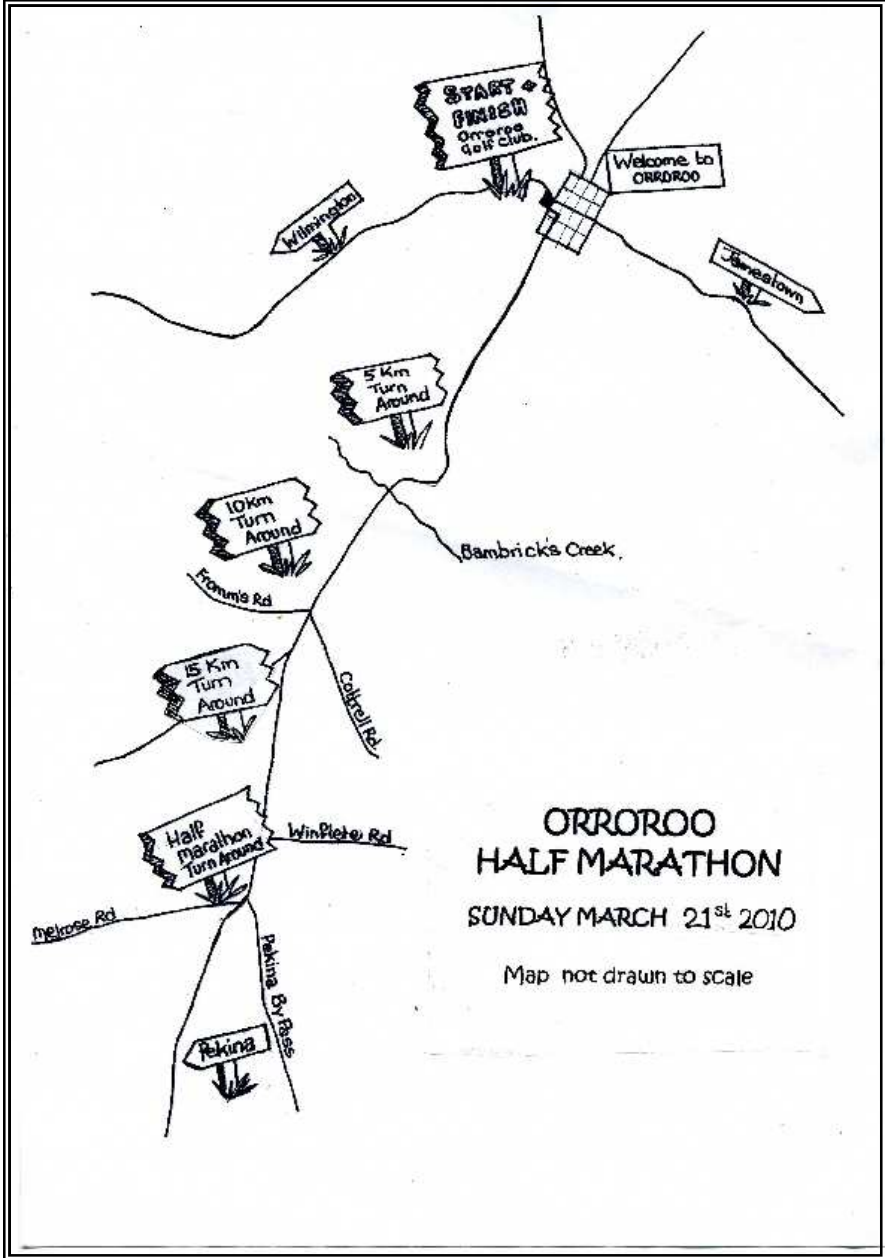


**Orroroo Community Gym Inc
presents the
Orroroo
Half Marathon**



Sunday March 21st 2010

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ORROROO HALF MARATHON 2010

Information and Race Instructions.

All events will start and finish in an area adjacent to the Orroroo Golf Club.

Could all entrants **check in at least 15 minutes before their event commences.**
No entries will be accepted after 15 minutes prior to the event start time.

Half Marathon:

Walkers start at 8.00 am

Run starts at 9.00am.

15Km:

Walkers start at 8:45 am

Run starts at 9:20 am

10 Km:

Start at 9.45 am for both runners and walkers.

5 Km

Start at 10.15 am for both runners and walkers.

The Course - Meet adjacent to the Orroroo Golf Club to Register

The course will start at the Orroroo Golf Club and run for 10.5 kms out the Pekina road.

There will be drink stations 2.5 kms apart. At the 10.5km point you will be instructed to turn around and make your way back in to Orroroo to finish at the Golf Club.

The 15km event will run for 7.5 kms out the Pekina road and then back into Orroroo

The 10km event will run for 5 kms out the Pekina road and then back into Orroroo.

The 5km event will run for 2.5 kms out the Pekina road and then back into Orroroo.

Facilities

There will be a treatment and cooling facilities at the finish line for competitors.

Showers & toilet facilities are available at the Orroroo Caravan Park (bring own towel).

BBQ lunch, Refreshments & Bar Facilities at the Orroroo Lions Park after the race.

SA Ambulance Volunteers available.

Important Race Instructions to All Competitors

The road from Orroroo to Pekina will still be open to traffic.

Please obey the road rules and **stay on the extreme right side of the road on the way out to the 10.5 km check point and on the extreme right on the way back in to Orroroo.** This is for your own safety.

Runners have right of way.

The police have been instructed to issue warnings to those who don not obey the rules.

Competitors should not run/walk more than two abreast.

NB: Children under 12 years of age must be accompanied by an adult.

Each competitor must have their own registration form

No pushbikes, scooters, roller-skates, skate-boards etc are allowed in the events.

All Police instructions must be obeyed.

Walkers who break into a **jog** will be **disqualified** - if you intend to run part of the course you must enter as a runner.

Prizes

There will be cash prizes for the winners and runners up in the 21 Km, 15 Km & 10 Km events

