

# **REBEL RUNNERS ~ MEDWAY**

## **NEW MEMBER INFORMATION PACK:**

- Welcome to the Rebels
  - Who's who
  - Social Media
  - Running & Social
- Supporting our members: health & safety, welfare, mental health
  - Merchandise
  - Fundraising
  - Community activities



# **WELCOME TO THE REBELS**

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

The club was formed in 2014 and is now one of the largest and 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 (AGM) in November). The committee is supported, in the main, by our qualified Coaches (2) 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 discounts on UKA recognised races, as well as other member benefits. Information can be found here: <https://www.englandathletics.org/athletics-and-running/athlete-registration/benefits-of-registration/>
- Access to all of our running activities, including the weekly coach led track sessions.
- Access to coach led improvement programmes - 5k to 10k and 10k & beyond.
- 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
- Access to the Rebel Ballot for a London Marathon place (see <http://www.rebelrunnersmedway.co.uk/> for entry criteria)
- Discounts on membership of local sports clubs and treatment sessions with local physios etc.

Our club constitution, our code of conduct and all of our policies are available on our website.

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

**The Rebel Runners ~ Medway Committee**

## Membership & Affiliation

Our membership year, in line with UKA's, runs from 1<sup>st</sup> April to the 31<sup>st</sup> 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 a number of membership options:

- First Claim – full membership fee applies
- Students & over 60s – only required to pay the UKA registration fee
- Juniors 13-17 - only required to pay the UKA registration fee if affiliation is required, otherwise free
- Second Claim (first claim with another club) – only required to pay the club fee

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/>). 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 membership pack from UKA. You will be allocated a membership number and you will be set up on the UKA Portal. You can access the portal, to check your details are correct or make changes etc. here:

<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 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

### Committee Members & Contact Details

#### The Executive Team

- Chair, **Lorraine Ruminski** [Clubchair-rebelrunners@outlook.com](mailto:Clubchair-rebelrunners@outlook.com)  
Lorraine oversees all the other committee members and the running of the club in general.
- Club Secretary (Acting), **Dan Gower-Smith** [Clubsec-rebelrunners@outlook.com](mailto:Clubsec-rebelrunners@outlook.com)  
Dan supports the Chair and Treasurer in ensuring the smooth functioning of the Committee.
- Treasurer, **Helen Gower** [Treasurer-rebelrunners@outlook.com](mailto:Treasurer-rebelrunners@outlook.com)  
Helen looks after the finances and accounts and is the point of contact for all merchandise orders.

#### Ordinary Committee Members

- Welfare Officer, **Dan Gower-Smith** [Welfare-rebelrunners@outlook.com](mailto: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 & Health & Safety Officer, **Gareth Lehane** [Complaints-rebelrunners@outlook.com](mailto:Complaints-rebelrunners@outlook.com) , [Healthsafety-rebelrunners@outlook.com](mailto:Healthsafety-rebelrunners@outlook.com)  
Gareth has a double job, looking after your health and safety needs and managing any complaints that we receive.
- Membership Secretary, **Jenny Baldock** [Membership-rebelrunners@outlook.com](mailto:Membership-rebelrunners@outlook.com)  
Jenny welcomes new members and adds their details to the UKA portal ready for affiliation. She is here to answer your membership queries.
- Communications Officer, **Johanna Bridge** [Communications-rebelrunners@outlook.com](mailto:Communications-rebelrunners@outlook.com)  
Johanna runs the twitter, website and public Facebook pages and manages the relationship with local press. Johanna also writes the newsletter.
- Volunteer Co-ordinator, **Ross Sandy** [Events-rebelrunners@outlook.com](mailto:Events-rebelrunners@outlook.com)  
Ross is the liaison between committee and club volunteers. He deals with all things volunteer related from forming the LiRF roster each week to organising meetings.

If there is something you would like the committee to discuss, you can use the “Points to be raised with the committee” form within the files section of our main Facebook group.

### Coaches ( UKA Qualified)

**Darren Jarvis** – Darren leads on our weekly track activities, which are great for runners of all abilities. Activities include for example, pyramid sessions, Fartleks 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 is planning to introduce a Track Championship in 2019.

*Please note that if you are not a member of Medway Park, you will have to pay an entrance fee of around £2 (although you can claim your parking back against this). The Rebels have, however, negotiated a reduced rate for annual and monthly memberships at Medway Park, so this might be worth investigating if you are planning on regularly attending the sessions.*

**Jane Jeffery** – Jane leads our annual parkbench to parkrun programme which we offer each January. 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.

