

GRANGE GAZETTE

www.grangefarmdunmowrunners.co.uk



Run Fast, Stay Cool

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GRANGE GAZETTE

Happy New Year

Happy new year to all our members. If you are new to us welcome to our fantastic running club, where hopefully you will enjoy being part of our family for many healthy years to come. Existing members welcome back, we hope you had a lovely Christmas and new year.



Upcoming Events

24th March - Colchester Half

31st March - Braintree 5

7th April - Manchester Marathon

22nd April - London Marathon

12th May - Halstead Marathon

Training

Monday - Track 7.30pm Braintree Leisure Centre

Tuesday - 9am Felsted Gym

Wednesday - 7.30pm Dunmow

More details on club website

GRANGE NEWS

Latest news from Grange Farm & Dunmow Runners.

RBL Donation

Each year the club makes a donation to the Royal British Legion after our Stebbing 10 race. This year was no exception and the club donated £1000 as the Legion celebrated 100 years since the end of the First World war.

Karen leads Ladies

As of the new year Karen Pickering takes the reigns as Ladies captain from the wonderful Kerry. We wish Karen the best of luck with her new role in which we all know she will flourish while thanking Kerry for all her hard work on top of some amazing running performances.

Glenda flies flag

Each year the club obtains one London marathon entry, where a runner is randomly selected to represent the club providing they have met all required criteria. This year Karma, presented the place to Glenda Jackson. After all her hard work for the club in recent months her name was randomly pulled from the hat.

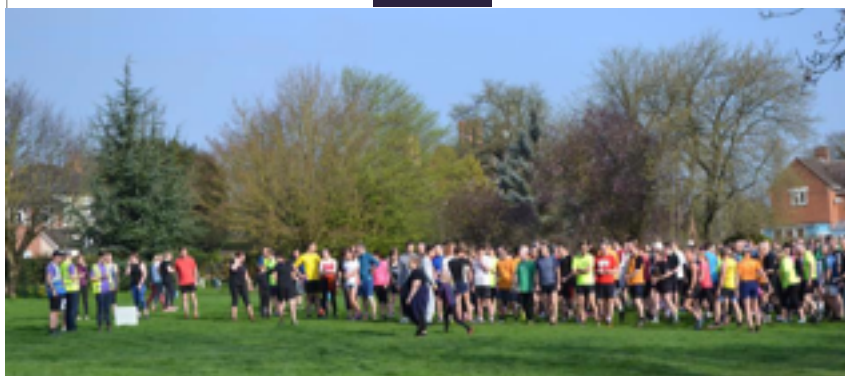
Good Luck Glenda!!!



Great Dunmow Parkrun

Grange Farm donated £500 towards the setup of the newish event on our doorstep. So far 40 of our members have participated at Dunmow posting some great times of a testing course. For anyone who hasn't heard of Parkrun, firstly where have you been hiding? Each Saturday at 9am across the country thousands of runners/walkers take to local parks for a free timed 5k event. Organised entirely by volunteers they really are a fun, friendly and healthy way to start of your weekend.

CLICK ON LOGO BELOW FOR LINK TO HOMEPAGE!



Getting to know you!



Pru Hayhow

Essex girl born and bred, Pru grew up in Mill End Green, in fact the very house that past committee members Lesley and Simon Burpit now live. Pru has always been a brilliant runner and this was first apparent at an early age with one of her first running memories. At Great Easton Primary School, she was too fast for the boys when playing kiss chase in the playground and had to slow herself down in order to let them catch up. Despite being reasonable at sports at school, Pru didn't really discover running until she was in her mid to late twenties. By then she had married one of the other heartbeats of our club Chris "Hell Master" Hayhow, who having given up playing semi pro football was looking for an outlet. Together they joined a new gym that was opening in the area, Grange Farm Fitness, a new manager arrived, Howard the thumb Jardine. Between the three of them they bought the gym and well the rest really is the history of the Grange Farm part of GFDR.

Chris, Howard, Pru and some friends from the gym discovered they enjoyed running and wanted to race, initially forming the unaffiliated Grange Farm Independent Trotters. What started out as fun running club with name to match. A few years later it then got a bit more serious; the club became affiliated, created a constitution and registered our kit. The club has been Pru's companion, challenger and passion ever since. From founder, to ladies captain and now honouree member with plenty of club records and awards.

Pru's Top Tips

Top tip for achievement; sign Chris Hayhow up as your coach.

