

Plumstead Runners News Letter  
April 2017.



Dear Members,



**Plumstead Runners 30<sup>th</sup> Year**  
**Anniversary – Saturday 24<sup>th</sup> June**  
**2017.**

Dear Members,

As you all are aware 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. £35.00 per person which includes a 3 course meal, and disco. Over 80 tickets have been sold to members so far. If you only paid a deposit for your tickets, the remainder of the money needs to be paid by **Sunday 30<sup>th</sup> April 2017.**

It was agreed by members at last week's club meeting that the remainder of the unsold tickets will go back on sale to members who have already purchased tickets and who would like additional tickets for their family. To break even the club needs to sell as many of the 130 tickets allocated for the event as possible so your support is greatly appreciated.

Other events taking place in the clubs celebratory month of June 2017 is:

- **Saturday 3<sup>rd</sup> June 2017** – Plumstead Runners to marshal at the Bexley Parkrun, Danson Park
- **Saturday 17<sup>th</sup> June 2017** – There will be a club run which will trace all the locations which have figured in the clubs 30 year history. Ray Marshal is devising the route which will be announced near the date.

**London Marathon Evening – 23<sup>rd</sup> April 2017 at the Bexleyheath Sports Club.**

- This year's London Marathon celebration evening will again take place at BHSC with our colleagues from LG Pegasos, Berlin. The evening 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. Please see Grahams recent email which includes a list of foods required for the evening. Festivities start at 6:30 for 7pm to 11pm.

## Forthcoming Club Targeted Races:

- May - Chislehurst ½ marathon. – 21/5/2017  
Darenth Valley 10k – 7<sup>th</sup> May 2017 - 8:30am
- June Eltham Park 5 mile – 18/6/2017 – 11:15am
- July Bewl 15mile – 2/7/2017

If members know of or are taking part in another race, please let the club know so that other members can be informed so that we can try and get a Team together to go.

## Members Update:

- Lee Edwards completed his 50<sup>th</sup> marathon at the Rachel's Ranscombe Ramble marathon organised by the Saxon, Vikings and Normans Marathon/Challenges. This achievement enables Lee to become an associate member of the '100 Marathon Club'. Congratulations Lee !!!
- Ian Scott completed his 100<sup>th</sup> Parkrun at Avery Hill Park on 1<sup>st</sup> April, congratulations Ian, a great achievement !!!
- Vernon Thomas won the over 70's category at the Kent Fitness League Cross Country. As you will know Vernon has represented the Plum's at the KFL cross country races for a number of years now. Well done Vernon.
- Natalia also won her age category at the KFL XC this year, what a great first year she has had !!!
- Gina continues to achieve best in her age group at her recent marathon, keep flying the flag Gina !!!
- Carol March not only posted a great time at the recent Paddock Wood Half Marathon she came 3<sup>rd</sup> in her age category, congratulations Carol.

*Since the last meeting Plumstead Runners had Teams of runners at the Brighton, Paris and Ibiza marathons. There were a number of members who ran their first marathons, some who don't stop running marathons and those mere mortals who manage the odd one now and again ! WELL DONE TO EVERY ONE WHO RAN A MARATHON LAST WEEKEND.*

## 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 2017 Club 10k Handicap (Road). Clubhouse. - Results will be on the clubs web site shortly. 1<sup>st</sup> place was Sam Cole, 2<sup>nd</sup> place was Jo Conway, 3<sup>rd</sup> place was Steve Northcote. Well done to everyone who took part.

21st June 2017 Club Cross Country Handicap at Oxleas Woods – 6:30pm

10th Sept. 2017 Club 10 mile Handicap. at Clubhouse – 9am.

25th Oct. 2017 Club 10k Handicap (Road). at Clubhouse – 6:30pm.

### **Plumstead Runners 10k Handicap – 5<sup>th</sup> April 2017**



1<sup>st</sup> place - Sam Cole



2<sup>nd</sup> place – Jo Conway



3<sup>rd</sup> place – Steve Northcote