



Grange Farm & Dunmow Runners



Who we are and what we do

Grange Farm and Dunmow Runners is a friendly informal running club that welcomes both experienced runners and those wishing to tackle some running for the first time. The club in its current guise was formed in 2004 when two local clubs, Grange Farm Trotters and Dunmow Runners, decided to join forces.

Dunmow Runners was formed in 1982 as Dunmow Pheidippides Running Club (named after the fabled Greek messenger who ran from Marathon to Athens to announce victory over Persians in 490 B.C.), but which soon became known as Dunmow Runners. The Club organised the highly successful Dunmow 5 mile Race each summer for many years, and members took part in a variety of races around the UK and also in France and Switzerland. A high spot in their history was holding a 24 hours running challenge which raised a lot of money for local cancer charities.

In 1996, some 14 years after Dunmow Runners was formed, Grange Farm Trotters came about. It was created by a group of friends who went to Grange Farm Fitness Centre and took part in local races, most notably the Dunmow 5, and needed a name. Sponsored by the Fitness Centre, which the club used as a headquarters, it has the facilities to encourage people from all walks of life to discover the joys of running, not just the obvious benefits of health and energy, but also the social side of meeting a new group of like-minded friends. The club grew steadily and became a regular and vocal presence at races throughout the county and further afield, with teams making an annual appearance at the Lanzarote International Running Challenge, the London Marathon and regular UK trips to tackle the joys of fell running in Yorkshire and the Lakes.

Winter training for both clubs coincided on Wednesday nights running on the lit streets of Dunmow. Passers-by must have wondered what was going on with different groups' pounding the streets, often in opposite directions. It finally dawned on all concerned that this was not a sensible way to go on and since everyone knew each other and shared a common interest, moves began to combine the two clubs. The new combined club formally came into existence in April 2004 and has not looked back since.

The club has around 100 members and holds regular training on Wednesday evenings for all abilities throughout the year and track sessions each Monday. This is supplemented by Friday evening social runs, and trail runs. In addition the club enters teams in the local cross county league and, for a relatively small club, has enjoyed much success in winning both the men's and the women's leagues. The club also organises two very successful road races, one trail and one cross country race



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throughout the year with entrants sometimes exceeding 500, and has hosted both the Essex 10K and 10 mile road running championships.

We are keen to welcome all runners who are currently completing a parkrun or social running and want to be part of a club. The members have a wealth of experience between them in all aspects of running with many having joined us as complete novices. They are always willing to share their knowledge, either during training or in the pub after a run.

Off-Road Events

The club provides an opportunity to take part in a range of off-road running events including: trail races, cross country races, social runs and the Essex Way Rely race.

Trail races The club hosts one or two trail races each year. These involve runners following written instructions to navigate a cross country route, typically 7-10 miles. Generally the races are based at a local pub, are held on a Sunday morning and cost about £5 to enter. The charge usually includes a drinks voucher to be spent at the pub. The trail races are open to members of other clubs and non-club members. Runners can start at any time usually between 9 and 11 am. Just turn up, pay, receive the instructions and run.

Cross country races The club takes part in two cross country leagues. The races are typically 5 or 6 miles and are held at the weekends during the winter months. Runners must wear club kit when competing. Just turn up and run. There is no charge for taking part.

Social runs During the summer, the club organizes a series of Friday night pub runs.. These are social events, not races, and generally involve a 5 or 6 mile run following written instructions that can be downloaded for the club's website. The events are based at local pubs and provide an opportunity to enjoy the countryside. Runners can start at any time, but there is usually a group start at about 7.30 pm. Print out the instructions, turn up, run and enjoy a social drink afterwards.

There are also *ad hoc* social runs organized by club members throughout the year.



