



Welcome to our first, quarterly newsletter of 2021.

Unfortunately, it's another Lockdown issue

But

We've got some inspirational stuff to keep you entertained.

There's even some actual running!



Make sure you read Jane's lockdown mental health advice – please share with as many people as possible!

## Firstly a message from our Chair



Hi Rebels

A happy new year to you all (I think we can still say that) and I hope you all had a great festive break. I really enjoyed seeing your photos in the scavenger hunts and it's good to see you still out there running. There were some very creative entries in our Christmas relay too so well done to all the winners. Normally at this time we would be supporting new or returning runners in our C25K programme and many regulars would be thinking about upping distances for

their next challenges. That doesn't need to stop as we do still have our C25K on Facebook and many of you are using that platform to post what you are planning and asking for company.

I'm sure many of you must be disappointed that team runs, events and parkrun are still cancelled but I am confident that brighter times are on the horizon. For now though, we must all do our part and follow the rules around running and other exercising. In the meantime, the committee will continue to try and keep you motivated with virtual events and competitions.

I'd like to take this opportunity to thank all of our club volunteers for helping to keep us all engaged and all of our members for continuing to make Rebel Runners so unique.

Stay happy, healthy and keep running.

Ross

## Mental Health Advice and Motivation by Jane Jeffery

### Happy New Year and a Happy New Lockdown

Since March 2020 when social distancing and restrictions were first announced our normal has changed dramatically. As humans change is often a negative, worrying and overwhelming time so the situation we are in is obviously going to impact mental wellbeing.

Normal daily routines are gone, personal interactions disappear and our treats that we allow ourselves almost impossible. How do we stay well, practice self-care and build resilience to assist us in coping?



Routine and creating a rhythm to life is important and can be easily done around mealtimes, bed and waking times with strict working from home boundaries. Sunshine even from a window is important coffee by the window each morning can be a moment of peace.

The comfort and easy access to the sofa and a binge watch on Netflix with snacks will be appealing, however, the link to physical activity and mental wellbeing is proven. So using the comfy lounge as a coping strategy could prove unhealthy in the longer term. Although not everyone wants to run this is a good time to follow a Couch

to 5k program or push that training up. Find what you are comfortable with, find a motivation and keep going. Share your success and also your struggles. Following on the theme of self-care and wellbeing there are a few things that it is believed by social studies to lead to a content life that will help us be comfortable with where we are right now:

1. Gratitude, simply being aware of what we are thankful for, recall them each day.
2. Good relationships, put effort into people who make you smile and distance from the toxic ones who make you frown. Often easier said

than done if toxic family relations exist but it's about where you put the effort in.

3. Laugh every day, so important.
4. Give back, help others, volunteer.
5. Spend time alone, daily, weekly set aside a golden hour to be selfish and do something for you.
6. Do things that make you smile, along or with family and friends also learn the power of saying 'No' if it won't make you smile.
7. Exercise. Sorry but it will make you feel better and more confident in your whole self
8. No regrets, you are doing your best at any moment in time sometimes it won't work, forgive yourself quickly.
9. Sleep well, good sleep hygiene is very important.
10. Eat well, some science suggests that health diet can improve overall wellbeing.
11. Hydrate, with water.
12. Stop comparison to others you are on your own path.

It's not about a tick list or an exercise in collecting items. The list helps you make good choices that have positive impacts on you and others around you which are so important now. Think about what you are doing? Does it help you? Does it help others? Do you feel good after? Or is it mindless? If scrolling on social media makes you feel lethargic pick up a book for half an hour.

Nothing on TV? No mindless watching! Go for a walk, do a jigsaw, be productive in a small task.

If you need a laugh call that person who makes you laugh and feel good.

4<sup>th</sup> February is Time to Talk Day prompted by England Athletics and Mind. This year it concentrates on the power of small. Small acts that support the wellbeing of yourself and others. Share on social media, start the conversation around wellbeing and mental health and be part of a movement that removes stigma and provides a safe place to talk about how we are coping and getting help when needed.

Self-care is important more now than ever and can start good habits for life. If you are struggling please reach out for help. Struggling now is fine, it is ok to not be ok and we want you to ask us for help.

## 2020 AGM

The AGM meeting for 2020 was held via Zoom due to the Coronavirus pandemic.

### **Chairpersons Report - Lorraine**

In 2020 The Club, and its members, continued to show its passion for the local, and wider, running community despite the pandemic. The club currently has 249 members. The Committee was unable to meet in person throughout most of 2019, however, virtual meetings took place monthly.

There have been a number of highlights for the Club, Lorraine reflected on just a few. In Jan 2019, the Club again provided the annual Couch 2 5k session with 30 people graduating at the local Great Lines parkrun. The Couch 2 5k was just the start of the plans for 2020, but in March 2020 the Club's plans were put on hold.

