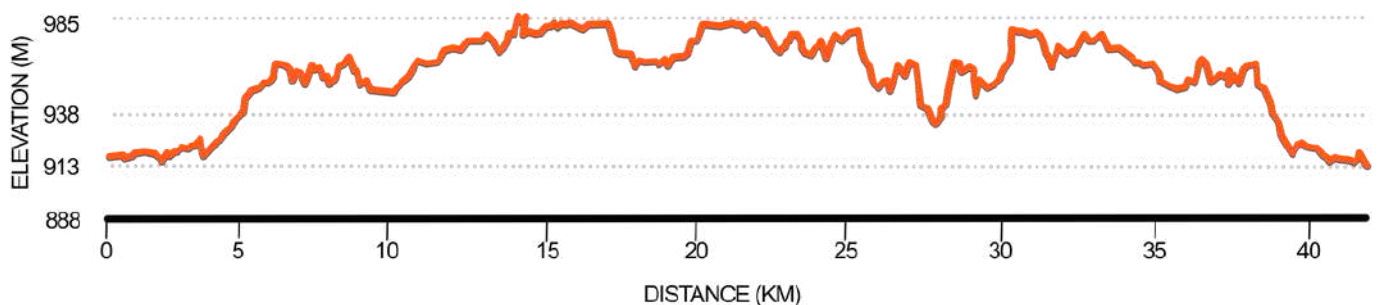
After completing part of the Gosling Creek loop, exit out onto Forest Road and head in a southerly direction. Following completion of “loops” down Orchard Road, Forest Reefs Road and Spring Terrace Road, return to Gosling Creek Reserve along Forest Road. Upon re-entering Gosling Creek Reserve complete the internal Gosling Creek loop to the finish line.

The course is on bitumen sealed roads and paths within Gosling Creek Reserve. Drink stations are located along the course with both water and sports drink.

| | |
|------------------------|--|
| Suggested arrival time | 6:30AM |
| Race Brief | 6:50AM |
| Race Start Time | 7:00AM |
| Cut off Time | <p>You must reach the following points on the course by:</p> <ul style="list-style-type: none"> • 21km (intersection of Orchard Road and Forest Road) by 9:45AM • 34km (intersection of Forest Road and Orchard Road) by 11:50AM • 41km (rear entrance to Gosling Creek) by 12:30PM |
| Age Restriction | 18 and over on race day |
| Prizes | <ul style="list-style-type: none"> • 1st place Male & Female: \$350 • 2nd place Male & Female: \$250 • 3rd place Male & Female: \$150 <p>Every finisher receives a medal Prizes will also be awarded to 1st place for each age category.</p> |
| Presentation | 11:15AM |

MARATHON ELEVATION

START 917M
 MAXIMUM 985M
 TOTAL GAIN 260M



The Athlete's Foot Half Marathon



The Athlete's Foot Half Marathon starts and finishes within the Gosling Creek Reserve.

After completing part of the internal Gosling Creek loop, exit out onto Forest Road and head in a southerly direction. Following completion of the "loop" down Orchard Road, return to Gosling Creek Reserve along Forest Road.

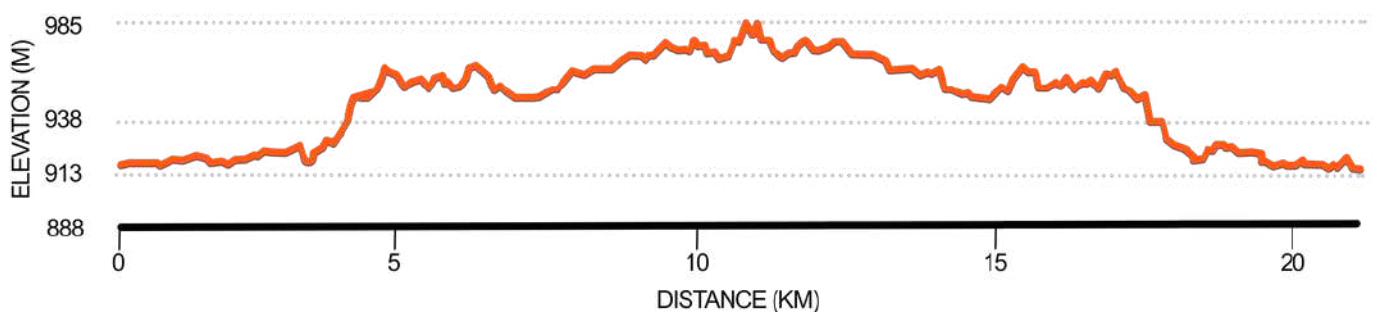
Upon re-entering Gosling Creek Reserve complete the internal Gosling Creek loop to the finish line.