Top tip for longevity; Yoga - stretch more of your body, more often, for much longer than you think necessary. Yes it is boring and feels like a waste of time but if you want to be running well, later in life, it's important now

4 x Club Records



Getting to know you! Pru Hayhow

Quick fire Questions

Pre race breakfast?

"Porridge"



Favourite race distance?

"Marathon"



Pre race rituals?

"Porridge and Yoga"

The people who turn out week after week to keep their local running clubs functioning, the unsung heroes who marshal races, distribute leaflets, litter pick races and between them keep our sport accessible to all!

Who is your hero?

"Ordinary Runners who give back"



Other hobbies?

"Scuba Diving"



Favourite race & why?

"Without doubt, day 2 of the Himalaya 100 mile stage race. Running at altitude with the sun rising on Mount Everest directly in front of you is possibly the most emotional and life enhancing thing I will ever do. The mountain people of the Himalayas are very special and it is an incredible, unspoilt and remote part of the World."

RESULTS

Pleshey Half (16/09/2018)



Race Report

After a 3 month break from this years club road championship it was back to racing at the Pleshey & Essex Half marathon hosted by Springfield Striders. The event attracted just shy of 400 runners including 23 from GFDR. A pleasant day for spectators more so than our group of runners see some great performances on the undulating course from everyone in blue. The most notable performances were from Laetitia Corbett winning her age category and Chairman Colin Jackson also bizarrely according to his watch ran the exact same time as 2017, 1:43:42 to the second.

Men		
44	Richard Mead	1:26:52
59	Daniel Reynolds	1:29:51
74	Kevin Marshall	1:31:25
103	Martin Atkinson	1:36:31
113	Alan Fullerton	1:38:15
114	Jason Bepey	1:38:24
115	Luca Predebon	1:38:29
142	Antony Karas	1:42:06
157	Colin Jackson	1:43:40
176	Neil Hitchcock	1:45:53
180	James Huertas	1:46:15
188	Ian Lawson	1:46:55
222	Richard Robertson	1:51:20
243	Mark Smith	1:52:49
254	John Smith	1:54:30
299	Lee Prowse	2:02:38

Ladies		
132	Karen Pickering	1:41:29
147	Emily Predebon	1:42:42
182	Laetitia Corbett	1:46:31
240	Abigail Rayner	1:52:46
266	Hayley Smith	1:56:34
285	Henrietta Butcher	2:00:01
342	Maxine Seward	2:11:00



Tiptree 10 (14/10/2018)



Race Report

Grange Farm & Dunmow Runners were among a field of 400 at the Tiptree 10 Essex Championship event. Good running conditions and the mainly flat course led to some impressive times, with eight of 17 GFDR athletes setting personal bests.. James Bosher was first member home in 10th in 57 minutes 53 seconds, with Daniel Reynolds (63:33) & Ashwin Shah (64.03) not far behind in a new personal best. Martin Atkinson (71.09), Luca Predebon (71.17), Karen Pickering (75.08), Emily Predebon (76.76), Abigail Rayner (81.39), Brady Ramsay (83.47) and Hayley Morley (88.36) also beat previous bests. Kevin Marshall (68.39) finished ahead of Alan Fullerton (71.04), Colin Jackson (76.55), John Smith (80.50) and wife Hayley (83.51), Lee Prowse (84.58) and Henrietta Butcher (86.43) completed the line-up.

Men		
10	James Bosher	57:53
37	Daniel Reynolds	1:03:33
39	Aswin Shah	1:04:03
65	Kevin Marshall	1:08:39
88	Alan Fullerton	1:11:04
89	Martin Atkinson	1:11:09
90	Luca Predebon	1:11:17
146	Colin Jackson	1:16:55
170	John Smith	1:20:50
215	Lee Prowse	1:24:58

Ladies		
124	Karen Pickering	1:15:08
137	Emily Predebon	1:16:16
181	Abigail Rayner	1:21:39
205	Brady Ramsey	1:23:47
206	Hayley Smith	1:23:51
237	Henrietta Butcher	1:26:43
256	Hayley Morley	1:28:36



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.



