



ORIONHARRIERS
RUNNING SINCE 1911

May/June 2020 Newsletter



Dear Orion Harrier,

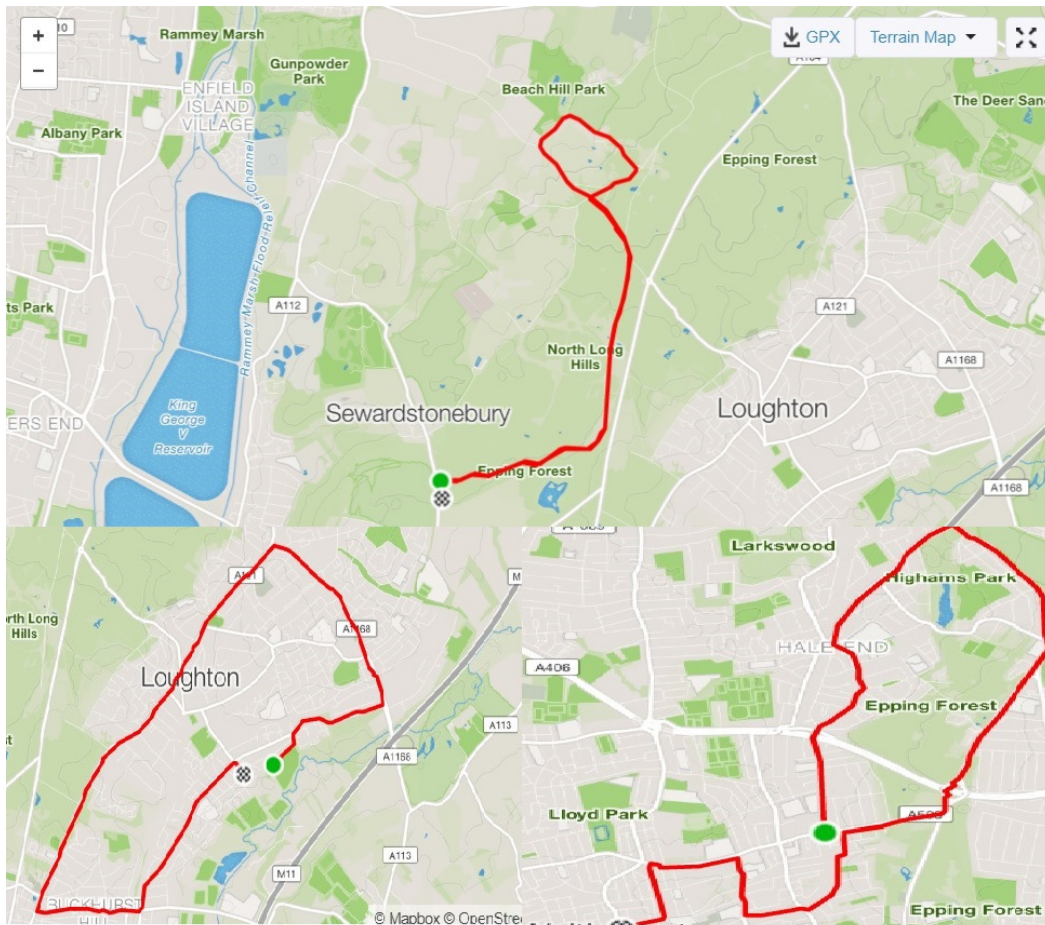
Hope you're all keeping well and staying safe in these COVID-19 effected times.

Most of our lives have been put on hold and as a consequence races have been cancelled or postponed leaving us with only virtual options. We can turn this to our advantage though as now is an ideal time to work on your core strength and add in some decent drills to your training. Barny Foot has put together some excellent physical conditioning exercises which can all be found here

<https://www.orionharriers.com/virtual-training/>

Keep your fitness levels up and when we return everyone will be race ready.

****Orion Virtual Summer GP 2020****



The Virtual Summer GP is well underway and the 5k and 5 mile legs have been completed by a surprisingly large number of club members wearing club colours for additional bonus points.

