

# Orion Harriers Juniors Athletics Club – Summer 2024 Fixtures



**ORION HARRIERS**  
FOUNDED 1911

(as 20/03/2024)

<b>Date</b>	<b>Competition</b>	<b>Venue</b>	<b>Entry details</b>
<b><u>March</u></b>			
Sat 3 – Sun 4	Essex/Eastern County Champs	Lee Valley (entry before 17 <sup>th</sup> Feb via)	<a href="#">Roster Athletics</a>
Sat 9 <sup>th</sup>	Inter Counties CAU XC	(invitation only) Nottingham	
Sat 11 <sup>th</sup>	11.30m Chingford League Relays & Presentations	Wanstead Flats	
Wed 13 <sup>th</sup>	Orion Stars 6	Feel Good Centre, Walthamstow	
Sun 10 <sup>th</sup>	BFTTA Indoor Open	Lee Valley	<a href="#">BFTTA Indoor 3 (opentrack.run)</a>
Sat 16 <sup>th</sup>	English Schools XC	Pontefract (invitation only)	
Sat 16 <sup>th</sup>	Waltham Forest Primary Schools XC	Chingford	
Sat 23 <sup>rd</sup>	Minithon Year 3-7	Lee Valley	<a href="#">Lee Valley Athletics Centre   Lee Valley   Better leisure</a>
Wed 27 <sup>th</sup>	Orion Stars race 1	Chingford plains	
<b><u>April</u></b>			
Sat 6 <sup>th</sup> April	Orion Pentathlon Day	Walthamstow	<a href="#">Orion Harriers Pentathlon</a>
Sun 7 <sup>th</sup> April	Haverling Spring warm up	Hornchurch	<a href="https://www.haverlingac.org/">https://www.haverlingac.org/</a>
Sun 14 <sup>th</sup>	EYAL Round 1.	Ware	Coach will be provided for athletes
Wed 17 <sup>th</sup>	Orion Stars 2	Chingford	
Sat 20 <sup>th</sup>	Mini Marathon	London	Selected by Borough
Wed 24 <sup>th</sup>	Lee Valley Sprint nights 100/200m	Lee Valley Sprint	Entry from 27 <sup>th</sup> March via Opentrack

## May

Sun 5 <sup>th</sup>	EYAL Round 2.	Hornchurch	Coach will be provided for athletes.
Wed 8 <sup>th</sup>	Lee Valley Sprint nights 100m	Lee Valley Sprint	Entry from 27 <sup>th</sup> March via Opentrack
Sat-Sun 11 <sup>th</sup> /12 <sup>th</sup>	Essex County Championship	Chelmsford	<a href="http://www.essexroadrunning.org.uk/index.php">http://www.essexroadrunning.org.uk/index.php</a>
Wed 15 <sup>th</sup>	Orion Stars 3	Chingford	
Sat 18 <sup>th</sup>	SAL 1 U17/U20	Watford WD25 7HH	
Wed 22 <sup>nd</sup>	Lee Valley Sprint nights 100/200m	Lee Valley Sprint	Entry from 27 <sup>th</sup> March via Opentrack
Sat 25 <sup>th</sup>	Bruce Longden Fdn 300m/300m H/ 400m/400m H	Chelmsford	entries not open yet

