

ORION 15: guidance for entrants

Congratulations on entering the Orion 15, one of the classic XC races. The 15 mile course is entirely on trail, some of which is narrow and uneven, is hilly (around 450m of climb) and it is almost certain to be very muddy in places. The course will be marked with trail paper and tape, and marshals will be on the course.

Please obey any instructions from marshals, particularly on the handful of road crossings.

Please inform a marshal if you need assistance, as professional first aid will be available.

Race HQ will be the Orion Harriers Clubhouse on Bury Road, London E4 7QJ, where changing rooms, showers and toilet facilities will be available, and where you can collect your race number and leave your bag (No transfers are permitted).

Please make sure that you are at the clubhouse well before 9.30am when we will start moving runners to the start.

Registration opens at 08:30

There will be a cut off of approximately 90 minutes at the halfway point (roughly a mile from the clubhouse), after which marshals will be stood down.

Two water stations will be available on the course. Water bottles will not be provided at the finish (across the road from the clubhouse), so please bring your own. Refreshments will be available after the race.

Race presentation around 12:30

Please note there are trains between Liverpool Street and Chingford or the Central Line is 3 miles away at Loughton.

Parking is available at a City of London car park on Bury road, 5 minutes walk from the Clubhouse.

Charges payable via the Ringgo app.

There is no parking or drop off at the clubhouse itself.

If you have pre-ordered a T-Shirt or mug these will be available for collection on the day. There will be a small number available to purchase for non pre-orders.

Payment can be by card or cash if you haven't already.

After the race it would be great if you could review your experience [here](#).

If you enjoyed the experience so much you would consider joining Orion Harriers please have a look at our website and maybe come along for some taster sessions

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

It's a great race and we look forward to welcoming you. Enjoy the day

Orion Harriers Committee