



ORIONHARRIERS
RUNNING SINCE 1911

March 2019 Newsletter



Dear Orion Harrier,

February saw us hold the annual Orion Mercury 10 mile XC championships at the club. 88 runners from Orion and our local friends enjoyed the mud and hills of Epping Forest.

George Day (*coach Iain Wilson*), had a titanic battle with Reece Barclay and pulled away only in the last few miles to become the 95th winner of the Orion Mercury title and the Mens XC champion.

Lucy Charles-Barclay (*Reece Barclay*), iron-woman world superstar, freshly back from a training camp in Lanzarote, cruised to the Ladies XC title and evergreen Bob Glasgow (*Steve Bennett*), who also recently came back from Lanzarote (as you can see by his sun-tan), added another trophy to his burgeoning collection, taking home the 10-mile Handicap prize.

In 1876 the very first English National Cross Country Championships (source: <http://www.englishcrosscountry.co.uk/nationals/past-winners/senior-men/>) were held in Buckhurst Hill, all 32 runners got lost in the forest and the race was deemed to be void; it just shows you that even the best runners are unable to follow a trail and its not just Orion races where people get lost.



****ORION 15 - Saturday 30th March****

The Orion 15 is our flagship cross-country event, we have 500 entries (plus over 60 people on a waiting list), we have runners coming from Spain, Cumbria, Bristol, all across London and the home counties so we really want to put on a top quality event.

This is where **we need you!** We need as much help as possible with setting up the course, clubhouse refreshments, the bag-drop, car-park marshal, registration and most importantly marshal's out on the course. So if your'e not taking part then please offer to come down and help.

We also have over 40 Orion runners taking part so make sure you have

provided or nominated someone to be your marshal and help to make it another successful day for our club.

Please contact Marshal director Don Taylor taylordon@btconnect.com or Race Director Paul Williams paul.williams9090@ntlworld.com



****CHINGFORD LEAGUE RELAYS -
Saturday 9th March 11am kick-off
@ WANSTEAD FLATS ****

The finale of the Chingford League season will take place on Wanstead Flats (same venue as the Parkrun). Orion are in strong positions to win team prizes in all of the league categories, as well as various age group prizes, but we still need to get our best teams out to make sure we take home those trophies. This event is open to **ALL** runners, fast or slow, so if your'e new to the club or marathon training, we want to see you there. Your team Captain will organise teams on the day and everybody will get to run. You only



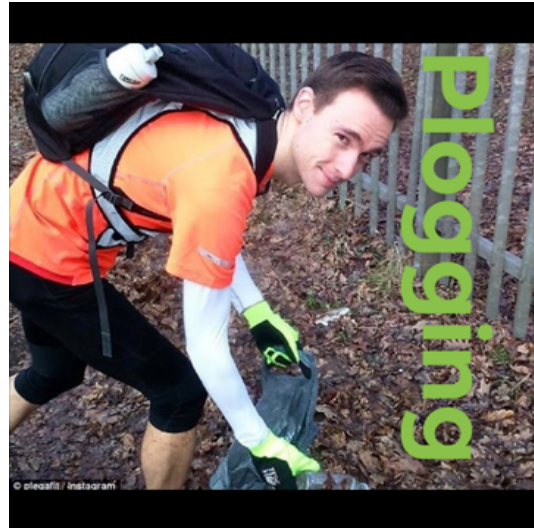
****What about breakfast with
Angie???" Saturday 2nd March

The Orion Breakfast Run is back. Deputy Ladies Captain, Angie Flight, will be re-launching this popular social event. This run/walk is for all abilities and will take place at our clubhouse on Saturday 2nd March at 8.50am.

Participants are asked to bring along breakfast items which can be shared with the other runners. This is a great way for many of our new members to meet other runners at the club and get to know each other. See the club Facebook page for more details.

need to run 3k.

There will be tea and home-made cakes afterwards so please hang around for the presentations which will take place at approx.12.15pm.



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

Dont forget that this Sunday, Alan Godbold will be organising the very 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.

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.

Everyone is welcome to join in, young and old and non-members also.

*****ORION MOBMATCH vs South
London Harriers (AWAY) -
Saturday 16th March*****

This will be our third and final mob-match of the season and we would like to get as big a "mob" as possible. We have won 2 out of 2 so far this season and our team Captains are keen to make it a clean sweep so please come along and support your club. Everyone is welcome to run and will help towards the team score. The club provides a 50-seater coach to get you there and back (leaves from Crescent Road, Chingford at midday, with a pick up en-route) so lets fill it up and repeat the famous victory that we had down in South London in 2017!!!
