

# October 2019 Newsletter



Dear Orion Harrier,

October has been a manic month for the Harriers with races every weekend, along with the first of two midweek trips to Hog Hill in the Chingford League. It's also been a successful month, with Orion making a strong start in the Essex and Chingford Leagues and winning the first mob match of the season at home against Blackheath handily.

After two races in the Essex League the Orion men's team are third in the division one standings, finishing third at One Tree Hill and fourth at a typically-windy Horseheath. The women's team are seventh overall after two races, finishing eighth and One Tree Hill and sixth at Horseheath. November sees the league take a month off, but mark Saturday 14th December in your diaries now, with the next Essex League fixture taking place at Writtle College then.

The Chingford League opener took place at Hog Hill at the start of the month, with Team Orion finishing second overall in the men's and women's races. There are two Chingford League races in November and Orion are looking to retain the league title, so let's turn out in numbers and take top spot in the standings.

There was a brilliant turn out from Orion for the first mob match of the season, which helped the team secure a resounding win over Blackheath. The next mob match is this weekend away at Raneleagh, and another big turnout is a must if we want to keep our winning streak going. See below for more details.

Congratulations to Anna Liebmann, who won the club's winter handicap early in October, and well done to George Day who logged the fastest time on the day. Thanks to everyone who helped to marshal the race and also the mob match against Blackheath.



It's party season and the Orion Awards Night is the hottest ticket in town. The party takes place at Goals Chingford (3 Morrison Ave, E4 8SN) on Saturday 7th December from 7:30pm until midnight. It's a chance to get together and share in the success of the club over the past year, and then see how well everyone's running prowess transfers to the dancefloor. Don't miss out. To help gauge numbers, please let social secretary Paula Fairlamb or Bob Glasgow know if you will be attending by emailing [runforhire1974@gmail.com](mailto:runforhire1974@gmail.com).



**\*\* Raneleagh Mob Match -  
Saturday 2nd November\*\***

The second mob match of the season is this Saturday away at Raneleagh. The start has been moved to 2:30pm, and there will be a coach leaving from Orion HQ at 12pm. That means you have time to watch the rugby and turn out for your club – a perfect Saturday! The club won all three mob matches last season and to repeat the feat we need everyone to show up, with double GP points on offer as an extra incentive.



**\*\*Epping Forest Ploggers -  
Sunday 3rd November\*\***

This Sunday Alan Godbold and his merry band of ploggers will once again be taking to the forest for a jog armed with a rubbish bag and a little picking stick. The plog starts at 10:30 and everyone is welcome to join in – juniors, seniors and non-members. Why not help to clean up the forest as part of your Sunday long run?





## **\*\*Chingford League - 5th & 23rd November\*\***

We have two Chingford League fixtures to look forward to in November. The first is next Tuesday evening back at Hog Hill, where you'll need your road shoes, and the second is on the trails of Trent Park on Saturday 23rd November.

## **\*\*Beginners Group Graduation\*\***

Orion's latest group of beginners will be graduating this month by running Roding Valley parkrun on Saturday 9th December. Let's get as many Orions down to the parkrun as possible to celebrate their success! Well done to Mary Johnson and all her volunteers for leading the beginners through the eight-week course.

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