



REBEL RUNNERS ~ MEDWAY

New member information pack:

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WELCOME TO THE REBELS

Rebel Runners ~ Medway: A social running club that encourages improvement and competitiveness.

The club was formed in 2014 and is one of the best-known clubs in the area. The Rebels are renowned for our friendly and supportive nature.

Shortly after it was set up, Rebel Runners ~ Medway became a United Kingdom Athletics (UKA)/England Athletics (EA) affiliated Club and in line with the rules set by these governing bodies, the activities of the club are overseen by a committee of volunteers (voted in by the members at the club's Annual General Meeting in November). The committee is supported, in the main, by our qualified Coach and team of Run Leaders.

In a nutshell, we strive to provide the following:

- A friendly environment where people can feel included and accepted, regardless of running ability
- Activities that encourage members to challenge themselves and others to improve their running
- Healthy competition – whether this be with yourself, other members of the club or other runners during races

What Rebel Runners ~ Medway offers its members:

- Affiliation to UK Athletics as part of our membership. This grants you discount on UKA recognised races, as well as other member benefits. Information can be found here:

<https://www.englandathletics.org/take-part/athlete-registration/benefits/>

- Access to all our running activities, including weekly coach led track sessions
- You'll be eligible to take part in our Club Championship competition
- Several Facebook groups to help support your running activities and to socialise with other Rebels (Rebel World & Rebel Photos)
- Access to the Rebel Ballot for a London Marathon place - (entry criteria will apply), this may change from year to year all members will be notified
- Member Benefits - discounts on local gym membership, treatment sessions with local physios, partner merchandise & recommendations by members.

Our club constitution, our code of conduct and all our key policies are available on our website here: <https://rebelrunnersmedway.co.uk/results/policies-insurance/>

Thank you for choosing to join the Rebels, we look forward to supporting you on your running journey.

Membership & Affiliation

Our membership year, in line with UKA, runs from 1st April to the 31st March. Our membership fee for the following year is announced at each AGM. A portion of your membership fee is paid across to UKA and the remainder (the club fee) is retained to support club activities. We have several membership options:

- First Claim - UKA registration & Club membership
- Students, apprentices & over 60s – includes UKA & reduced Club membership
- Juniors 13-17 years - reduced Club membership *UKA registration from age 15 optional
- Second Claim (First claim with another club) – club fee only

If you haven't already signed up, you will find a membership form containing our current fees on our website <http://www.rebelrunnersmedway.co.uk/membership/>. Scroll down to the **Application Form** link. Fill this in and either email it to the Membership Secretary (details below), or hand it in at a team run.

Once we have affiliated you, you will receive your **digital membership pack** from EA. It will not be sent by post. You will be allocated a URN (Unique Running Number) and you will be set up on the EA Portal. You can access the portal to check your details are correct, add a photo or make changes etc. Use this link:

<https://myathletics.uka.org.uk/portal/members/login>

Affiliation with UKA requires us to comply with their rules of competition. If you register as a Rebel at a UKA event, you are required to wear our **first claim kit** at the event (**the black top with green writing**), unless agreement has been given by the committee for runners to wear the club's second kit (green top with black writing).

Who's who

The Executive Team

- Chair: **Isabel King - Interim to Nov 2023** Clubchair-rebelrunners@outlook.com
The Chair oversees all the other committee members and the running of the club in general.
- Club Secretary: **Nigel Hidson** Clubsec-rebelrunners@outlook.com
Supports the Chair and Treasurer in ensuring the smooth functioning of the Committee.
- Treasurer: **Helen Gower** Treasurer-rebelrunners@outlook.com
Looks after the finances and accounts and is the point of contact for all merchandise orders.

Ordinary Committee Members

- Membership Secretary: **Jenny Baldock** Membership-rebelrunners@outlook.com
Welcomes new members and registers their details to the UKA portal ready for affiliation. She is here to answer all your membership queries.
- Welfare Officer: **Isabel King** is the [Lead Welfare Officer](#) and **Dan Gower-Smith** assisting Welfare-rebelrunners@outlook.com Welfare covers a range of issues such as safeguarding and protecting children and/or adults, anti-bullying, equality and the general welfare of the members and/or public.
- Complaints: **Isabel King** Complaints-rebelrunners@outlook.com
Managing any complaints that we receive.
- Health & Safety Officer: **Lesley Doran** Healthsafety-rebelrunners@outlook.com
Ensuring all your health & safety needs are covered.
- Communications Officer: **Nigel Hidson** Communications-rebelrunners@outlook.com
Looks after the website and public Facebook page and manages the relationship with local press and writes the newsletter.
- Volunteer Co-ordinator: **Wendy Regan** with **Dan Gower-Smith** assisting Events-rebelrunners@outlook.com Liaising between committee and club volunteers. Deals with all things volunteer related from forming the LiRF roster each week to organising LiRF meetings. (LiRF = Run Leader)
- Social Secretary: **Polly Clayton** Social-rebelrunners@outlook.com Oversees things like the summer and Christmas celebrations as well as other activities like quiz nights that keep us having fun together when we aren't running.
- OCM: **Darren Jarvis** Co-ordinates the Club Championship events & coaches the weekly track sessions, organises club relays & C25k etc. Participates in & contributes to day-to-day discussions on the running of the club.
- OCM: **John Allen** Keeps on top of big events coming up & posts on the main group ensuring members don't miss out. Participates in & contributes to day-to-day discussions on the running of the club.

