



ORIONHARRIERS
RUNNING SINCE 1911

November 2019 Newsletter



Dear Orion Harrier,

As you can see from the above photo, cross country season is well and truly in full flow, and November was another busy month for the club culminating in an excellent outing at the Essex Vets Champs on Saturday 30th. The men's V50 team and the women's V40 team both claimed silver medals, the men's V40 team grabbed bronze, and there were individual medals for Pippa Dowswell and Ali Trauttsmanndorf, who claimed silver and bronze in their categories respectively. Congratulations to all who took part!

The month started with the away mob match at Raneleagh in Richmond Park where despite a strong turnout from Orion we were unfortunately defeated. We did win our first mob match against Blackheath in October, and let's make sure we also grab a win in the final mob match of the season at home to SLH on 28th December and complete a Meatloaf special, because two out of three ain't bad.

There were also two Chingford League fixtures in November. Orion's men won the first of those at Hog Hill, with the women's team being second overall, but at Trent Park the men slipped to fourth overall and the women third. The next Chingford League fixture is at the Olympic Park on Wednesday 11th December and a strong showing is needed to make up some ground on Vicky Park Harriers, who currently top the overall rankings

This Saturday (7th) is the Orion Awards Night and Christmas party, which will be a great affair. The party takes place at Goals Chingford (3 Morrison Ave, E4 8SN) from 7:30pm until midnight. If you want to warm up for a night of revelling in the best possible way then turn out to help Orion retain the Ware Cup at Loughton AC, with the race kicking off at 11am. Let Bob Glasgow know if you can make it so Orion teams can be assembled in advance of the race.

Another date to ink into your diary now is the Essex League race at Writtle College on Saturday 14th December – more details on that below!



****Marathon Training Groups****

Did somebody say spring? It may seem chilly and wet outside, but that can only mean one thing... it's time to think about your spring marathon training plans! As per Orion tradition, we have put in place a selection of marathon groups to help you achieve your goals. You will have noticed John Hanlon has started the base training runs but come January the 16-week plans will be put in to action.

The training groups are available to all Orion members, including second claim. If you know someone who is taking on a marathon challenge and think they would benefit from group training, please encourage them to sign up with Orion. This year we are also introducing the option for non-members to join us. We are introducing a marathon course for £26.20 where the runners will have access to our training plan, group sessions and specialist talks that we will be holding at the clubhouse during the 16-week plan, a great way to be introduced to club running!

For the first time in many years John Hanlon will not be leading a marathon training group, though he has provided a plan and will be on hand to advise the leaders of this year's groups. A massive thank you to John for his outstanding work in leading people to success in the marathon for many years.



****Essex League Writtle College -
Saturday 14th December****

We have had a strong start to the season in the Essex League and after two races Orion's men are third and the Orion women's team are seventh in the overall standings. Next up is the race at Writtle College in Chelmsford and the club needs as many runners to show up as possible! The women's race starts at 12 noon, and the men's race is at 12:45.



****SLH Mob Match - Saturday 28th
December****

What better way to shake off some of the excesses of Christmas than turning out for your club in a crucial mob match? It's a home fixture so bring the family along to Epping Forest too, you'll all be bored of board games by the 28th anyway. The SLH Mob Match is our last of the season and starts at 1:30pm, with the route taking in 7.5 miles of the forest's finest scenery.





****Congratulations to Eve Smith****

November has been a great month for U17 runner Eve. First she was selected by her school to represent them in the district schools XC race where she finished in 2nd place and 1st in her age group. Then, on the strength of this, being selected by the borough to represent Redbridge in the London XC Champs at Parliament Hill where she finished 1st in the borough in her age group. Most recently, at the Chingford League race at Trent Park, Eve finished 1st in her age group and 8th overall!

****Southern XC Champs – 25th January****

The Southern XC Champs take place at Parliament Hill, Hampstead Heath at the end of January, and Orion has a great chance of winning the Essex Cup if we can get a strong team out. If you want to take part please let Roy Perrott know (on Facebook or via email on secretary@orionharriers.com) by Wednesday 18th December at the latest.

Distances for the races are 15km for men and 8km for women and it's a challenging course, but also one of the most famous in cross country running and something everyone should do at least once! Please bear in mind the following if you do want to run:

1. Any members who have not yet paid their subs won't be able to enter, so if it has slipped your mind please head over to the website now to settle up.
 2. Only 1st claim members can enter.
 3. This is a demanding XC course, especially for the men who run
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This would be quite a month for most young athletes but considering where Eve began it is especially remarkable. When Eve joined Orion, she came last in every race. It took a long time before she finally managed to come 2nd from last. Eve has always loved just being part of something and has enthusiastically trained, raced and supported the club at every opportunity. Eve loves Orion, her coaches, and her friends of all ages. Her progress and the successes of this month are testament to consistent training and a positive attitude.

almost twice as far as the women, so it is unlikely to be suitable for beginners.

4. Entries cost £7 per person. The club is happy to pay your entry fee but if you are unable to run (other than because of injury or other exceptional circumstances), we will ask you to refund the fee. Therefore please only register if you know you can make it on the day.