



Plumstead Runners Meeting 6th May 2015. **Update.**

Dear members, for those members who were unable to attend the last meeting earlier this month, please find below some of the points discussed at the last members meeting for your information.

- **Club Targeted Races: See clubs web site for details of the races.**
 1. **May** – Colour Run Danson Park – 17th May 2015.
Joydons Wood 5k Summer Series – first race 27th May 2015.
Eltham Park 5 mile race – Sunday 31st May 2015.
 2. **June** - Harvel 5 mile - 1st June 2015.
Clubs 10k cross country handicap 24th June 2015 at Oxleas Woods.
First runner away at 6:30pm sharp.
Joydens Wood 5K Summer Series - Race 2 – 24th June 2015.
 3. **July** - Foots Cray Meadows – new 10k, 5k and fun run 4/7/2015.
Joydens Wood 5K Summer Series - Race 3
 4. **September** – Beast in Dorset. 6th September 2015.

Club Beer Run.

- The date Saturday of 25/7/2015. Details to follow.

Additional Club Social Event.

- RV informed members of an additional club social event to take place on Sunday 9/8/2015. Commences at approximately 3pm. Buffet and music in the club house. See Richard & Graham for further details.

Club BBQ.

- As there is cricket booked throughout September the best date we could agree with BHSC was Sunday 4th October 2015. It has been suggested that we book Ben for the music and the BBQ will follow the clubs 10 mile handicap race in the morning. So you have been warned, start training, I don't just mean running, there will be dancing as well so get your dancing shoes out.....

A message from the Committee:

It would be great to see more members attend the meeting so that everyone has a say on future decisions and plans for forthcoming events. We are aware that some members have to dash off due to family commitments etc. We are trying to make the first Wednesday of the month meetings as enjoyable as possible, if you have any ideas ie bringing food along etc please let us know.