

Plumstead Runners - News Letter August 2017.



A photo from the past.....Berlin Marathon they went.....no beer on the table so the race was still to take place...

Dear colleagues,

Well here we are in August, the year is going so fast, the Plums have had a busy July with competing in races all round Kent and beyond, there was also the very successful Club Orienteering race kindly arranged by Geoff, thank you Geoff, see winners photos below along with a number of other photos of eager Plums Teams. Training runs are also being well attended on Sundays, a lot of stopping and posing for group photos regularly provided.



Sunday morning training run.....

Kent Fitness League Cross Country Season.

Dear fellow cross country fellows, it gives me great pleasure to announce that the Oxleas Wood cross country race which the Plums host and manage will take place on Sunday 26th November 2017. There is a meeting taking place at the BHSC on Wednesday 23rd August 2017 at 8-8:30 for club members who wish to be part of this year's cross country committee. The meeting is to start the ball moving in regards to member responsibility ie Marshal Manager, Race route marker, Start & Finish manager etc. etc. If you would like to be a part of this committee more the merrier. As you know to host this important event takes a lot of work and club volunteers are very important, so please let the committee know your availability please to help on the day. Now you have the date above no booking up other events or parties the night before your club needs you.



More importantly 'Your Club' needs you on 26th November 2017 at Oxleas Woods !

Club Targeted Races:

August – Canterbury 10 mile – 28/8/2017
Seven Oaks 7 – 28/8/2017
Dartford 10k – 28/8/2017

September – Club 10 mile handicap – 10/9/2017 first runner away at 9am.
The Beast (Dorset) – 3/9/2017
Chislehurst Chase 10k – 17/9/2017
Berlin Marathon – 24/9/2017

October – Sittingbourne Stridders 10 mile – 1/10/2017
Tonbridge Half Marathon – 1/10/2017
The Yorkshire Marathon – 8/10/2017

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

Members Update:

Club Street Orienteering



Bewl Water 15mile Plum Team + One otherOur Kelly...!



Myra Garrett Plums Team



Plumstead Runners 2017 Beer Run.....

Dates for Your Diary:

- Summer BBQ & Club 10 mile handicap race - 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).

Club Handicap Race Dates:

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 every Monday. The distance is 6 miles or thereabouts. See Jim Williams and Chris Waite for details.