The course is on bitumen sealed roads and paths within Gosling Creek Reserve. Drink stations are located along the course with both water and sports drink.

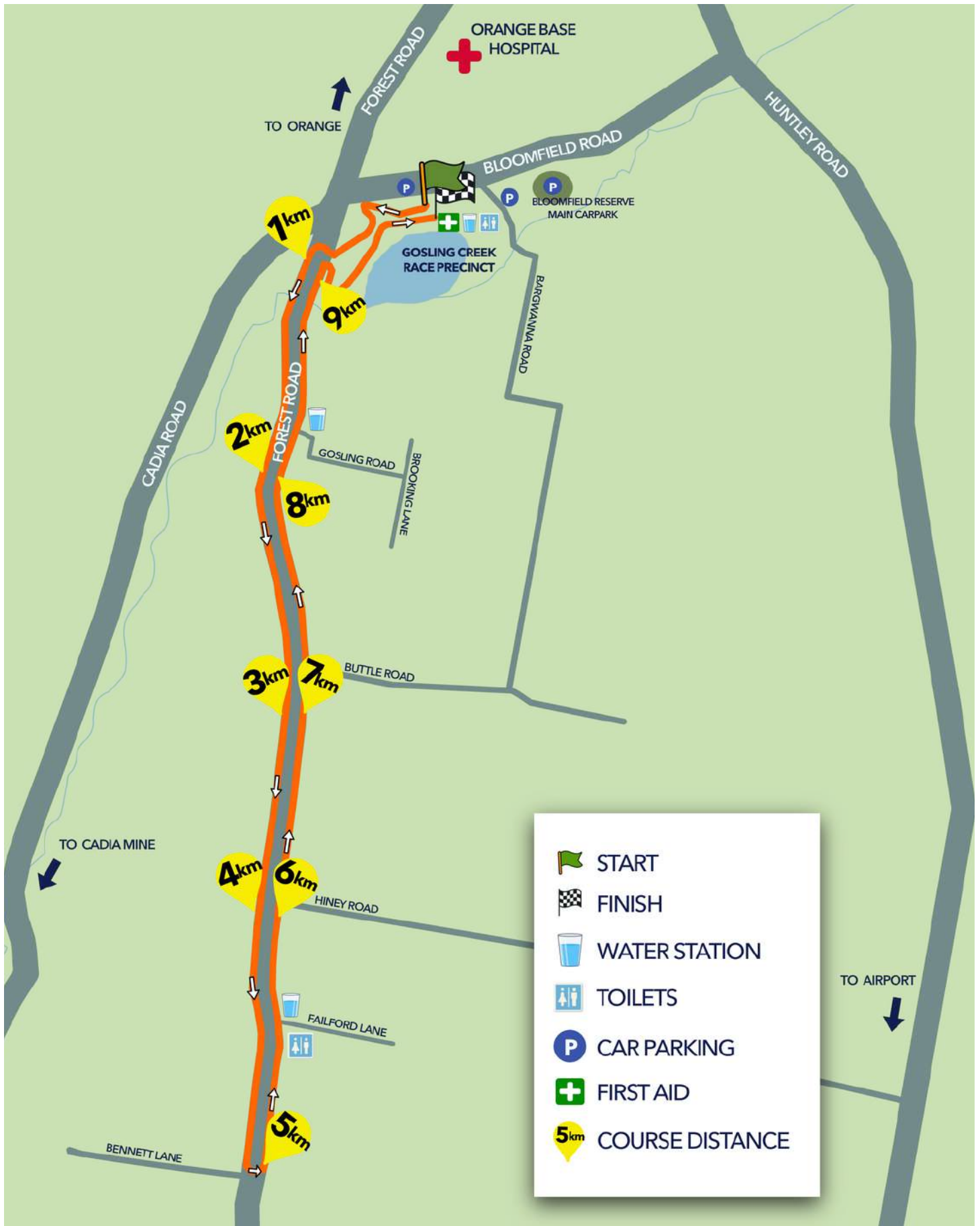
| | |
|------------------------|---|
| Suggested arrival time | 7:00AM |
| Race Brief | 7:20AM |
| Start Time | 7:30AM |
| Cut off Time | You must be back within the rear entrance to Gosling Creek Reserve by 12:00PM |
| Age Restriction | 16 and over on race day |
| Prizes | <ul style="list-style-type: none"> • 1st place Male & Female: \$300 • 2nd place Male & Female: \$200 • 3rd place Male & Female: \$100 <p>Every finisher receives a medal Prizes will also be awarded to 1st place for each age category.</p> |
| Presentation | 10:00AM |

