

GRANGE GAZETTE

www.grangefarmtrotters.co.uk



Spring has sprung!

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GRANGE GAZETTE

Spring into Summer

Welcome to the second Grange Farm & Dunmow Runners newsletter. Spring is now here and summer is on its way which means better weather and lighter evenings for us all to enjoy our hobby even more. The last few months have been fantastic for the club for a whole host of reasons and hopefully this edition of the GFDR newsletter will help summarise some of our wonderful achievements.



Upcoming Events

23rd April - London Marathon
6th May - Annual Awards Dinner Dance
7th May - Halstead & Essex Marathon
21st May - High Easter 10k
11 Jun - Club Championship Trail
23 Jun - Friday Night 5

Training

Monday - Track 7.30pm Braintree Leisure Centre
Tuesday - 9am Felsted Gym
Wednesday - 7.30pm Dunmow/Felsted
Various - Chris' Extra Training

GRANGE NEWS

Latest news from Grange Farm & Dunmow Runners.

Mini Bus donation

Each year the club chooses a local charity to help from proceeds from our races. This year was no different as we donated £2000 to say thank you for allowing us to stage our fantastic races in the area. The money given will help support the running of the Stebbing mini bus.

More on Pg 17

Colin takes hot seat

As of the recent AGM, Colin Jackson has now taken over from Jason Wintin as the new GFDR chairman. All members would like to thank Jason for all his brilliant efforts while also wishing Colin the best of luck in this important role.

Stebbing 10

It's official! The Stebbing 10 miler has been voted as the best road race in Essex for 2016. The Howard Williams trophy is a fantastic achievement for the club. Well done to everyone who was involved in helping to make the race possible and the wonderful event that it is.



Mid Essex League Champions

There were triple celebrations for Grange Farm and Dunmow Runners after our final race of the Mid-Essex Cross-Country League.

The final event in this season's competition was hosted by Braintree and District Athletic Club and took runners on a three lap course through Great Notley Country Park.

The togetherness and camaraderie within our club was typified by James Bosher, Alistair Brown and Lee Pickering crossing the line together to finish in joint first place.

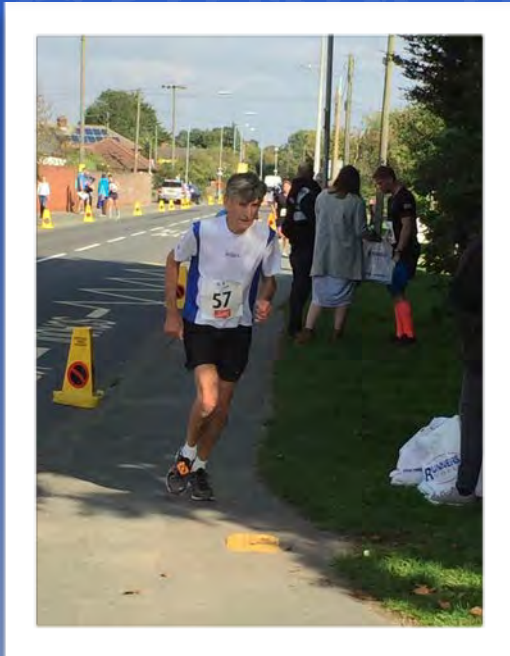
The strong performances by Grange Farm ensured that both teams were not only first on the day, but also finished top of the league.

Grange Farm's delight at winning the league was enhanced by the club's Stebbing Remembrance Sunday ten-mile race being voted the best road race in Essex.

[Link to XC race results](#)



Getting to know you!



John Hardy

The man behind the lens..... John Hardy may be recognised by most as the club's loyal photographer who always attends races to catch that mid race photo.

