

# GRANGE GAZETTE

[www.grangefarmdunmowrunners.co.uk](http://www.grangefarmdunmowrunners.co.uk)



## Cool Runnings

GFDR News

3

Seasonal  
Sessions

7

Getting to know you  
Simon King

4



# GRANGE GAZETTE

## New Year

Welcome to the fourth instalment of the Grange Gazette, most of the content included was from the first quarter of last year as I forgot to send it out. Anyway I hope you enjoy it and we wish all members and their families a very Happy and Healthy New Year.



## Upcoming Events

1st March - Essex 20

15th March - Essex Road Relays

5th April - Manchester Marathon

26th April - London Marathon

10th 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.

## Phillippa's Gold

A huge congratulations to Phillippa Robinson on winning this seasons Woman's Essex County Road Championship. A brilliant season from her see many outstanding performances in the blue vest of Grange Farm.

## Coach Jimmy

As of December James Bosher has completed his coaching qualification and joins Jason Bepey and Colin Jackson as hosts of our Wednesday night sessions. As always we hope to see as many of you as possible on Wednesdays along with our brilliant Monday night track sessions taken by Lee Pickering & Stephen Brazier.

## GFDR Buff

By popular demand, Grange Farm snoods are now available. Whether worn as a snood, headband or balaclava, a buff is a great piece of winter wear but also perfect for wiping your brow on summer trails. Whatever the weather you can now show off our club colours with our very own personalised buffs. Available at just £4.50 each.



## Connie's Cause

Thank you to all the members, for the club's donation of £2000 to Connie's Cause. This donation came as a complete surprise, though it probably shouldn't have, given what a wonderful bunch of people the members of GFDR are.



# Getting to know you!



## Simon King

Simon King, born Samuel Simon King at the Fox Inn, Finchingfield. He attended Gosfield Boarding School, where running first became a part of his life. Running for the school in inter school cross country competitions from the age of 6, helped him develop his driven and competitive nature that we all love.

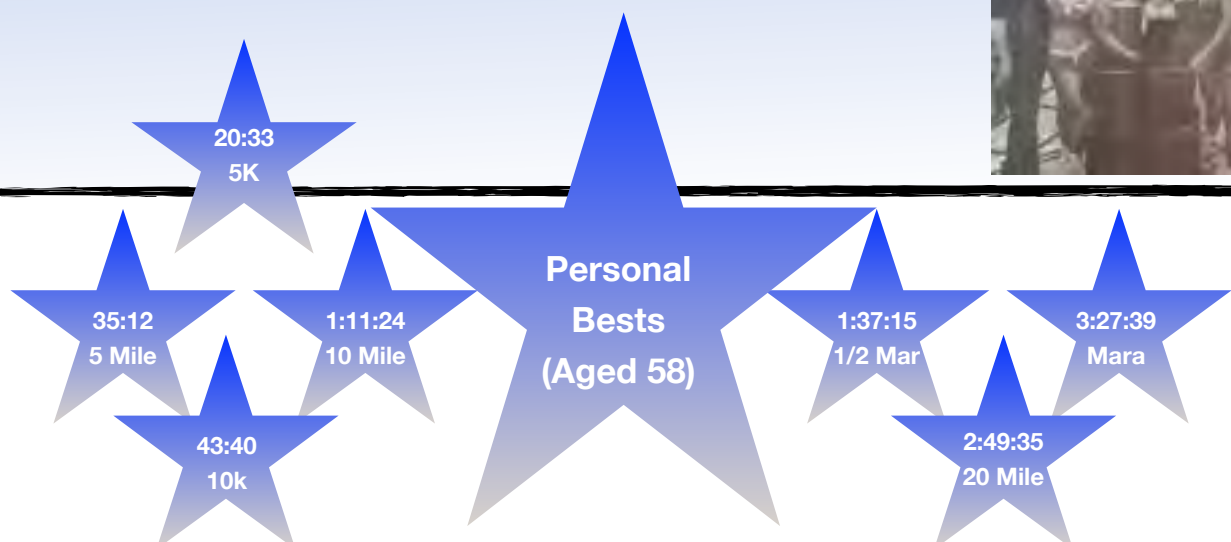
Despite the early introduction to running, Simon didn't actually get into the longer distance running until much later in life. Toward the later stages of his thirties, following a successful football career he started to find a new love with pavement pounding. Although still playing football at the time, in 1994 at the age of 37, Simon took part in the Felsted 4 mile, a race organised by Felsted school which later became the Felsted 10k organised by none other than our very own Howard Jardine. From there he went on to run the London Marathon at the age of 40. However it wasn't until some years later in 2007, at the age of 50, that he hung up his football boots and joined Grange Farm & Dunmow Runners.