HALF MARATHON ELEVATION

START 917M
 MAXIMUM 985M
 TOTAL GAIN 127M



The Pigots Mid Western Mini Mix 10km



The Pigots Mid Western Mini Mix and Sand & Soil 10km race starts and finishes within the Gosling Creek Reserve.

After completion of part of the internal Gosling Creek loop, exit out onto Forest Road and head in a southerly direction to the turn point just short of Bennetts Lane, returning to Gosling Creek Reserve along Forest Road.

Upon re-entering Gosling Creek Reserve complete the internal Gosling Creek loop to the finish line.

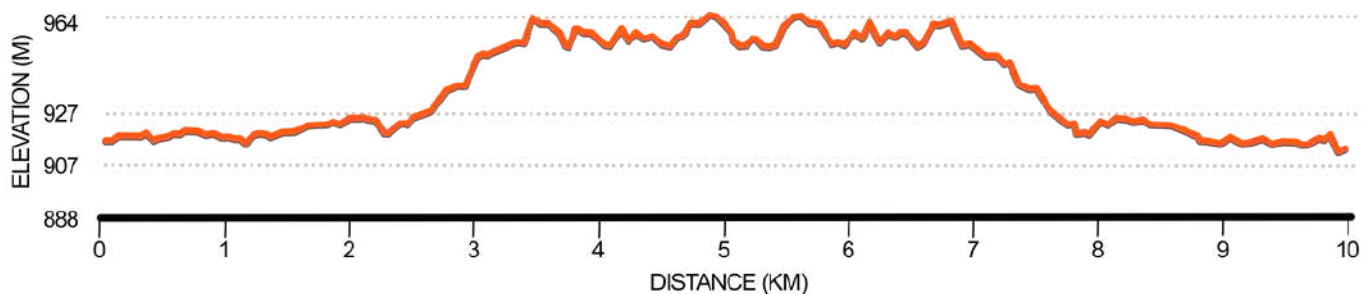
The course is on bitumen sealed roads and paths within Gosling Creek Reserve.

Drink stations are located along the course with both water and sports drink.

| | |
|------------------------|---|
| Suggested arrival time | 8:50AM |
| Race Brief | 9:05AM |
| Start Time | 9:15AM |
| Cut off Time | You must be back within the rear entrance to Gosling Creek Reserve by 12:15PM |
| Age Restriction | No age restriction |
| Prizes | <ul style="list-style-type: none"> • 1st place Male & Female: \$200 • 2nd place Male & Female: \$150 • 3rd place Male & Female: \$100 <p>Every finisher receives a medal Prizes will also be awarded to 1st place for each age category.</p> |
| Presentation | 10:35AM |

10KM ELEVATION

START 917M
 MAXIMUM 964M
 TOTAL GAIN 77M



The Orange Family Dental 5km Run + Walk



The Orange Family Dental 5km run and walk starts and finishes within the Gosling Creek Reserve.

After completing part of the internal Gosling Creek loop, exit out onto Forest Road and head in a southerly direction to the turn point just short of Buttle Road, return to Gosling Creek Reserve along Forest Road.

