

Plumstead Runners News Letter  
June 2017.



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

Dear Members,

Well the time has come and we are only a few days away from the clubs 30<sup>th</sup> Year Anniversary Dinner and Dance at The Boathouse function venue in Danson Park on Saturday 24<sup>th</sup> June 2017. Doors open at 6pm for an aperitif in readiness for sitting down to dinner at 7pm. Once the dishes have been cleared away its on with the dancing shoes where its hoped we will see some fanciful foot work on the dance floor until Cinderella's coach arrives at 12 midnight where we will all need to disband until next time. There will be 102 members and their partners and friends attending the celebration evening which we hope will be a memorable evening.

Members are asked to bring along some old photos they may have of either themselves running at races in the past or Plum Team photos taken at events all of which you will be able to erect on a notice board which will be sited near the bar area for everyone to see when they arrive at the venue. See below for an oldish photo .....yes we were younger once....taken at the KFL race at Nurstead Court cross country race.



## Club Away Day Run Event -

- Members agreed to target Romney March run on Sunday 9<sup>th</sup> July 2017 again this year.
- Members to inform Les Pullen if they wish to enter and he will add their name to a club block booking where we will receive a discounted entry fee. Members to pay £5.0 for coach. **Everyone Welcome.**
- Further details to follow.

## Club Targeted Races:

**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 – Names of members and your 10k times to be given to Jim Anderson asap.**

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

Plumstead Runners Street Orienteering event – 19/7/2017.

Joydens Wood 5k series – 26<sup>th</sup> July 2017

Myra Garret 10k Danson Park – 23/7/2017

**August** – Canterbury 10 mile – 28/8/2017

Seven Oaks 7 – 28/8/2017

See Plums web site – Events for more details of the above and other races.

## Members Update:

- Congratulations to Carol and Gina who have been selected to represent England in the veteran's category of the marathon in October 2017 at the Chester marathon. Carole is also representing England at the Warsaw marathon later in the year.
- Lee Edwards has recently completed his 60<sup>th</sup> marathon, over half way now to achieving his goal of 100 marathons.
- Carole Marsh completed her 100<sup>th</sup> Parkrun on the same day the Plumstead Runners supported the Bexley Parkrun on the 3<sup>rd</sup> June 2017.



## Dates for Your Diary:

- 30 year Anniversary Dinner and Dance – Saturday 24<sup>th</sup> June 2017
- Club 'Away Day Race' – Romney March 9<sup>th</sup> July 2017. Coach leaving from the club, time to follow.....
- The Plums Beer Run - Saturday 15<sup>th</sup> July 2017. (3<sup>rd</sup> Saturday of July)
- Plumstead Runners Street Orienteering event – 19<sup>th</sup> July 2017 – from the club.
- Summer BBQ & 10 mile handicap race - 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).

## Club Handicap Race 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.

### Club's 30<sup>th</sup> Year Anniversary Run

17<sup>th</sup> June 2017



### Eltham Park 5 Mile Race 18<sup>th</sup> June 2017.



Plums representing at the St Albans Half Marathon



Carol picking up her age category trophy at the Harvel 5 alongside the young trophy designer.



Some Plums who took part in the Harvel 5

