

Rebel Runners Medway Chairperson's Report 2019

It goes without saying that we've had another fantastic year! We now have over 290 members, our social activities continue to go off with a bang and the club continues to offer fantastic value for your membership fee. I would now like to talk about some of this year's achievements.

I'll begin with some highlights of your running over the last year.

We continue to be a bunch of international runners with our prolific parkrun tourists travelling to Italy, USA, Canada and the Chanel Islands to name a few. We have also seen runners in New York & Chicago completing the marathon as well as runs across Europe. One particular person I would like to highlight at this time is our very own Jet Set Jase who continues to work towards completing the World Marathon Majors, well done Jason.

Around the UK the club made appearances en-masse at the London, Manchester & Brighton Marathons. Not to mention other races such as The Beach Head Marathon & 10k, Whitstable 10k, Great North and South runs and numerous local SVN's. The support you all continue show for each other is fantastic and should be applauded.

Our member led runs are still as popular on a Tuesday, Friday and Sunday as well as our club runs on a Monday and a Wednesday which has seen some great numbers over the past year.

Parkrun continues to be a huge part of the Rebel's with 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 and beyond parkrun tourism which is 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.

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.

As you know, we have 2 fantastic coaches as well as 25 LiRFs to help deliver and support team runs.

The year started off with our successful parkbench to parkrun programme which saw over 40 runners graduate at parkrun on 23rd February.

Coach Jane led another successful 5k-10k programme which has seen many of our members increase their distance and then go on to complete the recent a 10k and beyond programme. Coach Jane will also be leading our next couch to 5k course which kicks off in January.

Meanwhile Coach DJ continues to deliver Thursday evening track which is great for improving your running – it's really not that scary so please do give it a try!

September saw a rematch of the successful Distance Medley Relay. The atmosphere at this was again fantastic. We encourage all abilities to partake we thank all those involved once again for it. Please keep an eye out for this again next year.

We also held the inaugural Medway Interclub Track Race. We saw runners from the Rebels, Medway Runners, The Wolfpack and Medway Fit all take part in this event and lots of RR volunteers help out to make this event possible. Coach DJ is already planning the next event so please keep your eyes peeled for all the details.

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.

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

Our Summer BBQ was again a scorching success with many of us gathering at Fort Amherst for nerf wars and burgers.

Last year's Christmas Party saw over 70 of us don our party frocks at the King Charles Hotel, which was another great evening. I'm sure we will see many of you at Saturday's party at the Holiday Inn.

Thank you to Cheryl, Susan and Karl for the organisation of these great events over the past year.

Thank you to Nigel, Chris & Lesley for organising the buses to take our members to the Harvel 5 and the Great South Run races; everyone really appreciates the time and effort you put in to organising this.

As you know we endeavour to provide value for money for all our members however due to a price increase by UKA this year our membership fee will increase by £1 to £27 per first claim adult.

In conclusion; So many of you have achieved so much this year and whether it be completing your first 5k or completing your 100th 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.