



Bob Glasgow <runforhire1974@gmail.com>

Orion Harriers December 2020 Newsletter

1 message

Orion Harriers <info@orionharriers.com>

21 December 2020 at 14:00

Reply-To: Orion Harriers <info@orionharriers.com>

To: runforhire1974@gmail.com



December 2020 Newsletter



Dear Orion Harrier,

Welcome to the latest Orion Harriers newsletter. Well 2020 is nearly over and as we bring to a close an extraordinary year we at Orion Harriers would like to thank you all for your help and participation throughout the toughest of years.

I think you will agree Orion Harriers has gone above and beyond what other clubs have managed in terms of offering actual races, virtual races, a virtual Grand Prix, online quizzes, Dave Wilson's hugely beneficial KEE sessions as well as regular Wednesday night club runs. Now we have entered Tier 4 restrictions we sadly cannot host any of the regular training sessions and even the Santa Dash has bitten the dust. However you can stay fit and run with one other person outside or use the time to have a nice relaxing rest and come back fresh when the restrictions are lifted, alternatively dress up as an elf (like captain Dave) and hide out in Lapland until it's all over.



Orion Harriers has it's own Covid-19 coordinator so feel free to get in touch with any concerns you may have covidofficer@orionharriers.co.uk

Finally thanks for your patience over the year and enjoy any festivities you can get away with as safely as possible

Club Covid-19 Update

London and adjacent areas of Essex have entered into **Tier 4 lockdown as of midnight 19/12/2020**. This means that, once again, all club training will be cancelled for the foreseeable future. Residents of these areas can now meet only one other person outside their household, and there are no exemptions to this rule for organised adult sport. There appears to be some flexibility in the rules for under 18s, but we will need to await England Athletics guidance on

this.

Orion Harriers has it's own Covid-19 coordinator so feel free to get in touch with any concerns you may have covidofficer@orionharriers.co.uk

Andy Day is the New Junior Manager



We are very pleased to announce that Andy Day (*on the left above*) has taken over as the New Junior Manager. Andy is taking over from Jane Farrier after her years of service and building the Juniors into what they are today (more to follow in the next Newsletter on Jane's achievements as Junior Manager). Andy is a stalwart of Orion and has already helped with the Juniors for a number of years, Southern Athletics League and Clubhouse Manager (along with his better half Jayne). Andy's dedication to Orion is second to none and is very dedicated to seeing the kids enjoy and progress at their running and athletics. We wish him the best of luck in the role.



Parent/Teacher Help required!

- 1) Could you help recruit some juniors to our ranks? We have some posters and leaflets to distribute but need help in doing so
- 2) There are a multitude of roles that help the Junior section run smoothly. If you think you could spare some time to contribute towards a role please get in touch below

If you can help please email junior.membership@orionharriers.com

Clubhouse Extension Update

Whilst progress has slowed due to Covid-19 restrictions the contractor is expecting to finish around the end of January. With the exception of the new front entrance canopy all major works are complete with just final decorations and flooring to do. The project is still within budget so we are able to carry out some maintenance/ freshening up work such as new double glazed windows and redecoration as well. With double the space its really starting to look great and we are actively looking into making more use of the space with activity programmes when we can. If there are any members with a health/fitness qualification that may have ideas/ be interested in using it please let us know.

