

# August 2022 Newsletter

---

**Dear Orion Harrier,**

Welcome to the latest Orion Harriers newsletter. We are in the middle of a busy summer of racing and training so thought it would be a good time to bring you up to speed with what is happening at the club. A mixed range of results in the Midweek League saw us survive relegation on the last competitive fixture of the campaign. Thanks to everyone who turned out to help and race. As this is a priority competition let's kick on next season and field strong teams and try to win the title instead of battling relegation! The ELVIS season is mid competition with a few fixtures remaining including our own one this coming Saturday combined with the Forest Five finale.

A reminder that the club road championships are on the 11th September incorporated into the Essex Championship race at Pleshey. YOU need to pre enter via this link

<https://raceroster.com/registration/60405/entry>

There will also be a social event in the Queen Elizabeth during the afternoon from 4pm

Look out across social media for forthcoming events including a new BBQ night after the 5k OTR

**Special mentions in no particular order**

**Christine Kennedy - World 10k and HM Masters Champion (Finland)**

<https://wmatampere2022.com/news/>

**Lewis Harknett - U23 3000m Steeplechase silver medal English Champs**

**Russell Brown V50 award at MWL**  
**Nick Harris Fry - Essex medals at Pleshey + Felstead**  
**Nick Shahsa - Essex medals at Pleshey + Felstead**  
**Paul Quinton - Essex medals at Pleshey**  
**Rich Smith - Essex medals at Pleshey**  
**Scott Reid - Essex medal at Felstead**  
**Adam Baker - Norfolk medal at Great Yarmouth HM**  
**Joseph Owen - New club 800m record 1:48:53**

---

### **Club Policies**

It's always good for members old and new to familiarise themselves with the codes of conduct which the club adhere to. They can all be found here <https://www.orionharriers.com/codes-of-conduct-and-policies/> and any queries can be sent to [info@orionharriers.com](mailto:info@orionharriers.com)

### **Winter Fixtures**

<https://www.orionharriers.com/upcoming-fixtures/?fb-edit=1>

### **Training sessions**

. We are always on the look out for new members from all backgrounds so feel free to recruit away on your travels. Training session details can be found here

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

### **AGM**

We are holding the Annual AGM on Saturday 08th October after the Winter Handicap. The Winter Handicap starts from 11:30. All roles are can be applied for following the usual voting process and descriptions of each role can be found here

<https://www.orionharriers.com/orion-committee-2/>

---

## Orion Active Update

Orion has been holding weekly, one hour Pilates classes since the beginning of October. Members' have varied abilities and all are welcome as we either regress or progress the exercises to suit all types. Even on the hottest day of the year, we had 8 participants aged 20 to 70+, a mixture of members, ex members and non members.

The classes are a mixture of posture alignment, breathing and relaxation techniques along with standing and mat based Pilates postures. Mats and exercise bands are provided by the club and myself.

### Why choose Pilates?

It has been proven how beneficial Pilates sessions can be, not only for injury prevention and rehabilitation, but for runners in particular, to strengthen the core stabilising muscles and breathing control. Pilates is also important as many of the exercises focus on strengthening the glutes (muscles of the buttocks). This can help to alleviate lower back issues, align your knees correctly and additionally sharpen your running form ie when you land and push up.

Numerous clients have been recommended for Pilates following back surgery or physiotherapy, but you can be 100% fit as well, to come along for a session. **Many enjoy the mental benefits of the class**, owing to the emphasis of breathing techniques and mindful concentration, which for some, may help with stress and anxiety levels. *(this is important for our Mental Health awareness side of the club).*

The key is to remember it is about the focus and control and to have patience for the adjustments to kick in.

**As a promotion, during the school summer holidays we are welcoming participants to bring their children along aged 11 and over for half the usual price (£6 members, £7 non. Children £3 or £3.50).**

Give it a go! Most Fridays at 1pm.

To book or for more information contact Hayley Barron: 07852 715665 or [hayleybarron71@hotmail.com](mailto:hayleybarron71@hotmail.com)

---

---

### **Athletes of the Month**

#### **Athlete of the Month - June 2022 - Mary Armitage**

Mary picked up silver for the Midweek League for the V55 category and was part of a team who ensured Orion finished the league strongly. Mary is an ever present for the MWL and seems to pick up medals most years for the club. She is friendly face who has supported the club for years and helped others with their running.

