



ORIONHARRIERS
RUNNING SINCE 1911

AUGUST 2019 Newsletter



Dear Orion Harrier,

It's been a relatively quiet July at the club but Team Orion managed to secure our position in the 1st division of the Herts Mid Week road race league, finishing 4th out of 6 teams. After a poor start to the league, we did well with some strong team performances and pulled ourselves out of the relegation places. Thanks to the 89 runners who made the effort to come out and represent the club, in what was our main focus for the summer season. Next summer we will have to work really hard to get our best teams out and hopefully contest for the title. Well done to second claimer, Thomas Grimes, who finished 2nd overall in the individual standings and to Club Captain, Pippa Dowswell, who won the V55 category.

Also congratulations to Lewis Harknett who won bronze in the senior boys 2000m Steeple Chase at the English Schools Athletics championships.

We hosted another successful Forest Five with 177 finishers - with the third and final race coming up this weekend 3rd August - so thank you to everyone who helped out.

Special thanks to Andy Day who helped us to host the Southern Athletics League (SAL) at Walthamstow track and successfully manage the team to 3rd place on the day, as well as team manage the Youth Development League (YDL) team.

Well done to Social Secretary, Paula Fairlamb, for organising the Self Navigation Route (SNR). Paula put in a lot of work to organise this event and set out several different routes for runners to enjoy and hopefully become more familiar with different parts of the forest. The next SNR will likely be in September when we hope members can come out and support this initiative and watch this space for the social "pub crawl" run!!!



August is the month where we organise the "5k on the Rides", Orion's answer to parkrun. This is a very low-key event, open to everyone at the club, friends, family, members from other clubs and also one of the only times that juniors and seniors get to run together. We would really like to see as many juniors there as possible this year.

This is a lovely 5k route on the rides from the clubhouse and will be held on the **14th, 21st and 28th of August** so a good chance to see if your running is improving or just have a good tempo run. Runners need to register before 7.15pm at the clubhouse and the race starts at 7.30pm. There will be some small prizes for both seniors and juniors so swap your Wednesday evening run for this great club get-together!!!



****Bob Jousiffe Forest Five Race 3 - Saturday 3rd August****

The third and final BJFF is this Saturday at the club and we expect to host over 400 runners, as this is also an ELVIS race There are still some places available in advance <https://www.entrycentral.com/ForestFiveRace3>

but on the day entries will be £15. If you're not racing then please come down and help. We will not only need help with marshalling but also help with setting up and clearing away afterwards; we need help on a drinks station in High Beech, carrying water down to the start/finish area and clearing up rubbish at the end to leave the forest as we found it. Anyone who can help please get in touch with bojousiffe@hotmail.com or taylordon@btconnect.com

EPPING FOREST PLOGGERS



Sunday 11th August 10:30 – 12:00

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



Pick up litter whilst running, jogging or walking.
Join our running group
popular family/walking

Equipment provided

Ending plastic pollution!

Supported by




 **Epping Forest Ploggers**

****Epping Forest Ploggers - Sunday 11th August****

Alan Godbold is once again organising a plogging event at the club. Participants are given a rubbish bag and a litter picking stick and head off jogging through the forest picking up rubbish as they go. If you're around then try and incorporate it into your Sunday morning training run and help to clean up our beautiful forest. Everyone is welcome to join in, both juniors, seniors and non-members.



****Thursday Night Tempo Run from the Clubhouse @ 7pm****

Mens Captain, Brian Jenkins and Bob Glasgow have re-introduced the Thursday night tempo run at the clubhouse for faster runners. There is currently a small group who have been regularly training from the clubhouse for the last few weeks and we would like to grow this group and get more of our faster runners training together as a squad. The group runs between 6-8 miles with an average pace of 6-6.30 min per mile. Anyone is welcome to join, first, second claim or non-members but the main thing is to give our runners another option for a decent mid-week training session. Bob has set-up a WhatsApp group so if you would like to be added or want more info then reply to this email or get in touch directly.

If there is demand for slightly slower groups and someone is willing to commit to lead on a regular basis then we will re-introduce that as well.



****Beginners Group Graduation****

Another group of Beginners graduated this month by completing a 5k run at the Roding Valley parkrun. Well done to Mary Johnson for leading these new runners through the 8 week course and helping them on their running journey. An emotional Mary said "it was like seeing myself starting out running all over again" but she was enormously proud of what they had achieved and hoped to see them continue to run with Orion in the future.

The next Beginners group will start in September. Check out the Orion website for more

details.
