



Plumstead Runners News Letter December 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 the clubs web site for details of each event.

- December – Thanet Coastal 10 mile race – 6th December 2015 – 9:30 start.
- January – Benfleet 15 mile – 17/1/2016.
Canterbury 10 mile – 24/1/2016.
- **Kent Fitness League – Match 5 – Sunday 20th December 2015 at Nurstead Court.**
Meet at the club 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. LP to chase late payers for accommodation.
- **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.

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 Marshals & Team at Oxlea's Woods Cross Country 29/11/2015.

Members Update:

- Congratulations go to Andy for achieving a 10k PB at the Olympic Park on Saturday 28th November.
- Congratulations go to Gina who came second in her age group at the Valencia marathon.
- Dawns Saunders continues to regain her racing abilities after her long injury by winning her age category at the Poppy Half Marathon last month.

Plumstead Runners Club Championships - Howard Grub Series.

- Members were asked to send to the Club their nominated races with a copy of the official results, to be received by 18th December 2015 to allow for these to be reconciled. Any problems with providing your results by this date please speak to Richard asap.
 - 1 x Marathon.
 - 1 x Half marathon.
 - 1 x 10k race.
 - 1 x 5k or Parkrun.
 - Either 1 x club 10k or 10mile handicap.
- **Additional Runs** –Monday club run. Run starts from the club at 7pm. These runs continue to be well supported.
- **Bexleyheath Sports Club** – The cricket Team are organizing a News Years Eve Party, see Michele behind the bar for tickets and further information.
- **Curling Event.** - Richard is researching a suggestion to go Curling at Pembury, Kent home of the South England Curling Club. www.curlinginkent.co.uk. Can members who are interested please let Richard or the club know asap so as to secure a booking. Richard is looking to arrange the event for either a date in February or March.
- Nominations for positions for the committee are required in writing 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 commences at 6pm. Four pubs to be visited, Blue Anchor, Black Horse, Robin Hood and the Royal Oak. Pizza's to be ordered for afterwards at the club. Charity donations will be kindly received from members prior to the start of the run for Jo Conway's London Marathon, charity Greenwich & Bexley Hospice.

The Committee would very much like to wish all members and their families a very Merry Christmas and a Happy and Healthy New Year.

Date of Next Meeting: Wednesday 13th January 2016 AGM.

Time: 8:00pm.

Venue: BHSC.