



ORIONHARRIERS
RUNNING SINCE 1911

December 2018 Newsletter

Dear Orion Harrier,

It's been a gargantuan but successful November of racing at the club with 2 wins out of two in the mob-matches versus Ranelagh and Blackheath, our Men's team are topping the Chingford league (the Ladies are currently in 2nd place), and the Men are also doing well in this seasons strongly contested Essex League where they are hot on the heels of Havering and Southend, There have also been some outstanding individual performances with young stars Lewis Harknett and George Day leading home our Men's teams at the Essex league and new member Nick Harris-Fry winning the away mob-match at Blackheath. Also congratulations to our Golden Oldies, Adam Baker, Colin Read, Louise Juby and our club Captain, Pippa Dowswell for winning the club Vets XC titles.

We hope to see as many of you as possible at the Orion Awards/Xmas party **Saturday 8th December** (details below) to celebrate our many successes and to socialise with your fellow Orion Harriers.

We'd also like to take this opportunity to wish all Orion Harriers a happy Xmas and a healthy, injury free 2019!




ORION HARRIERS


(aka EA's Club of the Flipping Year!!!)



AWARDS NIGHT CHRISTMAS PARTY!

An evening celebrating the achievements
of our fantastic club members & getting
into the Christmas spirit

Royal Forest Golf Club
Bury Road, Chingford

Saturday 8th December

7:30pm - late
Free drink on arrival*
**no food provided*

ORION AWARDS NIGHT / XMAS PARTY - Saturday 8th December 7.30pm
 HO! HO! HO! Its that time of the year again folks! Its the Orion Harriers Awards night/ Xmas

party. Come and celebrate the achievements of your fellow Orion Harriers at the Royal Epping Forest Golf Club in Chingford. This is a great chance for all of the club to come down and socialise together and even buy our wonderful volunteers a drink to show your gratitude for all the hard-work they put in throughout the year and who have helped us become the England Athletics Running Club of the year 2018.

There'll be lots of bling being handed out and lots of Xmas spirit flowing so get your glad rags on and get down there, you may even get the chance to dance with Men's Captain, Brian Jenkins.



ORION SANTA CHASE - Sunday 16th December 9.30am start

Come and join Orion Harriers Santa Chase race where you will try and chase down our legendary Santa. You will then have to find Santa's helpers in the lovely forest. It will not only be about speed this year as you will need to solve a cryptic clue to finish!

Its only 4km and everyone is welcome to join in, young or old, bring along your neighbours and come and enjoy the Xmas fun!!!

Prizes will be awarded for the best Xmas outfit and best dressed buggy. Register at the clubhouse before 9.30am

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ESSEX XC LEAGUE 15th December @ Horseheath, Cambridgeshire

We need to continue our good start in the Essex XC league by getting strong teams out for the next fixture. The Men's team are currently lying 3rd in the league and the Senior ladies team are 5th. We have some great young athletes coming through into the Senior ranks so again we want to get as many runners there as possible to support them and do well in this priority club race.

Race times and distances will be the same as always and directions will be posted up on the club Facebook page.



ORION vs ETON MANOR mobmatch - Saturday 29th December @

HACKNEY PARKRUN

Come down to Hackney Parkrun and help your club beat our old friends and rivals, Eton Manor, and run off some of those post-Xmas calories in the re-launch of the mob-match between our 2 clubs.

This 5K race will take place within the structure of Hackney Parkrun so remember to bring your bar code (or sign up if you haven't already).

We want to see as many Orion vests there as possible for this friendly, low-key event.

EVERY ONE COUNTS. Come on #teamorion

<http://www.parkrun.org.uk/hackney-marshes/>