



Plumstead Runners News Letter – November 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.

- November – There are three Cross Country races one of which is the clubs Oxleas Woods event on 26/11/2015, see below.
- December – Thanet Coastal 10 mile race – 6th December 2015 – 9:30 start. See Jim Anderson for application forms or go to web site.
- **Kent Fitness League – Match 2 – Sunday 8th November 2015 at Swanley, New Barn Park. Meet at the club at 9:15 to car share. See web site for other KFL matches.**
- **Grizzly 13/3/2016 - Les Pullen confirmed that he has now provisionally booked three houses for the Grizzly weekend. See Les for details. Les working with Sam regarding use of a mini bus.**
- **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.**

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| 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 |



Plumstead Runners at Knole Park Cross Country.

Members Update:

- Congratulations go to Andy and Daniel Vero who both achieved PB's in the Thamesmead 5k race in September and again congratulations to Andy Vero who achieved a PB in the Henley Half marathon in October.
- Congratulations go to Gina who won her age group at the Stevenage half marathon recently.
- Congratulations also go to Geoff Goodwin a staunch supporter of Danson Parkrun who recently ran a 5K PB at this event.
- Jessica Howes one of the Plums new members also ran a PB 5K at the Danson Parkrun, congratulations to Jessica.

Plumstead Runners Club Championships - 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 that there will be an additional Monday club run. Run starts from the club at 7pm. These runs continue to be well supported.
- **Bexleyheath Sports Club** – There will be a Fire Work display & food at the club on Friday 6th November 2015, see Michele behind the bar for tickets which are £5 each for members and families only. Please email Mick in advance if you are paying at the door so that he can ensure sufficient catering. M.parnham@btinternet.com
- **Bexleyheath Sports Club** – The cricket Team are organizing a News Years Eve Party, see Michele behind the bar for tickets and further information.
- **Bexleyheath Sports Club** – There will be a curry night at the club in November, see Michele behind the bar for details.
- Gary Cambridge is organizing a currey night at the Bay of Bengal, Blendon, on Thursday 26th November 2015 at 8pm, Cost £14.00 each. 40 places available and if members wish entertainment can be provided at an additional cost. See Gary for more details either at the club or the clubs Facebook.

Christmas Social.

- Richard researching a suggestion to go Curling at Pembury, Kent home of the South England Curling Club. www.curlinginkent.co.uk.
- Nominations for positions for the committee are required in readiness for the AGM on Wednesday 13th January 2016. (Second Wednesday of the month). Any changes to the clubs constitution and committee nominations are required asap. All current committee members have confirmed that they intend to stand for re-election for 2016.
- **Santa Run** - John 'Lions' Colton confirmed that the clubs Santa Run will be on Wednesday 16/12/2015 away at 6pm. Four pubs to be visited and pizza's to be ordered for afterwards. Charity donations from members will be taken on the night for Greenwich & Bexley Hospice.

- Tricia wished to pass on hers and colleagues thanks to Dawn Saunders for arranging a wonderful Halloween Night.



- Steve Grundy is arranging a tag rugby, meal and music day on 27/11/2015, See Steve for details.
- RV informed members that Bexley Council are arranging a First Aid course on 6th & 16th November 2015 see RV for details. Cost £39.00.

London Marathon Draw.

Winning club members who were picked out of the hat at the last meeting for the three London Marathon club entries were:

- Dawn Saunders.
- Paul Hiles.
- Richard Vero.

Reserve places picked out of the hat were:

- John Driscoll.
- Ernie Cole
- Tony Warnes.

Congratulations to all winners.

Date of Next Meeting: Wednesday 2nd December 2015.

Time: 8:30pm.

Venue: BHSC.