We would also like to mention **Hayley Rogerson and Russell Brown** who picked up Silver at MWL as well. **Chris Scott** was nominated for his fantastic and ongoing contribution to the Southern Athletics League, he competed in 7 different events at the Parliament Hill SAL. Well done to **Ollie Bushardi** for running 15.30 in June (15.25 in July) for the 5k and **Joseph Owen** for running 1.50 for the 800m in June ( yesterday he broke the Orion record in the 800m at Watford in an amazing time of 1min 48 seconds).

#### **Athlete of the Month - May 2022 - Phu Ly**

Well done to Phu for a big PB of 3hours and 4 minutes at Halstead Marathon and picking up Essex Medals for V40 & Team (Bronze).

Especially impressive on a humid day on an undulating course. Everyone has seen this guy training hard so nice to see him get the result. He's also mucks in making this club run by volunteering at races or raking sand at the SAL! Hero.

It was a very tough month to choose a winner. We would also like to congratulate **Scott Reid and Neil Swift** who also picked up Essex medals in their Age categories (golds). Big well done to **Patrick Brown** who won his 100th Walthamstow parkrun in the month of May, an achievement that was years in the making! **Lewis Harknett** continues

collecting Essex Golds with this wins this month too.

### **Athlete of the Month - April 2022 - Christine Kennedy**

When is this lady not winning silverware? She picked up gold at the Essex Relays along with **Karen Allworthy and Julie Robinson**. Then this weekend Christine has gone and won the Witham 10 in her age category (beating the V50 winner in the process) and picking up Essex gold. She has consistently won competitions during her time with Orion.

What a star.

Well done Christine. Keep earning those medals!

### **Athlete of the month - February 2022 - Colin Read**

Well done to Colin Read who took Silver in Essex League's V50 Category. Colin has picked up silverware for Orion for years now. He also helps Coaching the Juniors at the Track with Shayne Bellas

### **Athlete of the month - March 2022 - Donald Bennet**

Well done to Donald who went sub 17 minutes at Serpentine's Last Friday of the month 5k in Hyde Park. Donald has worked hard, you'll see him at the track every Tuesday. He chipped away at that 5k time to get himself a well earned PB of 16:58!!! Not only that, he then ran the Battersea 5k on 30th March to improve his PB to 16:53. We love to see solid training, hard work and determination pay off. More PBs to come.

Go on the Don!

If you want to nominate a candidate for the Athlete of the month, please contact [clubcaptain@orionharriers.com](mailto:clubcaptain@orionharriers.com) by the 5th of the following month. The criteria is that they must have done something amazing in that month (either with sporting prowess or doing something for the club). This could be winning a race or someone bringing down their marathon time by a big margin, for example.

---

**Orion Harriers Juniors**

---

### **Racing update - Track**

Both **Lewis Harknett** and **Joseph Owen** made the final at BUCS this year. Lewis in the 3000m chase and Joseph in the 800 after two tough rounds. This is intensely competitive and so both deserve credit.

Joseph has been able to pick up invites to a number of high profile 800m races culminating in a win in his BMC race at Watford in 1.48.53; a 4 second improvement over the season. This time ranks him at 32 in the UK.

Lewis followed up his BUCS run with second in the England U23 3000m chase. This is his biggest success to date.

**Joss Foot** medalled at BUCS with bronze in the javelin followed up with silver in the South of England and gold at England U23. A very solid season.

**Nathan Boase** who has seen spectacular improvements in 2022 was awarded his first Essex vest and reduced his 800m pb under the elusive 2 minute barrier.

**The Bushdari brothers** have also made a splash in 2022 with **Oliver** hitting 15.20 at the MK PB special and 8.44 for 3000m on the track. **Deelan** has destroyed his PBS across 1500m and 800, clocking 2.04.

Finally, **Sophie Magson** ran 10 flat to qualify for the English Schools 3000m in a national standard time where she came 10th in a competitive final. We wish her well as she takes up her full US college running scholarship in the Autumn.

---

### **Racing update - Trail and Fell Running**

### **John Clarke Memorial Fell Race 2022**

Temperatures of 35C during the day meant that conditions were particularly warm for the 26th running of Orion Harrier's John Clarke Memorial Fell Race- the only category A race in Essex or inside the M25.

Among the men, veteran Joe Dale (Victoria Park Harriers) held off local youngster Oliver Bushdari (Orion Harriers) to win.

The women's race also saw a veteran from Victoria Park Harriers (Kelly Clark who ran brilliantly) beating a young Orion Harrier (Claire Huggins) for the win, though by a bigger margin.

The warm weather and free bottle of beer for each runner contributed to the post-race festivities and the club bar was drunk dry by the end of the night.

