

# Plumstead Runners News Letter May 2017.



Dear Members,

It is with great sadness that the committee has to inform you, Keith Graham-Watson, one of our long standing members has sadly passed away on Thursday 4<sup>th</sup> May 2017. Graham had been unwell for some time and lost his battle with cancer at Greenwich and Bexley Hospice.

Grahams partner Kath has asked the committee to inform members of the following:

Keith's funeral will take place at Kemnal Park Cemetery, Sidcup Bypass, on Friday 26<sup>th</sup> May 2017 at 11am. Kath has asked that rather than flowers, donations to Greenwich and Bexley Hospice would be preferable. See below for a link to a map for the location of the cemetery.

All members who knew Keith are welcome to attend the funeral ceremony, family and friends will be gathering at the Bexleyheath Sports Club to remember Keith after the funeral ceremony.

<https://www.google.co.uk/maps/place/Kemnal+Park+Cemetery/@51.42754,0.0753678,15z/data=!4m5!3m4!1s0x47d8abfd0456cc95:0x36d5121bdde21e95!8m2!3d51.4275367!4d0.0841225>





# **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 90 tickets have been sold to members so far.

Additional tickets for the Anniversary dinner and dance are up for grabs to members who have already purchased tickets. Please email the club if you would like extra tickets.

**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 was a superb evening. Members kindly provided food for the buffet and donated a whip round for our colleagues from LG Pegasos free bar. The BHSC cricket club loaned us a music system and Richard tortured us with his music library. Thank you to everyone who attended the evening and helped out on the night.

## **Club Away Day Run Event.**

Members have agreed to attend the Romney March 10k race again this year as our 'Away day'. A coach will be hired, Les is negotiating a group entry discount for entries, and coach will be £5.00 person. Members are asked to bring a picnic and any drinks. The club will purchase some beer an, wine and soft drinks, **Everyone Welcome.**

## **Forthcoming Club Targeted Races:**

- May - Chislehurst ½ marathon. – 21/5/2017
- Joydens Wood 5k series – 1<sup>st</sup> race – 31<sup>st</sup> May 2017.
- Darenth Valley 10k – 7<sup>th</sup> May 2017
- June – Harvel 5 – 3<sup>rd</sup> June 2017
- Club Anniversary run – 17<sup>th</sup> June 2017
- Club 10k XC handicap – 21/6/2017

Eltham Park 5 – 18<sup>th</sup> June 2017  
 Joydens Wood 5k series – 2<sup>nd</sup> race – 28<sup>th</sup> June 2017  
 July – Bewl Water 15mile – 2<sup>nd</sup> July 2017  
 Romney March 10k – 9<sup>th</sup> July 2017  
 Club Beer run – 15<sup>th</sup> July 2017  
 Joydens Wood 5k series – 26<sup>th</sup> July 2017  
 Myra Garret 10k – 23/7/2017

### Members Update:

- Congratulations to Carol and Gina who have been selected to represent **England** yes I did say England.....in their veteran's category of the marathon in October 2017. This is a first time that Plumstead Runners members have represented there **country!**
- **Ray Marshal was first finisher in his age category at the Grizzly cub race in 2016, yes 2016.....I forgot to mention it previously.... Apologies Ray this was not mentioned earlier.....**



### Dates for Your Diary:

- 30 year Anniversary Dinner and Dance – Saturday 24<sup>th</sup> June 2017
- The Plums Beer Run - Saturday 15<sup>th</sup> July 2017. (3<sup>rd</sup> Saturday of July)
- 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:

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.

### **Monday Evening Club Training Run.**

There is a club training run from BHSC setting off at 7pm. The distance is 6 miles or thereabouts. See Jim Williams and Chris Waite for details.



Sunday training runs from Plumstead Common at 8:30am, have recently included stops for photo shoots.....