DECLAN EVANS



JENNY SUCKLING

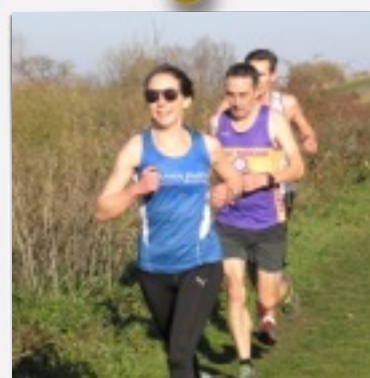
ZOE KIRTON
SZABINA NEMETH
BEN PORTUS
NEIL HITCHCOCK
CHRISTOPHER ATKINSON
JANE ATKINSON



CONNOR JOHNSON



TIM FERGUS



PHILIPPA ROBERTSON

In the NEWS

Runners dominant at Rivenhall event

Athletics

Grange Farm & Dunmow Runners came out on top in the Mid-Essex Cross-Country League race at Rivenhall on Sunday.

A strong turnout of 18 men and 15 women helped to reinforce the club's position at the top of the table after three rounds.

James Bosher won the race, as Dan Reynolds (fourth), Lee Pickering (sixth) and Matt Bainbridge (seventh) also finished inside the top 10. Alistair Brown (15th), Connor Johnson (17th) and Ashwin Shah (19th) completed the scoring squad for GFDR.

Naomi Moss was second for the women, with Hannah McIlvenna (fourth), Karen Pickering (sixth) and Emily Predebom (ninth) also scoring for the cause.

Braintree & District AC's men were second, ahead of Springfield Striders, Little Baddow Ridge Runners and Mid Essex Castles.

For the women, Mid Essex



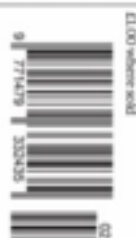
James Bosher, Kerry Harrington, Karen Pickering and Naomi Moss (blue vests) at Rivenhall.

were second ahead of Springfield, Little Baddow and Braintree.

Meanwhile, in the Flitch Way New Year's Eve marathon, Moss finished as second female in a personal best time of 3:28.50, with Pickering fourth in 3:40.39.

Tony Karas clocked 4:01.44 for the men, with Ian Lawson coming home in 4:19.31.

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Athletics

Grange Farm & Dunmow Runners presented a cheque for £1,000 to the Royal British Legion recently.

The club holds a 10-mile race on Remembrance Sunday each year, with more than 500 runners joining locals at the Rivenhall war memorial to observe the two minutes silence before racing.

And to mark the 100th anniversary of the end of the First World War, the club chose to donate proceeds from the race to the Royal British Legion.

Terry Moss, secretary of the club, said: "It was a pleasure to be able to support the Royal British Legion in this way."



Grange Farm & Dunmow Runners members handed over a cheque for £1,000 to the Royal British Legion recently.

King James leads Runners to victory!

Athletics

Grange Farm & Dunmow Runners James Bosher came home first to lead his team to victory in the second leg of the Mid-Essex Cross-Country League.

The event, hosted in Dunmow by the club, took runners around fields and through the woods of Flitch Country Park and proved especially challenging after Saturday's rain.

The GFDR men fielded five of the top 10 spots, as winner Bosher was followed home by Dan Reynolds (38th), Josh Seaman (16th), Lee Pickering (seventh) and Matt Bainbridge (eighth).

Ashwin Shah and Alan Fidderton also contributed to the team score, while Rebecca Davidson, Abigail Rayner, Pve Hayhoe and Brady Ramsey scored for the women.

The men finished ahead of Springfield Striders, Braintree & District, Little Baddow Ridge Runners and Mid-Essex Castles, while the women



James Bosher, Josh Seaman and Dan Reynolds (blue vests).

were second behind Little Baddow.

Round three is at Rivenhall on January 6.

*Foliot Chequers are Ridley League leaders at Christmas, despite a narrow loss to Little Waltham FC.

Success in the mixed and women's darts and a draw in the darts men's match in hand going into 2019.

Margaretting piped Chelmsford in the battle of the Black Bulls thanks to their dominos form, having lost in the darts despite a singles/

pairs double for Lee Jones and Trevor Bright.

Del Kochan had a 100 start and 130 finish for Chelmsford and Sue Cove and Chris Ewers had a straight leg win to leave Margaretting as the only women's pair without a point.

Russ Hyman won Black Bull Bards' third darts leg this season (out of 42) as they lost 11-4 at home to Dog & Partridge. They improved on the night went on, taking the mixed to a deciding leg, winning the women's point and drawing the dominos.

League: Chequers 53 points, Gungahmore 54, Little Waltham 55, 47.

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Grange Farm & Dunmow Runners turned out in top numbers for the Mid-Essex Cross-Country League at Braintree.

Athletics

The recent results will need changing after Grange Farm & Dunmow Runners James Bosher achieved the best time for a historical 10-mile challenge.

