



## Plumstead Runners News Letter November 2016.

Dear Members,



I can confirm that the 2016 Sports Relief Mile hosted by Plumstead Runners for the third occasion at Danson Park raised **£4191.56**. 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.

*The club's Annual General Meeting will be on Wednesday 11/1/2017, time to be confirmed. All members who are interested in standing for committee places to provide their nominations by the next club meeting on Wednesday 7<sup>th</sup> December 2016. It is hoped we will have a presentation of the year's past events which will include as many embarrassing photos of members at events during the year. Members are asked to bring along some food for nibbles after the presentation to compliment a drink or two.*

### **Kent Fitness League Cross Country Season.**

- XC Captains Les Pullen - 07958257708, and Steve Grundy – 07949888845, canvassing members for the first of the XC races later this month.
- 2016-2017 Season
- **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



The Plums Team having a little fun before the first cross country of the season at Knole Park.....

**Match 3 2016-11-20 Oxleas Wood**, is the Clubs race where we host runners from all over Kent to what is recognised as the best of the seven races in the series. This event is the success it is due to all the Plums helping out on the day. So please help to marshal, set the course out, erect the marquees, assist on the start and finish line or just turn up to cheer the Plums Team representing the club. 7:30am for course markers and marquee erectors, 9am for marshals please.....See Richard or Graham for job allocations and Les and Steve for Team places.

**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.
- December – Thanet 10 mile – 4/12/2016
  - Cambridge Harriers 7 1/2 mile cross country – Joydens Woods 27/12/2016.

**Members Update:**

- Members are continuing to do well in the local Parkruns where PB's are a regularly beaten.
- Les Pullen – Post op – PB at Parkrun.
- Nicole Bonnet – 2<sup>nd</sup> lady at Danson Parkrun 29/10/2016 with a 22:11, (PB is 22:07).



Congratulations to Graham on winning the clubs 10k handicap in October and to Ellie and Ian as runners up. Thank you to all the guys & girls who took part and a big thank you to Jim Anderson for the **TOUGH** handicaps lol.....he in the photo working out the scores, and to all the marshals for your support.

**Grizzly 2017.**

Any members booking accommodation through the club can you please see Les Pullen or Graham Willsher regarding payment for your accommodation please.

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



**A previous Monday night run where members wore head touches and scared all the wildlife in Lesnes Abbey woods, a great run thank you Tricia for the idea.**

#### **Dates For Your Diary:**

**Club Santa Run** –Wednesday 21<sup>st</sup> December 2016.

Pubs to be visited this year will be Blue Anchor, Black Horse, Robin Hood and the Royal Oak (Polly Clean Stairs). Richard to arrange an official collection bucket from the Greenwich & Bexley Hospice. All members taking part to be at the club by **6pm** start. **Father Christmas or anything that takes your fancy dress compulsory.....!**

#### **Plumstead Runners 30<sup>th</sup> 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 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.

**2017 London Marathon club place** – GW confirmed that the club had applied for one place for the VLM for next year. All members who had received a rejection letter for the 2017 VLM can submit their rejection letter to be included in the ballot for the one place. All members entering the ballot must attend the meeting above or have a good reason for not being able to attend. No member who already has a place for the 2017 VLM can enter the ballot.

**Greek Night** - Stephany has arranged a meal at the Greek restaurant in Welling this coming Thursday 10<sup>th</sup> November 2016. Contact Steph if you are interested in attending. Contact Stephany for more details.

**Christmas Meal** - Dawn is organising a Christmas meal at the Greek Restaurant in Welling on Thursday 17/12/2016, contact Dawn for further information.

## HALLOWEEN PUB RUN – 29<sup>TH</sup> OCTOBER 2016.



Who said Halloween was just for kids! Everyone had a great time.....some more than others, I understand. I did not realise you can still get a lock in a pub.....



Congratulations to all the Plums at the Thames Meander half marathon on Saturday 5<sup>th</sup> November, great effort.



Sunday morning runs from Plumstead Common are picking up again in readiness for the cross country season, the Grizzly and spring marathon training. Keep an eye on the clubs Facebook or speak to colleagues on Wednesday evening for the arrangements for these training runs. *As you can see dogs welcome.*

**The next club meeting is on Wednesday 7<sup>th</sup> December 2016 at the club starting at 8:30 prompt, would be great to see you all.**