

REBEL ROUNDUP

REBEL RUNNERS – MEDWAY APRIL NEWSLETTER

APRIL ACTIVITIES:

Coach update: Coaches had a break over Easter, they are now back and Darren continues to help you improve your form in our track sessions, while Jane has been busy preparing for our new 5k to 10k programme.

Club Championships: April saw our champs work hard in their marathons, some even bagging a PB, well done. Next event will be Whitstable 10k on bank holiday Monday.

Committee update: The committee have been busy with members renewals and sign ups. Don't forget it is never too late to join us. They have also been making preparations for the Rebel Relay, keep an eye out for more updates on this.

Prize winners: Congratulations to Jane Rozee who won our monthly prize draw, remember this is drawn at our team social on the last Wednesday of each month. You just have to be a member to be in with a chance to win.

RACE/EVENT UPDATE

April saw Marathon season kick off to a flying start with Manchester, followed by Brighton and Boston, and then Virgin Money London. Huge well done to everyone that took part. We are proud of our Rebels. It wasn't just the runners that were out in force though,

the Rebel support was amazing as well. Well done to all involved.



MEMBERSHIP UPDATE

We currently have 294 first claim members, thank you for staying with us, and welcome to our new members.

TEAM RUN STATS:

Average attendance at team runs during April was 52 (55 on Mondays and 50 on Wednesdays). Thursday track sessions took a little break but still had an average of 8 people attending.

PARKRUN STATS:

During April we completed 307 parkruns and Rebels were present at 21 different locations including Gungahlin Australia.