

February 2022 Newsletter

Dear Orion Harrier,

Welcome to the latest Orion Harriers newsletter. The cross country season is drawing to a close so it seems a good time to look back and reflect on a solid campaign for the club after exiting the madness of Covid-19. Strong all round performances in both the Essex League and Chingford League have been backed up with a fine mob match victory against Ranelagh that also saw the clubs XC champions crowned. Very well done to Claire Huggins and Nick Harris-Fry who get to join an illustrious band of Orionites on the club honours boards.

The club membership has risen considerably during 2021 and early 2022 no doubt fuelled by the prospects of spring marathons and Paula Fairlamb's 'Return to running group'. We are always on the look out for new members from all backgrounds so feel free to recruit away on your travels.

Look out across social media for forthcoming events including our quiz night and various breakfast opportunities that will give everyone a chance to get to know each other and make use of our new clubhouse

First Aiders Required

The club is looking to draw up a list of qualified first aiders who would be willing to assist the club from time to time. If you are, or

are interested in becoming, a qualified first aider, and willing to assist at Orion races and training sessions, then we would welcome your assistance.

The club has access to free places on level 3 first aid courses provided by the London Borough of Waltham Forest. If you are interested in attending one of these courses, either for the first time or as a refresher, then let Paul Williams (paul.williams9090@ntlworld.com) know. All we ask in exchange is that, from time to time, you agree to be a first aid contact when marshalling or in training sessions (we pay for external first aid at the biggest events, such as the Orion 15, the Midweek League and the Essex League). First aid supplies are available at the clubhouse, as is a defibrillator, which requires no training; it tells you exactly what you need to do if you ever need to use it.. If you are already a qualified first aider and would be willing to assist, let Paul know.

Orion Pentathlon Day - 3rd April 2022

Come and have a try at track and field at our open day. **All welcome**

3000m

800m

200m

Javelin

Discus

Shot Putt

High Jump

Long Jump

Competitors to select FIVE events from

**800m, 200m, 3000m Long Jump, High Jump, Shot Putt,
Javelin and Discus**

Trophies for the TOP 3 in each age group

Note: There is an option to enter the 3000m as a stand alone

event. Should you wish to enter the 3000m please indicate on registration

Timings still to be confirmed but likely first event will be 12 noon and registration from 11 am

For information contact – Andy Day 07971739983

£3 pre registered members, £5 pre registered non members or £6 registration on the day

Pre register here and pay on the day via cash or card

<http://www.orionharriers.com/events#!event/2022/4/3/orion-harriers-pentathlon-day-03-04-2022waltham-forest-pool-and-track>

Orion Active

What is Orion Active?

Our aim is to provide a support network for OH members and the wider community by hosting a number of classes and social events that will progress your running, reach out to the wider community and support our elderly and injured members stay active.

As you can see we are offering a number of classes throughout the week from Pilates, BodyFlow (Yoga/stretching/meditation) and Biomechanics. If there are any classes which you would like to see Orion Active hosting and have any contacts, please let us know and we will follow-up these lines of enquiries.

There will shortly be an 'open day' where you can pop in and try and number of classes.

angie_flight@hotmail.co.uk

First session £5.00, thereafter £6.00 OH Members and £7.00

Non-OH Members. Payments to be made directly to instructors.

Mats and equipment will be provided.

Fridays @ 13:00 - Pilates - Beginners

For all age groups old and young.

The class will be low impact. It will increase your flexibility and muscle strength.

To book contact Hayley Barron: 07852 715665

Saturdays @ 12 o Clock - Body Flow - all abilities above the age of 15 years

The class will be a mixture of Yoga, Pilates, balance moves and meditation (optional)

The class will improve:

flexibility - it will increase your stride length thus helping to limit hip rotation - hips will then be propelled forward and you will run quicker!

Stability and core strength, decreasing the risk of injury and keeping yourself mobile.

To book contact Julie Robinson: 07801 616188

Breakfast Run – 24 April 2022

We would be grateful if you could join us for a morning run where you can meet fellow runners and enjoy a lovely breakfast at our clubhouse. Hopefully, it will be an opportunity to run and meet new runners and forge new friendships. We ask that those attending the breakfast run to each bring something from their kitchen. Historically we have homemade bread, jam or croissants.