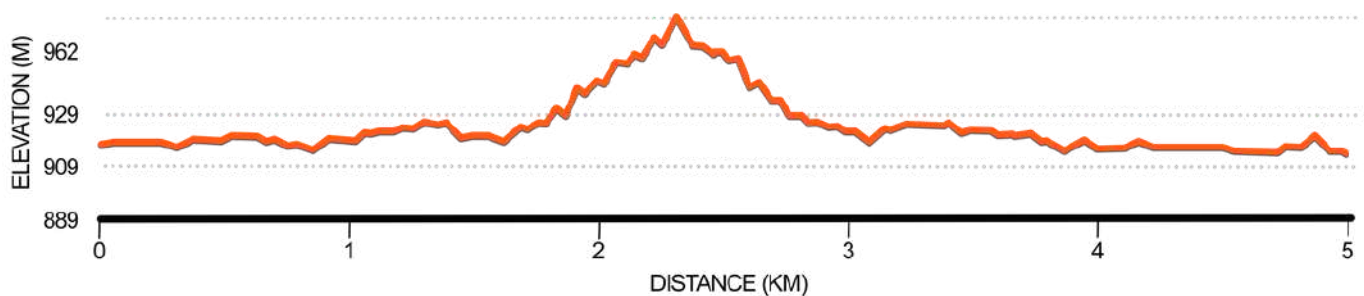
Upon re-entering Gosling Creek Reserve complete the internal Gosling Creek loop back to the finish line.

The course is on bitumen sealed roads and paths within Gosling Creek Reserve. Drink stations are located along the course with both water and sports drink.

| | |
|------------------------|---|
| Suggested arrival time | 10:00AM |
| Race Brief | 10:20AM |
| Start Time | 10:30AM |
| Cut off Time | You must be back within the rear entrance to Gosling Creek Reserve by 12:30PM |
| Age Restriction | No age restriction |
| Prizes | <ul style="list-style-type: none"> • 1st place Male & Female: \$200 • 2nd place Male & Female: \$150 • 3rd place Male & Female: \$100 <p>Every finisher receives a medal Prizes will also be awarded to 1st place for each age category.</p> |
| Presentation | 11:30AM |

5KM ELEVATION

START 917M
 MAXIMUM 962M
 TOTAL GAIN 45M



The Optus Junior Orange Mile

The Our City Real Estate Women's Orange Mile

The Phyz X Men's Orange Mile

The Our City Real Estate Community Orange Mile



The Orange Mile course consists of 1 and 1/3 laps of the Gosling Creek bike/running track (asphalt).

Competitors start at the western end of the Gosling Creek Reserve and head in an easterly direction.

After crossing the finish line for the first time, competitors then complete a further full lap in an anti-clockwise direction back to the finish line (and past the cheering spectators for a second time overlooking Gosling Creek reservoir).

The course is on bitumen sealed paths within Gosling Creek Reserve.

A drink station is located at the finish line with both water and sports drink.



| | WOMEN'S MILE | MEN'S MILE | JUNIOR MILE | COMMUNITY MILE |
|---------------|--|--|---|----------------------------------|
| Race Briefing | 4:55PM | 5:10PM | 5:25PM | 5:40PM |
| Start Time | 5:00PM | 5:15PM | 5:30PM | 5:45PM |
| Ages | No restriction | No restriction | 15 years & under | No restriction |
| Prizes | 1st: \$200 2nd: \$150 3rd: \$100 Trophies awarded to 1st, 2nd & 3rd. Every finisher receives a medal + prizes awarded to 1st in each age category. | 1st: \$200 2nd: \$150 3rd: \$100 Trophies awarded to 1st, 2nd & 3rd. Every finisher receives a medal + prizes awarded to 1st in each age category. | 1st: Trophy 2nd: Trophy 3rd: Trophy Every finisher receives a medal + prizes awarded to 1st, 2nd & 3rd in each age category. | Every finisher receives a medal. |
| Presentation | 6:15PM | 6:15PM | 6:15PM | No presentation |



IMPORTANT: The start line for the Orange Mile events is more than 400m from the Runner HQ tent where you will collect your race bib. Please allow plenty of time to get to the start line.

Awards and Prizes



Trophies

Trophies will be awarded to the 1st, 2nd and 3rd overall male and female for each event based on net times.

Please refer to the Event Schedule for Presentation times.

Finishers Medal

All competitors will receive a finishers medal. One of our volunteers will hand you your medal once you cross the finish line.

You will also receive a finishers certificate that can be downloaded when viewing results. Results will be available online following the event.