---

### **Tideswell Fell Race 2022**

Congratulations to ex captain **Brain Jenkins** on winning the V40 title and a clock radio at the annual Tideswell Fell Race. Looks like he got a long awaited bath too!

Tideswell Fell Race is an annual race held during the village's Wakes Week on a Friday at the end of June. The race has become a firm favourite in the fell racing calendar and attracts a strong field every year.

It attracts individual runners and club runners from local villages, Derbyshire and increasingly from many other areas of the country, meaning stiff competition. In spite of this, it retains its charm and appeals to amateur runners and more determined serial fell race runners alike.

While the race is relatively short (4.5 miles) it has some very steep ascents and descents, rising from a valley to a hilltop ridge and down again

<https://tideswellrunningclub.uk/2022-results/>

**Members Fell racing updates**

### **David Heinemann**

For me, running is all about trying to have a more positive, proactive relationship with my body (I have AS & Asthma), and by extension our planet - so when someone told me there was a race called The Spine I was intrigued... The Spine Sprint is the little sister of the Montane Spine Race and covers a mere (!) 46 miles of the Pennine Way inc. 7000 feet of hills and some stunning wilderness between Edale and Hebden Bridge.

I had some big pre-race nerves. Could I even do this? How slow should I go? Would Epping Forest's hills have been anywhere near big enough?! Then my 2 year old son vomited all over my carefully packed kit... I asked myself what on Earth I was doing?

But the day itself was actually brilliant. As a self-supported event with no checkpoints the kit list is quite something and passing kit check felt like an achievement in itself...

Our Tuesday night hill sessions and a good few laps of the Orion Fell Run course served me really well as I found myself skipping up Kinder Scout.

Some ace fellow runners kept me (and my 10kg kit bag) bouncing along to half way. Seeing my wife and son in the middle of the moors was so great but I thought she was winding me up when she said I was in the top 10.

I then spent a few hours feeling very nauseous and dropped a few places - fuelling is key and I definitely didn't get it right. But a game changing cup of tea alongside some friendly messages and a truly stunning sunset over Stoodley Pike had me flying again. The last 5 were some of my fastest miles all day.

Until I got a bit overexcited coming into Hebden Bridge - back in the bright lights of town - and got lost!

I found the last stretch, a delightfully steep hill, and was still stunned to finish 12th/8th male in just over 11 hours.

An amazing adventure, brilliant people, fantastic for your soul! I'm sizing up the 108 mile Spine Challenger next year...



### **Han Lu**

Swaledale marathon is 23.2 miles race with 1258m ascent in North Yorkshire. 6 check points and 4 self check points. Compulsory kit include 3 sheet of OS map print out, waterproof jacket & over-trousers, compass & whistle and emergency food. The hill ascent were tough, even harder as you ascent battling against the wind! The route instruction is pretty accurate and the gpx files were spot on (thank goodness!). It was pretty hairy as you run along single track on the edge of the hill with the wind blowing side way. Be careful not to follow runner ahead, you either detour sharp down descent or complete off track because you are tired and not paying attention that runner ahead is not a runner at all!! The finish line is down hill but harsh as you racing down the cobblestones, some are slippery and care not go flying face down! After all the hard work you get a meal at the end and hot drink while waiting for your certificate, badge and a pottery mug! As well as self satisfaction for tackling one of the technical fell run in NY. Of course, the scenery is lovely definitely worth a trip up Norf for some gruelling hills! I will definitely back next year to give it another go!

### **Zoltan Fodor**

I've always been inspired to run off road in hilly, beautiful places. Moving as light and as fast in the hills, mountains as possible. Difficult to do in London once could say but when I moved up from Brighton in 2013 Orion Harriers was an easy choice because of Epping Forest. I thought that my best running years were 10 years ago when I was churning out long off road races including in the spring of 2012 the Highland Fling at 53 miles then a 112 km race in Hungary followed by the South Downs Way 100 miles 1 week before my wedding.

Not much thought went into training back then, I was just doing back to back long runs every weekend on the South Downs that I loved and still go back to whenever I can.

This country however has beautiful mountains and coastlines with endless, inspiring and hard off road races. I gradually stopped doing the very long distances and focused more on fell running in appreciation of how hard it is to run fast on these races.

My focus this year has shifted from being a just a fun runner and try and do well on the Isle of Jura fell race. I rejoined Orion Harriers after almost 3 years off. I try to get to as

many club runs and races as I can. Funny as it may sound, firstly the main shift in my training has been to reduce beer drinking to lose weight and to do regular core training, HIIT and body conditioning classes in Waltham Forest sports centers. It definitely helped my running this year and I'm in as good form as 10 years ago.

