

Scotland Island Recreation Club presents

# The Graeme Crayford Memorial Run/Walk

Sunday, 26 March 2023

## Timetable:

Registration in Catherine Park:	9.20 am
Warm up with Andy Derijk:	9.35 am
Demonstration of the obstacle course:	9.40 am
Walking race starts:	9.45 am
Running race starts:	9.50 am
Prize giving:	10.35 am
Finish:	11.00 am (but the café will remain open until noon).

## The event:

The event has two components, to be completed in the following order, one immediately after the other:

1. a single lap (running or walking) of Scotland Island (see over for a map of the route);
2. completion of an obstacle course in Catherine Park.

## The prizes:

Participants will be placed into categories and there will be prizes for each category, eg fastest walker, fastest female, fastest younger runner, etc.

## Admission:

\$20, which includes a hot drink and breakfast at the Two Catherines Café. Profits go to Scotland Island Rural Fire Brigade.

It is a condition of participation that entrants (or, in the case of someone under 18, a guardian) agree to sign a statement, immediately before the race, which will read as follows:

*I understand that physical activity involves inherent risk, including risk of physical injury or damage to property. I confirm that I am / my child is medically and physically fit and able to participate in this race. I also agree to the following race rules:*

- Obey all instructions given by event organisers;
- While running or walking around the island, watch for vehicles, dogs, pedestrians etc. Normal life will be continuing on the island and it is up to you to make sure you and everyone else stays safe.
- Children under 12 must be accompanied throughout the race by a responsible adult.

## How to enter:

1. Go to <https://sira.org.au/event-5096244> to register. You will be asked for your details, then requested to pay \$20 per entrant.
2. Immediately after you have registered, please email [editor@scotlandisland.org.au](mailto:editor@scotlandisland.org.au) with confirmation that you have registered, and the name and age of the entrant(s).



**Description of route:**

Start in Catherine Park (nr the playground) → up the rough track towards the fire shed → follow the road around the top of Catherine Park → along Robertson Rd, which becomes Richard Rd → up 'Heartbreak Hill' (Harold Ave) → down and along Thompson St → down Kevin Ave and the rough track back into Catherine Park → straight to the start of the obstacle course (in front of the Community Hall).

For further information, contact [editor@scotlandisland.org.au](mailto:editor@scotlandisland.org.au).

**Fitness Trainer:**

Andy Derijk from Fitter Forever Personal Training runs bootcamps and one-on-one personal training in Elvina Bay. The classes run Mondays and Thursdays from 7.00 - 7.45 am. Andy is donating his time to help organise and facilitate this event. Feel free to contact Andy about this race or your personal fitness training needs.

Mobile: 0418 613 890

