



ORIONHARRIERS

RUNNING SINCE 1911





Dear Orion Harrier,

January saw Orion Harriers getting back to what we do best - proper hard-core, old-school cross country running with plenty of mud - as we hosted the Essex and Chingford league on two successive weekends.

A storming performance from new member, **Shaun Collins** (top left), who finished 2nd at the Chingford league race, only beaten by ELR's Euan Brown in a sprint finish. Shaun is just coming back injury so it will be exciting to see how he performs as he returns to full fitness.

Also a shout out to another new member, **James Proctor**, who finished a commendable 40th place in his first XC race for the club and was the sixth and



final scorer for the Essex Men's senior team.

It was also great to see so many Orion ladies out racing for the club and as the photos show they were clearly enjoying the challenge of the Epping Forest mud.

Big thanks to **Don Taylor, Bob Jousiffe, Paul Williams, Quin Broadbent** and all of the timekeepers, clubhouse managers, photographers, and volunteers who all helped to make these events happen.



Due to the tardy nature of my writing this newsletter, January has overlapped with February and I think its only right to mention the success that Orion had at

the weekend at the final Essex league match at Basildon and the Essex and Eastern Indoor Champs where we picked up more bling.

The Orion Men's Vets team won the league title (a few wannabes in the photo), cementing our status as County champions, **Colin Read** won the V50 individual title, the evergreen **Christine Inch** picked up Silver in the V55 category and young stars **Lewis Harknett** and **George Day** came 2nd and third respectively in the U20 category.

**Lewis Harknett**, not satisfied with his Essex league medal on the Saturday, then went on to win Gold with a PB and a championship record in the U20's 1500m in the Essex and Eastern Indoor Championships on Sunday. There were also Gold medals for **Belkacem Bella**, **Annalie Cole** and **Aoibheann Pearce**. There were also Silver medals for **Eve Smith** and **Savanna Sirkett** and a Bronze for **Maisy Silverstone**. Not forgetting old boy **Nick Shasha** who won V40 Gold in the 1500m.

Special mention to Lewis, Savanna and Maisy who, in true Orion style, all also ran at the Essex league XC on Saturday.



**\*\*The MERCURY - Orion 10 Mile XC  
champs @HQ Saturday 2pm 9th Feb -  
Including Mens/Ladies Club  
Champs\*\***

This Saturday 9th Feb will be the 95th running of the Mercury - the classic Orion 10 mile cross-country race through some of the best parts of Epping Forest and in this authors



**\*\*THROWS COACHING @  
Walthamstow Track\*\***

If you'd like to throw things like star youngster, **Joss Foot**, javelin club record holder and 5 time national medallist, then Orion are



### \*\*\*ORION LONDON MARATHON DRINKS STATION - Volunteer Coordinator needed\*\*\*

Not all members will know but Orion Harriers organise two London Marathon Elite Runner Drink Stations at 9 miles and 21 miles. Orion have been involved with the London Marathon since its inception and have always coordinated and provided volunteers for these drinks stations and from which the club receives 6 London Marathon places each year.

Sadly, after 8 years of service, Orion great, **Paul Robinson**, has decided to hang up his bib and pass the baton onto someone else. The club are now looking for anyone who would be interested to take on this exciting role and have the chance to really get involved and inside the ropes of one of the greatest sporting events in the world.

Please contact club secretary, Roy Perrott, for more info



### \*\*PARKING at the CLUBHOUSE\*\*

Can all members be reminded that parking, picking-up/dropping off people outside the club-house gates, particularly on a Wednesday evening when its dark, and outside the adjacent Corporation of London property is not only inconsiderate but dangerous as your head-lights will blind the on-coming traffic and they wont be able to see the groups of runners crossing the road. Please refrain from doing so or if you see someone parking there politely ask them to move.

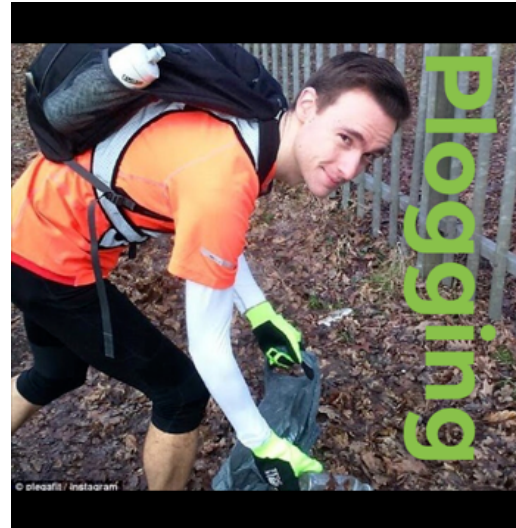




**\*\*\*ORION BEGINNERS COURSE 0 -  
5k - WEDNESDAY 6th February  
6.45pm\*\*\***

The Orion Beginners course will be starting this Wednesday at the Clubhouse and is designed to take people from 0-5k over 8 weeks ending with a Parkrun. If you know anyone who might be interested then pass the message on. They just need to turn up at the Clubhouse at 6.45pm. Total cost is £24.

This newsletter does not do her justice but a special mention is needed as this will be the last Beginners group led by **Anne de Asha**. Anne has led the Beginners group for over 10 years, introducing hundreds of runners to the joys of running and setting many



**\*\*PLOGGING - Sunday 3rd  
March\*\***

Plogging is a combination of jogging whilst picking up litter. It started as an organised activity in Sweden in 2016 and is now coming to Epping Forest and Orion Harriers.

As the roads that zig-zag through our forest get busier and busier sadly there seems to be more rubbish deposited in the bushes and hedgerows and we are going to do our best to try and tidy up our local area.

With full support from the club committee, **Roy Perrott** and **Alan Godbold** have been working in collaboration with the Epping Forest Heritage Trust (EFHT), to get this fantastic initiative off the

on the pathway to becoming Orion Harrier's. Thank you Anne for all your hard-work, commitment and enthusiasm.

ground. Alan will be organising the first "plogging" event at Orion Harriers HQ Sunday 3rd March 10.30 until 11.30am and will be looking for lots of volunteers, young and old, to help him clear up our beautiful forest.

---