Age Category Winners

Prizes will be awarded to the following age categories for each event:

JUNIOR ORANGE MILE

(1st, 2nd & 3rd Place Boy and Girl)

- 9 and Under
- 10-11
- 12-13
- 14-15

5KM

(1st Place Male and Female)

- 12 and Under
- 13-15
- 16-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

HALF MARATHON

(1st Place Male and Female)

- 16-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

WOMEN'S/MEN'S ORANGE MILE

(1st Place)

- 16-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

10KM

(1st Place Male and Female)

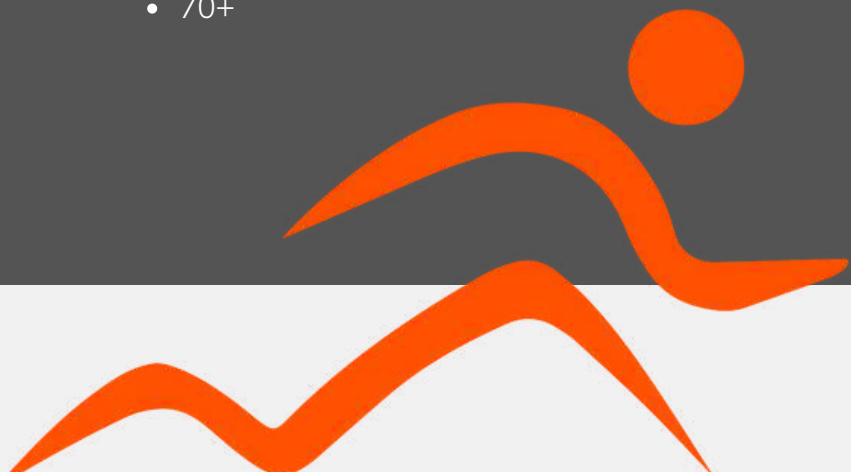
- 15 and Under
- 16-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

MARATHON

(1st Place Male and Female)

- 18-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70+

Prizes can be collected from the Runner HQ tent.



Team Challenges



High Schools Challenge

The Advance Accounting High Schools Challenge brings together schools from across Orange and the Central Tablelands, as they battle for bragging rights over the 5km distance.

Enter a minimum of 5 runners. The team with the lowest combined time of the first 5 team members is the winner.

1st Place: Perpetual shield and \$500 for your school.

MONEYLINK

Financial Planning – Get ahead, Stay ahead.

Primary Schools Challenge

The Moneylink Primary Schools Challenge brings together schools from across Orange and the Central Tablelands, as they battle for bragging rights over the 5km distance.

Enter a minimum of 5 runners. The team with the lowest combined time of the first 5 team members is the winner.

1st Place: Perpetual shield and \$500 for your school.

Don't forget to wear your school sports uniform !

Workplace Challenge

An opportunity to generate team spirit for your business and have fun at the same time! Anyone can form part of your workplace team – they might be a customer, contractor, employee or associate of your business.

Enter a minimum of 5 runners into the 5km event. The team with the lowest average of the first 5 runners (or part thereof) of a team is the winner.

Make sure you coordinate your team attire!

1st Place: Perpetual shield and a \$500 Hotel Canobolas voucher!

Other Teams

Just want to run with a bunch of friends? Now you can. Enter your team under the 'General Team' category.

Group members can participate in all race events

Teams highly encouraged to dress alike!



NEW Merch!

Take home a memento of this year's event with our limited edition festival merchandise. Available to purchase at registration.

T-Shirt **\$35**

Singlet **\$30**

Cap **\$18**



Marathon and Half Marathon entrants receive a complimentary t-shirt or singlet!

