

REBEL ROUNDUP

REBEL RUNNERS - MEDWAY JUNE NEWSLETTER

JUNE ACTIVITIES:

Coach update: Coach Jane Jeffery continued with the 5k to 10k programme, the graduation is set for some of the participants to take part in the Romney Marsh 10k on Sunday 15th July. Meanwhile Coach Darren Jarvis announced the Distance Medley Relay (DMR) to take place in September.

Club Championships: Hot and humid conditions throughout June saw some tough conditions with events 7 & 8 at the beginning and end of the month requiring ice poles during the last few miles!

Committee update: Plans are coming along nicely for the 2nd REBEL RELAY taking place on Sunday 29th July. If you aren't in a team please look out for the volunteer post.

Prize winners: Congratulations to Ella Rozee who won our monthly prize draw of £100 of vouchers to spend on items of her choice at Sportshoes.com. 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!

Volunteers: June also saw a celebration week of volunteers in the club where fabulous photos of our run leaders were posted on our public page with thanks and praise for all they do for us.

RACE/EVENT UPDATE

June saw the 7th Club Championship Event with members taking part in what the club likes to think of as its 'Home Event', The Medway 10k. No fewer than 97 of our runners took part. Eloise Smith was overall 3rd Female finisher. Connor Mallion-Woods & Cathy Rahmzadeh both got trophies for coming 1st in their age categories and Bridie Fry & Hollie Reader joined Eloise to take the Ladies Team trophy!



MEMBERSHIP UPDATE

We currently have 309 first claim members with 9 of those having joined in June.

TEAM RUN STATS: Throughout June our weekday team runs are almost at level pegging with an average of 45 runners on a Monday & 46 on Wednesdays! Track continues to be popular with an average of 21 at each session.

PARKRUN STATS: During June we completed 339 parkruns and Rebels were present at 24 different locations including Tamar in Devon & Tralee in Ireland.