



ORIONHARRIERS
RUNNING SINCE 1911

JULY 2019 Newsletter



Dear Orion Harrier,

As promised there was plenty of action at Orion in June, congratulations to Nick Harris-Fry and Lucy Charles-Barclay who won the Orion Road Race Crowns for 2019 at the MWL held at Royston; Nick continued his great form from the winter and just pipped Reece Charles-Barclay to this years crown; a great rivalry is developing between these 2 fantastic athletes; Lucy, fresh from winning the X-Bionic Triathlon in Slovakia and getting her face on the side of a global sports drink that gives you wings, smashed the womens' race and took the crown of Orion road race champion 2019; I think we are going to need some bigger honours boards if these two keep winning.

FASTFriday was very FAST with both the Men's and Women's 10km track records falling to Adam Hickey (Southend AC) and Nicole Taylor (Tonbridge) respectively; despite a summer deluge the spirits of the crowds and the runners were not dampened and the night was a huge success; well done to Barny Foot and his team of volunteers.

We had record numbers attend the first in the series of the Bob Jousiffe Forest Five races, which was more like the famous "Running with the bulls", as the forest herd of cows was disturbed by a loose dog and stampeded towards the field of runners; the joys of running in Epping Forest!

We fielded 9 teams at the Loughton Relays, where we comfortably came away with the 1st prize; it was a great team building exercise with lots of new members involved and was enjoyed by everybody; perhaps members had heard that Bob Glasgow was putting his card behind the bar for the first round of drinks; well done Bob for organising teams.

The Fell race was another great success as over 120 runners tackled our infamous course; well done to Tim Wright, Dave Brock and Paul Williams for organising another cracking event.

Last, but by no means least, we hosted a fantastic MWL at our HQ with over 400 runners; we had a strong team performance finishing 3rd overall; it was a great turnout with a large proportion of the club either there running or helping out in some capacity; there was a fantastic spread afterwards which went down

a treat; Special thanks to Andy and Jayne Day and Quin Broadbent who were at the club from 8am preparing the food so that we could put on a great show; we received some lovely feedback from other clubs about the organisation and the food so well done everybody who contributed. We need as many runners out at the final league fixture at Trent Park.



Orion Junior stars continue to shine; at the Essex County relay championships there were 2 Golds and a Silver for the U20 and Senior Women's team - check out that trophy!?!?! - and Silver for the Senior Men in the 4 x 100m relay. A massive thank you to Andy Day for organising teams and Siobhan Pearce for team managing on the night.

Meanwhile, over in Canada, young Javelin prodigy, Joss Foot, set a new PB of 68.25m and is now the 2nd ranked U20 and 7th Senior in the UK.



****MWL Trent Park 4th July 7.45pm
(Race 4) ****

The final scoring race in this years MWL is upon us and once again we need to get out our strongest teams as possible; we put in strong performances at Royston and at home but we need one final push to make sure we finish as high up the league as possible; we are currently in the 3rd position overall but given the strength of this league we could easily fall into the relegation places if we become complacent; as always there will be local



****SAL - Walthamstow 13th
July****

Orion are hosting the 4th round of the SAL at our home track in Walthamstow so we need all hands on deck. It is important that we have officials - no experience is necessary, you will be under the watchful eye of one of our qualified officials or you can help out with some of the other important tasks which go into hosting an event - if you're injured or can just help out for a few hours even then that would be a help.

As always we need athletes to compete for the club, if you can

car-sharing to the race (look out for posts on FB) or if you want to take public transport there we will make sure that you have a lift home; a couple of people have asked me already, and if there is enough demand, then the Orion club shop will be stocking these fashionable turquoise headbands, as modelled by Nick Harris-Fry, just in time for Christmas; if they made you run as fast as Nick then we would all be wearing one.



****Bob Jousiffe Forest 5 Series - Race 2**

This **Saturday 6th July** will be the second

run, throw or jump then
please contact team manager
Andy Day daya@sky.com



****RULES REMINDER****

Can members be reminded that it is not permitted to take part in a race using another runners bib number. The club adheres to UKA rules and runners are not permitted to give their number to another runner unless they have specifically received permission from the race organiser as a formal transfer. The sanctions imposed are usually a 12-month ban from all UKA races, not only for the person running but also for the person who gave them their number.

Not only must we adhere to the rules but neither do we want to

race in the series and there is still time to sign-up:

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

We always need marshals so if you're not running but would like to give something back to the club (or you're just too tired from all the other racing you've been doing for the club) then please get in contact with our marshal co-ordinator Don Taylor taylordon@btconnect.com
Hopefully the cattle will not be grazing near the race route this time.

lose some of our best and most committed runners to a 12-month ban.

Please can members also be kind to vegans.



****Nick Shasha - European Duathlon Champion****

Finally, congratulations to Nick Shasha who became European Duathlon Champion in Romania last weekend; Nick said he was ecstatic to take the win and thanked all the coaches down at Walthamstow track on a

Tuesday evening, Clive Ridley,
Danny Rose and Ray
Middleton and all of his fellow
training partners. Nick also
said he was now looking
forward to cross-country
season and can't wait for the
forest to turn to mud. Well
done Nick!
