

PWR NEWSLETTER

MAY/JUNE EDITION



Issue No. 2

Summer 2013

Shuffling the pack but still getting the Aces...

For those of you who were unable to make the recent AGM, there have been some changes to the PWR Committee & Captains.

Folding their hands

A huge Thank You to Martin Cunningham who has stepped down from his roles as Club Treasurer and also the PWR10k Race Director. Martin has held these roles for 3 years and has done a sterling job and his efforts are very much appreciated!

Also, Thank You to the three departing Club Captains & Vice Captains, Chris Turner, Michael Roughton & Hannah Roberts

Coming up Trumps

Whilst it is sad to see the aforementioned people resign from their positions, we fortunately have able replacements.

- Laura Stables will be taking on the role of Club Treasurer.
- David Boswell will be taking on the role of PWR10k Race Director
- New Men's Captain is Mike Reeves who will be supported by not one, but two Vice Captains, Matthew Hossack & Stephen Robson.
- Jenny Leng is the new Ladies Vice Captain supporting existing Ladies Captain Karen Barritt.

Sticking

The following people have neither twisted or folded and make up the rest of the 'Royal Flush' PWR committee.

Club Chairman	Anne Dunstan
Club Secretary	John Gurney
Membership Secretary	Emma Doyle
Minutes Secretary	Sherry Bevan
Health & Safety Officer	Peter Barrett
Publicity & Communications Officer	Ray Sievey
Social Secretary	Jonathan Hummerson
Club Coach	Richard Dunstan



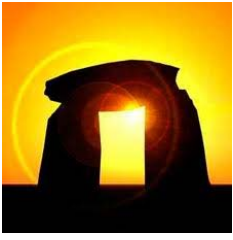
New Website

Work is in progress on a new improved non-biological website which will ensure that you can view it on PC, tablets (not the ones you put in the washing machine) and mobile phones. We will also be including an in-house forum to replace the Running Ahead forum. The new look and feel will hopefully increase the hits and be a marketing tool to help attract sponsors for our annual 10k event. Watch this space, well not this space, but you know what we mean!

New KLAN Co-ordinator

PWR Kate Suckling is the new Kent London Athletics Network co-ordinator, having been selected from a number of applicants by the five member clubs Blackheath & Bromley, Bexley, Cambridge Harriers, Beckenham and Petts Wood Runners to this new role looking after these running clubs' interests and joint ventures. Kate will start in this role immediately.

Midsummer Madness



On Tuesday 25th June (the day after Midsummer's Day) we will be having our annual Midsummer Run. This is where we merge all the groups into 3 larger groups and run similar routes with a couple of pit stops for refreshments. Culminating in a return to Mike Reeves' back garden (Thank you Mike) where more refreshments are served and we hold our presentation evening. Always a good evening, make sure you are there!

Club Records

Congratulations to Jerry Smallwood and Brian O'Connor who recently created new club records.

Jerry now holds the longest distance run in a single event by completing 112 miles of the Grand Union Canal Ultra Marathon, beating last year's distance of 96 miles. Unfortunately, heat exhaustion prevented Jerry from completing the 146 mile event. Sure you will nail it next year Jezza!

Brian ran the Walled City Marathon in Derry on 2nd June and recorded an absolutely fantastic time of 02:52:54! coming in 13th place overall. Tremendous effort, sub 2:50 next Brian???

We doff our hats to you gentlemen!

Old Fashioned Paperback or Kindle?

Going on holiday soon? Rather than running, why not relax on the sun lounger with a drink and read about running? Recommended good reads;

Born to Run *Christopher McDougall:*

"the hidden tribe, the ultra runners, and the greatest race the world has never seen"

The Looniness of the Long Distance Runner, *Russell Taylor:*

"An unfit Londoner's attempt to run the New York City Marathon from scratch."

26.2 running the London Marathon, *Julie Welch*

"...what drives 30,000 people to get up one morning in April and punish their bodies in a race they know they have no hope of winning?"

Black, White & Gold: My Autobiography, *Kelly Holmes*

"Staggeringly honest, Kelly reveals the times she fought back tears to battle against injury and win gold."

The First Four Minutes, *Roger Bannister*

"Roger Bannister's own account of becoming the first man to run a mile in under four minutes."

Petts Wood Runners 10k

The date for our annual Petts Wood Runners 10k has been confirmed as Sunday 13th October.

OCTOBER 2013 <small>www.freebookmarks.calendars.com</small>						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Put this date in your diary folks as the success of this race is a result of the tremendous effort from all of you.

Flying Coach

The next "Flying Coach" visit will be at 7.30 p.m. on Wednesday 3rd July when the popular Nick Anderson will return for a second visit in the last 6 months to put Petts Wood Runners and Beckenham members through their paces. Further info to follow.

Kidz Olympics

The return of the Petts Wood Runners Children's' mini Olympics in 2013 for 4 to 11 years olds will be on the morning of Saturday 6th July between 10.30 a.m. and 12. Further info to follow.

Membership Renewals

Don't forget that your PWR membership was up for renewal on the 1st April. Please renew now if you have not yet done so. Only £20!

Inspirational Quote

"I often hear someone say: 'I am not a real runner'. We are ALL runners; some just run faster than others. I never met a fake runner"

Bart Yasso