

Plumstead Runners - News Letter
October 2017.



Dear Fellow Plums,



The Plums committee and all the members would like to say a very big congratulations to Lee and May, now Mr & Mrs Edwards on their marriage last week, CONGRATULATIONS !

Kent Fitness League Cross Country Season.

Further to the emails already sent out to all members from the club, please see below for the dates of the forthcoming 2017/18 Kent Fitness Leagues cross country season. As previously mentioned the 'Plums' will again be hosting the Oxleas Woods cross country event, at as you have guessed Oxleas Woods on Sunday 26th November 2017.

The club heavily depends on volunteers from the club along with family and friends to marshal the event, set out the course, erect the marquee etc etc. This event has been hosted by ourselves for a very long time and it's commonly known as the most favorite XC by all the runners from the 18 clubs who take part, as it's a true XC course. We are keen to maintain the clubs reputation in holding the best XC of the season but we can't do it without your help.

Please respond to Jim Williams email requesting volunteers for the event, it's really a great way to support he club and get some fresh air and exercise at the same time.

2017-2018 Season		
Match 1	2017-10-22	Knole Park, Sevenoaks
Match 2	2017-11-12	Swanley Park, New Barn Road, Swanley
Match 3	2017-11-26	Oxleas Wood, Eltham
Match 4	2018-01-07	Fowlmead, Sholden, Deal
Match 5	2018-01-14	Minnis Bay, Birchington
Match 6	2018-01-28	Nurstead Court, Nurstead, Meopham
Match 7	2018-02-04	Blean Woods, Rough Common, Canterbury



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

Club Targeted Races:

October – The Yorkshire Marathon – 8/10/2017

Plumstead Runners 10k handicap – first runner away at 6:3sharp.

November - Poppy Half Marathon – 11th November

December - Thanet 10 mile race – 3rd December

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

Members Update:

The last couple of months have been particularly busy for our intrepid members. i.e. Berlin Marathon saw a large contingent of Plums either running the marathon or supporting close ones.



For the first time ever two Plumstead Runners Gina Little and Carol March represented England at the Chester marathon recently !



A selection of Plums at various events



Sunday club training runs.....I think ?

Walking Section.

Our next walk will be Sunday 15th October.

Meet at Woolwich Arsenal Station at 09.00.

The walk is along the Dollis Valley Greenwalk from High Barnet to Hampstead Heath.

Walk length about 8 miles. Bring a packed lunch and will we will stop on route for liquid refreshment as well.you can check the details of the route online enter Dollis Valley Greenwalk click on Barnet council and view the PDF.

Cheers Keith

Dates for Your Diary:

- Santa Run – Wednesday 20th December 2017. (Last Wednesday before Christmas).
- Club AGM – January 2018 – Nominations for positions on the committee are required asap please. See Jim Anderson or Graham and Richard for nominations forms.

Club Handicap Race Dates:

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.