



ORIONHARRIERS
RUNNING SINCE 1911

April 2019 Newsletter



Dear Orion Harrier,

The month of March finished with a "bang" as we hosted, in glorious sunshine,

our flagship event, the Orion 15. Not only was the temperature gauge pushing up to record highs but we also had a record number of finishers - 357. The race was won by Richard McDowell of Hercules Wimbledon by 4 minutes in an impressive time of 1h 31:27. Emily Jeannes from Trent Park won the Ladies title in a fantastic 1h 55:32.

The feedback that we've received from runners was outstanding, as ever, and this is thanks to all the volunteers who came out to support the club and without whose help we wouldn't be able to host such a stunning event. So thank you to the 84 marshals out on the course, the trail layers, the clubhouse team, bag-drop helpers, first-aiders, the t-shirt sales, time-keepers, results and registration team, the online entry man, the photographers, the sweepers, the helpers on the much needed water-stations and those looking after the road crossings.

A special thank you to Don Taylor and Paul Williams who helped to pull it all together!

Let's not forget that March was also a successful month where Team Orion collected a ton of silverware for this seasons Chingford league. Hayley Rogerson was the 1st senior lady overall for the league, Holly Wood 3rd senior lady, Adam Baker 1st V40, Colin Read 1st V50, Pippa Dowswell 3rd V50 lady. Also in the teams the men had a clean sweep winning the overall title as well as the Vets and B team and the ladies took the Vets trophy.

We had a resounding win in our away mob-match against South London Harriers; 36 Orion Harriers made the journey to South London where we convincingly beat them to secure the triple crown of winning all 3 three mob-matches in one season. A great way to finish off a successful XC season.

The action-packed Summer fixture card will be winging its way to you in the very near future.



****London Marathon After-Party-
Sunday 28th April from 6pm @
Royal Forest pub, Chingford****

Come down and celebrate the marvellous achievement of completing the London marathon (or Manchester or any other marathon) with your fellow Orion Harriers. Orion legend, Ken Jones, will be the oldest runner in the field this year at the tender age of 85 and this will be his

****SAL - Southern Athletics League
- 13th April - Perivale ****

The first fixture of the summer season will be the SAL fixture at Perivale. The Southern Athletics League is the area track and field league for clubs in the [SEAA](#) region who wish to compete in joint (male & female) teams. Orion are currently in the 3rd division and we look to support this league to work and compete with our Orion junior section to build a sense of team spirit across the club and help to give them a pathway into the senior section. If you would be interested in running, throwing or jumping then please get in contact with our team managers Andy Day daya@sky.com or Brian Jenkins brian@coachjenks.com

** 2nd Claimers can represent the club but need to be registered*



39th London Marathon in a row, so please come down and share a drink (even if you haven't run) and wear your marathon medal with pride. Everyone welcome.



EPHING FOREST PLOGGERS

Pick up litter whilst running, jogging or walking and end plastic pollution! Equipment provided. Keep fit, meet new friends or make it part of your family day. Over 40 countries worldwide plog.

Saturday 4th May 11:00 – 12:00

Starting at **Orion Harriers**, Bury Rd, Chingford, London E4 7QJ
Contact: Alan Godbold, alan.godbold1@btinternet.com for more information.



ORION HARRIERS
CITY OF LONDON
EPHING FOREST HERITAGE TRUST
Epping Forest Pioneers

****PLOGGING - Saturday 4th May****

Dont forget Alan Godbold will be organising the next "plogging" event at Orion Harriers HQ Saturday 4th May 11 until 12am 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 happening regularly in Epping Forest courtesy of Orion Harriers.

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



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