

Plumstead Runners News Letter December 2016.



Dear Members,

The clubs Annual General Meeting will be on Wednesday 11/1/2017 time to be confirmed. It is hoped we will have a presentation of this years passed events which will include as many embarrassing photos of members at events as possible. Members are asked to bring along some food for nibbles after the presentation to compliment a drink or two.....

Big Shave for Prostate Cancer.

- Dexter, Steve and Eddie raised £584.69 for Prostate Cancer in Movember. The shave took place at the club on Wednesday 30th November where Dexters wife Sue cooked some superb food and Suzie baked some delicious cakes for everyone to enjoy. Well done everyone.



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 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 Plum Marshals at Oxleas Woods cross country.

The committee would like to thank all members who took time out to help ready and stage the Cross Country race at Oxlea's Woods, it was another successful event, the 19th in the clubs history. There was a concern this year that fewer members helped to marshal on the day causing some concern. A debrief has taken place where action points will be taken up in readiness for next year's Kent Fitness Leagues at Oxlea's Wood hosted by Plumstead Runners.

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 December and January.
- December – Cambridge Harriers 7 1/2 mile cross country – Joydens Woods 27/12/2016.
- January – Canterbury 10mile – 22/1/2017.
- February - Bramley 20 – 19/2/2017

Members Update:

- Members are continuing to do well in the local Parkruns where PB's are a regularly beaten.
- Beachy Head marathon – Both Jake and James did tremendous times at this years event.

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 starts from the club at 7pm. These runs continue to be well supported.

Dates For Your Diary:

Club Santa Run –Wednesday 21st 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 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.

2017 London Marathon club place –

The ballot took place and Suzie Pearson won the clubs place and Dave Tyler was picked as reserve.

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



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.

The next club meeting is the clubs Annual General Meeting on Wednesday 11th January 2017. Time to be confirmed.