What I'm most proud of this year is having done sub 5 hours on the Isle of Jura race and decent 4h 43 on the Reeks Skyline race in Ireland recently where I finished 8th overall.

Injuries permitting, I'd like to challenge myself on hard fell races in inspiring places and it would be good to see other Orion Harriers taking on some fell races as they aren't that far from Cross Country racing.

### **Andy Kennedy**

Unfortunately a DNS for Andy at the July UTS Snowdonia which is a tough 50km race with 3100 metres of elevation. But Andy will be back there next year to do well!

<https://apexrunning.co/events/ultratrailsnowdonia>

### **Paul Goodhew**

After a good start to 2022 with some road pb's and a few good long trail events including the Suffolk Back Yard Ultra (interesting format - I recommend trying it), it was time to turn to some Fell races. Howtown in the Lakes was a great replacement of Ennerdale which was cancelled the day before because of high winds, and then came Buttermere ( The Darren Holloway Memorial Horseshoe ) which is largely regarded as one of the hardest. I managed to find my own route at times and also climbed an extra fell top - to come last! I received a very friendly welcome from the RD and volunteers at the end, to wrap up a wonderful day on the fells, plus I won a cash prize kindly donated by Darren's father.

Wasdale FR was next. A hot day with around 200 starters. A tough one with very tight checkpoint time limits. Some runners were out at CP2 and I managed to be timed out at the top of Great Gable along with fell legend Wendy Dodds. Stunning views that day aided my disappointment and my reflection on 'you need to be more fell ready and better at techy descents' - my achilles heel. It is hard to practice techy hills in Epping Forest of course!

Scafell Pike Trail Marathon in August is coming up with a look towards Lakes in a Day in October where I have unfinished business from last year in regards to achieving a

much better time.

All fun, often out of comfort zone, but love these hilly challenges!

### **David Brock : Interview by Paul Goodhew**

#### **Hi Dave - how many fells did you complete last year?**

"23 including the George Fischer Tea Round Challenge. I was also in the 50 @ 50 race series to celebrate 50 years of the FRA and was one of only a dozen who earned a much valued hoody!"

#### **What were/are the main hurdles to get to and complete these events?**

"Its all logistics in regard to road or rail, plus the accomodation whether camping or b&b for instance, availability and location. It's hard to drive 300 odd miles then go and compete, but I've met many new friends and get lots of remarks from northern based fell runners and the FRA about my efforts to be on the circuit."

#### **How many FR's so far this year and the most satisfying ones?**

"16 so far, and the Isle of Jura was great because of the history, plus the reputation of the race and the elevation over the distance in the British Isles (see Zoltan for stunning photos dear reader).

Plus Wasdale - for me to get past the time checks and overcome the technical aspects of the race was a very satisfying acheivement on a very warm day for the Lakes.

Acting captain for Essex in the inter counties fell champs in Wales was another highlight."

#### **You have an injury - tell us more...**

"Yes, carrying a foot injury for 9 months now and the recent Doc feedback was a bit negative, but I'm still able to carry on. I had to miss races at Duddon and the Reeks in Ireland but life is short and I'm managing the injury!"

#### **Next challenges this year?**

"Crown Round FR which is a 22.5 mile English Champs race and Neil McGoun will be joining me that day. There are two more English Champs races after that plus two in the Lakes Classics and I'm looking forward to those."

#### **Any fell running top tips for beginners or seasoned runners?**

"Just get out there and enjoy yourselves. It's the simplicity of it all plus being in the

great outdoors. You're moving, you have amazing scenery, sometimes it's a bit scary, but it's great. I'm lucky I have the time, and I do it because I can"

---

### **Team Orion - Time to help others**

If you are having a bad day and want to chat to someone we have the Orion buddy programme 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 [clubcaptain@orionharriers.com](mailto:clubcaptain@orionharriers.com) or either  
Bob Glasgow [runforhire1974@gmail.com](mailto:runforhire1974@gmail.com) or Hayley  
Barron [hayleybarron71@hotmail.com](mailto:hayleybarron71@hotmail.com) if you would like someone to  
talk to.**

---

### **New Club discount on Run Through Events**

Thanks to Callum Smyth for organising a special discount with Run Through events. Use the code '**club**' when booking with them for a £2 discount of their races. We also have a discount code on its way for High 5 products so keep an eye on your inboxes

---

### **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://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 **MVTUL5** 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=LK0YW&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](mailto:secretary@orionharriers.com)**