## June

Sat 1 <sup>st</sup>	Forest 5 (min age 15)	Chingford	Orion HQ - 10:00 Entry via <a href="https://www.entrycentral.com/">https://www.entrycentral.com/</a>
Sun 2 <sup>nd</sup>	EYAL Round 3	St Albans	Coach will be provided for athletes
Wed 5 <sup>th</sup>	Lee Valley Sprint nights 100m	Lee Valley Sprint	Entry from 27 <sup>th</sup> March via Opentrack
Sat 8 <sup>th</sup>	Essex Schools Championships Years 8 -11	Chelmsford	Selected by school.
Sat 8 <sup>th</sup> /9 <sup>th</sup>	SEAA U20 Champs	TBC	Entry via SEAA Website <a href="http://seaa.org.uk/index.php">http://seaa.org.uk/index.php</a>
Wed 12 <sup>th</sup>	Redbridge Champs Years 7 & 8	Woodford	Selected by school
Wed 12 <sup>th</sup>	Orion Stars 4	Chingford	
Sat 15 <sup>th</sup>	SAL 2	Parliament Hill NW5 1QR	
Wed 19 <sup>th</sup>	Redbridge school Champs Years 9 & 10	Woodford	Selected by school
Wed 19 <sup>th</sup>	Lee Valley Sprint nights 100/200m	Lee Valley Sprint	Entry from 27 <sup>th</sup> March via Opentrack
Sat 22 <sup>nd</sup>	LYG Years 7&8	Walthamstow	Selected by borough
Sat 29 <sup>th</sup>	Eastern Counties Championships	Cambridge	(pre entry self) <a href="https://easternaa.com/">https://easternaa.com/</a>
Wed 28 <sup>th</sup>	Essex Schools Year 7 Champs	Chelmsford	Entry via school

## July

Wed 3 <sup>rd</sup>	Orion Stars 5	Chingford	
Sat 6 <sup>th</sup>	Forest 5 (min age 15)	Chingford	Orion HQ - 10:00 Entry via <a href="https://www.entrycentral.com/">https://www.entrycentral.com/</a>
Sun 14 <sup>th</sup>	SAL 3	Lee Valley	

Wed 17 <sup>th</sup>	Lee Valley Sprint nights 100/200m	Lee Valley Sprint	Entry from 27 <sup>th</sup> March via Opentrack
Sat 19 <sup>th</sup> /Sun 20 <sup>th</sup>	England Athletics U20/Senior Champs		(pre entry self) <a href="https://www.englandathletics.org/">https://www.englandathletics.org/</a>
Sun 21 <sup>st</sup>	EYAL 4	Barnet	Coach will be provided for athletes
Sat 27 <sup>th</sup> /28 <sup>th</sup>	England Athletics U15/U17 Champs	TBC	(pre entry self) <a href="https://www.englandathletics.org/">https://www.englandathletics.org/</a>
Wed 31 <sup>st</sup>	Lee Valley Sprint nights 100m	Lee Valley Sprint	Entry from 27 <sup>th</sup> March via Opentrack

## **August**

Sat 3 <sup>rd</sup>	Forest 5 (min age 15)	Chingford	Orion HQ - 10:00 Entry via <a href="https://www.entrycentral.com/">https://www.entrycentral.com/</a>
Wed 7 <sup>th</sup>	5K on the Rides 1	Chingford 7.30pm	
Sat 10 <sup>th</sup> /Sun 11 <sup>th</sup>	South of England U15/U17 Champs	TBC	(pre entry self) <a href="http://seaa.org.uk/index.php">http://seaa.org.uk/index.php</a>
Wed 14 <sup>th</sup>	5K on the Rides 2	Chingford 7.30pm	
Sat 17 <sup>th</sup>	SAL 4	Lee Valley	
Wed 21 <sup>st</sup>	5K on the Rides 3	Chingford 7.30pm	
Wed 28 <sup>th</sup>	Mad Mile	Chingford 7.30pm	

## **September**

<b>TBC</b>	<b>Orion Presentation Evening</b>	<b>Club House</b>	<b>More information to follow</b>
Sat 21 <sup>st</sup>	Westminster Mile		self pre entry. Further details can be found <a href="#">2024 Westminster Mile - Vitality Westminster Mile</a>

Lee Valley host a number of sprint meets during the summer, not yet published but look out for them on their website:

[Athletics Competitions | Lee Valley Athletics Centre | Better](#)

Watford opens run fortnightly hosting middle to long distance events from Wednesday 3<sup>rd</sup> April. Must be entered before the day. Further details of dates/events etc can be found at:

[Open Meets - Watford Harriers Athletics Club](#)