Coaching (UKA Qualified)

Darren Jarvis – (Coach DJ) leads our weekly track activities, which are great for runners of all abilities. Activities include for example, pyramid sessions, Fartlek and Michigan training – to find out more you'll have to come along to a session.



Darren also oversees the Distance Medley Relay Series, where teams compete against each other across several distances, and an annual Inter-Club Track Championship.

*Please note that if you are not a member of Medway Park, you will have to pay an entrance fee of £3 - price as of 1st April 2023, (**parking is free** – do not pay at the machine, enter your car registration on the keypad just through reception).*

*There is an **annual daily pass** available to club members which gives a **25% discount** – ask for a form at reception. If you come regularly to track this is a huge saving.*

Darren leads our C25k session for new runners. The programme is aimed at members of the public and is designed to support non-runners or those new to running to be able to run 5km. Usually starts first week of January.

Jane Jeffery – Jane became a qualified Coach (CiRF) in February 2018 and has led several C25k, 5k to 10k and 10k and beyond programmes for the club. At present Jane is taking a break from coaching but remains an active member and continues as the Club's Mental Health Champion. (MHC).



Our Run Leaders (LiRFs) - UKA Qualified Leaders in Running Fitness



Our LiRFs - or Run Leaders oversee team run activities, making sure you are safe & supported. **If you are new to a team run, seek out someone in a pink t. shirt or bib and they will help you out.**

At each team run a LiRF(s) will:

- Record you as an attendee on the SPOND app register and then tick you off when you return (if you need to leave before a LiRF returns please post a message on SPOND).
- Provide those attending with a run brief before everyone sets off – explaining the route, giving any important notices and reminding you of any health and safety points.
- Support you during the run and respond to any incidents – our LiRFs run at various speeds and are therefore spread out across the run route.
- Back run the route. One of our LiRFs will always stick at the back of the group, making sure no one gets left behind. We also have a sweeper LiRF on some routes. Their role is to run back and forth along the route, checking in with everyone.

NB Whilst we appreciate some people are happy running alone during a team run, we ask our members to run in groups as much as possible. This may mean that you might have to slow down/drop back slightly so that you join the group behind you or the back runner.

Also, please note that anyone bringing someone that is age 13-14 years to the run is responsible for ensuring that they run with an adult. 15-year-olds can run unaccompanied with the agreement of the duty Run Leader (LiRF) in advance and with the consent of the parent/guardian

Social Media

As well as our main website, www.rebelrunnersmedway.co.uk, we have several Facebook groups, an Instagram account (rebelrunnersUK) and Twitter (@rebelrunnersUK). These are mostly kept up to date by **Helen Gower** our Treasurer when she's not counting the money!

Our members only Facebook Group is our main method of communication, although for any key information (e.g., renewals, social events, important stuff) we will also email all members. Members will be given access to the following Facebook groups:

- **Rebel Runners ~ Medway** <https://www.facebook.com/groups/RebelRunnersMedway/>

This is our main group which contains all things running. The committee will post notices or information members need to see on this group. Members can post on this group, although we ask that posts are restricted to running related topics only.

- **Rebel Photos & Spots** - www.facebook.com/groups/Rebelphotos/

Where you can share your photos of fellow Rebels (e.g., at races/events) or of yourself out running. Please use albums where possible. This is also where you post that you have #Spotted Rebels out running. Post up pics of you running (in Rebel gear) on your hols!

- **Rebel World** - www.facebook.com/groups/rrworld/

This group is for everything else! Share or request info or recommendations, arrange social nights, got a watch or running shoes to sell, is there something you need, fundraising etc.

We also have a public Facebook page <https://www.facebook.com/RebelRunnersMedway> where we celebrate our achievements and show the world what a wonderful club we are.

The Club also has a group set up on **Strava**

<https://www.strava.com/clubs/rebelrunnersmedway>



Running & social

There is so much on offer! Here's a summary:

Running

- A place on team runs must be booked via the SPOND app, available on Apple in the App Store and Google Play. To create an account and join the Rebel Runners Group click here: <https://spond.com/register> and use code **NQIDL**.
- Team Runs – LiRF led team runs are on a **Monday** evening (**7pm**) and a **Thursday** evening (**7.30pm**). Mondays are generally from the same location, (**Jellicoe Building** – University Car Park - ME4 4JB). Thursday runs vary so that we can cover different locations and route types across Medway. Team runs are created on the **SPOND** app and invitations sent out weekly to all those registered on there. Postcodes for the meeting points are posted on SPOND.
- Coach led track sessions on a Wednesday evening at Medway Park at 6:45 pm
- Regular Member organised runs – there are two main regular runs organised by members of the club:
 - **Friday Frolics** – a Friday morning run, generally starting from Rochester and often includes coffee somewhere afterwards. Usually meets at 9.30am.
 - **Sunday Social** – starting at Medway Park, the time is published on the Facebook Group by the member organising the run. Start time varies over Summer & Winter but is in the morning. This is a 10k run around St. Mary's Island followed by food/drink in the Falcon Cafe.