Summer Fixtures

Provisional summer fixtures can be found via this link

<https://www.orionharriers.com/upcoming-fixtures/>

* Please note the ELVIS fixtures have yet to be confirmed but will be available as soon as possible after their AGM at the beginning of March 2022

* Our friends at Loughton are proposing a summer Ware Cup and are also hosting their usual summer relays. Once the dates are confirmed we will let all members know. These are great low key events ideal for first time racers and also a really good social opportunity too

A full summer Grand Prix league will operate as normal

Athletes of the Month

Some fantastic performances over the weekend 12/13th February. Aside from crowning our own XC champs there were outstanding performances from

1. Sophie Magson winning the Hertfordshire XC Champs
2. Lewis Harknett & Nick Shasha (V40) winning the 1500m at Essex Indoors.
3. Christine Kennedy winning the V65 category in the UK 10K Champs at Chessington.
4. Emily Sharpe Essex and Eastern champion for senior women 400m
5. Alex Hardy winning the Welwyn Garden City 10K

Very well done all and to anyone else who we may have missed.

Orion Harriers Juniors - Athlete of the Month Competition

This year the juniors will award an Athlete of the Month t-shirt to someone who has been brilliant. We held a competition where designs could be submitted, with the winner's design actually being made into a t-shirt that would be awarded monthly and Club Captain David Wilson and Women's Captain Angie Flight decided on the winner. We would like to say how impressed we were with your entries, they were all fantastic. The Winner of the competition was Chloe Summers, with Henry Gillman coming second. Everyone who entered the competition have won some chocolate and Chloe will be awarded a t-shirt of her design too.

Athlete of the Month Nominations

We have taken inspiration from our juniors and have introduced 'athlete of the month'. Each month, one of the captains will choose a successful candidate from their own observations or nominations from you. There will be no set criteria for the successful candidate – it could vary from taking an athlete to hospital during a race (yes, this happened very recently, beating your own longstanding PB, achieving a challenge you have set yourself or winning a race! Nominations can be sent to angie_flight@hotmail.co.uk &/or davidwilson_99@hotmail.com

Mercury / Mob Match

The Mercury – the 99th running of the Mercury was a glorious day with the sun breaking through, with our final Mobmatch of the

season, the Club XC Champs and 10 Mile Handicap taking place also. 71 Orion Harriers faced off to 26 Ranelagh runners in the Mobmatch. We also had friends from East London Tri, East London Runners, Eton Manor and Victoria Park. James Stockings representing Orion won the race outright and Suzy Whatmough from Ranelagh was the first women back, with Orion newcomer Juliette Watkinson finishing seconds behind.. The Club XC Championships were won by Nick Harris-Fry and Claire Huggins, with Brian Jenkins and Anna Louis taking 2nd place and Will Reed-Wright & Jasmine Fitzpatrick taking 3rd place. The handicap was won easily by Mark Tempest. Orion had a comprehensive win in the Mobmatch scoring 486 to Ranelagh's 1128. We would like to thank all the trail layers, volunteers and our runners who made this a wonderful event.

[99th Orion Mercury Results.](#)

<https://www.dropbox.com/sh/ygloso78j5ie8xs/AAAqG8leKWokJdYQ4Pj7t2E9a?dl=0&fbclid=IwAR0LyYLfx6JLCFIGILu2BJFwoXjsJu7Uzd4kNTfvQCv937WJQRB0-cn3s&preview=Photo+12-02-2022%2C+15+01+11.jpg>

Easter Egg Relays

Watch out for the Easter Eggs relays where the seniors and juniors join forces and competing against teams to win Easter Eggs. The relays take place on Chingford Plains over the Easter Weekend where teams of 4 (a mixture of little ones and adults) run between 0.5 and one mile against each other.

Orion 15

Orion 15 – 26 March 2022

Round the corner, we have the Orion 15 which will also be the Cross Country Vets Champs.

The Orion 15 is a long standing race which is a single lap that winds up and down through the forest. The race is so successful it is in the book 'World Ultimate Running Race'

If you would like to enter, please make sure you have a marshal that will be available on 26 March. You can enter the Orion 15 using the Spond App - code FIKIN. The race requires a lot of marshals to make it a safe, fun and successful race. If you cannot nominate anyone, please contact a member of the committee without further delay. You can input your volunteer on SPOND under your Orion race registration group profile or alternatively let Don Taylor know. taylordon@btconnect.com

Members Running Adventures

30.9 miles in 12:50:41

Hopefully a nice summary there for you, and now I have the data record but mostly we have the picture memories in our heads, and I'm confident if we did it again we would knock 2 hours off, perhaps more. (When we got to the pub after the finish it was: 'we could easily knock 4 hours off that you know!'). The key is of course finding the lines of least resistance and making it more runnable - great if you lived there and could take a few days now and again to recce parts and fine tune it. Stunning views all round, and a great day out!

