

March 2021 Newsletter



Dear Orion Harrier,

Welcome to the latest Orion Harriers newsletter. The abomination that was 2020 is thankfully a distant memory and we are well into 2021 with light clearly visible at the end of the Covid-19 tunnel. As a club that prides itself on doing the 'right thing' we will be closely following the Government and England Athletics roadmap which will give us the best possible chance of hosting our flagship races in a Covid-19 secure and responsible manner. Towards the end of March there will be an announcement from our Covid coordinator regarding the return to structured training sessions and how to go about booking these online or via Spond. Also keep an eye on Social Media for information regarding the return to racing including the culmination of the Chingford League season

Lots of people have fallen in love with running over lockdown but often don't realise the joy of running for a club like ours. So if you have a friend who runs and isn't an Orion member, bring them along for a taster session everyone is welcome always. Who wouldn't want to be as happy as these two?



Orion Harriers Juniors Training



**We are pleased to confirm that training will be restarting from
April as follows:**

**Tuesday 6th April - Track at Walthamstow Feel Good
Centre (please use entrance at the end of the staff car park).**

Wednesday 7th April - Bury Road meeting point.

Sunday 11th April - Bury Road car park.

We look forward to seeing you all very soon!



Calling all builders and crafty types!

Orion needs you! We have a number of odd jobs to fully furnish the newly extended clubhouse. Please contact **Dave (07971839313)** if you can lend a hand in the next month or so. Here are the latest pictures of the extension which is edging towards completion with just the front canopy, communal area flooring and final decorations to be finished.

Latest Clubhouse renovation pictures





The Return of training and racing

Training will start back on 30th March with Tuesday Hill sessions and Wednesday evening runs on 31st March. Groups will be limited to 6 people in the majority of cases. Tuesday track at the Walthamstow Better Centre will start back on 6th April for Juniors and Seniors, using the side entrance. Racing is expected to start back in April. We are still waiting for some Race licenses but please pay attention to the Orion FB page and Orion Race info WhatsApp channel for the latest info.

The **PROVISIONAL** race list is as follows

05/04/2021 - Chingford League Race #3 - Hog Hill - 5K Road

10/04/2021 - Mercury - Club HQ - 10M Cross Country

17/04/2021 - Chingford League Relays - Dagenham - 4 x 3K Cross Country

15/05/2021 - Summer Handicap - Club HQ - 5M Cross Country

25/06/2021 - Fell Race - Club HQ - 3.5M Cross Country

17/07/2021 - Forest Five - Club HQ - 5M Cross Country

04/08/2021 - 5K On The Rides - 5K - Trail

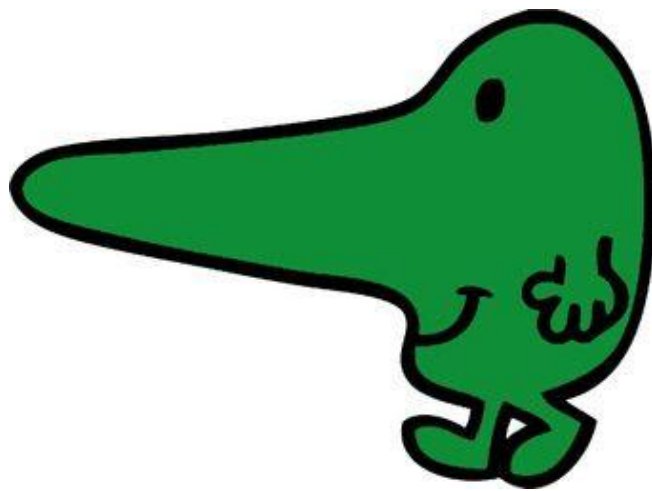
11/08/2021 - 5K On The Rides - 5K - Trail

18/08/2021 - 5K On The Rides - 5K - Trail

21/08/2021 - Forest Five - Club HQ - 5M Cross Country

12/09/2021 - Forest Five - Club HQ - 5M Cross Country

FYI - 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



Orion wants to know about you

Please help us understand more about our members by updating your profile on the Orion database. [Update here](#)

We would also appreciate your thoughts on diversity and inclusion by completing [this survey](#).

Orion Winter GP 2020/2021

The Winter Grand Prix is drawing to a close in these Covid-19 times
Latest table can be found here

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

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.

Go Faster Green tops

Orion has new short sleeve training tops – Danny Fitzsimmon's mud range will soon be available at [PB Sport Wear](#) Please also see our new range of Hoodies, reflective jackets and leggings. Orion benefit from a 10% return on all kit bought.





New Club discount on apparel and shoes

If you are looking for some new footwear or clothing why not head to our friends at [Pure Running](#) for expert advice.

There is a dedicated advice line (02890 325151) and their range is exceptional. Pure Running go out of their way to source unusual requests and often like to include a freebie with purchases

This months code for a 10% discount is **OMSPRING10**



Discount High Visibility Clothing

Our friends at <https://www.provizsports.com/en-gb/> have offered us a 20% off discount using the code **OrionRC20**



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 **BYGJL1** 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.

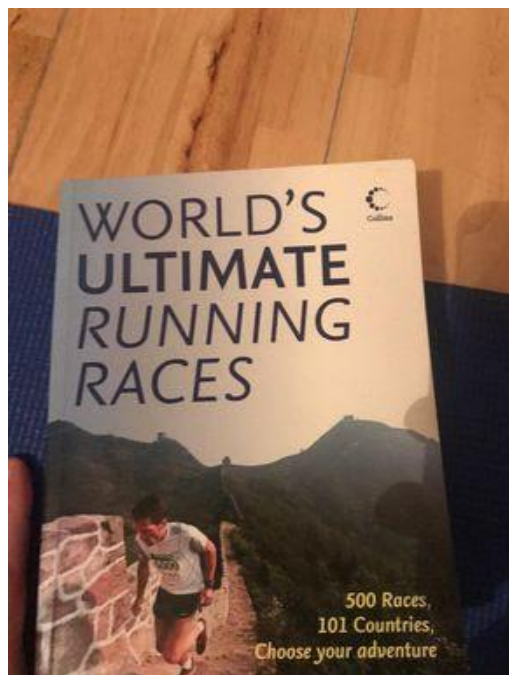
Please register using this unique link – just search for 'Orion Harriers Juniors' and click 'support us' -

<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.

Random Orion mention of the month.....



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**



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