



Welcome to our third, quarterly newsletter of 2019.

Well we've almost made it through 2019 so here's all the latest RR stuff that you need to know.

We've got coaching updates, run stats, photos, interviews and lots more!



Firstly a message from our Chair

As the summer comes to an end it's been a busy few months for the Rebels with many of you taking on challenges across the country with brilliant results by all.

Coach Jane's 10k and Beyond programme has now started and will see many of you increase your distance through Jane's sessions and your long runs. I'm sure you will all see the benefits of hill training (got to love those hills!) soon and good luck for whichever distance you want to reach.

Club champs is into its last events now and the competition looks very close across all categories. Good luck to everyone and I look forward to seeing the winners receive their prizes at the AGM in November.

Coach DJs 2nd Distance Medley Relay took place in September and again had a great turn out with some great results. Anyone who hasn't taken part in one of DJs track sessions should definitely give it a go, it is inclusive for all and will certainly help with any of your running goals.

Christmas is fast approaching (how did that happen?!) and Karl is busy organising the Rebel Christmas Party. This year we are at the Holiday Inn

Rochester and no doubt it will be a great night! Thank you Karl



Our AGM will take place on Monday 25th November at St George Hotel in Chatham. It will be great to see as many of you as possible there to celebrate another fantastic year for the club and look forward to next year. Plus the small matter of the VLM draw...!

My world continues to be dominated by my 4 month old baby girl but I have made a small comeback by starting parkrun on a Saturday and I couldn't do it without the superb support that you Rebels give us all. Look out for me with the buggy at the side lines when I'm not running, I'll be there cheering you all on!

Happy Running!

Lorraine



As you may be aware we raise money for club activities through EasyFundraising. It's completely free and very easy to use. We'll update our progress every newsletter with this handy 'thermometer of pennies'.

To sign up for EasyFundraising and help, all you have to do is follow this link...www.easyfundraising.co.uk and choose Rebel Runners~Medway as your cause to support. Every time you shop, click through from EasyFundraising to start earning money. It doesn't cost anything extra at all. For the club, your visits translate into things like track sessions, equipment and courses. Please keep clicking through when you do your shopping, it all helps the club enormously. Our goal is to hit the £2000 mark and we're not doing too badly at all but still need your help...



Run Stats

Team Run numbers

July

On Monday Team Runs we averaged 55 runners.
On Wednesday team Runs we averaged 32 runners.

August

On Monday Team Runs we averaged 46 runners.
On Wednesday Team Runs we averaged 21 runners.

September

On Monday Team Runs we averaged 43 runners.
On Wednesday Team Runs we averaged 33 runners.

parkrun attendances

Rebels attended 36 different parkruns in July,
38 in August and 31 in September.

These included parkrun De Rouen, Sloughbottom and Killarney House.

Well done everyone for your brilliant tourism (more on that later).



Club Champs Update

We have 69 competitors this year! So far we've had 11 events with Great Lines parkrun being our biggest turn out to date. Our most recent event was The Folkestone Rotary Half Marathon where we saw some smashing PBs. Well done everyone!

Our 2020 Club Champs will start in early January and the list of events to sign up to will be out by December. We encourage all members to take part, regardless of speed or running experience.

Club Champs is for everyone!

Our current leader board looks like this...

CURRENTLY	FEMALE SENIOR	FEMALE VET	FEMALE SUPERVET	MALE SENIOR	MALE VET	MALE SUPERVET
1 ST PLACE	CHLOE HARDING	WENDY REGAN	SIAN JONES	JAMES BARNEY	MARTYN PYMM	BRIAN LEES
2 ND PLACE	JESS LYONS	NICOLA HILLS	LESLEY DORAN	KARL GRIMBLE	MARTIN KING	MALCOLM SIMMONS
3 RD PLACE	SARAH PALMER	MARIE DEBONT-BOOTH	CATHY GEE	CHRIS HUMPHREYS	JAMES MURRIN	SYMON WILDGOOSE

Our next event is The Sittingbourne 10 on October 6th.

Upcoming AGM

It's almost that time of year again! We had a great time at last year's AGM and expect this year's event to be just as fabulous. The date to save is 25th November. The festivities will be held at the same location as last year; The King George Hotel on New Road, Chatham (7pm for a 7:30pm start). There is a bar in the function room, please drink sensibly ;-)

All members welcome and encouraged to attend.

We'll start the evening with the formal bits, that's the AGM agenda itself and committee selection. After that we'll have a break and then go through the 'thank yous' and awards.

