



## Plumstead Runners News Letter August 2016.

Dear Members,

The committee would very much like to encourage members to attend the clubs first Wednesday of the month meeting held at BHSC at 8:30pm, so that you can contribute to decision making and input into ideas for the future of the club.

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.

The Committee is searching for a club 'Events Secretary' to arrange social events and organise club members for races etc. Anyone interested, please see a member of the committee.

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

- August – Canterbury ½ marathon – 29/8/2016
- September – **Club 10mile handicap and BBQ – 11/9/2016.** See Jim Anderson or committee for details.
  - Eridge Park 10 – 4/9/2016
  - Berlin Marathon – 25/9/2016

Thamesmead 5k – 24/9/2016. (The Plums put out a great team for this event last year). It is hoped Christine will organise us into a Team again this year.

### **Members Update:**

- Members are continuing to do well in the local Bexley Parkrun where PB's are regularly beaten.
- Congratulates to Jim Williams on his 100<sup>th</sup> Parkrun. See below for more details.
- Congratulations to Dawn Saunders for her continued successes in races ie. North Downs 30k, Joydens Wood 5k series etc. etc.....
- Club Street Orienteering – Another successful event organised by Geoff Goodwin.

### **Club Championship - (Howard Grub Series).**

The committee would like to ask members who are taking part in this year's Club Championships to make themselves known to Richard please and if you have any times that you wish to submit now that would be great, thank you.

**Additional Runs** – Monday club run. Run starts from the club at 7pm. These runs continue to be well supported.

**Walking Section** - Next walk is on 6/8/2016 – Dover to Folkestone – meet at Dartford railway station 8:30am – 10 walk.

**Steve Grundy** provided information on the next Curry Night at the Bexleyheath Sports club house arranged by Sharon, which will be on Saturday 27<sup>th</sup> August 2016 from 7pm. A three course meal for £12 adults and £5 for under 13 years. Contact Sharon, (Tennis Club), on 07943334582 if you are interested in going



**Bexley Parkrun Saturday 8<sup>th</sup> October 2016** – As you are aware the Plum's have for the last year volunteered to marshal at the Bexley Parkrun at Danson Park, once per three months, which has for one been very enjoyable and two has attracted new members to the club. Can members who wish to volunteer on the Plum's next scheduled Parkrun on 8/10/2016 please confirm to Richard your availability please so that he can inform Bexley Parkrun asap.

**Club Beer Run. 25<sup>th</sup> June 2016. – Super Hero's !**

This year's event went off really well, everyone enjoyed themselves and no one got lost.....I think !



**Club Away Day Run. Romney March 24<sup>th</sup> July 2016.**

Everyone had a great time and the club did very well in the Team event and there were some super individual results. No rain this year so the picnic went off really well. We had a new youngest member joined us on the day Paige, in her club colours.....



### **Saturday 16th July – Jim Williams 100th parkrun**

A big "well done" to Jim Williams, who completed his 100th parkrun at Bexley parkrun in Danson Park. The event was very well attended, with 400 runners taking part. A strong contingent of Plums were in attendance, both running and supporting. At the finish, Jim and his wife Frances kindly provided cakes and a few bottles of Buck Fizz (which went down very well!). Jim is now looking forward to his 200th parkrun when he'll want somebody to push his wheelchair!



### **Dates for Your Diary.**

- **Club Santa Run** – It was agreed by members at last week's club meeting that this event should be a fixed annual date event and it was agreed that the 3<sup>rd</sup> Wednesday of December each year was selected; therefore this year's event will fall on Wednesday 21<sup>st</sup> December 2016.
- **Club BBQ & 10mile handicap** - It was agreed by members at last week's club meeting that this event should be a fixed annual date event and it was agreed that the 2<sup>nd</sup> Sunday of September each year was selected, so the date for this year's event will be Sunday 11<sup>th</sup> September 2016.
- **Club Beer Run 2017** – It was agreed by members at last week's club meeting that this event should be a fixed annual date event and it was agreed that the 3<sup>rd</sup> Saturday of July each year was selected, meaning next year's event will fall on Saturday 15<sup>th</sup> July 2017.

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



Dear Members,

To celebrate the club's 30th year anniversary, the club has hired The Boathouse function venue in Danson Park on Saturday 24<sup>th</sup> June 2017, the cost to hire the Boathouse will be £35.00 per person which includes a 3 course meal, and disco. More details to follow.