info@orionharriers.com

Chingford League Race #1 - Chingford Plains

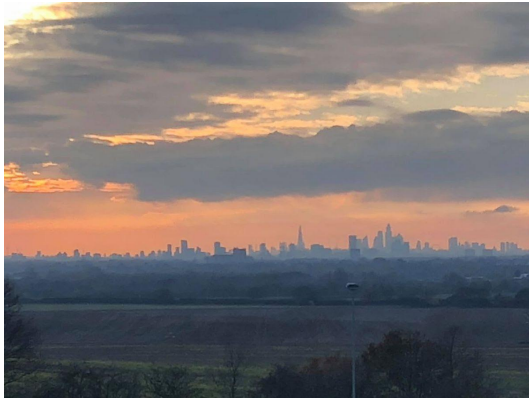


After a long break, Chingford league returned to Chingford Plains on 24th October with this 5 miler designed by Paul Williams. An organised event that saw multiple pens employed to ensure social distancing was observed before the athletes were released in waves. The ladies were out first, with 20 white vests from Orion among them. Anna Louis and Ella Wilson were the first home for Orion, finishing within a stride of one another to take the 13th and 14th spots in a time of 35 minutes and 59 seconds. Roisin Archer was the third home for Orion in a time of 36 minutes and 2 seconds to take the 15th spot, with Hayley Rogerson finishing 20 seconds later. Christine Kennedy showed her class by coming in at 24th place, and the returning Louise Juby was the final scoring lady to finish the undulating course in 38 minutes and 31 seconds. The team put Orion into third place in the league, narrowly missed out on second spot. Well done to all the Orion Ladies who got out for this race, it was great to see such a strong Orion squad out there!

Next up was the Men's race. Nick Harris Fry was the first Harrier home to take 5th spot in a super strong line up in a time of 29 minutes and 10 seconds, with

Reece Barclay finishing 5 seconds later in another fine performance. Men's Road Champion George Day was third home to take 13th spot. Bob Glasgow was 4th home in a very decent time of 30 minutes and 12 seconds. Henry Giddens showed that he was still getting quicker and stronger by taking 15th spot in a time of 30 minutes 18 seconds. Mike Roberts completed the A-teams scoring by finishing in 17th spot. Will Reed-Wright was just outside the scoring team but ran such a fantastic race that he needed a mention. The team scored 49 points to cement the top spot in the Chingford League. Again it was great to see all the Orion Men get back to racing.

Chingford League Race #2 - Hog Hill



Ladies – A great turnout from our ladies for the hilly Hog Hill course that was in daylight, for the first time in the Chingford league. A fantastic win by Sophie Magson in her first race for the seniors saw her propel the ladies into third spot. Louise Juby was back in fine form after an injury hit year to take 14th spot overall in just under 21 minutes, with Hannah White and Roisin Archer both finishing shortly afterwards. Anna Louis was our 5th Harrier home and 1st V50 in 21:31 and Christine Kennedy as first V60 and the final scorer for the ladies team. The Ladies now sit at joint second place in the Chingford League. If we keep getting teams like this one out, we have a chance to win this league!

Well done to all our ladies.

Men – A great win by Nick Harris-Fry in our race at Chingford league helped the Orion Men take top spot at Hog Hill to hold onto the top spot in the Chingford league overall. NHF smashed out 16:38 with George Day chasing him down in 17:06 and Richard Smith coming into fine form with a 17:43 finish.

A great battle between Mick McTernan and Mike Roberts saw them push each to sprint up a brutal hilly finish. Evergreen Bob Glasgow ghosted his way through the second wave to take 5th spot, with Adam Baker being the final harrier home for the Men's A team. Great to have Donald Bennet run his first race for the club. Well done to the other Orion men who pushed themselves round that course.

Remember racing is for everyone so get yourself out for a race in 2021.

Orion Winter GP 2020/2021

The Winter Grand Prix is still going strong in these Covid-19 times
Latest table can be found here

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

Orion Harriers Awards 2020



The Awards night this year was held virtually prior to the Great Big Xmas Quiz.
Here is the footage presented by club captains Dave Wilson and Angie Flight

[Orion Awards Video 2020](#)

