

# September 2021 Newsletter

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**Dear Orion Harrier,**

Welcome to the latest Orion Harriers newsletter. With restrictions all but lifted we have been fitting in a busy summer of racing incorporating the ELVIS series, Forest Five and plenty of other club races and training sessions. Congratulations to our 2021 Road Champions George Day and Hayley Rogerson. Hopefully in 2022 we can have a bigger more competitive event which is a real highlight of the club season and a chance to get yourself onto the prestigious honours boards.

Membership continues to grow at a steady rate and training is still being booked via the SPOND App. All the details can be found on the front page of <http://www.orionharriers.com>

New members - if you haven't received the welcome pack please [email me](#) and I will send it to you.

In particular the marathon groups are very popular and with it being only just 2 WEEKS away from London we sincerely hope everything is going to plan! Take the pressure off getting to the start line by booking a seat on the Orion Harriers Marathon Coach. Details can be found and booking completed on the Spond App. There is also a marathon after party in the Queen Elizabeth from 18:00. Address is 95 Forest Side, London E4 6BA. All are welcome to share their tales of joy or woe!

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

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## Clubhouse Reopening

Saturday 4th September was a momentous day that saw the Orion Harriers' extended clubhouse re-opened. Virgin London Marathon, Waltham Forest Council Cabinet Members, the Corporation of London and many Orionites were in attendance for the ceremony following the final Forest 5 of the summer. Former Junior Manager Jane Farrier and Long Serving Member Ron 'Bert' Bond had the honour of cutting the red ribbon to open the bigger and better clubhouse at Bury Road. We thank all the members who gave their free time to pitch in and get the clubhouse finished, as well Phil Hernon and the Orion 100 Club who made generous financial donations to fund the project. We thank the Barclay Brothers and our architect/painter & decorator/picture hanger/weed cutter Grant Corton for delivering this project.

<https://photos.app.goo.gl/QgQAS2od26dPoZi56>

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## 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.

Orion is trialling a number of classes starting the week **commencing 4<sup>th</sup> October** and we hope to develop the programme even further within the coming months to include Yoga and a Bulletproof session. If you are interested in hosting some sessions, please contact [angie\\_flight@hotmail.co.uk](mailto: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.

**Thursdays @ 7pm – Biomechanics Injury Prevention and**

## **Rehabilitation**

Experienced runners young and old

The class will focus on intrinsic and extrinsic exercises to help improve optimal performance.

**To book contact Clare Bancroft: 07791 913294**

### **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**

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## **Save the Date**

Our Christmas party and awards night will take place on 27th November at 7:30 in our lovely clubhouse. Come along to celebrate the successes of our runners over the last year and enjoy some drinks and nibbles with your running buddies

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## **Fixtures, Training and Racing**

Training has long since resumed with Marathon, 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/>

**The current fixture** list can be found here <https://www.orionharriers.com/upcoming-fixtures/>  
Please note that these will be updated regularly with increased location details and also 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

**The current results** can be found here <https://www.orionharriers.com/results-4/>

**Grand Prix Standings** here <https://www.orionharriers.com/latest-grand-prix-standings-2/>

Thanks to Steve Bennett (*below in his younger days*) for his hard work compiling these results

**All race photos** can be found here <https://www.orionharriers.com/media-gallery/>

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](mailto:covidofficer@orionharriers.co.uk)

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## **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.**

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### **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

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### **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**

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### **Discount High Visibility Clothing**

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

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### **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 **ESNWF4** 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.**

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## **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.

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**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

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**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)**



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