Bob Jousiffe is putting a huge amount of work into scoring this for us all so don't forget to post your runs on Facebook, Twitter or Instagram with the hashtag [#orion2020summergp](https://www.facebook.com/hashtag/orion2020summergp) or if you are 'old school' email Bob Jousiffe on bob.jousiffe@hotmail.com or send him a postcard via the clubhouse

There are three recommended routes which the club have put together to avoid unnecessary travel and they can be found here however any comparable 10k effort will be considered

Chingford

https://www.strava.com/activities/3455161362?fbclid=IwAR3xX2x-KNSWb1IX_zd8tVUKofs06ZVazwjlDsmqKofGw1d3TIEsEfQinzY

Roding Valley

https://www.strava.com/segments/23995091?fbclid=IwAR3hSolbLudWbV_iWHYX94nDsg8uUf27eX1JQQy0BO0PpxhMD9kPd3MnxLg

Walthamstow

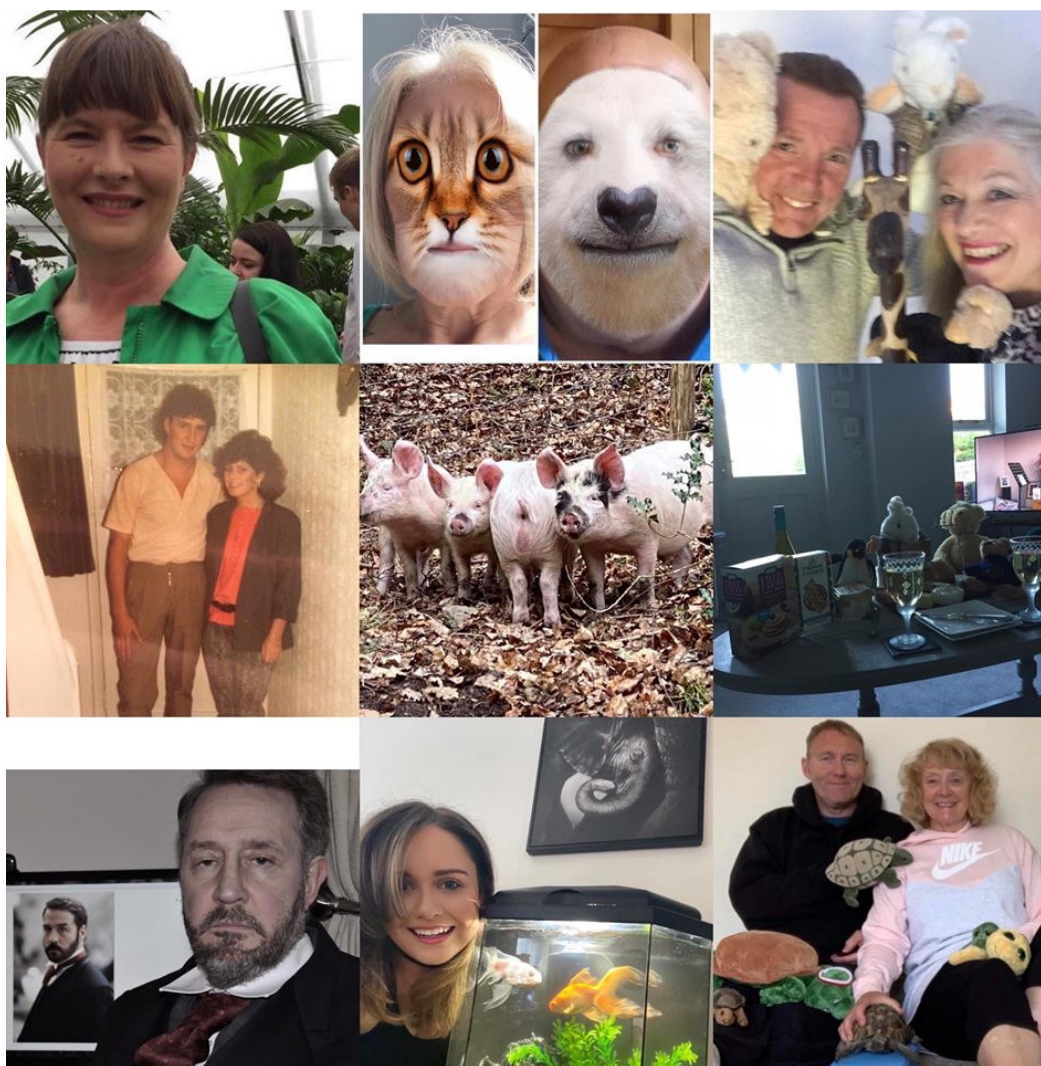
<https://www.strava.com/segments/23966940?fbclid=IwAR3Lsh12qpZQtpu1BPMJvTPHyHCjuyQx3lISap43xthlYQilSSVIOs7OAnQ>

Latest Points Tables

<https://www.orionharriers.com/latest-grand-prix-standings-2/>

Good luck everyone and remember no unnecessary travel!!!

