

June 2021 Newsletter

Dear Orion Harrier,

Welcome to the latest Orion Harriers newsletter. Thankfully there looks to be an end in sight to this long running pandemic and we can look forward to some normality come the 21st June. This will no doubt change



as soon as you receive this newsletter We have already seen a return to racing with club, Mid Week League and the ELVIS series races successfully taking place. Please do keep an eye out on all of the social media channels for updates from our covid officer and please follow the latest framework when attending races and training

Membership continues to grow thanks in the main to the sterling work of Paula Fairlamb in organising the popular Wednesday social runs from the club. Hopefully these will lead to an influx of people keen to represent Orion Harriers in any of the forthcoming events. Please speak to either club captain [Dave Wilson](#) or ladies captain [Angie Flight](#) with any questions you have or join one of the Orion Harriers What's App groups which are a fine source of information. See further down the newsletter for information regarding the WA groups.

Good luck to everyone racing and training during the summer and please keep us informed of your achievements to be included in future editions of the newsletters

Orion Harriers Juniors Training

Do you know anyone who works in schools and would be willing to put

up a poster or send out our flyer on a newsletter. If so please email orionharriersjuniors@outlook.com

A reminder that Junior Training training has restarted as follows:

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

Wednesday - Bury Road meeting point.

Sunday - Bury Road car park.

For any information regarding junior membership or training please contact orionharriersjuniors@outlook.com

We look forward to seeing you all very soon!

Orion Harriers Juniors would like to thank the below people and everyone else who makes the Juniors tick

Eve Smith
Pandora Baker
Owen Keen
Sophie Foot
Becci Leddy
Sophie Grant
Katie Howlett
Thomas Pleasance

Without their amazing voluntary help week in week out we would not be

able to run the 5:30 to 6:30 group! Between them they are taking a group of around 30 athletes.

We would welcome any help from seniors for coach/ coach assistant/unqualified helpers on Tuesdays at the track between 5:30-7pm and any LiRF assistance on Sunday mornings from 10am-11:15am

Fundraising

Does anyone have any kit they no longer need (too small, too big, no longer required)? If so please consider donating it to Orion Harriers who are organising a table top sale on **17th July** together with a flash sale of some vintage Orion kit that we have been donated

If you would like to get involved please contact orionharriersjuniors@outlook.com

Clubhouse Reopening

- Dependent on the government lifting the final COVID restrictions on June 21st, we plan to have a soft launch reopening of the clubhouse on Friday 25th June, to coincide with the Fell race, so people can run that lovely collections of hills and then grab a drink back at the clubhouse afterwards.
- The formal clubhouse re-opening will take place after the 1st Forest 5 on Saturday 17th July. There will be a small ceremony and words said to recognise all the work that has been done to extend the clubhouse. Again this is subject to COVID restrictions being lifted as per current timelines.

Quotes

We are continuing to look at ways to decorate our clubhouse and make it a friendly, useable and personable space for our members.

Therefore, if you have a quote or a saying that reminds you of Orion, please send them to us. These may be transformed into stickers that will go on the wall or we may create a piece of art for everyone to see.

Angie Flight can be contacted on angie_flight@hotmail.co.uk with suggestions

Orion Active

Orion Harriers are creating an activity schedule for all of its members and the community upon the re-opening of its clubhouse. We are extremely fortunate to have a number of members that are instructors and teach a variety of programmes. If you would like to use the clubhouse and be part of Orion Active, please contact [Grant](#) or [Angie](#) for more information.

Training and Racing

Training has long since resumed with Tuesday Hill/Track sessions and Wednesday evening runs bookable via the Spond platform. All the information you require can be found here <https://www.orionharriers.com/>

Racing has resumed with the Club Handicap, Mid Week League and ELVIS races attracting large attendances

The current fixture list can be found here <https://www.orionharriers.com/upcoming-fixtures/> whilst results from these fixtures can be located here <https://www.orionharriers.com/results-4/>

Please be aware that these are subject to change in line with Government guidelines. Please do keep checking our social media channels for the latest updates

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

From Paula Fairlamb. 'The London Landmarks half marathon is looking for volunteers for their event on Sunday 1st August. I'd love to get a group of Orion there to help out. I've volunteered at these big events before and it's really good fun. There is a lot of different roles including meet and greet, drinks stations, bag drop, course marshals and start and finish teams. It's very rewarding and after the last year it will be lovely to be out in the buzz and excitement again. Please [let me know](#) if you're interested and I'll get a team set up. Thank you!'

London Marathon Club Place Allocation

We have one place to award to a lucky member for this year's London Marathon, which takes place on **3 October**. We are normally allocated more places than this however due to the cancellation of last year's race, and the opportunity for runners to defer their place to this year, unfortunately Virgin are handing out far fewer places than normal.

If you have been a first claim senior member of Orion Harriers since at least 1 October 2020, and can demonstrate that you have recently helped the club by volunteering (eg. marshalling/working on the club house extension/run leaders/recruiting new members, etc), you are welcome to apply for the place.

Please send an email to secretary@orionharriers.com explaining why you think you deserve a place. We anticipate very high demand for this "golden ticket", so, to maximise your chances, please list in full any contribution that you have made to the club recently (if possible with dates). The more specific and detailed your response, the greater your

chance of getting the place. If two or more candidates are equally deserving, preference will be shown to the candidate who has not previously benefited from a club marathon place.

You must submit your application no later than midnight on Friday 18 June and the lucky winner will be notified shortly afterwards.

Autumn Marathon Training Groups

As time goes on we get more and more confident that the autumn marathons will go ahead, so it's time to kick that training plan into gear.

Our marathon training groups will complete their first long run on Sunday June 20th. **You will need to book via Spond. Please use this link to be added;**

<https://group.spond.com/HWJQB>

Training sessions will be added nearer the time for you to book onto.

We have 3 leaders available so groups will be 9 minute miles, 10 minute miles and 11 minute miles, as these were the most popular choices. If anyone would like to lead a faster group let me know and I'll get you set up on Spond. We have a full library of routes from John Hanlon that can be accessed. Alternatively contact [Steve Bennett](#) who will be arranging some faster runs

*****These runs are for members only*****

If you are not currently a member you can sign up for half price [here](#)

Orion Harriers Diversity Update

Thank you to all the members who took time out to respond to our

Diversity survey. We were encouraged by how many of you spent a few minutes to help us understand what areas to focus on. There was some overwhelming support for what we are working on and some great suggestions for us to think about.

We have presented the results of the survey to the committee and are building some recommendations, which we will keep you posted on. We now have clarity on what is important to our members and will focus our efforts in these areas. Key themes in the responses were to create a seamless transition from junior to senior members, encouraging more members to attend formal training and races, and to ensure we are providing a welcoming community to everyone.

Orion Summer GP 2021

The Summer Grand Prix is underway and all of our races count towards your league position

Popular club member **Steve Bennett** (picture below for those who don't know him) is overseeing the collation of results and producing the league positions which will be regularly updated on the webpage. Feel free to let him know if he has made any errors!

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

Team Orion - Time to help others

As we hopefully exit the final lockdown Orion Harriers is still here for you.

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 menscaptain@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 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. 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 **WNRUE7** 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=LK0YWWR&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**
