



ORIONHARRIERS
RUNNING SINCE 1911

January 2019 Newsletter



Dear Orion Harrier,

Happy New Year to everyone!!!!

It was a successful end to the first half of the Winter season at the Essex Vets XC Championships where Orion Harriers came away with another hoard of medals. The Orion V40 team won Gold for the fifth time in 6 years, Colin Read took individual Silver in the V50 category and lead the men's team home to a Silver medal. Not

forgetting the ever-green Christine Inch who won individual Bronze in her age-group category. Great performances by everybody showing once again that hard-work and dedication pay-off.

Also a special mention to Bob Glasgow who has been an Orion Harrier since the Orion junior section was founded by Ron Stone and who formed a part of the Gold medal winning V40 team; great to see someone coming all the way through the ranks of the club and winning their first County medal!

The second half of the Winter season gets under-way on the 5th January where our Senior teams will be trying their best to get in the medals again at the Essex XC championships in Chelmsford.

We then host two XC races, on successive weekends, at home - the Essex league and the Chingford league. **The Essex league is a priority club race** so once again we want to see strong teams out supporting our young athletes and getting behind our team Captains, Pippa and Brian.

In the Chingford league our teams are currently leading in every category except for the Senior Ladies (where we are currently 2nd) so we need to get strong teams out. The Chingford league is a little bit more low-key than the Essex league and a great introduction to XC running so it would be nice to see some new faces giving it a go on home turf.

No excuses for either of these home fixtures we want to see as many people there as possible wearing the famous White vest with pride - if you are unable to run due to injury then we always need volunteers to help us out and make sure we put on a great event.



****MARSHAL'S NEEDED** - Saturday 12th AND Saturday 19th January @ HQ**

We have two big home fixtures coming up that we are hosting and as always we want to put on a good show for the local running community. We will need help with setting up the course, time-keeping/funnel, clearing up afterwards (don't all just bugger off to the pub straight-away afterwards) and plenty of marshal's to make sure

both these races go smoothly.

So, if you are injured and can't run for the team then please offer to help or if you are planning to run then bring your husband, wife, partner, friends or kids down to watch you race, support the team and they can help us out marshalling at the same time and get some lovely fresh, Epping Forest air.

Please contact Marshall coordinator, Don Taylor taylordon@btconnect.com or Race coordinator, Paul Williams paul.williams9090@ntlworld.com to offer your help.



****ORION SUBS OVERDUE****

Orion subs are due on the 1st October of each year. Unfortunately, we still have over 70 members who haven't paid their subs for this year so please can you organise to pay them ASAP. If you are injured and currently not running or you have decided that you don't wish to renew your subs then can you please inform our Membership Secretary, Hayley Barron

membership@orionharriers.com

Please remember that we are a voluntary organisation and our volunteers shouldn't have to be chasing after you for unpaid subs, just a courtesy email to explain your situation would be greatly appreciated.



****ORION vs ETON MANOR MOBMATCH****

Just a quick reminder that this **Saturday 29th December** we have a mob-match versus our friends and local rivals, Eton Manor, which will be part of the Hackney

Park Run.

As this 5K mob-match will take place within the structure of Hackney

Parkrun, 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/>