

GRANGE GAZETTE

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GRANGE GAZETTE

New Year, New Newsletter

Although we are now in February, Happy New Year to all club members and welcome to the Grange Farm & Dunmow Runners newsletter. Hopefully you will find the quarterly newsletter easy reading as well as informative about upcoming and previous events.



Upcoming Events

26th Feb - Mid Essex XC (Little Baddow)

2nd Mar - Committee Meeting

5th Mar - Essex 20

12th Mar - Mid Essex XC (Braintree)

18th Mar - Essex Road Relay

2nd Apr - Braintree Skyline 5 Mile

Training

Monday - Track 7.30pm Braintree Leisure Centre

Tuesday - 9am Felsted Gym

Wednesday - 7.30pm Dunmow Leisure Centre

Various - Chris' Extra Training

GRANGE NEWS

Latest news from Grange Farm & Dunmow Runners.

Boggle win for Ali

The biennial Boggle marathon started at Black Notley and took runners on a mainly off-road course around the Braintree area. The race attracted 87 competitors, including six from GFDR. Joint winners, in 3 hours 16minutes 45seconds, were GFDR's Alistair Brown and Allen Smalls

Ton up for Gerard

Gerard joined Ashwin as the second GFDR runner to run 100 Parkruns. Gerard has amazingly run all one hundred at Great Notley with a PB of 20:06. Ash has now run an incredible 133 with a PB 19:27. Both men have also volunteered to help at the runs 37 times between them.

Steve's Streaking

Steve Read successfully completed a whole year of running everyday. Steve has now even surpassed the 400 mark - what a great achievement! An inspiration to us all. Getting out the door everyday is an achievement in itself bearing in mind horrible weather and cold & flu symptoms but also staying injury free.



Claudine & Simon shine at Bentley

Claudine and Simon took full advantage of the excellent conditions and flat course at the Great Bentley half marathon. 665 runners took part, including 18 from GFDR. The race was won by James Connor of Kent Athletics Club in 1.08.38 and Steve Read in 1.26.16 was fastest for GFDR.

The big stories of the day were Claudine Davie breaking the ladies FV35 half marathon record in 1.32.55 and Simon King winning the Mens V60 category beating the second placed male by almost ten minutes, finishing in 1.37.15

There were also great performances and personal bests for Jason Bepey (1.39.22), Colin Jackson (1.42.06), Charlotte King (1.43.05), Brady Ramsay (1.49.28), Richard Robertson (1.50.56), Mark Smith (1.53.12), Hayley Morley (1.57.28) and Glenda Jackson (2.11.06). Also representing GFDR were Sean Henderson 1.36.06, Gerard Geurts (1.37.33) Kerry Harrington (1.44.08) Gillian Robertson (1.46.32), Dan Wright (1.50.32), Martin Jackson (1.52.51) and Laetitia Corbett (2.04.02).

[Link to full list of results](#)



Getting to know you!



Jason Wintin

Jason is the youngest ever, and current, chairman of Grange Farm & Dunmow runners. Jason has been a member of the club for over 5 years. He was a regular smoker from the age 13 and never liked any running in school, always being chosen to participate in running the longest events

at sports day so this just cemented his hate for it. After leaving school it was a similar story, all about cars and working, sport never crossed his mind. Then after a short illness and his wife Carrie-Anne begging him to stop smoking he finally took the decision to stop. He stopped one Sunday, then the following Wednesday stumbled into a gym looking at all the shiny machines thinking he didn't belong. After making a few attempts to lift weights Jason quickly realised this wasn't of interest to him! After joining in some of the gym classes on offer he realised that exercise could be fun and more of a social event. As time went by, with fitness levels rising and coughing beginning to stop, Jason decided to jump on a treadmill and have a go at the thing he had hated so much as a school kid. Running in the gym became a weekly occurrence until one day he decided to finally pluck up the courage and run outside in the 'real world'. After a career and life change, Jason found himself moving to the town of Dunmow. With a new found passion for running, he researched local running clubs and GFDR came top of the list. After speaking to the club chairman at the time, Richard Percy, it wasn't long before Jason was attending club training sessions! From that day he hasn't looked back and now currently has one of the most important roles in the club, as Chairman.