Although true, John is much more than just the club's press man. John is an incredible runner, consistent trainer & the current holder of all GFDR's M60 & M70 club records. John went to school on the edge of the Peak District, near Sheffield. This is where his running

career began with cross-country running. At university, and whilst working in Nottingham, John played squash and didn't return to competitive running until 1993 when he moved to Essex. While living in Brentwood he joined

Thrift Green Trotters, before work commitments took him back up the country to Nottingham. The move only led to another opportunity to join a different running club, this time Holme Pierrepont Running Club were lucky enough to have John as part of their team. On settling in Great Dunmow, John joined Grange Farm Trotters around 14 years ago in 2003, before the merger with Dunmow Runners which led to the club that we are all proud to be a part of today. John loves travelling and is fortunate to have friends in Australia, China and the USA. On his last trip to China while visiting the highest region on Earth, Tibet. John gained an appreciation of why climbers on Everest find the going so difficult due to the altitude. Each winter John join friends skiing, usually in Europe and also likes to go walking in the Lake District with friends who have a holiday home there.



Getting to know you! John Hardy

Quickfire Questions

Pre race breakfast?

"Cereal/Toast - Fruit Juice/Coffee"



Favourite race distance?

"10k & 10 Miles"



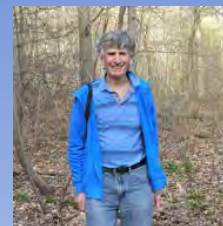
Pre race rituals?

"Just try to arrive in good time"

"My first marathon, after being tripped only 3 miles in, I finished in 3.26:23, with a half marathon time of 1.43:12 I would certainly recommend the race to anyone looking for an autumn marathon in beautiful surroundings."

What's your favourite race?

"Marathon La Rochelle"



Other hobbies?

"Skiing, walking & travelling"



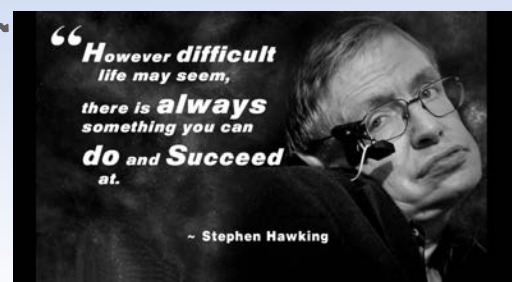
Favourite film?

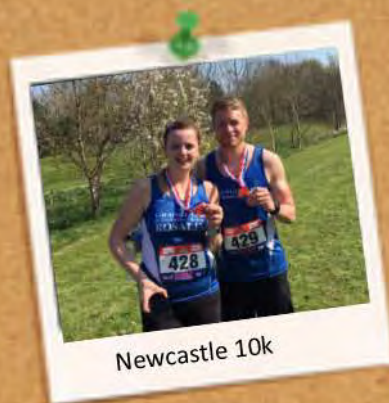
"Action Films - Top Gun"



Do you have any heroes?

"Stephen Hawking, for his insight into the workings of the universe"





RESULTS

Highwood XC (12/02/2017)



Race Report

On a cold and damp Sunday morning in the Mid Essex cross country league we were out in force at Highwood with an incredible 31 runners, 19 men and 12 women. A mens 1, 2, 3 finish and a ladies second & third place led us to big wins for both genders.

Ladies

2	Naomi Moss
3	Claudine Davie
7	Kerry Harrington
9	Charlotte King
10	Pru Hayhow
14	Hayley Smith
18	Hayley Morley
20	Brady Ramsay
25	Henrietta Butcher
28	Emily Predebon
32	Jackie Adams
35	Angela Thorpe

Men

1	James Bosher
2	Alistair Brown
3	Lee Pickering
6	Dan Reynolds
8	Steve Read
9	Jim Lurkins
10	Graham Freeman
13	Matt Webster
16	Josh Sowman
18	Martin Jackson
21	Ashwin Shah
24	Gerard Geurts
37	James Hawkes
38	Sean Henderson
42	Ian Lawson
48	John Smith
51	Luca Predebon
57	Jason Wintin



Ladies

Position	Club	Points
1st	Grange Farm	21
2nd	Little Baddow	33
3rd	Springfield	68
4th	Mid Essex Casuals	71
5th	Braintree	150



Howard Jardine Fantastic team effort yet again, a very big well done to all and hopefully a few beers to celebrate guys !!