Simon has been married to the lovely fellow GFDR runner Charlotte King for 13 years. He has two children Emily and Chris and a well loved son in law Luca. All 3 of whom have taken up running and developed into decent runners and also member of GFDR.

### Top Tips

Double knot your shoe laces prior to a race.

If you're serious about your running see a nutritionist, eating the right diet at the right time of the day is the foundation for knocking chunks of your personal bests.



Getting to know you! Simon King

# Quick fire Questions

## Pre race breakfast?

*"Porridge, Banana, Honey & Berries"*



## Favourite race distance?

*"220 yards... always loved running off a bend."*

## Pre race rituals?

*"Preparation, Preparation"*

## Other hobbies?

*"Family time, gardening, skiing, cycling and exploring remote areas"*



## Sporting Heroes?

*"All Para athletes, so courageous, tough & inspiring"*



## Favourite race

*"There are many but probably London Marathon, a race that is inspiring and motivational to watch and great to take part in. There was also the notorious Grange Farm hosted Stebbing cross country."*







## Wix 5 (21/10/2018)



### Race Report

More than 450 runners took part in the race, which followed a relatively flat course resulting in some fast times.

The event was won by Edward Mitchell of Colchester Harriers in 26 minutes 13 seconds with Sowman finishing 11th in a personal best of 27:41.

He was followed 20 seconds later by James Boshier in 12th.

There were also PBs for Luca Predebon (33:49), Martin Atkinson (34:02), Emily

Predebon (36:25) and Hayley Morley (40:46) Karen Pickering was the fastest GFDR female in 36:02.

Men		
11	Josh Sowman	27:41
12	James Boshier	28:02
38	Daniel Reynolds	29:52
43	Richard Mead	30:05
94	Alan Fullerton	33:35
95	Luca Predebon	33:58
98	Martin Atkinson	33:58
169	John Smith	37:21
170	Colin Jackson	37:17
190	Lee Prowse	38:43
272	Simon King	41:53
294	John Hardy	43:45

Ladies		
146	Karen Pickering	35:57
152	Emily Predebon	36:19
198	Charlotte King	39:02
240	Hayley Morley	40:38
244	Hayley Smith	40:48
372	Glenda Jackson	49:43





## Colchester Half (24/03/2019)



### Race Report

This final race was a late addition to the club championship for this season due to the cancellation of the Essex 20 the previous year. This years race see 3000 runners take

to the roads of Colchester and surrounding areas such as Langham and Boxted to complete 13.1 miles of undulating terrain. Starting and finishing at Colchester United Football Clubs Jobserve Stadium and with some fantastic support on route this race was a welcomed addition to the calendar and the perfect way to finish the club season. 13 men finished the race for GFDR alongside 8 woman which included Phillipa Robinson who was 10th lady overall. Special mentions to Daniel Reynolds who set a new personal best of 1:20:04, Ashwin Shah & Colin Jackson who were both third in their respected age categories on the day. The race was won by Ramadan Osman of Colchester Harriers in a time of 68 minutes and 45 seconds.



Ladies	
133	Philippa Robinson
317	Karen Pickering
356	Emily Predebon
824	Charlotte King
855	Abigail Rayner
1652	Henrietta Butcher
2012	Lesley Burpitt
2212	Glenda Jackson



Men	
13	James Bosher
26	Daniel Reynolds
36	Ashwin Shah
66	Connor Johnson
127	Luca Predebon
199	Alan Fullerton
205	Declan Evans
322	Neil Hitchcock
335	Antony Karas
563	Colin Jackson
582	Ben Portus
588	Martin Atkinson
2304	Gavin Foster







