

Rebel Runners Medway Chairperson's Report 2018

Introduction

It goes without saying that we've had another fantastic year! We now have 326 first claim members and 5 second claim members. That's our highest membership base ever with team run attendance also at an all-time high. Our social activities continue to go off with a bang and the club now offers more than ever for your membership.

I would now like to talk about some of this year's highlights.

RUNNING

Let's start with the obvious one, running! As a club we attend so many runs that it would be impossible to mention them all but here are some highlights from the year.

We can truly say we are now international with our prolific parkrun tourists travelling to the far flung reaches of Poland and San Francisco. We have also seen runners in New York completing the marathon as well as runs in Europe and Las Vegas.

Around the UK the club made appearances en-masse at the London & Brighton Marathons. Not to mention other races such as The Medway 10k, Whitstable 10k and The Great South Run. The love and support you all show for each other is tremendous and this is something we continue to be renowned for, which is great.

Our multi marathoners continue to wow us practically every weekend with their achievements, with some of you even doing regular ultras and 100 milers.

Our member led runs have continued to grow and these are now available to us all on a Tuesday, Wednesday, Friday and Sunday which is just amazing and shows what a social running bunch we are.

Parkrun continues to be a massive part of Rebel life with well over 50 members regularly attending our local Great Lines parkrun, which also sees many of our members volunteer. We also see many of you travel around the country to do some UK parkrun tourism which is great to see. We recently saw some Great Lines runners and volunteers make the trip to the parkrun birth place in Bushy Park when the regular parkrun was cancelled which was great to see.

We saw another Rebel parkrun takeover in October with a huge number of you either volunteering or running. Thank you to you all for the continued success of this event. It's great to give something back to our local running community.

We have had another successful Club Championships this year and although we will go through the winners of each category later in the evening, I would just like to thank everyone involved who made this a success story and well done to all the runners who took part.

Whatever the distance, whether it's a team run or race, well done to each and every one of you, you are all what makes the club as great as it is.

COACHING AND SUPPORT

As you know, we now have 2 coaches with a 3rd one on the way next year. In addition to this we now have 25 LiRFs to help deliver and support team runs with another 4 joining the team very soon.

The year started off with our successful couch to 5k programme which saw xx of our runners graduate at parkrun on 24th February.

Our Coach led sessions have now been extended and include DJ's Thursday evenings and Jane's distance sessions. Coach Jane devised and executed a successful 5k-10k programme which has seen many of our couch to 5k graduates increase their distance and then recently completed a 10k and beyond programme. Coach Jane will also be leading our rebranded park bench to parkrun course in January.

Meanwhile Coach DJ continues to deliver Thursday evening track and we've heard lots of you feeding back about your improved performances from engaging in the services that our coaches offer.

September saw the brand new Distance Medley Relay. The atmosphere at this was incredible. We encouraged all abilities to partake and even had spares at hand. It was a fantastically organised event and we thank all those involved once again for it.

The club is immensely grateful to the coaches, LiRFs and those that volunteer in many other ways, we couldn't do what we do without you.

SOCIAL

Well we wouldn't be Rebels without our social side. From nights out, chuckle bus road trips, the summer relay, the summer BBQ to the Christmas party, this club has it all and caters for all.

As you may remember, our summer relay at Great Lines got rained off, but we made do and carried on! After securing the badminton courts at Medway Park we regrouped there for a fun filled morning of raffle, lotto, cake and sports.

Our Summer BBQ was also a roaring, scorching success with many of us gathering at fort Amherst for nerf wars and burgers.

I won't say too much about last year's Christmas party at the Roffen though except that I know this year we will compose ourselves a little better ;-). This year we are taking over the King Charles Hotel, which I'm sure will be another fantastic evening.

Thank you to Helen, Chris & Lesley for organising various buses to take our members to runs such as Harvel 5, Great South Run and the Windsor Half Marathon, everyone really appreciates the time and effort you put in to organising this.

CLUB DIRECTION

Following feedback, meetings and the members survey we decided to issue a statement of club direction for clarity. As stated, we are and always will be a social running club that encourages competitiveness and improvement. The club has most certainly grown and changed over the past 4 years but we hope this is to the benefit of the members and I know the committee are working hard to ensure this continues.

MEMBERSHIP FEES

As many of you are aware our membership fee remained the same last year, despite a UKA price increase. For the year beginning next April we have decided to increase the membership fee by £1 which will mean an overall cost of £26 per first claim adult. This is to ensure we as a club can continue to bring our members everything that I have just spoken about and more and Helen will go in to more detail in her Treasurers Report shortly.

CONCLUSION

So many of you have achieved so much this year and whether it be completing your first 5k or completing an ultra-marathon, we all support and congratulate you. This club is special because of you, the members. I hope you will continue to allow us to support you in the year to come.

Lorraine Ruminski
Acting Chair