

February 2020 Newsletter



Dear Orion Harrier,

Congratulations to George Day and Lucy Charles-Barclay, who are the club's 2020 XC champions! The Mercury took place on a rare sunny day early in the month and George held off an excellent run from Brian Jenkins to take the win, while Lucy was the first woman home and sixth overall.

Congratulations also to Andrew Lunn, who won the club's 10-mile handicap in the race, and a big thank you to everyone who volunteered to help make the race a success.

The final Essex League race of the season was unfortunately called off due to the story weather in February. Orion's women's team finished 4th overall, while the men were 5th. There were many outstanding individual performances in the league this season, and special mention is due to George Day, who finished third overall, and Hayley Rogerson, who was 2nd in the W40 category.

The first race of the month was the fast and flat 5-miler at Victoria Park in the Chingford League. George led Orion home finishing 5th, with Adam Baker also having an excellent run to finish 9th overall. In the women's race Hayley Rogerson was the first Orion home in 7th. Both teams were second on the day and are second overall in the league tables ahead of the Wanstead Relays this weekend, see below for more details.

The individual places for the Chingford League are all decided, and many Orion members have excelled to win or place in their categories. In the Juniors Daisy Gallagher, Ed D'Souza, Verity Garcia, Eve Smith and Nathan Boase all won their categories, with Freddie Hollings-Yates, Abigail Hoult, Michael Luxton, Ciara Pierce, Sophie Foot, Arthur Ansell, Owen Keen, India Emery, Savanna Sirkett and George Happe all finishing in the top three.

There were similar levels of success in the seniors too. Hayley Rogerson was the women's V40 champ, while Pippa Dowswell and Karen Allworthy were in the top three for their categories. On the men's side Scott Reid was the V50 champ, Adam Baker the V40 champ and Ed Lunn the U20 champ. Congratulations to everyone!

The final race of the month was the National XC Champs, where a small but hardy team of Orion members travelled to Nottingham to run alongside the

very best in incredibly muddy conditions. Well done to all who took part in the race!

A far cry from the mud of Nottingham, the Essex Indoor Championships also took place this month. You can read about some stellar efforts from Orion's Junior members below, but there was also senior success for Rashaan Stewart, who took bronze in the 60m, and Lewis Harknett, who won the gold in the 1500. Another gold was won by Nick Shasha In the masters 1500m.



Orion 15 – Saturday 21st March – Volunteers Needed

The Orion 15 is coming up fast and whether you're running it or not, this is a huge date on the calendar for all members. If you are running, please remember that you should provide a marshal or some kind of help towards the event – there is always a lot to do to clear up afterwards if you don't have friend or family member who can marshal.

If not running, then look out for posts on the Facebook page to see how you can get involved to ensure race day goes off without a hitch. The Orion 15 starts at 10am, and runners will need to collect their numbers from the clubhouse on the day of the race.

Please contact Don Taylor on taylordon@btconnect.com if you are able to help on the day.



Congrats To Orion's Juniors

Orion's younger members have also been impressing this month with a series of excellent performances at the Essex Indoor Championships. Eve Smith won gold in the U17 pole vault with a PB-setting jump of 2.3m, while Grace Olusegun took gold in 8.72 seconds for the U13 60m as well as bronze in the high jump.

In the Girls U13 800m Verity Ross took silver in 2:35, and Savanna Sirkett won bronze in the Women U20 400m and silver in the U20 800m. In the men's U20 800m Joe Owen took Bronze in 1:58, and Aoibheann Pearce took Gold with a time of 5:04 in the Women's U20 1500m. Oscar Strudwick put in a



Wanstead Relays – Sat 7th March

The final Chingford League race of the season takes place this weekend at Wanstead Flats at 11am. The individual places might be settled, but the relays can still affect team standings in the league, and there are cups for the winning men's and women's relay teams. Each team will consist of four runners, each completing 3k. Please arrive early so you can be sorted into teams, and wear spikes or trail shoes – this is going to be muddy!

The event is great fun and afterwards the presentations are

terrific run in the Boys U15 800m by logging a 19-second PB.



made for the individual and team winners of the Chingford League. As you've read above, Orion has a lot of success to celebrate in the league, so head down to Wanstead Flats for an enjoyable, muddy run and to applaud our winners.

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 THF6 and will get you free delivery and 10% off all orders over £30. The code is valid until 3rd April. Well done to Paula Fairlamb for negotiating this discount for the club's members!







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