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Club Championship

Our Club Championship season commences each year on the 1st May and completes on the 30th April. The championship provides an opportunity for members to compete against one another for a chance to win an award at our Annual Awards Dinner and Dance. For each race 30 points are awarded to the first place finisher, 29 to second, 28 to third etc. For a more detailed breakdown of our Championship please refer to the 'Members Info' and the 'Club Championship & Races' section on our website. Below is brief description of some of the components to the Championship and some of the larger competitions and leagues the club compete in:

Our Road Championship comprises of six committee selected road races plus your best marathon performance of the year. The races selected are distances between 5 miles and 20 miles, often local, well organised and of favourable profile to provide our members with a chance to achieve their personal best.

Every year, we host the Felsted 10k and Stebbing 10 road races which are some of the most popular events in Essex. In your first year of membership you have the option to enter the events, and after that we ask all club members to volunteer to help by doing one of a number of jobs that need to be done in order to make the events go smoothly. This could be marshalling on the course, directing traffic, cutting timing tags, water stations, etc. The success of these races is crucial to the club's future as these provide all our funding.

As for the Off-Road Championship, the club competes against 4 local clubs in the Mid-Essex Cross Country League and are currently the reigning champions for both the Men's and Ladies Leagues. There are usually five fixtures that run from November through to March with one fixture held each month on a Sunday. All five races count towards the Off-Road Championship plus your best Parkrun performance of the year.

The club also compete in The Essex Cross Country League, a much bigger league comprising of 25 teams split into two divisions. Again there are separate leagues for the men and women with five fixtures that run from October through to February with one fixture held each month on a Saturday. These races are not included within our Club Championship but provide an opportunity for the club to compete against the best runners in Essex.

Every September on the first Sunday of the month, the club compete in the Essex Way Relay. This race covers the 82 miles of the Essex way from Epping Station to Harwich Old Lighthouse in 10 stages. Our club captains usually enter 4 to 5 teams of 10 runners in each to compete against 60 other teams. For all those who represent the club they will be awarded 30 Club Championship Points.



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Club Performance Trophy

The 'GFDR Performance Trophy' will be awarded to the member who achieves the highest average age/gender graded score over the year May to April.

There will be five eligible race distances: 5 mile, 10 km, 10 mile, half marathon and marathon.

The average score will be derived from the average of the highest scoring 4 races.

Only one race of each distance will be eligible. Any race will be considered provided it is the fully verified race distance and the results are obtained from the official published results of the race organiser.

At least 4 of the 5 race distances must be completed to be eligible.

The winning member will receive the award engraved with their name, their average score and the year.

They will retain the award for a year and must return it after the year.

Tuesday Social Run

This is a very informal run held every Tuesday morning, usually meeting in Felsted School grounds. There is a specific Whatsapp group for these runs. Please ask for your name to be added to the group if you think this is something you would be interested in. There is absolutely no commitment to attend regularly. The group confirms details on a weekly basis. The runs are predominantly off-road and vary in length, but are generally between 5 to 8 miles.

We love running but we also love to party!!

Annual Awards Dinner Dance

Held at the beginning of May (Saturday), this is a great occasion when Awards and recognition are given to members of the club.

We have secured a fantastic venue and the evening consists of a three course meal and live entertainment. It is a formal event which is open to all members and their partners/plus 1.



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Christmas Party

This is held during December (usually a Friday). Again this is open to all members and their partners. We tend to choose a different venue each year. Could be anywhere from taking over an Indian restaurant to attending a larger party venue.

Ad hoc Social Nights

These are a nice way to catch up with other members in a relaxed atmosphere. These would be held either in a local pub or curry house.

Useful things

Website: www.grangefarmdunmowrunners.co.uk

Closed Facebook: <https://www.facebook.com/groups/1480333832220513/>

Public Facebook: <https://www.facebook.com/Grange-Farm-And-Dunmow-Running-Club-380003075388372/>

Kit requirements

If you would like any additional pieces of club kit; details of these can be found on our website: <https://www.grangefarmdunmowrunners.co.uk/members-info/kit.html>

Welcome to our Club!