Finally, we will get on to the London Marathon Club Ballot Draw where 3 lucky Rebels will win entries to the 2020 Virgin Money London Marathon.

Committee Applications

We have some vacancies on our committee and are looking for club members who wish to take on a more active role in the running of the club. This requires no previous experience or particular skills, other than an interest in the behind the scenes workings and a desire to help. Roles can include anything from tweeting on behalf of the club to writing newsletters!

If you're interested in helping out, look out for the upcoming posts on the main group in regard to applying. The new committee will be voted in at the AGM in November.

Your Current Committee

Chairperson

Lorraine Ruminski.....Chair-rebelrunners@outlook.com

Lorraine oversees all the other committee members and the running of the club in general.

(Acting) Club Secretary

Dan Gower-Smith.....Clubsec-rebelrunners@outlook.com

Dan is currently acting Club sec. This role is to support the Club Chair and Club Treasurer in ensuring the smooth functioning of the Committee.

Treasurer

Helen Gower.....Treasurer-rebelrunners@outlook.com

Helen looks after the money. She casts her eyes over the accounts on a daily basis and deals with all monies in and out. She's also the Merch point of contact for club members.

OCM – Complaints & H&S Officer

Gareth Lehane...Complaints-rebelrunners@outlook.com

...&...Healthsafety-rebelrunners@outlook.com

Gareth has a double job in looking after your health and safety needs and complaints.

OCM – Welfare Officer

Dan Gower-Smith.....Welfare-rebelrunners@outlook.com

Welfare covers a range of issues such as safeguarding and protecting children and/or adults, anti-bullying, equality and policy review.

OCM – Membership Secretary

Jenny Baldock.....Membership-rebelrunners@outlook.com

Jenny welcomes new members and adds their details to the UKA portal. She is here to answer your membership queries and give support where it's needed.

OCM – Communications Officer

Johanna Bridge.....Communications-rebelrunners@outlook.com

Johanna runs our twitter, website and public pages also sending articles to the press including the Medway Messenger in the hope of getting some of you featured. Johanna also writes the newsletter.

OCM – Volunteer Co-ordinator

Ross Sandy.....Events-rebelrunners@outlook.com

Ross is the liaison between committee and club volunteers. He deals with all things volunteer related from forming the LiRF roster each week to organising meetings.

Quarterly Lotto

Every quarter we bring out a lotto board with fantastic prizes. You'll have to be quick getting your numbers this time though as the Halloween board is selling out fast!

Check our main group for Helen's latest post and grab your numbers.

First prize is a whopping £200!

So far this year we've seen Adam and Jenny take the top prizes, who will be next?



The Medway Runners Half Marathon

This local race is held every year by our friends at MR in memory of their much loved member, Joleen Swan.

The event takes place on Saturday 30th November at 10am. The route takes in the streets of Medway, starting and finishing at the Strand. Please be aware that although the route is fully marshalled, there are no road closures for this event.

If you would like to enter, please see Johanna's post on the main group with the entry form and further info.

#TeamMedway



Member Spotlight

The formidable Lisa Wild tells us all about her 10 in 10 challenge...

What made you decide to take on the 10 marathons in 10 days challenge?

This is a challenge I had seen many of my running friends complete and I wanted to prove to myself I could do it too, the most I had done previously was 5 in 5 days, so I wanted to push myself for the 10.

What did you enjoy the most?

The whole camaraderie was amazing, there was so much support from everyone. I also got to run with the legend that is Sam Brown everyday lol.

What was the hardest part?

Running in the heat on the last 3 days was tough, I was running with a wet towel over my head at one point trying to cool myself down. The SVN team made sure we were well hydrated and supplied us with ice poles, water, anything really to cool us down (along with some fellow Rebels who turned up en route with ice poles and ice lollies too; Marie, Jimi, Chris and Sue Moreton were a god send lol).

I don't think you can go into any marathon thinking it will be easy, even after doing multiple amounts, I just took one day at a time, listening to all the great advice from Sam who has completed eight 10 in 10s. Plus my pure determination.

What is your next goal?

To reach my 100th marathon, hopefully by the end of this year which I'm very excited about. I'm currently on #86.

What made you start running?

As my kids were growing up way too fast I found myself bored and needed to make some time for me. I've always kept fit by going to the gym and had always enjoyed running when I was younger, so it all started there really. I managed to get a place for the London Marathon 2016 which was my first marathon and I've never looked back!

