

REBEL ROUNDUP

REBEL RUNNERS – MEDWAY JANUARY NEWSLETTER

JANUARY ACTIVITIES:

Couch to 5k: The programme started on the 6th January and is going well with around 60 participants. Thanks to all the Rebel helpers. Graduation is on the 24th February and we will be looking to buddy up our new runners for their first parkrun. Please let Symon/Jane know if you can help.

Coach update: Darren's Thursday track sessions are receiving rave reviews. If you haven't attended one yet, why not give it a go? They are for all abilities and are really beneficial. Sessions are £2 to attend – book via the website (Wednesday track sessions are free). Symon and Jane are also progressing well with the coach training, it won't be long before we have 3 fully qualified coaches!

First Aid: On the 13th January we sent a group of Rebel volunteers on a First Aid in Sport training course. We are dedicated to keeping our members safe on club activities.

Prize winners: Congratulations to Adam Fissenden and Neil Hollands who won the lottery this month and to Sean Rodwell who won our monthly prize draw.

RACE/EVENT UPDATE

The big event in January was the Canterbury 10mile race, the first race in the 2018 club championships. 65 members took part despite the awful weather.



McAFFEE THROWS DOWN GAUNTLET TO FRIENDLY FOES WITH WIN AT CLUB CHAMPIONSHIPS OPENER

The first event in the Rebel Runners Medway Club Championships attracted a high turnout. Sixty-four members took part in

Sunday's Canterbury 10-Mile road race, hosted by Invicta East Kent. Rebel Runners Medway were the third-largest club represented at the event.

First Rebel to finish was Lee McAfee, in 45th place overall, in a time of 1hr03min10sec. He was followed by Andy Holmes in 1:06.04 and Chris Humphreys in 1:07.33.

Sally Fry (F35-44) was the first female Rebel to finish, in 1:12.16. Kelly Foster (F35-44, 1:20.31) and Amy Weeden (F senior, 1:25.34) completed the top-three ladies.

MEMBERSHIP UPDATE

We are happy to welcome four new members to the club in January. We currently have 353 affiliated members (first and second claim)

TEAM RUN STATS:

Average attendance at team runs was 50 (52 on Mondays and 48 on Wednesdays). Thursday track sessions also continue to be popular with over 30 people signing up each week.

PARKRUN STATS:

During January we completed 297 parkruns between us and Rebels were present at 17 locations.

Overall stats: 439 runners and 8753 runs!