Getting to know you! Jason Wintin

Quickfire Questions



Pre race breakfast?

"Cereal/Porridge"

Favourite race distance?

"10 miles"



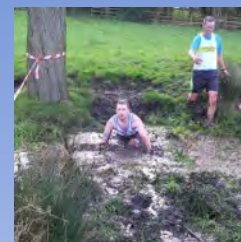
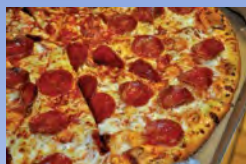
Other hobbies?

"Cycling"

A local race that impresses me every time I run it. Every year I go back & the locals put on a good festival each year there too which is great to take the family to.

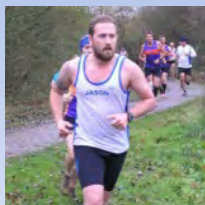
What's your favourite race?

"Hatfield Broad Oak 10k"



What's your favourite food?

"Dominos Pizza -"



Favourite film?

"The Shawshank Redemption"



Do you have any heroes?

"I don't have a hero, but am inspired by many sporting personalities"

Paula Radcliffe,
Mo Farrah, Haile
Gebrselassie and
Chris Froome to
name a few.





RESULTS

Stebbing XC (18/12/2016)



Chairmans view

Well done to everyone who ran a spectacular first season race! A second place for James Bosher secured a male team second place. Claudine Davies securing a third place spot again securing the reigning champs a second place on the table! A great turnout by GFDR and also a great event put on.

Well done everyone involved.

Ladies	
3	Claudine Davie
7	Kerry Harrington
11	Jo Bissett-Smith
12	Charlotte King
13	Pru Hayhow
15	Brady Ramsey
16	Hayley Morley
22	Jackie Adams
27	Henri Butcher
35	Lesley Burpitt

Men	
2	James Bosher
4	Alistair Brown
5	Lee Pickering
14	Steve Read
15	Dan Reynolds
22	Matt Webster
28	Josh Sowman
37	Sean Henderson
39	James Hawes
43	Geoff Maidment
44	Gerard Geurts
50	Ashwin Shah
54	Simon King
55	Jason Bepey
60	Martin Atkinson
61	Ian Lawson
65	Colin Jackson
66	Nick Perry
92	Gavin Foster

Ladies

Position	Club	Points
1st	Little Baddow	29
2nd	Grange Farm	33
3rd	Springfield	39
4th	Braintree	64
5th	Mid Essex Casuals	104



Hayley Dawn Smith Fabulous running ladies! So Sorry i wasn't there. U don't look muddy enough 🤩🤩🤩
Like · Reply · 18 December 2016 at 15:52

Alan-Naomi Moss Awesome ladies!!! Ni x
Like · Reply · 18 December 2016 at 19:32

Howard Jardine Well done girls
Like · Reply · 18 December 2016 at 18:14

Mark Smith Well done ladies!
Like · Reply · 18 December 2016 at 18:31

Glenda Oldnall Jackson Well done ladies - looking fab
Like · Reply · 18 December 2016 at 15:36



Lesley Burpitt Had forgotten just how tough this was, although always a good laugh in the boggy bits. Thank you to all the marshals and your words of encouragement which kept me going albeit at the tail end.
Like · Reply · 2 · 18 December 2016 at 20:38



Gillian Robertson Great running all of you. I think Claudine was the muddiest but it's covered by her long tights.
Like · Reply · 1 · 18 December 2016 at 16:16



Mens

Position	Club	Points
1st	Springfield	61
2nd	Grange Farm	90
3rd	Braintree	151
4th	Little Baddow	183
5th	Mid Essex Casuals	272

RIVENHALL XC (15/01/2017)



Chairman's view

The second race in our cross country league which saw fantastic results from both male and female teams winning the title for the day. Congratulations go to James Bosher and Alistair Brown scoring 1st and 2nd respectively. Even with a slight course 'change'.