Colin Jackson Well done a fantastic result guys and gals. The double title is in sight 😊



Glenda Oldnall Jackson Well done everyone 😊
Like · Reply · 12 February at 13:56



Ali Brown Super proud of our fantastic club yet again today. We are going from strength to strength and the buzz is clearly infectious as pb's and amazing performances are now becoming a habit! Well done everyone;)

Like · Reply · 3 · 12 February at 21:17



Jason Bepey Well done everyone!
Like · Reply · 12 February at 19:59

Mens

Position	Club	Points
1st	Grange Farm	39
2nd	Springfield	109
3rd	Little Baddow	138
4th	Mid Essex Casuals	295
5th	Braintree	354

Little Baddow XC (26/02/2017)



Race Report

The penultimate race in our cross country league which saw fantastic results from both male and female teams and yet another truly brilliant attendance. The tough, hilly route did not deter our 37 strong team and once again we triumphed as both teams led by Hayley and Simon (stepping in for Dan) finished in first places respectively.

Ladies

3	Claudine Davie
5	Jo Bissett-Smith
6	Kerry Harrington
8	Pru Hayhow
9	Charlotte King
11	Hayley Smith
15	Hayley Morley
17	Emily Predebon
22	Jackie Adams
23	Henrietta Butcher
28	Glenda Jackson
30	Angela Thorpe

Men

2	James Boshier
3	Alistair Brown
5	Matt Bainbridge
6	Jim Lurkins
7	Lee Pickering
9	Steve Read
12	Graham Freeman
16	Matt Webster
18	Josh Sowman
22	Martin Jackson
23	Ashwin Shah
29	Geoff Maidment
32	Gerard Geurts
38	Sean Henderson
44	Ian Lawson
45	David Andrews
46	Jason Bepey
47	David Kelsey
51	Chris Hayhow
52	Colin Jackson
57	Jason Wintin
59	Luca Predebon
64	Lee Prowse
65	Nick Perry
69	Gavin Foster



Steve Read Awesome. Felt like the gents had it but really pleased the ladies nailed it too as there was a strong Little Baddow ladies team today. Well done all 38 of us 🙌🙌🙌
Like · Reply · 9 · 26 February at 15:17



Chris Hayhow Great result but equally as impressive there was a great team spirit and support.
Like · Reply · 9 · 26 February at 15:18

Ladies		
Position	Club	Points
1st	Grange Farm	22
2nd	Little Baddow	31
3rd	Springfield	61
4th	Mid Essex Casuals	82
5th	Braintree	N/A

James Bosher Well done to everyone regardless of your finish! Great to see so many in blue! Big well done to Jim Lurkins for his a&e skills!
Like · Reply · 8 · 26 February at 15:17



Sandra Smith Well done once again Team GFDR, amazing result for two fantastic teams
Like · Reply · 2 · 26 February at 16:55



Alan-Naomi Moss Its official..... Team GFDR ROCK!!!!!! Ni x
Like · Reply · 8 · 26 February at 15:36
Mark Smith Excellent result well done everyone! 😊
Like · Reply · 2 · 26 February at 15:38

Pru Hayhow The guys were awesome, the girls showed true grit. Thanks to everyone who was able to be there, we truly needed every single runner x
Like · Reply · 2 · 26 February at 17:00

Mens		
Position	Club	Points
1st	Grange Farm	44
2nd	Springfield	114
3rd	Little Baddow	132
4th	Braintree	354
5th	Mid Essex Casuals	393



Matt Webster Great results today. It's as much the team spirit and dedication as the running performance that Springfield couldn't live with this season!!
Like · Reply · 9 · 26 February at 15:46

Braintree XC (12/03/2017)



Race Report

The final race in this seasons Mid Essex cross country league ended in joy for both male and female teams. A record 43 members, completed the 3 lapped course which included the Notley hill each time. James, Ali and Lee crossed the line together in joint first place. The strong performances from both teams led to not only wins on the day but top of the league finishes at the end of the season.