NB these are not organised or overseen by the club or LiRF led.

- **Other runs** – members will often post up on the Facebook group inviting company when they are planning a run. Everyone is welcome to do this.
- **Club Champs** – an annual, interclub points-based competition with awards presented at the AGM in November. The competition starts on the 1st of January and comprises a set number of events, (usually 10 to 12 events) which are a mix of 5k, 10k, 10 miles & half marathon distance.

Three opportunities to win - by finish position, by earning bonus points if a personal best is achieved and age grading. The Championship includes male and female competitions, under the following categories:

Senior (up to 45 yrs.)

Vets (46 – 50 yrs.)

Super vets (51+ yrs.)

New for 2023 runners are also allocated to one of 4 houses: Switzer, Radcliffe, Farah & Kipchoge – just for a bit of extra fun & team rivalry!



- Rebel of the year – as well as the awards for the above, the club names their Rebel(s) of the year at the AGM.

Social

- On the first Thursday team run of each month we start and finish our run at a pub/social club so that we can get together afterwards for food/drink and a catch up.
- Summer BBQ – each year, usually on a Sunday in July, we hire somewhere for the afternoon so the Rebels and their families can kick back, relax and have a BBQ/Picnic together.
- Christmas – we couldn't let the festive season pass without a Rebel celebration (a chance to get out of the Lycra and put your glad rags on)! Date and venue confirmed during the year.

Supporting our members

Health & Safety

The club is committed to ensuring that all activities are safe for its members, volunteers and visitors. All routes are risk assessed and all accidents or incidents will be investigated thoroughly by our Health & Safety Officer and appropriate action taken as necessary. Our Health & Safety Policy is available on the Rebel Runners ~ Medway website.

Welfare

The welfare of our members is very important and as such we have two Welfare Officers one of whom is Lead Welfare Officer, they oversee our welfare policies and procedures. Our Welfare Officers support runners following any accidents and incidents and can, where appropriate, signpost members to support services. The Welfare Officers also ensure that all our LiRFs and Coaches are DBS checked and undertake any required training (e.g., safeguarding). Our Welfare policies are available on the Rebel Runners ~ Medway website.

Mental Health

Rebel Runners is committed to the cause of improving mental wellbeing through running and we actively support England Athletics' **#RunAndTalk** initiative.

Jane Jeffery is the club's Mental Health Champion (MHC), the MHC role includes providing crisis contacts to the group, being a point of contact for anyone experiencing mental health problems and actively promoting mental wellbeing and running. Jane is also a Mental Health First Aider and as such has an in depth understanding of mental health and factors that can affect wellbeing as well as the practical skills to spot the triggers and signs of mental health issues.

Merchandise

As well as our club running kit, the Rebels offer several Rebel branded items that are either useful to runners and/or provide our members and their friends and family the opportunity to show their support for the club. We have, for example, hats, car stickers, hoodies, neck buffs, body warmers, bags & holdalls!

Just a few items you will find available in the shop below.....



Shop: <http://www.rebelrunnersmedway.co.uk/shop/>

All items can be found on our website, you can either order through the online shop and pay by PayPal or pay direct into the Rebel bank account and email your order to the club's Treasurer (treasurer-rebelrunners@outlook.com).

Our bank details are:

Sort Code **60-08-36** - Account No. **64612651**

Fundraising

To provide the best services and opportunities to our members, we need funds for training courses for our volunteers, equipment, track hire etc. While membership brings in a significant portion of what we need to operate, we are always looking at ways to raise funds.

Our main fundraising activities are:

- **The quarterly lotto.** 100 numbers, £2 each with half the pot going to lucky winners and the other half going to the club.



This turns online shopping into donations for the club. Find the retailer you want on the Easyfundraising website and shop as normal. Once you've made a purchase the retailer will make a small donation to us. <https://www.easyfundraising.org.uk/causes/rebelrunnersuk/>

We currently have a fundraising team looking at ongoing fundraising across the year to enable us to continue to deliver activities such as track sessions. If you would like to get involved, please contact committee members Nigel Hidson or Helen Gower.

Community activities

The Rebels are big supporters of all things running and many members regularly volunteer at local parkruns. As a club, we also support local races and events such as the Medway Mile.

Volunteering is a great way to connect with other runners and to give something back. We are always looking for opportunities for the club and its members to get involved in different things.