2023 Registration Waiver

1. I understand that entry fees are non-refundable for non-starters and non-finishers. Entry fees are fully refundable for withdrawals prior to 31/12/2022. For withdrawals between 1/1/2023 and 4/2/2023, an administration charge equal to 50% of the entry fee will be applied; no refund will be given for withdrawals on or after 5/2/2023. No refunds will be provided for merchandise purchases.
2. I acknowledge that running and walking involves the real risk of injury or death from various causes, which may include but are not limited to: overexertion; dehydration; heart problems; disorientation; accidents with other competitors, spectators, volunteers or road users; equipment failure; unforeseen events; the course; or weather conditions.
3. I understand that I should not compete in this event unless I have prepared appropriately.
4. By competing, I accept all risks necessarily flowing from my participation that could result in injury or death. Accordingly, I release all people associated with the conduct of the event from, and will indemnify them against, all liability (including liability for their negligence) for any and all injury, loss or damage arising out of or connected with my participation in this event. For clarification, the people released include Orange Running Festival, Running for Premature Babies, sponsors, government and public authorities, contractors, volunteers, and event medical and first aid personnel. This release and indemnity is perpetual and binds my heirs, executors, personal representatives, and assigns.
5. I consent to receiving any medical treatment that the Orange Running Festival or medical or paramedical personnel believe is necessary for my health, before, during, or after the event. I understand that the Orange Running Festival reserves the right to remove me from the course if I am showing signs of distress, considers I am doing myself harm, or if it is unsafe for me to continue the race.
6. I understand that the Orange Running Festival does not provide health insurance for me, and I will bear all financial responsibility for all and any medical treatment arising from my participation in this event; including but not limited to ambulance, doctor, and hospital fees. I understand that I should have my own personal accident and ambulance cover.
7. I am fully responsible for the security of my personal possessions at the event. The Orange Running Festival will not be held responsible for lost or stolen valuables.
8. I agree to abide by all race rules and directions issued by the Orange Running Festival, government and public authorities, contractors, volunteers, and event medical and first aid personnel.
9. By entering this event, I consent to my personal information being provided to Athletics Australia Ltd and Athletics NSW Ltd for the purpose of registering as a recreational running class of member of Athletics NSW Ltd and for administering the Running Australia program. I further consent to receiving information (including via email) about the Running Australia program including details of other events and special offers or promotions.
10. I agree that my entry information will be collected into a database which is and shall remain the property of Orange Running Festival. The database will be used in the management of the race and for the purpose of the Orange Running Festival. The database will be managed by the Orange Running Festival.
11. I acknowledge that the information given in this registration or otherwise provided by me (or my parent/s or guardian/s) to the Orange Running Festival is true and correct.
12. I acknowledge that photos, images, audio & video may be taken throughout the Orange Running Festival and consent to the use of my image in any form of media without payment or compensation.
13. I agree that the Orange Running Festival reserves the right to delay, alter, or cancel any race in the event for any reason.
14. I agree that the Orange Running Festival reserves the right to make additions, changes, or clarifications of this waiver without prior notice to participants.
15. The Orange Running Festival will endeavour to advise participants of any change to this waiver prior to the event, but any such change shall be considered effective for all participants, whether or not the participant has received notice of the change prior to the event.
16. I agree that all decisions of the Orange Running Festival are final. The Orange Running Festival is the sole judge of fact; there is no right of appeal regarding any decision made by the Orange Running Festival.
17. I agree that the Orange Running Festival reserves the right to reject or disqualify any participant whose conduct is inappropriate to the spirit of the event. Individual disqualifications may lead to the entire team (if applicable) being disqualified.
18. The Orange Running Festival includes the Orange Running Festival Committee, Event Co-ordinator, Race Marshals, Volunteers, and Contractors.
19. I have read this Waiver and the race information applicable to the race that I have entered on the Orange Running Festival website (www.orangerunningfestival.com.au) and by progressing with my entry and payment (or an entry and payment made on my behalf by my parent or guardian) I agree to comply.

Our Sponsors

The Orange Running Festival would like to thank our wonderful sponsors! The Festival's continued success is a testament to the support from these businesses. In particular we recognise the support of our festival partner Westfund.



Running for Premature Babies



ORANGE CITY COUNCIL



Australian Government

THANK YOU TO THE ORANGE RUNNERS CLUB VOLUNTEERS WHO
HAVE HELPED MAKE THIS EVENT POSSIBLE!



- FAMILY FRIENDLY CLUB
- TWICE WEEKLY TIMED RUN/WALK
- TRAIL RUNS
- ACHIEVEMENT RECOGNITION PROGRAM
- AFFILIATED WITH ATHLETICS NSW

RUNNERS AND WALKERS OF ALL AGES AND ABILITIES WELCOME!

JOIN NOW AT
WWW.ORANGERUNNERS.COM.AU