

Chairperson's Report 2017

Intro

It goes without saying that we've had another smashing year! We now have 340 members, that's 60 more than this time last year. Team run attendance is also at an all-time high with an average of 50 people regularly attending on Mondays and Wednesdays.

I want to highlight some of our key activities and achievements this year

1) C25k and funding

We kicked off 2017 with another successful couch to 5k programme. This year we tied the courses in with our Sport England bid. Within the bid we had set out to target various groups of people and with c25k attendees being so diverse, it was the perfect opportunity to meet our targets. Not only did we meet the goals laid out but we exceeded them!

The 1 year project is now completed and we have fulfilled all the objectives and written our final report. As well as paying for the training of 6 new LIRFS and our first 3 coaches, the funds allowed us to provide our members with 2 disability awareness courses, 1 sign language course and 1 mental health awareness course and these were well attended.

We don't have plans to apply for any more funding at the moment but there's always a possibility further down the line so if anyone becomes aware of a funding opportunity please us know and we will investigate.

2) **Easyfundraising**

In December last year we signed up to a website called easy fundraising. It's an online cash back site in that money is donated each time you shop. So far we have raised £1100. This is astonishing and not something we ever envisaged. We have 77 rebels signed up as of today so please sign up for it if you haven't already...

Following on from this and how we can spend it, we've taken a member's suggestion to do a free monthly draw. All affiliated Rebels are in it.

Every month someone wins a £100 voucher and so far we've had 3 lucky winners.

3) Moving on to **Social**

The social side of our club has never been lacking! Since our last AGM we've organised 2 Xmas parties and a summer BBQ. The BBQ at Fort Amherst was fabulous beyond expectation and we have rebooked the venue for this coming July. Our Roffen Xmas party was a blast and some of you look like you're still suffering from it. On top of this we've met regularly all year long at our monthly socials, which we know you all love.

4) Coaching

2017 saw us attain our first coach in running fitness. Darren worked tirelessly to provide us with Thursday evening sessions and Wednesday track evenings. Heading into 2018 we will soon have 2 more coaches, Symon and Jane, to share the load and deliver even more sessions and opportunities. Jane is also the club's Mental Health Ambassador, a role that was introduced in 2017.

5) Actual running

We've had more running success this year than ever before. More attendance at parkrun, more couch to 5k attendees, more Rebels doing their first 10k and halves en masse and more marathoners. We've even seen 3 people run 100 miles in one go! Amazing achievement by Bianca, Paula and Jimi. The club also had its first in house relay which was a roaring success and we hope to build on this in 2018.

6) Our Involvement in the wider running community grows each year...

Some of you will remember the GL parkrun takeover. As usual our members responded with generosity to support the club and our local parkrun. We will do this again in 2018.

In fact, club members are involved in organising Great Lines parkrun and Medway Junior parkrun on a regular basis, as Event directors, Run directors, Volunteer co-ordinators and in various other volunteer roles. Also, 2 members have achieved park runner fame, by appearing on the lists of most events attended nationally and internationally (that's Sharon Boland and Steve Taylor- well done you two!)

And Finally Rebel Runners is 26th on the UK list of clubs with the most members taking part in parkruns. Yes 26th!

IN CONCLUSION

There have been lots of achievements this year so apologies if I've missed anyone or anything out. It's great seeing everyone challenge themselves and achieve things they thought beyond themselves. I also need to mention that the support that you all give each other is tremendous. So many of us go to events that we are not even running at to show our love for those that are. The turnout at London especially was amazing and appreciated.

You, the members, have achieved so much this year and we are very proud of all of you and hope you will allow us to support you for many years to come.