



Plumstead Runners News Letter – August 2015.

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 each event.

- August – Mount Ephraim 10k 23/8/2015. See below for further info.
- September – Thanet full & half marathon – 6/9/2015.
- September – The Beast – Dorset – 6/9/2015.
- September – Thamesmead 5k fun run. – See Christine Fenton for information.
- **Grizzly 13/3/2016** – Entries open 21st August 2015 and close 8pm Friday 11th September 2015. GW to apply for a club block booking of 5 entries.

Club BBQ.

- RV & GW confirmed that this year's Club BBQ and 10 mile handicap race will take place on Sunday 4th October 2015 at the club house. First runner away at 9am. BBQ commences at 1pm and finishes when it finishes.....

Club Social Run.

- Ian Scott and Les Pullen have confirmed that the Mount Ephraim 10k race near Faversham on 23/8/2015, will be the clubs social run. A coach has been booked and that currently there are 34 members going, over 26 of these will be running the race. See Ian and Les for further details. Club to pay for coach and drinks. Members to bring along food to share. Meet at the club at 8:30am, race starts at 10am, leave site after picnic at 4pm. Any spare places will be sold for £5.00 per place to non-members.

Howard Grub Series.

- RV confirmed that a list of races to be included in the 2015 Club Championship had been sent out to all members. Members were advised to send to RV their nominated races with a copy of the official results. Closing date for all applications was 12mid-night 31/12/2015.
- **Additional Runs** – Chris Wait confirmed an additional Monday club run. CW to utilize Facebook to advertise run. Speak to Chris for further information.
- **Danson Parkrun** – RV informed the meeting of an invitation by Danson Parkrun to marshal this event periodically – Members at this evening's meeting agreed to take up this offer. It was agreed that the club marshal once every 2/3 months. RV & GW to contact Danson Parkrun to discuss further.

- **Sports Relief Mile 2016** – RV confirmed that the date for next year's event is Sunday 20th March 2016. Mary Hardcastle has kindly agreed to be Race Director again for this event. All members to assist in marshalling etc please.

Date of Next Meeting: Wednesday 2nd September 2015.

Time: 8:30pm.

Venue: BHSC.