

Plumstead Runners  
News Letter March 2017.



Dear Members,



**Plumstead Runners 30<sup>th</sup> Year**  
**Anniversary – Saturday 24<sup>th</sup> 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 24<sup>th</sup> June 2017. £35.00 per person which includes a 3 course meal, and disco.

**Some Tickets still remaining.....**

**London Marathon Evening.**

- This year's London Marathon celebration evening with our colleagues from LG Pegasus will include a fancy dress no theme but best fancy dress will win a prize.
- As always members are asked to bring along some food for the buffet. Graham, Club secretary will send out a list of the food that is required.

**Kent Fitness League Cross Country Season.**

- The Cross Captains Steve Grundy & Les Pullen wish to say a very big thank you to all members for taking part and supporting the Plums Team this season. Finishing positions are listed below. Congratulations to all who took part but a very big pat on the back for the 'Ladies Team' who were superb this year.
- **Combined Team Standings** – 12<sup>th</sup> position.
- **Female Team Standings** – 6<sup>th</sup> position.
- **Male Team Standings** – 12<sup>th</sup> position.

**Club Targeted Races:**

- March – Grizzly – 12/3/2017.  
- Dartford Half marathon 12/3/2017
- April – Paddock Wood Half marathon – 2/4/2017  
- Brighton marathon – 9/4/2017  
- Paris marathon – 9/4/2017
- May – Chislehurst ½ marathon. – 21/5/2017

**Members Update:**

- Lee Edwards completed four marathons in four days !
- Vikki completed her first 50k race in a super time.
- Plums took part in the Brighton ½ marathon, Bramley 20, Thorpe Park ½ marathon .
- A busy period for the 'Plums'.

## Additional Monday Night Runs.

The Monday night runs continue to be well attended, guided by Chris and Jims Run starts at 7pm from the club.

## The Grizzly – Sunday 12<sup>th</sup> March 2017.

- It's be quoted as the best Grizzly ever.....I'd second that !!!!!!!!!!! A great weekend was had by all 30 members and their partners down at Seaton in South Devon.



## Dates for Your Diary:

- The London Marathon - Sunday 23<sup>rd</sup> April 2017. **The Plums will be entertaining our colleagues from LG Pegasos at BHSC who will be taking part in the VLM again this year.**
- 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 (A familiarisation run of the new course for members will take place on the evening of Wednesday 29<sup>th</sup> March for those who do not yet know the route).

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