



ORIONHARRIERS
RUNNING SINCE 1911

December 2019 Newsletter



Dear Orion Harrier,

Happy New Year! It promises to be a very exciting 2020 for Orion Harriers, with big news from the team working on the clubhouse extension below. First though, there are still some successes from 2019 to celebrate, starting with the resounding mob match win over SLH on 28th December. Well done to everyone who turned out to brave the mud and hills, and a huge thank you to all the volunteers who helped lay the trail, marshal and all the other crucial jobs to organise the race. Congratulations also to Brian Jenkins, who led Orion home with a storming run and looks to be on top form heading into the New Year.

There was also success at the start of the month with Orion retaining the Ware Cup at Loughton AC. George Day won the race, with Reece Barclay, Mike Roberts and Adam Baker also scoring to help secure the team win.

The third Essex Leaguer fixture of the season took place at Writtle in December and Orion's women's team put in their strongest performance so far to take second place and move up to joint-fourth in the overall standings. It was great to see Clare Thurgood back racing with a scorching run to finish fifth. The men's team was seventh at Writtle and are fifth overall, just one point behind Colchester Harriers. The next race is in Colchester on January 11th, more details below.

December also saw the fourth Chingford League race of the season at the Olympic Park. Orion's men were second and the women were third on the night, and both teams now sit second overall behind Victoria Park Harriers. The next race is on January 18th at Hackney Marshes.

In January we also have the Essex Senior XC Champs at Gloucester Park, Basildon on 4th January, and the Southern XC Champs at Parliament Hill on the 25th January. Best of luck to all who have signed up to race in either or both events!



****Clubhouse Extension Update****

We are very pleased to announce to members that we are finally in a position to start work on the clubhouse extension.

We have appointed local builders Barclay Brothers and the works are due to start on the 13th January and take about six months. We plan to minimise the disruption to the clubhouse during this period and will let you know if it is unavailable on any dates, for example when we knock through from the new build to the existing building.

As some of you know, the works will include a separate canteen for the golf club staff, for which the Corporation of London are obviously paying. This joint build means we are able to share some of the costs and reduce our contribution. We are funding the works through a grant of £95,000 from the London Marathon Charitable Trust and money we have raised and set aside from the Club's reserves which should amount to about £85,000. We have

managed to secure a rent-free deal on the extension for the first 21 years to offset our costs.

If you have any questions or suggestions please feel free to speak to Grant Corton, Tim Wright or Roy Perrott. We will keep you updated as the works progress.



****Marathon Training Groups****

The New Year has arrived and it's high 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.

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-



****Essex League Colchester - Saturday 11th January****

We're coming to the sharp end of the Essex League season and it's vital we get a strong turnout for the penultimate fixture at Hilly Fields, Colchester on Saturday 11th January. The women's race is at 12 noon and the men's is at 12:45pm. Look out for more details about the race on the Orion and Essex League Facebook groups, and if you are able to provide other members with a lift to Colchester let people know on the Orion group.

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! Find out more on the [Orion Harriers website](#).



****Chingford League - Saturday 18th January****

Hackney Marshes is the venue for the fifth Chingford League race of the season and it's important we get a big turnout from both our men's and women's teams since both are within striking distance of Victoria Park Harriers, who currently sit top of the overall tables. The race will start at 11am, and there will be more details on the Orion and Chingford League



****National XC Champs – Saturday 22nd February****

The National XC Champs take place in Nottingham on 22nd February and the closing date for entries is 10th January. If you are keen to run please let Roy Perrott know (on Facebook or via email on secretary@orionharriers.com) as soon as possible.

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.

Facebook groups closer to race day.



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