Ladies

2	Danielle Robertson
4	Naomi Moss
5	Hannah McIlunna
6	Jo Bisset-Smith
8	Kerry Harrington
10	Charlotte King
11	Jules Adams
13	Hayley Smith
14	Brady Ramsay
15	Emily Predebon
17	Gillian Robertson
19	Jackie Adams
26	Angela Thorpe
27	Henrietta Butcher
28	Glenda Jackson
30	Roz McKenna

Men

1	James Boshier
2	Alistair Brown
3	Lee Pickering
6	Dan Reynolds
9	Steve Read
13	Josh Sowman
14	Matt Webster
20	Martin Jackson
22	Geoff Maidment
24	Gerard Geurts
25	Martin Taylor
31	Jason Bepey
33	Sean Henderson
34	Simon King
35	David Kelsey
37	Dan Wright
38	Colin Jackson
39	Luca Predebon
41	Ian Lawson
42	Chris Hayhow
47	Richard Robertson
48	Jason Wintin
52	Nick Perry
56	Stuart Adams
58	Lee Prowse
64	Gavin Foster

Claudine Davie What a way to bow out as female captain Hayley. You need to take some major credit for the result in inspiring and motivating people to turn up each week! And Dan did an alright job too 😊

Henrietta Butcher
12 March at 18:53 · White Roding

Brilliant today. Happy to be a member of such a successful but also supportive club!



Jacqueline Adams I second that Claudine. Great result. Well done Boys and Girls. Xx
Like · Reply · 2 · 12 March at 16:23



Mens		
Position	Club	Points
1st	Grange Farm	48
2nd	Little Baddow	127
3rd	Springfield	139
4th	Braintree	239
5th	Mid Essex Casuals	413



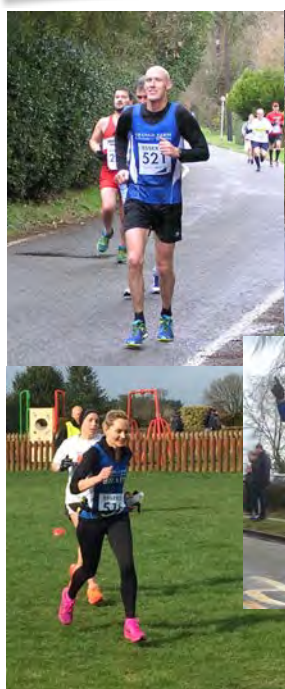
Ladies		
Position	Club	Points
1st	Grange Farm	17
2nd	Little Baddow	31
3rd	Springfield	67
4th	Mid Essex Casuals	117
5th	Braintree	N/A

Essex 20 (05/03/2017)



11 GFDR members represented the club on the 5th March at the Essex Championships 20-mile road race. Over 400 participants braved the horrible conditions and heavy rain on the undulating 3 lap course around Langham. Alistair Brown led the men home in 2:00:54 while Octavia was our first lady in 2:33:34. Along with the 3 new club records there were many new PB's.

Brown, Alistair	2:00:54
Bosher, James	2:01:36
Pickering, Lee	2:03:29
Lurkins, Jim	2:09:41
Read, Steven	2:31:53
Singleton, Octavia	2:33:34
Shah, Ashwin	2:38:59
Jackson, Colin	2:44:11
Lawson, Ian	2:45:17
King, Charlotte	2:52:10
Ramsay, Brady	3:00:57
Smith, Mark	3:25:55



[LINK TO RESULTS](#)

Harwich Relay (18/03/2017)


Essex Athletics

Road Running Cross Country Track & Field



Ash, Steve, Matt and men's captain Dan represented GFDR at the Essex road relay championship in Harwich. Our senior men finished eighth out of nineteen in a combined time of one hour, 13 minutes and 48 seconds.

[LINK TO RESULTS](#)



