



Plumstead Runners News Letter October 2016.

Dear Members,

An update from Sports Relief Mile 2016, received 6th October 2016.

Please see below confirmation from the 2016 Sports relief Mile which Plumstead Runners hosted at Danson Park again this year. The Plum's committee would like to say a very big thank you to all the Plums who volunteered and helped to stage another successful event, in particular Mary Hardcastle, our Race Director who managed this event for the second occasion.



Fundraising Total for Sport Relief Mile 2016.

Dear Mary,

We have recently closed the accounting books on Sport Relief 2016 and are thrilled to announce that it was another record-breaking year, raising a whopping £72.5 million! Thank you for the part you played in raising so much for Sport Relief – your contribution will help to transform lives both at home in the UK and across the world.

Thank you for your patience while we got the final numbers confirmed but I am now very pleased to confirm that the total amount raised by The Danson Park Mile is £4191.56. You will find a template press release below, please feel free to use this template to share your fundraising total with local press and media outlets.

Thank you once again for your incredible support and please pass our thanks on to everyone else that helped stage the event.

We'll be back in touch in 2016 to tell you all about our plans for Sport Relief 2018 and hope you'll want to be involved again.

Many thanks,

Grizzly 2017.

Last week we made the Grizzly draw for the places that the club had, and the results were emailed out. Unfortunately for Stephanie, who won one of the places, she cannot do it due to entering the Barcelona marathon. Stephanie said that the fairest way to let someone else have the place was to carry out an additional draw. Last night at the monthly meeting we carried out a second draw with the following names in the frame;

Philip Holland, Tricia Hulse, Richard Vero, Richard John. The name pulled from the hat was Philip Holland.

Kent Fitness League Cross Country Season.

- XC Captains Les Pullen and Steve Grundy canvassing members for the first of the XC races later this month.
- 2016-2017 Season
- Match 1 2016-10-30 Knole Park, Sevenoaks
- Match 2 2016-11-13 Swanley Park, New Barn Road, Swanley
- Match 3 2016-11-20 Oxleas Wood, Eltham
- Match 4 2017-01-08 Minnis Bay, Birchington
- Match 5 2017-01-15 Fowlmead, Sholden, Deal
- Match 6 2017-01-29 Nurstead Court, Nurstead, Meopham
- Match 7 2017-02-05 Blean Woods, Rough Common, Canterbury

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

- It was agreed at the meeting that the club would focus on the cross country races during October and November

Members Update:

- Members are continuing to do well in the local Parkruns where PB's are a regularly beaten. Recent achievements at Parkrun are:-
 1. Amy Green completed her 50th Parkrun.
 2. Les Pullen completed his 150th Parkrun.
 3. Gina received a Bronze medal at the Berlin marathon recent where she was placed 3rd in her age group, when she completed her 27th Berlin marathon. Gina is the third lady to have ever completed this amount of Berlin marathons.
 4. Gina was also presented with a 'Twinning Medal' to commemorate the twinning of Royal Borough of Greenwich and Tegal, the Borough in the city of Berlin who host Plumstead Runners at the Berlin marathon for over twenty years now.
 5. Paul Hiles completed his 9th Berlin marathon. Paul is hoping to complete his tenth Berlin marathon next year where he will receive his own personal race number which will be his for life.

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

Dates For Your Diary.

- **Club Santa Run –Wednesday 21st December 2016.**



Plumstead Runners celebrating completing the 2016 Berlin Marathon !



Bexley Parkrun Saturday 8th October 2016 –



Thank you to all the guys and girls who volunteered at last Saturdays Parkrun. The day went off well and everyone had a great time.

Plumstead Runners 30th year Anniversary – 2017.



Dear Members,

To celebrate the clubs 30th year anniversary, the club has hired The Boathouse function venue in Danson Park on Saturday 24th 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.

HALLOWEEN PUB RUN – 29TH OCTOBER 2016.



Who said Halloween was just for kids! This night is all about dressing up, having fun, drinking and a little bit of running in between.

The run will start at the Red Barn, Barnehurst, meet in there at 7.30 for a drink to then set off at 8. From there we go to The One Bell, (Crayford), The George, The Anchor (Old Bexley), The Royal Oak (Bexleyheath) and finish at The Volunteer (Bexleyheath) hopefully with a cheeky lock-in!

Contact [Stephanie](#) for further details.