Any advice for fellow runners?

Don't ever tell yourself you can't do it. It's not all about times or winning, it's about enjoying it.



The RR parkrun Challenge

On the 27th July we ran our second parkrun tourist challenge. The challenge was to attend as many different parkruns as possible on said date. We first took on the challenge in 2015 and this year decided to repeat it and see if we could beat those results. Well, we came very close but didn't quite do it. We are going to run the challenge again on November 5th and re-attempt.

Here are our 2019 stats...

- ✓ 78 runners
- ✓ 26 events
- ✓ 20 age categories represented from J10 to V74-79
 - ✓ 41 females
 - ✓ 37 males
 - ✓ 390KM ran
- ✓ Voluntourism at 4 events
- ✓ 2047.65 total miles travelled from Great Lines to events
 - ✓ 4095.30 miles round trip
 - ✓ 1 plane journey
 - ✓ 1 Eurotunnel journey
 - ✓ 1 event outside of the UK

Well done everyone and we hope you're up to the challenge again in November!



The RR parkrun Takeover 2019

Each year we 'takeover' at Great Lines parkrun. This means that we, as a club, fill all the volunteer roles on a specific Saturday and fly the Rebel flag.

This year's date is Saturday 19th October. Look out for the upcoming posts and get your name on the list to help out. We always have a blast (and of course cake afterwards).

You can do anything from Run Directing to Marshalling to Tail Walking. Join us and help us make it the perfect morning out! Kids and dogs can help out too.



Coaching Updates

Firstly we hear what Coach DJ has been up to...

September saw us hold the Distance Medley Relay (DMR) Series 2019.

This event was first held last year to great success. Set over three Thursdays, points were awarded for positional placings and PB smashing. The medley relay consists of a 1200m, 400m, 800m and 1600m leg, it is part of the IAAF World Relays which is an international biennial track event. Unfortunately, we haven't been given an invite yet!

Seven teams participated in this year's event, from a coaching perspective it was great to see the commitment, desire and effort from all the runners. The Thursday track sessions are based on individuality, I repeat the same message at the start of every session; 'what you put in is what you get out of it'. I don't judge individuals speed or count their laps, the sessions are for them and designed to aid their progression. The great thing about the DMR is it brings the runners together, as a team they are running and competing with a common goal. It also brings out our competitive side which again from my perspective is a good thing, don't be afraid to create and embrace a competitive environment.

'Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about' (PattiSue Plumer former American middle distance runner)

On the subject of relays, I also spent a day with Jane and KJ volunteering at the Ragnar Relay. It was a long day for us volunteers but not as long as it was for the runners! Well done to the two teams that took part; a great team effort by all involved.

Coach Jane and I have also recently attended a 'Run Better, Longer, Faster, Smarter' workshop at 8th Element (Medway City Estate). During the session we covered; Injury Prevention & Mindset, Nutrition, Range of Movement and Foam Roller techniques/stretching. It was a great afternoon with lots of pointers that we both can bring to you during our coaching sessions.

As we move in to the back end of the year the Thursday sessions will start to focus on longer reps, hard but fun. If you have not tried track before, come on down and give it a go, track is not for everyone but there is a definite benefit in sustained interval training accompanying your normal team and long runs.

Coach recommendation; Thanet 10 Miler on the 1st December, a good race to gauge your pace as you head into the marathon training season. Also, a definite PB course (weather conditions dependent).

P.S I forgot to mention that it was the Brownlee Bombers that triumphed in the DMR, a hand-picked team of highly tuned athletes and me 😊



And Coach Jane...

The 10k and beyond is currently running again with many entered to an autumn half or The Great South Run putting in huge effort in the coached sessions and during the week in the solo distances.

The coaching education that is provided by England Athletics requires constant refreshing and expanding of knowledge which I am always keen to do and will continue over the year to identify courses to improve my understanding.

The club recently gave the coaches a chance to attend a day at 8th Element on injury prevention and recovery which was very informative, although my desire to get that close to a foam roller is slightly less than it was originally.

Anyone who has attended my sessions and felt silly doing the drills can take comfort that some of my strange exercises were included in the sessions.

I want to say a massive thanks to all those Lirfs and Rebels who have supported my sessions in particular the Lirfs who have run my planned sessions when I have been unable to and acted as great assistants during the sessions in 2019 which covered Parkbench to parkrun, 5k to 10k and currently during the 10k and beyond.

Thank you for reading our newsletter!
Our next edition will be out in early 2020.