LEG 1
S.Read 17:39

LEG 2
A.Shah 19:34



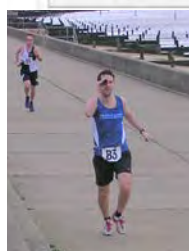
LEG 3
M.Webster 18:43

LEG 4
D.Reynolds 17:52

8
3 Grange Farm and Dunmow
1 : 13 : 48.85

- 1 Steven Read
- 2 Matthew Webster
- 3 Ashwin Shah
- 4 Daniel Reynolds

0	:	17	:	39.28
0	:	18	:	42.85
0	:	19	:	34.16
0	:	17	:	52.56





WELCOME NEW MEMBERS

GFDR WELCOME

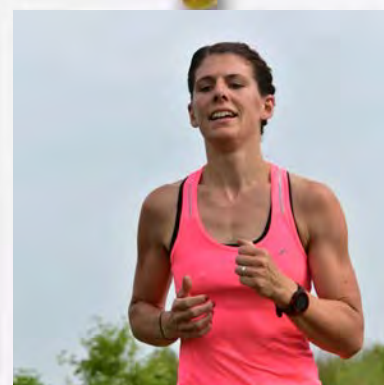
We at Grange Farm & Dunmow Runners have been introducing people to the benefits of running for over 30 years. Regardless if you are just starting out or an experienced runner, you will always be welcome at our club.



LUCA PREDEBON



EMILY PREDEBON



KAREN PICKERING

Goodbye



SEAN HENDERSON

Sean Henderson is departing the club after 2 fantastic years at the club. Sean, a regular trainer, has represented GFDR at many races and a regular at Great Notley Parkrun. Sean will be greatly missed but I know we all wish him and his family well in their move back up north.

In the NEWS

RUNNING

Grange Farm and Dunmow Runners saw their four-man team finish in eighth place at the Essex Road Runners' relay event in Harwich on Saturday.

A total of 97 teams took part in the race, which involved every runner completing a 5k leg along the promenade in Dovercourt.

And GFDR's senior men eventually finished eighth out of 19 in a combined time of one hour, 13 minutes and 48 seconds.

Steve Read ran the first leg in 17mins 39secs, before passing the baton over to Matt Webster, who clocked 18.43.

And Ashwin Shah then ran the third leg in 19.34, before handing over to Dan Reynolds, who anchored the team home in 17.52.

Ilford's team came home first in 1:04.29, with their New Zealander Blair McWhirter clocking the fastest individual leg of the day with 15.34.

Entries are now open for GFDR's 10k road race at Felsted on July 9.

Runners celebrate success

Grange Farm and Dunmow Runners had plenty to celebrate at the final race of the Mid-Essex Cross-Country League season at Braintree on Sunday.

A group of 43 members, made up of 25 men and 18 women, took on the three-lap course through Great Notley Country Park and saw James Boshier, Alistair Brown and Lee Pickering cross the line together to finish in joint first place.

Also scoring points for the men's team were Dan Reynolds, who finished sixth, Steve Read (ninth), Josh Sowman (13th) and Matt Webster (14th).

And for the women, Danielle Robertson came home in second place, with Naomi Ross (fourth), Hannah McIlvenna (fifth) and Jo Bisset-Smith (sixth) finishing in succession.

Those strong performances by GFDR ensured that both teams were not only first on the day, but also finished top of the league standings at the end of the season series.

Springfield Striders finished in second place behind GFDR in the men's standings, and ahead of Little Baddow Ridge Runners, Braintree and District Athletic Club and Mid-Essex Casuals.

And Little Baddow claimed the runners-up spot behind GFDR women, followed by Springfield Striders, Mid-Essex Casuals and Braintree.

GFDR's jubilation at winning the Mid-Essex League double was further enhanced by the club's Stebbing Remembrance Sunday 10-mile race also being voted as the best road race in the whole of Essex.

Grange Farm and Dunmow Runners celebrate success.



RUNNING

Joy for Grange Farm and Dunmow Runners in cross country league

Grange Farm and Dunmow Runners (GFDR) were out in force on Sunday, with 19 men and 12 women competing in the third race of the Mid-Essex Cross Country League.

In cold and damp conditions the event, hosted by Springfield Striders at Highwood, took the runners along tracks and paths through woods and around fields.

A magnificent performance by GFDR's men saw James Boshier, Alistair Brown and Lee Pickering taking the first three places, Dan Reynolds finishing sixth, Steve Read eighth, James Lurkins ninth and Graham Freeman 10th, ensuring a win for the team ahead of

rivals Springfield Striders.

Little Baddow Ridge Runners took third place followed by Mid-Essex Casuals and Braintree and District Athletics Club.

With Naomi Moss and Claudine Davie finishing second and third, Kerry Harrington seventh and Charlotte King ninth, GFDR's women secured a victory over Little Baddow and maintained their position at the top of the league.