Awards Winners

Award

Runner

Summer Handicap 2020

Lynne Wakinshaw

Winter Handicap 2019

Anna Liebmann

Men's Road Race Champion 2020

George Day

Ladies Road Race Champion 2020

Ali Trauttmansdorff

Fell Race Champion 2020	Gareth Allen
Men's V40 Champion 2019/20	Bob Glasgow
Men's V50 Champion 2019/20	Colin Read
Ladies Vet Champion 2019/20	Ali Trauttmansdorff
Ladies Super Vet Champion 2019/20	Pippa Dowswell
2020 Men's Cross Country Champion (Mercury)	George Day
2nd place	Brian Jenkins
3rd place	Ian Clark
Ladies' Cross Country Champion 2020	Lucy Charles-Barclay
Winner 10 mile Handicap 2019/20	Andy Lunn
7.5 mile Handicap Winner 2019/20	Tim Freeland
Orion 15 2020 Men's Winner	N/A - cancelled
Orion 15 2020 Ladies' Winner	N/A - cancelled
Men's Winter Grand Prix 2019/20 Division 1 Winner	Brian Jenkins
Division 2 Winner	George Day
Division 3 Winner	John Sable
Division 4 Winner	Scott Reid
2nd Claim Winner	Darren Matussa
Ladies' Winter Grand Prix 2019/20 Division 1 Winner	Ali Trauttmansdorff
Division 2 Winner	Jasmin Fitzpatrick
2nd Claim Winner	Louise Vacher
Men's Summer Grand Prix 2020 (1st place)	Adam Baker
2nd place	Adrian Smith
3rd place	Stephen Thompson
Ladies' Summer Grand Prix 2020 (1st place)	Donna Wilkins
2nd place	Jo Elferink
3rd place	Ella Wilson
Ladies Captain's Trophy	Lisa Smith
Club Captain's Trophy	Bob Glasgow

Summer Grand Prix – The Ever presents

As always, a prize is awarded to the runners who run all the Grand Prix races. So a £5 voucher for the Orion Kit site (PB Teamwear) will be emailed to each of the below. Well done all.

	Grand total	Runs
Donna Wilkins	201	11
Jo Elferink	182	11

Frances Wilson	163	11
Helen Pearce	157	11
Lisa Smith	140	11
Paula Fairlamb	133	11
Daniela Witten	126	11
Christina Watson	118	11
Adam Baker	255	11
Adrian Smith	244	11
Stephen Thompson	229	11
Alex Elferink	221	11
Dan Green	215	11
Roy Perrott	213	11
Andy Kennedy	190	11
Tim Freeland	189	11
bob Jousiffe	173	11
Robin Defoe	137	11
Peter Spelman	133	11
Dhurmendra Mistry	116	11

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. Orion Harriers is 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 and accessories!

Looking for some new apparel or want to treat someone? Look no further than [sportsshoes.com](https://www.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 ~~ADP2449~~ 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.



Social Media Policy update

The Committee wants to ensure that Orion maintains a friendly and welcoming environment to all our Members. As a result, we have updated our [Social Media policy](#). Orion are represented on Twitter, Instagram, Facebook and on various

WhatsApp channels. Members are already expected to be respectful on social media as per the [Club's code of conduct](#), but going forwards we will ensure that the WhatsApp channels have moderators so that members can easily contact the moderator if they are interested in the subject matter and joining but also so that a friendly atmosphere is overseen by the moderator.



There are a few moderated Orion Harriers WA groups if this is your sort of thing? If you would like to be added see below

Orion Harriers Race Info WhatsApp Group please message 07505561833

Orion Harriers Ladies Only Group please message 07905027563

Orion Hill Reps Group please message 07941281218

Tuesday Track Group please message 07971839313



**If there is anything you think should be included or if you just want to
boast about your achievements please contact**

secretary@orionharriers.com



Copyright © 2020 Orion Harriers, All rights reserved.

You are receiving this email because you are a member of Orion Harriers

Our mailing address is:

Orion Harriers
Bury Road
Chingford

12/21/2020

Gmail - Orion Harriers December 2020 Newsletter

London, Lnd E4 7QJ

United Kingdom

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

