



Plumstead Runners News Letter – September 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.

- September – Thanet full & half marathon – 6/9/2015.
- September – The Beast – Dorset – 6/9/2015.
- September Eridge Park 10mile – 13/9/2015.
- **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. Les Pullen confirmed that he had provisionally booked two house for the Grizzly weekend. See Les for details.

Club BBQ.

- 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.....Please see Graham's recent email with list of food volunteers please. Don't leave it until the last minute to volunteer to bring food.
- **Kent Fitness League Cross Country Dates : Please see Les or Steve for details. 7 men and 3 women required for a full club entry.**

25/10/15	Sunday	KFL X-Country Knole Park
08/11/15	Sunday	KFL X-Country Swanley
22/11/15	Sunday	KFL X-Country Fowlmead Deal
29/11/15	Sunday	KFL X-Country Oxleas Woods
20/12/15	Sunday	KFL X-Country Nurstead
10/01/16	Sunday	KFL X-Country Minis Bay
07/02/16	Sunday	KFL X-Country Canterbury

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. Next run id Monday 7th September, leaving the club house at 6:45pm. Speak to Chris for further information.

- **Danson Parkrun** – RV informed the meeting of an invitation by Danson Parkrun to marshal this event periodically – RV & GW to contact Danson Parkrun to discuss further. It was agreed this evenings meeting that the club would marshal the Danson Parkrun three times per year ie. This opportunity for members to marshal at the Danson Parkrun would enable the club to raise its profile and attract new members. It would be great to see as many club members helping to marshal and or run at each or the events below, we will need a minimum of 8 marshals for each event. Look forward in seeing you there.
- The second Saturday of each forth month.
 1. Saturday 9th October 2015.
 2. Saturday 13th February 2016.
 3. Saturday 11th June 2016.
 4. Saturday 8th October 2016.
- A concern was raised at the last meeting that the Wednesday night run had moved away from the agreed structure ie short/beginners group, mid 10k group and 7/8mile third group run. It was agreed to maintain this structure of three runs each Wednesday. Volunteers from members to assist in leading the runs would be gratefully appreciated. Trained Leaders in Running to coach/lead the short/beginners group.
- **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 7th October 2015.

Time: 8:30pm.

Venue: BHSC.