



**ORIONHARRIERS**  
RUNNING SINCE 1911

## March/April 2020 Newsletter



Dear Orion Harrier,

Hope you're all keeping well and staying fit in these COVID-19 effected times. As we all know our lives have been put on hold and those important races we've been training for all winter have sadly been cancelled. Now is a time to work on your core strength and do some of those exercises that you always intended to do and despite everything all of that fitness that you've worked so hard for will still be there when we are eventually allowed to get back out and do the thing that we all love to do. Race for Orion Harriers!!!!

In spite of the season being cut short, this didn't stop our athletes getting out and bringing back some bling!

At the Chingford League season-ending relays the Orion Ladies Vets team showed their class once again when the team of Pippa Dowswell, Alison Trauttmansdorff, Hayley Rogerson and Lorraine Gosling (left photo) took the Vets trophy home. Orion stalwart, Adam Baker, displayed yet again his talent by winning the V40 Mens individual title.

Continuing with the relay theme, Orion took strong teams to the Essex County Road Relays at Colchester, with special thanks to Andy Day and Deputy Men's Captain, Bob Glasgow for organising. Great running by all saw the club come away with another great medal haul. The ever-green team of Karen Allworthy, Lisa Smith and Julie Robinson (right photos) came away with a brilliant V60 team Gold. There was also bling for the V50 ladies team (Silver) and the V40 Mens team (Bronze).



## ☆ Walthamstow Marshes 5k

Run Segment London, England, United Kingdom

Distance      Avg Grade      Lowest Elev  
**5.01km    0%    8m**

Highest Elev      Elev Difference  
**18m    10m**

1,347 Attempts By 219 People

### Roding Valley parkrun Co-Vid 19 Orion Time..

5 km    3 m    0%



Challenge friends on this segment

Challenge



### Orion Rides

4.9 km    33 m    0%



### **\*\*ORION SUMMER GP - The COVID-19 5Ks\*\***

As it now looks increasingly likely many of our favourite summer races will be cancelled or at least seriously effected by COVID-19, so thanks to the club senior management, we have come up with the idea to create various different 5k courses where Orion runners can go and test themselves out against each other during this period of lock-down. We know you're all a competitive bunch and love racing!

This is open to ALL Orion members, fast or a little bit slower, we encourage you all to get out there and give it a go whilst obviously following ALL social distancing rules and running it on your OWN.

You can find the 3 routes that we have come up with on Strava, Facebook or on the club Whatsapp Race Info group. You don't have to do one of these, you can do any 5k that you like from your doorstep and we don't encourage members to travel unnecessarily to do one.

Once you have completed one of our routes or your own 5k then please post on one of the club channels or email Club President, Bob Jousiffe, with your time and he will use it to compile the Summer Grand Prix tables. At the end of the summer there will be prizes as usual for each division winner

[bob.jousiffe@hotmail.com](mailto:bob.jousiffe@hotmail.com)

Good luck everyone and remember no unnecessary travel!!!



**\*\*Team Orion - time to help others\*\***

We all know its a tough time at the moment - a lot of uncertainty and its effecting us all in different ways. Normally, you can just go for a run with your mates or get to a club race to blow off some steam. Obviously, this isn't completely possible at the moment (except for COVID-19 Orion Time trials), but Orion is still here for you.



**\*\*DON TAYLOR's The Great Big  
Wide Indoors Pub Quiz -  
TONIGHT @ 7.45pm\*\***

If you are having a bad day and want to chat to someone we have the Orion Buddy Program where we can pair you up with another Orionite to speak about running, exchange tips about indoor fitness routines or simply just to have a chat. We have many people in the club with mental health experience who would be happy to talk if you feel the need to.

With the strictest of confidentiality you can email Mens Captain, David Wilson [menscaptain@orionharriers.com](mailto:menscaptain@orionharriers.com) or Bob Glasgow [http://runforhire1974@gmail.com](mailto:http://runforhire1974@gmail.com) if you would like someone to talk to.



### **\*\*Cheaper Running Shoes!\*\***

If you do get bored during this lockdown period and fancy buying yourself a new pair of snazzy racing shoes for when the running season comes out of quarantine then don't forget that Orion members still have an exclusive discount with [sportsshoes.com](http://sportsshoes.com). Every month a new discount code will be emailed to all our members. This must

Don Taylor, Orion Harriers Quiz-master extra-ordinaire will be hosting his second online pub quiz this evening via FB live (see link below you have to confirm your attendance to be able to join). Anyone can connect and join in from the safety of their own sofa for this 1.5 hours of listening to Don's bad jokes, drinking some nice Craft beer or sipping a nice glass of wine, stuffing your face with kettle crisps whilst attempting to get the answers correct without googling them. This author took part last Friday and it was great fun and great to connect remotely with lots of our lovely Orion members, so lets try and get more people involved this week. The more the merrier!!!! What else do you have to do!?!?!?

<https://facebook.com/events/s/the-great-big-wide-indoors-pub/144625020313659/?ti=icl>

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



and will get you free delivery and 10% off all orders over £30.

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