The Braintree Bugle Marathon event and 10-mile challenge at Black Valley Village Hall and follows a route, mostly off-road.

And on the 10th staging of the event Bosher took around the course to finish in a time of three hours nine minutes and 57 seconds, a whopping seven minutes quicker than the previous record.

The race attracted a total of 15 runners with GFDR represented by six runners in total.

Matt Bainbridge made it a one-run finish when he came to almost 40 minutes later while Karen Pickering was the third finisher and 10th overall, alongside Ashwin Shah, in 4:07:05.

Lee Lawson came 10th in a time of 4:07:05 while Maxine Bennett finished in 4:07:05 for 47th place.



Grange Farm & Dunmow Runners' James Bosher.

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



HOME

MEMBERS INFO

CLUB RACES

TRAINING

JOIN US

EVENT CALENDAR

GALLERY

BULLETINS

CONTACT

A brief insight into our new club website...

Just over a year ago, our club website had a dramatic redesign.
Making it more aesthetically pleasing while allowing users to
navigate around more easily.

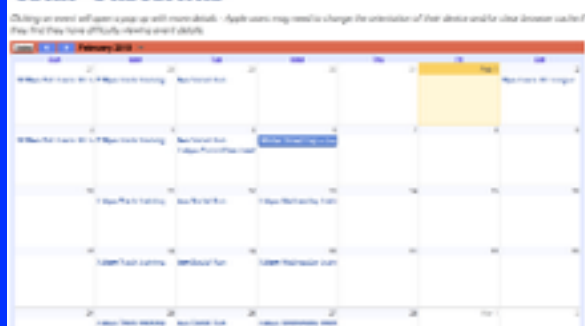
Here is a breakdown of some of the sections designed for you, our
members.

The Gallery

Features a host of pictures from our
most recent races. It also provides links
to our club Flickr if you wish to dig
through the archives.



Club Calendar



Calendar

The event calendar is the best place to
look for all upcoming training and race
information. From providing locations of
events to trail instructions..... its all
here.



HOME MEMBERS INFO CLUB RACES TRAINING JOIN US EVENT CALENDAR GALLERY BULLETINS CONTACT

Championship Races

Race, date and information

ROAD

2018/19

Warfield Road (10k) - 24th May 2018 - [website](#)

Plethney Friday Night 5 mile - 24th June - [website](#)

Plethney Half Marathon (Triaxx Champs) - 16th September 2018 - [website](#)

Tiptree 10 mile (Triaxx Champs) - 19th October 2018 - [website](#)

Wix 5 (Triaxx Champs) - 21st October 2018 - [website](#)

Colchester Half - 24th March 2019 - [website](#)

Your best marathon performance (between 1st May 2018 to 30th April 2019)

Members Championship Points

Current Points & Standings

Click on the icon to view Members Championship points to date.

Archive Points Results

[2017-18 Championship Table](#)

[2016-17 Championship Table](#)

[2015-16 Championship Table](#)

Click the link for the latest up to date tables & scores

Championship Races

Detailed listings of all club championship races and relevant links can be found under this section

Road		Triathlon		Cycling		Swimming		Rowing		Canoeing		Other	
Name	Points	Name	Points	Name	Points	Name	Points	Name	Points	Name	Points	Name	Points
John Smith	100	John Smith	100	John Smith	100	John Smith	100	John Smith	100	John Smith	100	John Smith	100
John Smith	100	John Smith	100	John Smith	100	John Smith	100	John Smith	100	John Smith	100	John Smith	100

Timed Lap

Timed lap and beep test, results and routes can be found under the designated section.

Timed Lap & Beep Test

Timed Lap

The 1st Wednesday of every month is a time trial handicap.

In the light evenings we run the Dunmow 5 course and in the dark evenings it is a 3.4 mile route around Dunmow Town Centre. We meet promptly at 7.30 at the Dunmow Leisure Centre.

Click on the icons for Timed Lap Results.



SUMMER TIMED LAP RESULTS



WINTER TIMED LAP RESULTS



Club Newsletter



For the latest issue of our club newsletter please click to download the PDF -

[Grange Gazette Issue 1](#)

[Grange Gazette Issue 2](#)

Club newsletter

Yep, even the newsletter has a home on our website. Check out the latest version or read a back copy.



Extensive range of GFDR kit available from Glenda Jackson.



Issue 4 - Coming Soon

Getting to know you - with Simon King

2019 Road Relays, Club Annual Awards & Marathon round up



Click icons to be linked to official GFDR pages.