Springfield Striders' women finished third ahead of Mid-Essex Casuals and Braintree.

The next race in the series will be held at Little Baddow on Sunday, February 26.



Grange Farm and Dunmow Runners' Alistair Brown, Dan Reynolds, James Boshier and Lee Pickering.

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.



Charity



As a successful and well-managed running club, GFDR is able to pledge to support charities each year and make a donation of as much as possible to worthy causes. Thanks primarily to the huge success of the Felsted 10k & Stebbing 10, this year has been no different and has seen us donate two and a half thousand pounds.

THE ROYAL BRITISH LEGION

POPPY APPEAL

Patron: Her Majesty The Queen

Once again on behalf of Felsted Royal British Legion Poppy Appeal may I thank you for your generous donation of £500 towards this year's Poppy Appeal.

Every year you really do us proud and we are very grateful for your ongoing support.

I am very much obliged to you for sending me this year's medal (it is the only way I could receive one as I doubt if I could walk let alone run 10K). It is a marvellous gesture on your part to present this to the finishers and very pertinent on this the centenary of The Battle of the Somme.

I will take this to our AGM and afterwards hang it in the club as a permanent reminder of your continued support to the Poppy Appeal.

I would like to wish you all a very merry Christmas and a successful New Year and thank you once again for your kind gesture.

Yours sincerely

Barry Atkinson

Barry Atkinson
Treasurer
Felsted Royal British Legion Poppy Appeal

REMEMBRANCE SUNDAY 10 MILE RACE

Club raises money for charities with Remembrance Day run

Grange Farm and Dunmow Runners hosted the annual Remembrance Sunday 10 mile road race at Stebbing, raising money for the Royal British Legion, Stebbing Primary School and the Stebbing community hall.

The 40 competitors joined the congregation for the two minutes silence at the village War Memorial before commencing the race.

The race, which started from the War Memorial, took runners through the village, along country roads and the Stebbing community hall.

The winner was James Collins of Southend Harriers Club in 37 minutes 13 seconds ahead of Alex Munton of Springfield Striders in 37:30 and Ty Farrer of Hemminghams Athletic Club in 38:10.

Club in 38:10 who was third.

Fiona Hall of South Striders in 1:00:10 was the District Female, followed by Vicki Hunt (Without Running Club) in 1:11:22 and Carmie Jay (Owl free Running Club) in 1:13:32.

The age category winners were: Male Ty Farrer: Mile Mark Turner 1:50:00; Mile Ellis Castled (Donner 1:13:41); and M70 Alan Wilson (Bishop's Northford Running Club) 1:20:34.

For the women: Fiona Hall; F43 Carmie Jay; F45 Bevy de Smith (Phoenix Striders) 1:22:00; and F45 Judith Jolly (Britannia Athletic Club) 1:35:32.

At the end of the race each runner received a Remembrance Day commemorative medal.



Runners donate £2000 to boost minibuses



Stebbing Mini Bus.

Grange Farm and Dunmow Runners have donated £2,000 to help cover the running costs of the Stebbing Mini Bus.

The club has had a long association with Stebbing and holds two races in the village, the Remembrance Sunday 10-mile road race and a cross country race in December.

Runners and

representatives from the village assembled at Stebbing Primary School for the presentation of the cheque to Pat Going by Chris Hayhow, who organises the two races.

Each year, the club chooses a local charity to support from the proceeds of its road races.

Grange Farm and Dunmow Runners is a friendly club of about

80 runners, who compete in road, cross country and trail races. Training sessions take place on Wednesday evenings, with other regular club runs also organised in addition to races, as well as trips to other parts of the country.

For more information about the club visit www.grangefarmdunmowrunners.co.uk.



Lee
CANCER RESEARCH UK



Charlotte & Simon



Gillian



6 brave GFDR runners are running marathons this spring for charity. Please click their names

or charity logos to donate or read their stories.

Kerry

WE ARE MACMILLAN. CANCER SUPPORT

Lee Prowse's Trail Running Guide



So you haven't yet done a trail run... you are missing out! Questions are probably buzzing around inside your head...what are these strange "trail runs"...what do all those abbreviations actually mean on that strange set of instructions? This article is aimed to help demystify trail events and to provide a few hints and tips!