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



Don Taylor, Orion Harriers Quiz-master extra-ordinaire will be hosting his regular online pub quiz every Friday evening during lockdown @ 19-45 via Facebook 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 fish sauce or sipping a nice glass of wine, stuffing your face with kettle crisps whilst attempting to get the answers correct. I have already learnt about Orion creepy women and vegetarian sausages without using google! Team up with others to create a super team and try to beat the RVR champs.

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



****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.

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 or either Bob

Glasgow runforhire1974@gmail.com or Hayley Barron
hayleybarron71@hotmail.com if you would like someone to talk to.



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

Get set for the resumption of racing by spending your money on something other than groceries with sportsshoes.com. 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 **DZE3** and will get you free delivery and 10% off all orders over £30.

Please also consider signing up for the below. It will benefit Orion Juniors too. Sportsshoes is one of the companies that make a donation when an order is submitted

easyfundraising turns your everyday online shopping into FREE donations when you use easyfundraising to shop with over 3,900 retailers such as eBay, John Lewis, Argos, ASOS and Booking.com.

Our retailers then make a small donation to say 'thank you' and easyfundraising gives those free funds to the cause.

Please register using this unique link – just search for 'Orion Harriers Juniors' and click 'support us' -

<https://www.easyfundraising.org.uk/causes/orionharriersj/?invite=LK0YWR&referral-campaign=s2s>

**Plus, once you've signed up and raised £5 in donations,
easyfundraising will give us an extra £5 donation.**

**There's no catch or hidden charges and Orion Harriers Juniors will be
really grateful for your donations.**



If you would like to be added to the Orion Harriers Race Info WhatsApp Group please message 07505561833 letting me know your name and you will be added. It is a good source of general Orion info as well as key race info for when the season resumes and currently has 60+ members

Presentation to: Orion Running Club
by: PB TEAMWEAR
Date: 15.11.2019



pbSTOCK Range
Stock items customised
with your logo's etc..

No Minimum Order Quantity
Delivery Period 5-15 working days

Code: pb007/015JC

Fabric: Performance Polyester

Colours: Red

Online ordering available.

Price

Kids - £20

Adults - £23

Optional Name £2.00



Following the popularity of the "Brick by Brick" Orion training range, we are arranging a second and final order.

For adults, prices start from £23. Versions for Men & Ladies. See the included photos which includes the Red short sleeve (£25) and long sleeve t-shirts (£26) options as well.

If you want your name on the top, the price will increase by £2.

The profit made from these tops will go directly to the clubhouse extension.

These tops will be made to order and not available from the Orion kit shop. The order will be submitted on 31/05/20. Following this we will confirm the expected delivery date. All money must be received by this date (paid by bank transfer to the club account) or your order will not be submitted.

If you want a vest/t-shirt, please contact menscaptain@orionharriers.com stating the following details

1. Vest (£23) or Short Sleeve T-shirt (£25) or Long Sleeve T-shirt (£26)
2. Male / Female style and size (S to XXL) - See the attached sizing guide
3. The name you want printed on the top (£2 additional) (if none, state "no name")

You will then receive a confirmation of your order.



Summary of Orion Harriers Clubhouse extension project

Work has progressed steadily since our contractor started on site in the second half of January and was on schedule for a June completion, despite appalling weather earlier in the year, up until the C-19 lockdown.

Work was suspended on the 23rd March and restarted on the 11th May. As the current photos show, external brickwork and internal blockwork is almost complete. All structural concrete floors and steelwork has been installed.

The installation of ceiling/roof timbers has started and whilst the labour on site has to be restricted to meet HSE C-19 standards progress is expected to achieve completion in the autumn.

GET IN TOUCH

If there is anything you think should be included or if you just want to boast about your achievements please contact secretary@orionharriers.com



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