



## Plumstead Runners News Letter – October 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 meeting for your information.

**Club Targeted Races: See clubs web site for details of each event.**

- October – Plumstead Runners 10k Handicap race on 21<sup>st</sup> October 2015, first runner away at 6:30pm.
- **Kent Fitness League – Match 1 – Sunday 25<sup>th</sup> October 2015 at Knole Park Sevenoaks.** Meet at the club to car share. Time to be confirmed. See News Letter and web site for other KFL matches.
- December – Thanet Coastal 10 mile race – 6<sup>th</sup> December 2015 – 9:30 start
- **Grizzly 13/3/2016 – Entries open 21<sup>st</sup> August 2015 and close 8pm Friday 11<sup>th</sup> 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. **Two house have been booked for members, see Les for details.**
- The clubs 10 mile handicap and BBQ went off well, the weather was very kind and everyone had a great time.



Participants in the 10 mile handicap.

- **Kent Fitness League Cross Country Dates : Please see Les or Steve for details. 7 men and 3 women required for a full club entry. Races start at 11am.**

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

### Members Update:

- Congratulations go to the Plumstead Runners Teams that took part in the Thamesmead 5K race on 26<sup>th</sup> September 2015. Plums teams came 2<sup>nd</sup> and 3<sup>rd</sup> placings.



Plumstead Runners at the Thamesmead 5K race.

- Congratulations also go to Christine Fenton who produced a PB at the Thamesmead 5K on 26/9/2015 & the Dartford Bridge 10K on 27/9/2015.
- Gina continues to wow us all with her staggering achievements over the marathon distance she was third placed in her age group at the Berlin marathon, 2<sup>nd</sup> in her age group at the Kent Coastal Marathon in her age group.

### 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 have been going well. Run starts from the club at 7pm.

- **Danson Parkrun** – RV informed the meeting that 12 members have agreed to volunteer at the Danson Parkrun on 17/10/2015, volunteers need to be at the event for 8:15/8:30 to be allocated rolls etc. The clubs feather flag will be erected and club flyers will be handed out. Members are also encouraged to run the race if they would rather.
- The Danson Park Parkrun dates which club members will marshal are on:
  1. **Saturday 17<sup>th</sup> October 2015.**
  2. Saturday 13<sup>th</sup> February 2016.
  3. Saturday 11<sup>th</sup> June 2016.
  4. Saturday 8<sup>th</sup> October 2016.
- **Sports Relief Mile 2016** – RV confirmed that the date for next year's event is Sunday 20<sup>th</sup> March 2016. Mary Hardcastle has kindly agreed to be Race Director again for this event. All members to assist in marshalling etc please.
- **Bexleyheath Sports Club** – There will be a Fire Work display at the club on Friday 6<sup>th</sup> November 2015, see Michele behind the bar for tickets.
- **Bexleyheath Sports Club** – The cricket Team are organizing a News Years Eve Party, see Michele behind the bar for further information.
- **Bexleyheath Sports Club** – There will be a curry night at the club on 7/11/2015, see Michele behind the bar for details.

**Date of Next Meeting: Wednesday 4<sup>th</sup> November 2015.**

**Time: 8:30pm.**

**Venue: BHSC.**