Sessions take place each Saturday morning at the Great Lines Heritage park, with supported homework sessions taking place on a Wednesday evening. Graduation takes place at the Great Lines parkrun.



Jane also provides members with improvement programmes throughout the year, including 5k to 10k and 10k and beyond.

### **Your LiRFS (UKA Qualified Leaders in Running Fitness)**

Better known as the **PINK BIBS**, the LiRFs oversee team run activities, making sure you are safe and supported. **If you are new to a team run, seek out someone in a pink bib and they will help you out.**

At each team run a LiRF(s) will:

- Record you as an attendee on a register and then tick you off when you return (please make sure you check in with the LiRF with a clipboard).
- 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 While 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 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 under 16 to the run is responsible for ensuring that they run with an adult.*

## Our current team of LiRFs:

AMANDA HARRISON		JIMI HENDRICK	
	GARY SMITH		PAUL HEYWOOD
CARINA DOWN		JOHN ALLEN	
	HELEN MARRON		ROSS SANDY
CHRIS DORAN		KARL GRIMBLE	
	IAIN BOOTH		SARAH PALMER
CLAIR WILLIAMS		LISA WILD	
	JANE JARVIS		SHARON BOLAND
DAN GOWER-SMITH		LORRAINE RUMINSKI	
	JANE JEFFERY		STEVE TAYLOR
DARREN JARVIS		MARTYN PYMM	
	JASON MALLION-WOODS		STEVE WOLFE
GARETH LEHANE		MAX LEHANE	
	JENNY BALDOCK		WENDY REGAN

## SOCIAL MEDIA

As well as our main website, [www.rebelrunnersmedway.co.uk](http://www.rebelrunnersmedway.co.uk), we have a number of Facebook groups, a Twitter account (@rebelrunnersUK) and an Instagram account (rebelrunnersUK).

Facebook is our main method of communication, although for any key information (e.g. renewals) 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.

Team runs and events are listed here and 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.

- **Rebel Photos** - [www.facebook.com/groups/Rebelphotos/](http://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.

- **RR Coaching** - [www.facebook.com/groups/1905462942851108/](http://www.facebook.com/groups/1905462942851108/)

Details of upcoming coaching sessions/events plus advice, tips and other information.

- **Rebel World** - [www.facebook.com/groups/rrworld/](http://www.facebook.com/groups/rrworld/)

Everything else!

Share or request info or recommendations, arrange social nights, sales/wants, 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**

- Team Runs – LiRF led team runs are on a Monday evening (7pm) and a Wednesday evening (7.30pm). Mondays are generally from Vanquis bank car park in Chatham (near Dockside) and our Wednesday runs vary so that we can cover different locations and route types across Medway. Facebook events are created for these runs and they are also published on a calendar on our website.
- Coach led track sessions on a Thursday evening (8pm) at Medway Park.
- Regular Member organised runs – there are three main regular runs organised by members of the club:
  - Tuesday evening run (6.45pm) starting in and around Rochester.
  - Friday Frolics – a Friday morning run, generally starting from Rochester and often includes coffee somewhere afterwards.
  - Sunday Social – starting at Medway Park at 9.30am, 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.
- Club champs – an annual, interclub points based competition with awards presented at the AGM in November. The competition starts on the 1st January and comprises a number of events which are a mix of 5k, 10k, 10 miles, half marathon and full marathon distance.

Points are scored in two ways - by finish position and by earning bonus points if a personal best is achieved. The Championship includes male and female competitions, under the following categories:

- Senior (up to 39 yrs.)
- Vets (40 – 49 yrs.)
- Supervets (50+ yrs.)
- 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 last Wednesday 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 appointed a Welfare Officer, who oversees our welfare policies and procedures. Our Welfare Officer supports runners following any accidents and incidents and can, where appropriate, signpost members to support services. The Welfare Officer also ensures that all of 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) and Mental Health First Aider.

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.

As a Mental Health First Aider Jane also 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. Jane has the knowledge to help someone recover their health by guiding them to further support.

## **MERCHANDISE**

As well as our club running kit, the Rebels offer a number of 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 and medal hangers!

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

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


Our bank details are: Sort Code 60-08-36, Account No. 64612651



## FUNDRAISING

In order to provide the best services and opportunities to our members, we have to pay 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, £5 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/>

## 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 races/events such as the Medway Sport 5k series or the Ragnar Relay.

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.