

# REBEL ROUNDUP

## REBEL RUNNERS – MEDWAY MAY NEWSLETTER

### MAY ACTIVITIES:

**Coach update:** May saw the launch of the club's new 5k to 10k programme, led by Coach Jane. This 8 week programme aims to help members progress to 10k or improve their 10k performance. Good luck to all those taking part.

**Mindfulness:** We sent three of our members on a one day course to learn about mindfulness – meditation – running, hosted by RUNZEN. We've shared their thoughts and feedback on the course on the page.

**Mental Health:** May also saw Mental Health Awareness week and our MH Champion, Jane Jeffery, reminded us that many people use running as a form of self-care. Jane is contactable for a run/chat/message if anyone needs support.

**Rebel Social:** this month's social, our first at Avenues Tennis club, was well attended. The warmer weather and light evening meant we could sit outside after the run which made a nice change.

**Prize winners:** Congratulations to Mark Reader who has won £100 in [www.sportshoes.com](http://www.sportshoes.com) vouchers.

### RACE/EVENT UPDATE

There were so many races in May! The May Club Champs event was Whitstable 10k on bank holiday Monday, it was a warm one. Rebels came second in both the male and female team competition.



### MEMBERSHIP UPDATE

We welcomed yet more new members this month. We currently have 306 affiliated members (first and second claim).

### TEAM RUN STATS:

Average attendance at team runs is 80 on Mondays and 43 on Wednesdays.

Thursday track sessions also continue to be popular.

### PARKRUN STATS:

During May we completed 322 parkruns between us and Rebels were present at 19 locations.

Overall stats: 603 runners and 13970 runs!