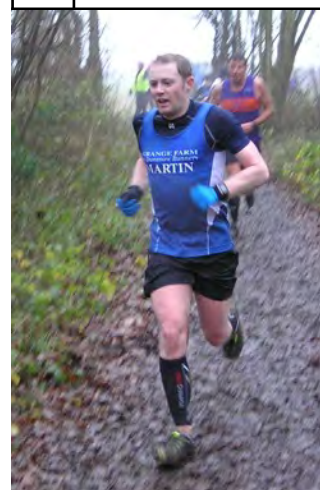
Can I also make a note of the brilliant team spirit we had out there today. It was so impressive to see great strength in the numbers.


Ladies

3	Claire Hall
4	Naomi Moss
5	Jo Bisset-Smith
7	Kerry Harrington
8	Claudine Davie
13	Charlotte King
14	Hayley Smith
17	Brady Ramsay
20	Hayley Morley
21	Pru Hayhow
29	Henn Butcher
32	Angela Thorpe
33	Lesley Burpitt
34	Jackie Adams
35	Glenda Jackson


Men

1	James Bosher
2	Alistair Brown
9	Dan Reynolds
10	Matt Webster
11	Josh Sowman
14	Martin Jackson
19	Gerard Geurts
27	Ashwin Shah
31	Simon King
32	Jason Depey
35	Ian Lawson
39	Sean Henderson
42	Colin Jackson
44	Chris Hayhow
50	Luca Predebon
53	Jason Wintin
60	Simon Burpitt
68	Gavin Foster



 Simon King What a brilliant turnout for the club today....blue and white everywhere, two first places, even without the consideration of the bad weather, illness, etc it was a notable day for club. Proud to have been part of it.
Unlike · Reply · 9 · 15 January at 15:43




 Lee Prowse Great result!!
Like · Reply · 3 · 15 January at 15:15




Ladies		
Position	Club	Points
1st	Grange Farm	19
2nd	Little Baddow	29
3rd	Mid Essex Casuals	63
4th	Braintree	86
5th	Springfield	100



 Alan-Naomi Moss So nice to run as part of a team today. Loved it even though I think my heart way about to pop out of my mouth at 3.76m lol! What a Great running club GFDR, you have made me feel welcome. Ni xx
Unlike · Reply · 6 · 15 January at 20:20




 Hayley Dawn Smith
15 January at 14:50

Absolutely brilliant result today. A first for the ladies and the men! Despite wrong directions and illness.



Mens		
Position	Club	Points
1st	Grange Farm	63
2nd	Springfield	99
3rd	Little Baddow	114
4th	Braintree	207
5th	Mid Essex Casuals	248



 Steve Read Well done everyone - 2 firsts! can't ask for more than that. See you all at the next one 😊
Like · Reply · 2 · 15 January at 15:14



In the NEWS

Dunmow Runners joyous after Rivenhall victories



■ Race winner James Boshier (right, in purple top and orange shoes) racing to catch up after going the wrong way.

RUNNING

Grange Farm and Dunmow Runners (GFDR) were victorious in the second race of the Mid-Essex Cross Country League, with both the men's and women's teams finishing in first place.

The event, at Rivenhall and hosted by Mid-Essex Casuals, attracted 123 runners including 33 from GFDR.

Competitors had to contend with wet, cold and muddy conditions as

they raced around the fields and through Tarecroft Wood.

There was confusion early in the race when the leading group of runners took a wrong turn and were forced to retrace their steps to rejoin the course.

The race was won by James Boshier of GFDR, with his team-mate Alistair Brown second.

Also scoring team points for GFDR's men were Dan Reynolds, Matt Webster, Josh Sowman, Martin Jackson and Gerard Geurts.

GFDR's women were led home by

Claire Hall with Naomi Moss, Jo Bisset-Smith and Kerry Harrington scoring points for the team.

GFDR was the winning men's team ahead of Springfield Striders, Little Baddow Ridge Runners, Braintree and District Athletic Club and Mid-Essex Casuals.

For the women, GFDR was first, followed by Little Baddow, Mid-Essex Casuals, Braintree and Springfield Striders.

Following the race runners enjoyed tea and cakes in the village hall.

Dunmow Broadcast TIMES

Cross Country League gets off to sticky start



■ Grange Farm and Dunmow Runners hosted the opening Mid-Essex Cross Country League meet at Stebbing.