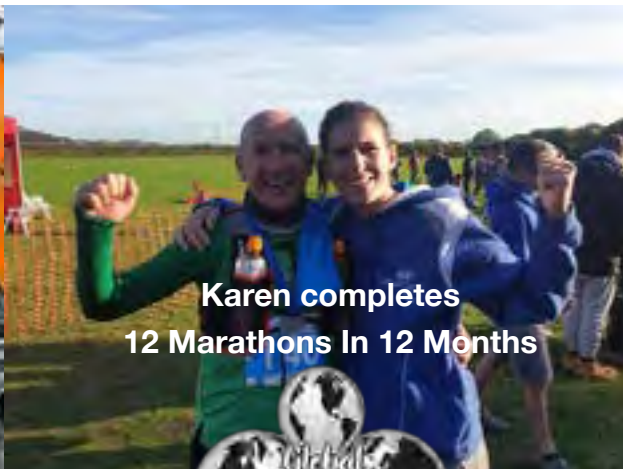
# Seasonal Sessions



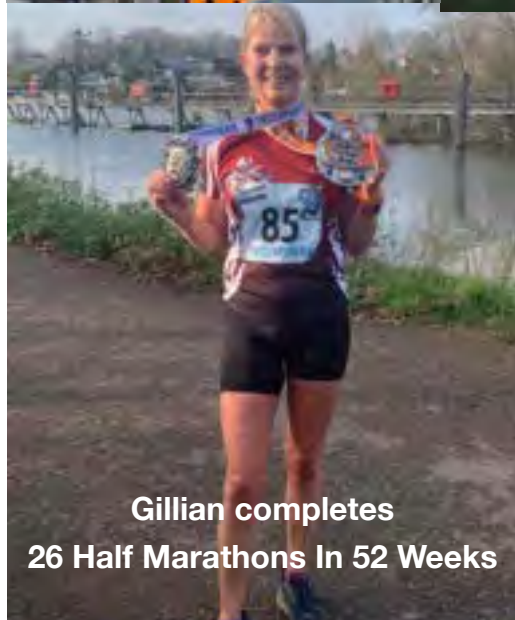
Hannah wins Halloween special



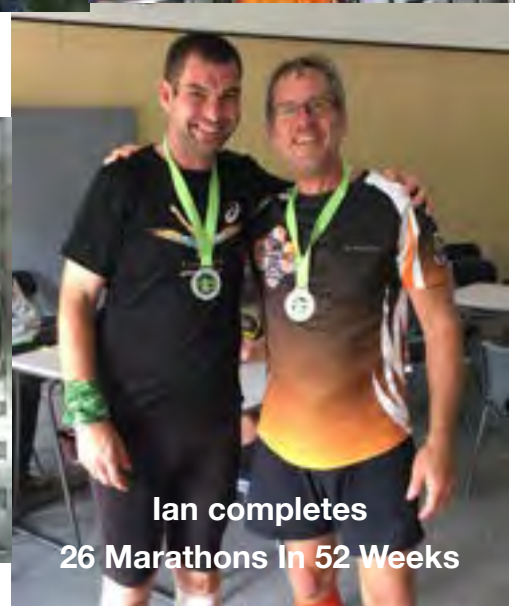
Matt wins Christmas special



Karen completes  
12 Marathons In 12 Months



Gillian completes  
26 Half Marathons In 52 Weeks



Ian completes  
26 Marathons In 52 Weeks



# Ian Lawson Marathon Man

James asked me to write an article about my marathon running so I sat down gave it some consideration, pieced together the details, then a thought struck me. "It would be easier to run a marathon than write about them." However here goes.

At the time of writing this I have completed 53 marathons and have another 10 booked for this year. I am constantly looking to see what is out there so it is fair to say, availability permitting, I expect I'll enter more.

My first was Halstead in 2006. I started running seriously the previous year and joined our running club shortly after my first real race, the legendary Stebbing Cross Country. Not put off by this hellish event I decided I wanted to run a marathon. I approached Chris, Pru and Howard and their advice was to enter Halstead and train with everyone aiming for London.



