



## Plumstead Runners News Letter February 2016.

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.**  
February – Head Corn Half Marathon – 14/2/2016  
Tunbridge Half Marathon – 21/2/2016  
March – Grizzly – 13/3/2016 at Seaton, Devon.  
Sidcup 10mile race – 13/3/2016  
Dartford half marathon – 13/3/2016
- **Kent Fitness League – Match 7 – Last race of the cross country season at Rough Common, Canterbury on 7/2/2016.**



**What a happy bunch of Plums !**

A little message from our cross country captains Steve and Les.

*'Thank you team Plumstead for an amazing season where we finished in overall 8th place. Every one of you fast or slow, one race or seven has made this season one of our best ever. We picked up a few injuries this season but that reflects the amount of personal commitment each of you have put in. So get yourself fit again Lewis, Paul, Richard and we will hit it running again this November.*

*Thanks again*

*Steve & Les*

*And thanks for all the cakes!'*

- **Grizzly 13/3/2016** - Les Pullen confirmed that he has booked three houses for the Grizzly weekend. Les Pullen to email Grizzly goer's with a copy of the Eyre Court evening menu.
- LP and Sam Cole confirmed that the mini bus will leave of the Friday 11<sup>th</sup> March to go to Seaton and return on Monday 14<sup>th</sup> March.

**Members Update:**

**Eddie Parry is back on the road of running !!!!!!!!!!!**

- **Additional Runs** –Monday club run. Run starts from the club at 7pm. These runs continue to be well supported.
- John Driscoll is looking to find out if any members would like to join him at 7pm on Wednesday nights for a run instead of the normal time at 6:40pm. Contact John direct for details.

**Club Championship -**

Congratulations to the 2016 winners:



1<sup>st</sup> - Ian Scott

Photo to follow !



2<sup>nd</sup> Daniel Vero

3<sup>rd</sup> Paul Hiles



**Plumstead Runners 30<sup>th</sup> year Anniversary – 2017.**

Dear Members,

To celebrate the clubs 30th year anniversary, members have agreed to hire The Boathouse function venue in Danson Park on Saturday 24<sup>th</sup> June 2017, **(provisional date awaiting confirmation)** the cost to hire the Boathouse will be £35.00 per person which includes a 3 course meal, and disco. More details to follow.

## **A message from Vicki**

Hi ya guys, tickets have gone on sale today! Offering tickets to all plums first.

My email is [vikkirussell@hotmail.com](mailto:vikkirussell@hotmail.com) 07507838729. Thanks again Vikki Russell THANKS!



**Charity Race Night  
at Plums Clubhouse**

**20th February, 7.00pm**

**£7.50 a ticket, includes  
Fish and Chip Supper!**