The first most important item to note...these are great fun events that are run, run/walked or walked!

Let's start with registration...

Basically, you turn up at any time during the start window advertised for the event; you provide your name/club and pay a small fee (typically around £5).

In return you are given a set of trail instructions with your unique number on them. Quite often there is a £1-£2 drinks voucher on the trail instructions for when you return. So far, nice and easy!

Once you have registered, get yourself ready to go, have a chat, visit the little girls'/boys' room, decide what shoes/clothes to wear (ask others), look at the instructions (where do I go first?), see if there is anyone else that you want to start with such as a fellow club member (you don't have to run with them all the way round!).

The point here is that you don't have to start at the time that you have registered. Once you are ready to go, give the organiser your number and they will tell you when to start...at this point they put a start time against your number and off you go!

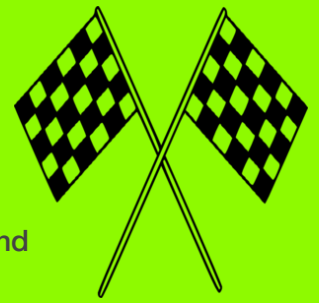


Etiquettes...

- These are friendly social events...normally!
- If someone is clearly going the wrong way then it is nice to call out and let them know...they may well return the favour 10 minutes later!
- Laugh if a fellow club member keeps going wrong!

The Finish...

You then run the trail (more in a minute on the running bit) and then you finish...**SHOUTING YOUR NUMBER CLEARLY** when you get back. Check that they heard it okay as there could be a number of runners coming in close together. They will record a finish time to determine your overall run time (don't expect to get this time straight away). Then recover, get a drink and have a post run social chat!



The Instructions

At the top of the instructions will be a legend that should cover the majority, if not all of the abbreviations...more about these later! Review these before you even start! There will also be the trail name and typically an indicative distance. Instructions are normally laid out in numbered paragraphs with each typically representing around a mile in distance (don't assume that these will be exactly a mile because they are not that accurate). They give a good guideline.

A lot of instructions have an emergency number on them – useful if you carry a phone. Look out for obvious landmarks in the instructions that help to confirm that you are on the right track (e.g. at “Willow House”).

Different route planners write their instructions slightly differently. A good set of instructions will have good punctuation – the majority are well written with the odd challenge to make you think. Instructions are normally checked by at least one other runner prior to the event to help improve their accuracy.

The Run - 10 top tips!

1. If running a trail for the first time, it is often worth running with someone else or a group. Make sure that it is not a faster group as you will need time to stop and digest the instructions to learn how to use them. Make sure that you lead some of the time.
2. Running in a group means that you have more eyes to look out for key markers on the route... including your own as you may spot something that the rest of the group have missed.
3. Use your thumb/finger to keep track of the next instruction on the sheet and what you should be looking out for next...even if you are running in a group!
4. Try to read a few instructions ahead...several simple instructions ending up with, for example, “road” can often distil down into simply “run to the road”.
5. Plants grow and can partially conceal some landmarks such as bridleway signs, way markers, foot bridges, gates etc...you may need to look for them. The words “concealed” or “hidden” may be in the instructions to help you.
6. Don't run too fast as you are likely to miss items detailed in the instructions...think the Hare and the Tortoise!
7. Use the instructions...don't assume the runner - or even multiple runners - ahead of you actually know where they are going...don't be a lemming!
8. Read the instructions! If an instruction says run to footbridge it doesn't necessarily mean that you cross it!
9. If you realise that you have gone wrong then backtrack to where you are confident that you know where you are again, re-read the instructions and have another go.
10. Don't force the instruction to fit... you'll know when you have done this... we have all done it at least once!

And finally...

Once you have done one or two you will be hooked!

Enjoy

Lee



Extensive range of GFDR kit available from Ian Lawson.



Issue 3 - Coming June 2017

Getting to know you - with Pru Hayhow
Marathon Roundup, AADD 2017 & Braintree 5



Click icons to be linked to official GFDR pages.