



ORIONHARRIERS
RUNNING SINCE 1911

JUNE 2019 Newsletter



Dear Orion Harrier,

There's been some great running at Orion over the last couple of months - this author has been taking a well-earned break - so there is a lot to catch up on. We finished off the winter season with some stunning marathon performances by Lorraine Gosling, Hayley Rogerson and Grant Corton as well as many other great performances at both Manchester and London marathons. Not forgetting the super-fast times from Nick Harris-Fry and Reece Charles-

Barclay who must now both have the club marathon record in their sites. Well done everybody!

Our junior stars continue to impress at the Essex County Athletics Championships where they came away with another big haul of medals; well done to medal winners

Lewis Harknett, Emily Sharpe, Sophie Foot, Pandora Baker, Becky Richards, Annalie Cole, Rashaan Stewart and Aiobhean Pearce. And thanks to all their coaches who give up their time to make these youngsters into the great Orion Harriers they are becoming.

Also a special mention to Ben Fisher who has diligently officiated at every athletics meet that Orion have been involved with so far this season, including the County Championships. Having our own officials at athletics meets is a vital part of our sport, not only do they contribute to the team score but without people like Ben we wouldn't be able to provide young (and old) athletes the opportunity to do the sport that they love. We always need more volunteers to help with the running of the club, officiating, or hosting an event so if you'd like to volunteer then don't hesitate to get in contact.

We'd also like to say thank you to everybody who came the SGM to discuss the Clubhouse extension project; it was important to discuss some of the concerns that still lingered and not just assume we had taken the right decision; it was good to see so many people engage in this debate and show such commitment to the project that lies ahead. We are now moving ahead and will update you as and when we have more information about this exciting project.



There were also some great performances at the Essex Marathon Championships at Halstead where the 2 Bobs - Bob Glasgow and our Club President Bob Jousiffe - both picked up Essex Silver medals. Also well done to young George Day who finished in 2h 49mins after his disappointing DNF at London. George has clearly put that behind him with a top 10 finish at the first MWL and a winning performance at the ELVIS race; keep up the good work George!

We have plenty of action coming up in June, however, we've got off to a disappointing start in the MWL (**a club priority**) and we need some more support for the SAL (see details below) so we hope to see as many Orion

Harriers as possible out competing for the club over the next few weeks.



****Fast Friday ****

Do you like running, beer, good food and watching some top class athletics? Then we have the perfect event for you!

On **Friday 7th June** Orion Harriers proudly presents **FAST Friday** at the Walthamstow Track (Feel-good Centre) where we will be hosting the England Athletics 10,000m Championships alongside a whole bunch of other quality races. This year looks like it will be FASTest in the events history with a packed line-up of athletes from across the UK; the track records for both the men's and women's could be

****MWL Royston 13th June and ORION HQ 20th June**

A stunning performance by Mr and Mrs Charles-Barclay a.k.a Lucy and Reece at the first round of the MWL where they both convincingly won the Men's and the Women's races; the first time that this author has seen a husband and wife win both races; Top running guys!!!

Unfortunately, the team didn't do so well and we are currently in last place. The club has made great efforts over the last 5 years

seriously in danger!!! So why don't you come down, have a drink and some nice food and give these athletes the support they deserve.



****Bob Jousiffe Forest 5 Series ****

If you're motivated by watching others at FAST Friday then why not sign up for the Bob Jousiffe Forest 5 Series.

The **Bob Jousiffe Forest 5 Series** is a 3 race series of 5 miles in June, July and August. This will be the 11th year that we've been organising this series and it still continues to grow in popularity.

Next **Saturday 8th June** will be the first in the series and there is still time to sign-up:

<https://www.entrycentral.com/OrionHarriersForestFive>

We always need marshals if you're not

to cement our place in the top division of the MWL and we don't want to relinquish that status without a fight. We need to get our strongest runners out for the next 2 MWL fixtures, away at Royston (including the Orion Men's and Ladies Road race championships) and our home fixture at Orion. The MWL is a **club priority** for the summer so please do your best to try and get there. IF you have problems with transport then let us know and we will find a way for you to race for the club. You can even get the train there and we will make sure that you have a lift back home. We want to see as many Orion Harriers as possible at the next 2 races.



****Orion Harriers Fell Race -**

running (see below)



****SAL - Peterborough 15th June**

We have the next Southern Athletics League (SAL) race coming up in 2 weeks time and we need athletes and officials to help team Orion; we made a commitment to the SAL several years ago in order to give some of our young athletes a pathway into the senior section of the club and give them a continued platform for competitive athletics; these are great team building events and its always nice to see the junior and senior sections of the club working together; if you can run, jump or throw something then please get in contact with team manager Andy Day or our Club Captain Pippa Dowswell; the club will provide a coach there and back leaving from Walthamstow Feelgood centre at 9.15am.

John Clarke Memorial**

Do you like running, beer and hills? 2 out of 3 is not bad!

The **John Clarke Memorial Fell race has it all** - the only

Category "A" Fell race certified by the FRA inside the M25. Entries only on the day and you get a free bottle of beer or glass of wine afterwards included in the entry fee of only £3. Come and join a great crowd for this Friday evening blast. We've even added an extra hill to this years course so it will be even more awesome than before!

<https://www.orionharriers.com/fixtures1/fell-race/>

*Note this years race will be used for team selection for the Essex County Fell running team.



****MARSHALS NEEDED****

We not only need you to run for

the club but if you're not running then we need your help to marshal several events that we are hosting in June. As always we want to put on top quality events and show Orion in the best light possible as a club.

We need help for **FAST Friday (7th)**, the **Bob Jousiffe Forest 5 (8th)**, the **Mid-Week League (20th)** and the **John Clarke Memorial Fell Race (28th)**. If you can help in any way then please contact Liz Ewen about FASTFriday or Marshal Coordinator Don Taylor taylordon@btconnect.com

If Theresa May can find time to marshal then so can you! Don't let it always be the same people.



****KEN JONES interview with**

Kelly Holmes**

Last but by no means least, Orion legend Ken Jones finished his 39th London Marathon in a row this April. He was also interviewed for the BBC by Olympic Champion Dame Kelly Holmes about running and its mental health benefits. The interview will be screened later in the year so keep you're eyes peeled for that one.