RUNNING

The Mid-Essex Cross Country League got off to a muddy start at Stebbing on Sunday.

The event was hosted by Grange Farm and Dunmow Runners (GFDR) and the course took more than 130 runners, representing five local clubs, across fields, through the Stebbing Brook and thick knee-deep mud patches.

Team points were awarded to the fastest four women and seven men from each club.

Point scorers for GFDR women were Claudine Davie who finished third, Kerry Harrington (seventh), Jo Bisset-Smith (11th) and Charlotte King (12th).

Finishing second, James Boshier was GFDR's fastest man, followed by Alistair Brown (fourth), Lee Pickering (fifth), Steve Read (14th), Dan Reynolds (15th), Matt Webster

(22nd) and Josh Sowman (28th).

GFDR's men's and women's teams both finished in second position. Springfield Striders was the men's winning team, with Braintree and District Athletic Club third, followed by Little Baddow Ridge Runners and Mid-Essex Casuals.

For the women, Little Baddow was first, Springfield Striders third ahead of Braintree and Mid-Essex Casuals.

After washing off the worst of the mud, runners were treated to mince pies and mulled wine.

The second race in the series will be hosted by Mid-Essex Casuals on Sunday, January 15.



■ Thick mud made the going tough in the Stebbing race.

GRANGE FARM AND DUNMOW RUNNERS

Home comforts for Grange Farm and Dunmow Runners in triathlon

Twenty of Grange Farm and Dunmow Runners (GFDR) were in action, on home soil after taking part in the Dunmow Triathlon.

The event comprised a 50km swim at the Dunmow Leisure Centre, a 130km cycle ride through Tipton, Tipton and Little Dunmow before finishing with a 5km run through Little Dunmow.

Nick Perry was the fastest in the GFDR, coming home in one hour 21 minutes and 41 seconds and beating him was Chris and Pete Stephens who finished in 1:58:31 and 1:58:35 respectively.

They were followed by Lee Frame (1:34:20), James Barker (1:31:10), Angela Thorpe (1:30:15), Samantha (1:11:45), Jackie Adams (1:09:15) and Richard Perry (0:59:15).

In the team category, Nick Perry completed the swim in one minute 45 seconds, Steve Barker the cycling in 48:21 and Perry Stephens the run in 35:58.

It gave the trio a total time of 1:31:55, recording impressive times. However, James Boshier was to record breaking time in the Little Dunmow on Sunday.

He finished in 1:07:05, beating his previous personal best time by more than 10 minutes and setting a GFDR record in the process.

Meanwhile in Northfield, Gillian Robinson completed the Little Dunmow in 1:07:08 while Mark Smith finished the course in 1:06:05. GFDR will be holding a 10 mile road race at Stebbing on November 23. Details on the club's website.



Braintree & Witham
TIMES

Dunmow
Broadcast

Grange Farm are consistently covered in local papers and media thanks to the efforts of John Hardy. Grab your paper or click the Logos above to read all the latest coverage.

WELCOME NEW MEMBERS

GFDR WELCOME

We at Grange Farm & Dunmow Runners have been introducing people to the benefits of running for over 30 years. Regardless if you are just starting out or an experienced runner, you will always be welcome at our club.



MATTHEW BAINBRIDGE



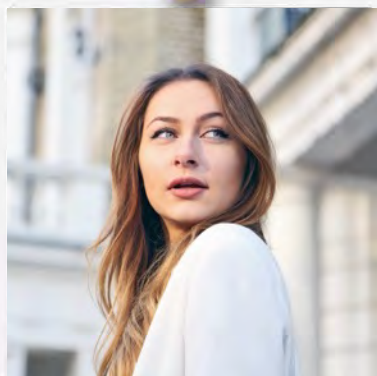
GRAHAM FREEMAN



JIM LURKINS



LEE PICKERING



EMMA PHARAOH

CLAIRE HALL
MARTIN TAYLOR
SALLY HAYNES
ELLA JANE WRIGHT



Issue 2 - Coming April 2017

Getting to know you - with John Hardy
Race results - Mid Essex XC League & Essex 20



Click icons to be linked to official GFDR pages.