

Plumstead Runners
News Letter February 2017.



Dear Members,



Plumstead Runners 30th Year
Anniversary – Saturday 24th June
2017.

Dear Members,

To celebrate the club's 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.

- At last week's club meeting, 1st February 2017, members agreed on the following arrangements regarding ticket sales, payment of tickets and menu selection.
- We would very much like to accommodate all members but there is a restriction of 130 persons seated i.e. 13 tables with 10 persons to a table. This seating arrangement will ensure that the event is accommodated with comfort.
- Tickets will be priced at £35.00 each, two tickets maximum per club member ie club member plus partner.
- Tickets go on sale on Wednesday 1st March 2017, payment is by BAC's (bank Transfer only). This way payment is recorded, (date & time), once the tickets are sold out an email will be sent out to members confirming tickets are sold out. **SO FIRST COME FIRST SERVED**, I am afraid. It was felt this was the fairest way to issue the tickets.
- A non-refundable deposit of £10.00 is payable for each ticket, final balance for tickets, again by BAC's, needs to be in the Plumstead Runners bank account by no later than 12midnight on 30th April 2017. **If you miss the dead line you forfeit your tickets.**
- A 3 course set menu will be provided if you have any dietary concerns such as vegetarian, vegan or pescatarian please let us know in advance to aid The Boathouse to prepare and serve the food on the day.
- The dress code is smart dress, (Paul you can wear a dress if you wish).....no jeans, no trainers, no track suits etc etc etc.

Thank you in advance for all your cooperation, like you we are all looking forward to what we hope will be a memorable event.

Bexley Parkrun – Saturday 11th February 2017.

Just to confirm there will be a number of 'Plums' helping out at Bexley Parkrun on the date above arriving for 8:30am to take up rolls i.e. Marshalling, time keeping, pacing etc. as directed by the Race Director. Nicole Bonnet will also hoping to complete her 100th Parkrun on this day.....so making the day even special. Please come along and support Nicole on the day.

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 – Remaining races.....
 - Match 6 - 5th February 2017 – Rough Common, Canterbury
 - Match 7 - 19th 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:

- Without being to presumptuous.....Nicole Bonnet we hope will have completed her 100th Parkrun on 11/2/2017.

The Grizzly – Sunday 12th March 2017.

Grizzly race numbers have all been sent out by Axe Valley Runners and accommodation is all booked by Les and Graham. Any problems please speak to members of the committee.

Those running the Grizzly please ensure your life insurance policy is up to date and that your next of kin have been told.....

Additional Monday Night Runs.

The Monday nights run which starts from the club at 7pm has now been confirmed as an official Plumstead Runners training run. A very big thank you goes out to Jim Williams and Chris Wait for devising and managing these runs.

Details of this new official Monday club training run will be advertised on the Plumstead Runners club web site and UK Athletics web site.

Dates for Your Diary:

- The Grizzly – Sunday 12th March 2017
- The London Marathon - Sunday 23rd April 2017
- The Plums Beer Run - Saturday 15th July 2017. (3rd Saturday of July)
- 30 year Anniversary Dinner and Dance – Saturday 24th June 2017
- Summer BBQ - Sunday 10th September 2017. (second Sunday of the month)
- Berlin Marathon - Sunday 24th September 2017
- Santa Run – Wednesday 20th 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