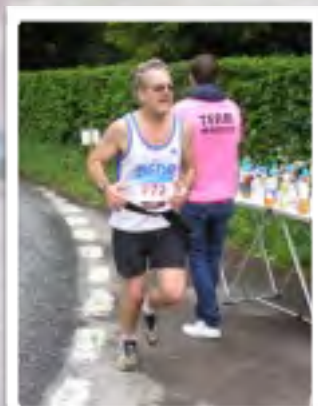
Off I went like a lamb to the slaughter. I particularly remember one long run. I blew up at about 14 miles and was thinking to myself what on earth am I doing I'll never make a marathon at this rate. Now I'm not easily put off so I persevered until I was up to 20 miles reasonably comfortably. I think it was Howard who said to me there was no real necessity to go any further before race day. Brilliant I thought, that'll do me.

Race day arrived and armed with a belly full of porridge and 5 gels off I went feeling somewhat nervous to say the least. Some memories come to mind about the day. The weather was nice, the hills were not!!! I got chatting to a guy who had run umpteen marathons, I forget how many but remember thinking I could never do that. I told him in my eyes he was a hero and he said I was the real hero running my first. I thought that was a lovely thing to say and it stuck in my mind so much that I tell anyone I find out is running their first the same. I seem to remember running a fair bit of the first 20 miles with our great ultra runner Naomi. we were running around 9 minute miles and she told me I looked comfortable and I should go off a bit faster, frankly I was happy to stay comfortable. We got to 20 miles and to my surprise I still felt comfortable so with a modicum of cockiness I said to her I'm off, big mistake 2 miles later I blew up so it was run/walk run/walk to the finish. One thing I will never forget is the feeling of elation having just completed my first 26.2 miles I don't mind admitting I sat down and cried, I also said to myself "Never Again." It took me 4 hours 10 minutes and 23 seconds.



I lied. It took 2 years but mid January 2008 on a cold but bright day I ran my second, the brilliant Cold Christmas to Good Easter narrative trail. This time I wasn't nervous about the distance, I was terrified of getting lost. As luck would have it I didn't and finished in 5.11. I did get lost in the 2014 event eventually running over 29 miles. I had also entered London for the first time and amazingly got in on the ballot (those were the days). I wanted to run sub 4 hours. This wasn't to be I finished in 4.05.13 a PB but not what I wanted so I entered Halstead again. That didn't work I came in at 4.40.20, not sure what went wrong there. Still wanting to run a sub 4 Abingdon was recommended to me as being a good PB potential course. I entered, maintained my training over the summer and on the 19th October 2008 I ran 3.40.50. I'd cracked it and amazingly to me ran perfect half splits 1.50/1.50.

I ran one marathon in 2009 and 2010. In 2011 I ran 3. London and Halstead a month apart in 3.52.19 and 3.52.17 respectively, how's that for consistency. The third was Mablethorpe in late September, a flat course and it would be reasonable to expect the weather to behave at that time of year. A small group from Grange Farm set off on our little adventure, my aim was for a sub 3.30. That wasn't to be, in 27 degrees of sapping heat I struggled home in 3.57.17. I was more than happy with a sub 4 though. To date I've never managed to break the 3.30 barrier.



In 2012 I ran 2 and none in 2013. 2014 saw 4 completed, January, Cold Christmas in 4.44.01, April, London in 3.43.46, May, Halstead in 3.39.11 and October, Bournemouth in 3.36.56. 2 PB's including that well known PB course Halstead, I remember as I crossed the finish line I literally jumped for joy, I realised my mistake when I landed OUCH. I'd recommend Bournemouth to anyone looking for a good time. It's a lovely course starting inland running down to the coast, there's a small hill at around 14 miles and a bit of an incline at around 18 or so but otherwise it's flat. The last few miles are run on the promenade, it's lovely when the sun is shining.

2015 saw me run 2 which are amongst my most memorable. During September I ran Loch Ness, with (well a long way behind) the great Mr. Boshier, in 3.46.04. If you want to run a challenging marathon surrounded by stunning scenery put this one on your bucket list, the beer tasted wonderful afterwards. The 18th October was a very special day. I ran Abingdon for the second time finishing in my fastest ever time of 3.31.02, that was great but not what made it so memorable. I ran with club friends Simon and Charlotte King who both also posted brilliant PB's. Charlotte went sub 4 for the first time in 3.53.20 and superman Simon went sub 3.30 in a stunning 3.27.39. If I remember rightly that was an amazing 30 minutes faster than his previous best. The drive home was somewhat euphoric to say the least.