We topped Grisdale Pike, via Hobcarton Crag, Eel Crag, across to Sail, Causey Pike, Rowling End, dropping down into Stoneycroft Ghyll before taking on the last fell of the day, Barrow, and then flying 4 miles

from there back to the shop via Braithwaite Village.

The rest of the day was literally tackling the horseshoe shape on the mountains from west to east, not easy, some tricky bits with stubborn rock descents, but more runnable than the previous bits over tops 2 and 3. It was very thirsty work and although we'd set off with about 1.5 litres of water each at the start, we needed more, and a combination of a quick pit stop at a cafe, plus more water from a fast running beck under Eel Crag meant we both took on about 4.5 litres over the day.

Note - we'd covered 19 miles before we got to this point with 70% of the tops to go, but they were more bunched together.

So, it was good visibility for the remaining 7 peaks.

I always thought that race directors do a great job, and when you are trying to push your speed, map read, use a compass, fuel properly, etc, etc, you really do appreciate the luxury of the marked races that we predominately run with flags, sawdust, arrows, tape, or human volunteers! Self-led is costly on time, energy and concentration for sure, and we were luckily blessed on this adventure with a high cloud base and overcast weather from Buttermere onwards. Next time you get a chance, hug a RD.

The third, last and modest mistake was finding the route to Whiteless Pike from Buttermere - probably a more human trodden path this one but was invisible to us at the time and we had a diversion in the ferns costing about 25 mins. It was like Jurassic park out there - with us as the dinosaurs. Round from High Stile we flew at pace and topped Red Pike at 755 metres above sea level which was not an official top but needed for the descent to the west side of Buttermere. A scree slope speedy run ended abruptly with large stones totally wet and in the forest covered in algae - not good or fun with mudclaws on! Dave persisted with the stones, and I hung on to trees at the side.

The next mistake was not finding the diagonal path from Comb Beck above Buttermere up to High Stile (top 3), and I wondered that on the day if a lot of the paths were like this as the ferns and other plants had been growing so vigorously, and the routes were not used much by normal and

arguably more sensible people. A tough climb ensued (see pic of Dave where we gave ourselves a short rest) and we made our way to a rocky outcrop and started scrambling/climbing but for safety reasons and because I was scared we retraced our steps and chose another route as the first was too much of an unknown, and below it was a steep and unforgiving drop. Overall a one mile distance here cost us 75 mins! We kept our patience and our heads - as old folk do.

A cloudy and rainy start, and we elected for the clockwise route and ran through Portinscale Village and up to the first top which was Catbells, then descended towards top 2 which is Robinson where we (I) made our first of three 'Nav' mistakes. We couldn't find the steep path to High Snab Bank to get on to Robinson for a gradual climb, so we ran underneath it and climbed around a large crag above a small infinity tarn, and it proved to be a lot tougher amongst the sheep trods, boulders and clumps of grass! Mission accomplished and sweating only a bit of course, we pushed on with a steady then a very steep drop along the wrong side of a fence (my fault again!) and alongside a fast beck with some waterfalls to the flat area around Buttermere.

On the 12th July at approximately 8:20am, I set off with Dave Brock (Orion Legend) from the shop laden with plenty of our own food, kit and water for the self-led challenge, armed with a decent OS map of the course, a compass, plus a Garmin watch, a new iphone and an old iphone with a battery booster attached (heavy!) to hopefully successfully record the attempt via Runkeeper - 'If it ain't on Strava etc it never happened', right?

"Launched in 2017, the Tea Round is the brainchild of former George Fisher staff member Jacob Tonkin... who linked together this exciting route which includes all of the tops that can be viewed out of our café window on the top floor of our store."

George Fisher's Tea Round is a 30 mile route of ten tops with 12,000+ feet of ascent that starts and finishes at the doors of the George Fisher shop in Keswick.

Paul Goodhew

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 or either Bob Glasgow runforhire1974@gmail.com or Hayley Barron 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

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 **SSZUY3** 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.

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LK0YWR&referral-campaign=s2s](https://www.easyfundraising.org.uk/causes/orionharriersj/?invite=LK0YWR&referral-campaign=s2s)

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