



ORIONHARRIERS
RUNNING SINCE 1911

January 2020 Newsletter



Dear Orion Harrier,

It's been a busy start to 2020 for the club, with races every weekend since the turn of the year. It doesn't get any less busy in February either, with the Mercury coming up, along with an Essex League race and the National XC Champs before the month is out.

January started with the Essex XC Champs, where a disappointingly small Orion turnout was nonetheless very successful. Frankie Conway became the first senior men's medalist at the county XC champs, finishing an incredible second, while Clare Thurgood was an impressive 11th in the women's race.

Clare had a brilliant run the following weekend as well, finishing 3rd in the Essex League race at Hilly Fields in Colchester. Orion's women's team were second on the day and are fourth in the overall standings. Orion's men's team also ran well to finish fourth at Hilly Fields and are fifth in the overall standings. The final Essex League fixture of the season is at Great Notley on Saturday 15th February. Let's finish strong with a big turnout!

January also saw the fifth race of the Chingford League season, which took place at Hackney Marshes. Led by strong runs from Brian Jenkins and George Day, who were 4th and 5th respectively, the Orion men's team was second on the day, while the women's team were third. Both teams were second in the overall tables after Hackney Marshes, with full results from the most recent race at Victoria Park to come.

The final race of January was the Southern XC Champs, where a large Orion team turned out to brave the muddy conditions on Hampstead Heath. Orion's men were 36th overall and the women's team was 50th, led by a fantastic run from Lucy Charles-Barclay, who finished 9th.



****The Mercury – Saturday 8th February – Marshals Needed****

One of the biggest dates on the Orion calendar is coming up fast, with the Mercury 10-mile race taking place next Saturday. The race is also Orion's women's and men's cross country championships, and our annual 10-mile handicap.

This year there will be two start groups – one at 1:30pm and one at 2pm. If you are confident that you can run the course in 1 hour 50 or less, you will start at 2pm. If you expect you might take a bit longer, you will start at 1.30pm. Both groups will run the same route and there will be a free drink for everyone at the end to celebrate completing what is a tough course not short of mud and hills.

As ever with our races, marshals are essential to the success of the day, and Don Taylor is still on the lookout for volunteers for the Mercury. Please email Don (taylor@btconnect.com) if you are able to help.



****Congrats To Orion's Juniors****

Orion's younger runners have also been impressing this month.

Aiobhernn Pearce, Annalie Cole, Maisie Silverstone and Sophie Foot have all been selected for County schools, with Aiobhernn and Annalie heading to the English School champs.

The U15 girls placed 23rd at the Southern Champs, the highest-placed Orion team on the day. Extra credit goes to 4th counter Pandora Baker, who ran with a broken arm.

Finally, sprinters Rashan and Hanif have been smashing the 60ms by running PBs of 6.96 & 6.88 respectively. Both are now ranked top 20 in the UK for U23.

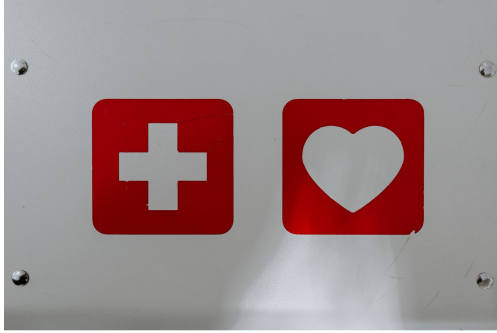


****Cheaper Running Shoes!****

We are very excited to have secured a discount with sportsshoes.com for our members. Every month a new discount code will be emailed to all our members. This must not be shared on social media or we risk losing the discount so please don't share outside of the Orion members.

This month the discount code is PLN3 and will get you free delivery and 10% off all orders over £30. Well done to Paula Fairlamb for negotiating this discount for the club's members!





****Defibrillator Training****

The club has purchased a defibrillator and there will be training on how to use it at the clubhouse on Sunday 9th February at 11am. All members are welcome to turn up to learn how to use this potentially life-saving bit of equipment.

****Brick By Brick Orion Training Gear****

Work on the clubhouse extension has now started and if you'd like to support that work, and get yourself some shiny new Orion gear to boot, then check out the Brick By Brick training range on the Orion

Facebook group. The range includes red vests (£23), short-sleeved tees (£25) and long-sleeved tees (£26). If you would like to order any items reply to the Facebook post with details on the items you want by 21st February. All profits will go directly towards the clubhouse extension.