By now I'm getting the bug and I start telling anyone who would listen, or I could corner, that "I think I'll just concentrate on running marathons as I enjoy them so much" I'd come a long way from that never again feeling in 2006



2016 brought 2 more but more importantly I ran my first White Star Running (WSR) event, The Dorset Invader Half Marathon, yes I know it's only a half but you have to start somewhere. I was due to run the Invader Marathon the day after but I had to give it a miss as I'd hurt my foot, I eventually ran it in 2017. White Star Running regularly put on running weekends in and around the Dorset area. On road they put on the Dorchester Marathon and Half, all other events are off road running around the most beautiful countryside. Most of their marathons are in excess of 26.2 miles, the longest I've run being 29.5 but who cares when your enjoying yourself as much as I do. I LOVE THEM.

2017, the bugs biting. February, The Boggle 4.49.59, April, London 3.50.20, May, Halstead 4.08.43, July WSR Invader 5.00.18 (28 miles), October saw me return to Abingdon to attempt a sub 3.30, it was not to be 3.38.33 and December WSR Bovington Tank Museum 4.43.28 (27 miles) It was running these WSR off road events and enjoying them so much that got me thinking, dangerous I know, "I love running off road, running the marathon distance, so why not concentrate on doing what I enjoy. No more hard training I only end up injured, well I am getting on a bit. Run the odd road marathon just to keep my hand in but just for the fun of it, no more stressing over times"

2018, the bugs taken over now. I ran 15 and my first 2 in 2 days, I ran 4 in November 11th, 17th, 18th and 22nd. The races, the majority off road, included Chelmsford 3.59.36 (pewh that was close), Halstead, The Flitch, 4 Phoenix (1 with Maxine who ran a PB in 4.38.01 with little training), 7 WSR events and Hatfield Road Runners 1st Gosfield Gauntlet a lovely off roader which I heartily recommend. Gillian Robertson introduced me to Phoenix Running who put on a few events by the river Stort at Sawbridgeworth and lots on the Thames Towpath at Walton on Thames. Basically these are 6 hour timed events in which runners complete as many 3.3 mile loops as they wish, and get some bling into the bargain, 8 loops being a marathon. Gill often uses these events as marathon training runs. I was unsure if I would like to run loop after loop so I joined her one day and we completed 4, a half. I have to say I thoroughly enjoyed it and it worked for me because instead of counting the miles I just count the loops, only 8 and I'm done. I've been a regular visitor to Walton on Thames ever since. I've completed their 12 marathons in 12 months challenge and run their Remembrance Sunday event which was really quite moving as we all stopped at 11oc to observe the 2 minutes silence for the fallen. you'll be reassured to know this was deducted from our finishing time. I've come close to running a sub 4 hour off roader, WSR Bad Cow in 4.12.18 (27.2 miles, I covered 26.2 in 4.03) I'd like to run sub 4 off road, hmmm didn't I say earlier no stressing over times!!!

2019, I've run 10 marathons including 5 Phoenix events, I had the pleasure of running one with speedy Karen Pickering finishing in 3.58.01. That was NOT our game plan we just got carried away.

You may ask why I do this. Am I certifiable? Well that goes without saying. I just really enjoy marathons particularly off roaders. Oh and there is the bling. I've collected some awesome stuff along my journey, WSR and Phoenix medals are particularly creative, oh and BIG.

I don't know when or where this will end but I'm certain I'll carry on as long as the old body and mind will let me. I've really enjoyed writing this it's brought back a lot of great memories. I hope you've enjoyed reading it..... Come and join me sometime.

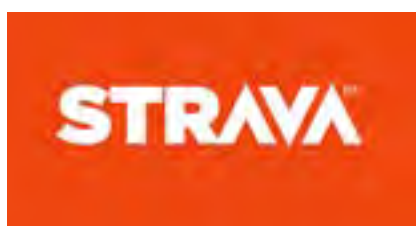
Ian....





Issue 5 - Coming at some point...

Getting to know you - with Karen Pickering



Click icons to be linked to official GFDR pages.