

# Plumstead Runners News Letter January 2017.



Dear Members,

The Committee wish to thank all members for their wonderful efforts in 2016 for helping the Club raise a total of £4,987.79 for the different charities below.

1. Sports Relief Mile 2016 - £4,191.56.
2. Prostate Cancer £604.67
3. Santa Run Greenwich & Bexley Hospice - £191.56.
4. RV also confirmed that in 2011 Plumstead Runners had raised a total of £977.73 for Greenwich & Bexley Hopice.

### **Bexley Parkrun.**

Plumstead Runners are due to marshal at Danson Parkrun on 11<sup>th</sup> February 2017. Can all members wishing to volunteer at this event please let Richard know either by email to Plumstead Runners email or in person at the club next week please as I have to inform Bexley Parkrun asap. Thank you

### **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.
- Numbers were down at Minis Bay XC, Steve has asked for a determined push in the remaining three races of the season to try and match last years standings, please.
- 2016-2017 Season – Remaining races.....
  - Match 5 29<sup>th</sup> January 2017 – Nurstead Court, Meopham
  - Match 6 5<sup>th</sup> February 2017 – Rough Common, Canterbury
  - Match 7 19<sup>th</sup> February 2017 – Fowlmead, Deal.

### **Club Targeted Races:**

- January – Canterbury 10mile – 22/1/2017.
- February - Bramley 20 – 19/2/2017
- March – The Grizzly, Seaton, Devon.

### **Members Update:**

- Members are continuing to do well in the local Parkruns where PB's are a regularly beaten.
- I very big congratulation goes out to Jim Anderson for completing his 50<sup>th</sup> Bexley Parkrun this Saturday.....



### **The Grizzly – Sunday 12<sup>th</sup> March 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:**

- The Grizzly – Sunday 12<sup>th</sup> March 2017
- The London Marathon - Sunday 23<sup>rd</sup> April 2017
- The Plums Beer Run - Saturday 15<sup>th</sup> July 2017. (3<sup>rd</sup> Saturday of July)
- 30 year Anniversary Dinner and Dance – Saturday 24<sup>th</sup> June 2017
- Summer BBQ - Sunday 10<sup>th</sup> September 2017. (second Sunday of the month)
- Berlin Marathon - Sunday 24<sup>th</sup> September 2017
- Santa Run – Wednesday 20<sup>th</sup> December 2017. (Last Wednesday before Christmas).
- Interspersed with the four Club Handicaps, and Street Orienteering.
- Coach trip and club run – destination unknown ☺
- ... any other club suggestions

### **Club Handicap Dates:**

5th April	Club 10k Handicap(Road).	Clubhouse
21st June	Club Cross Country Handicap	Oxleas Woods
10th Sept.	Club 10 mile Handicap.	Clubhouse
25th Oct.	Club 10k Handicap (Road).	Clubhouse

The 10 mile Handicap is a 9 o'clock start the rest are 6.30 starts

### **Plumstead Runners 30<sup>th</sup> Year Anniversary – Saturday 24<sup>th</sup> June 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.