The Committee, and the world, soon realised the pandemic would change all of our plans for 2020. It has been a year like no other, but the Committee, Run Leaders and members didn't let the fact we couldn't meet in large numbers at team runs and events stop us. The rollout of virtual runs, Strava Challenges and meeting up in small groups to support each other (when the rules allowed) made a huge difference to people. We asked, and you followed the rules, thank you. We know it was hard, but all members and the Club had to do everything we could to keep the community of Medway safe.

Each, and every one of you have achieved so much but you have also supported each other to achieve goals. Well done everyone.

As we turn to what 2021 will look like, we know it will be different, but I know the Committee will continue to work together to bring back as much as possible. Covid secure weekly runs are planned and when safe to do so, they will be back. Weekly track sessions, led by Coach DJ, too will hopefully become a staple in all of our training calendars very soon.

Thank you to the Coaches and LiRf's that have volunteered their time to make runs and track possible and thank you to the committee for their commitment

to the club during this year like no other. “Thank you” also to those volunteers who make the social events happen.

## **Treasurer’s Report**

Helen Gower, Treasurer, presented her report.

A copy of the Receipts and Payments Summary was emailed to all members ahead of the meeting. The accounts had been independently audited by Julie Tillott, Financial Controller Sekisui Diagnostics (UK) Ltd.

In summary, our main source of income was the portion of the membership fee that we retain. This has been supported by fundraising and some merchandise.

In terms of expenditure, as well as passing £15 per member on to UKA, our outgoings covered track hire, training courses, equipment and general admin costs.

Both our income and expenditure has decreased this year due to a reduction/change in the activities undertaken as a result of the pandemic.

Therefore, we maintained a healthy bank balance.

We aim to reinvest all funds received into the club, to provide services and activities for our members.

## **Announcement of 2019/20 Committee**

### **Executive Members:**

Dan Gower-Smith resigned as Club Secretary and with no other applications Lorraine Ruminski was appointed.

Ross Sandy applied for the role Club Chair and with no other applications is appointment was confirmed.

Lorraine welcomed the follow new members to the Committee:

Polly Clayton

Darren Jarvis

### **Retiring Committee Members:**

Karl Grimble – OCM

## Member Spotlight – Ross Sandy

Hopefully everyone will know by now that Ross Sandy has now taken the reigns as Rebel Chairperson for 2021-22.

With COVID cases at record levels and with another national lockdown in place it is a difficult time for everyone.

*Probably not the easiest time to take over as Chair, Ross?*

Yes, it certainly is an interesting time, but a challenge that I am definitely up for. Behind the scenes it is a team effort and all the Committee are committed to ensuring the safety as well as the wellbeing of our members.

With the current restrictions it is vital that we do all we can to keep motivation and engagement through our challenges and virtual events.

*What prompted you to take on the Chairperson's role?*

I was a Committee member for the previous 2 years and when Lorraine took the decision to change role, I thought the time was right for me to rise to the challenge and give something back.

*How do you see Covid affecting Rebel activities during the year and how can the club grow and thrive in these uncertain times?*

COVID is certainly affecting everyone in different ways. Like us all, I am hopeful we will soon see the end of the pandemic and we can return to some degree of normality. I am sure everyone, just as I am, is looking forward to the return of our own favourite events, whether that be as a runner or a supporter. I am confident that the Club will continue to grow. I also know that we will continue to support our existing member to develop and welcome those that have found a new love for running during the last 10 months.

*Will Rebels see many differences with you in the Chair?*





Fundamentally, no. As I said before, the club is overseen by the Committee; it is a team effort. I strongly believe that the Club is successful for, and because of, its members. I can regularly be seen at team runs as well as both running and social events, so I look forward to any thoughts and feedback.

*Turning to your own running, can you tell us a bit about your running history and assuming we eventually are rid of this pandemic, what you hope to achieve with running in the future?*

I only started running in 2014 when I discovered parkrun. I thought 5k on a Saturday was enough for me. I then started to get fitter and more confident and decided to join the Rebel's. I have loved every minute since. My ultimate running goal is to run the "6 World Majors". I have London and Berlin under my belt and had it not been for COVID I would now have the Chicago star. Fingers crossed for this year. With the support and company of Clair Williams we both hope to complete 12 in 12 marathons this year too.

*Is there anything in particular that inspires you to run?*

Running is something I never thought I would enjoy and to be honest at school I hated it. It's now a definite go to tonic for me. It keeps me fit(ish), keeps me focused and in normal times is a huge part of my social life. Solo running is also a great time for thought and reflection

*I think you had a nasty injury during last year? How did you manage to cope with that as well as the Covid situation?*

Unfortunately, in December 2019 I managed to get a large stress fracture in my tibia and was told not to run for at least 3 months. COVID hit just as that recovery period was ending. I used the initial lockdown period to start slowly coming back. Under advice from my physio I undertook a 12 week recovery programme with a combination of walking and running. For once I listened to my body, and advice, and took the time to heal. I am now back to marathon distance and will use 2021 to improve on my pace.



*Last year, with the help of the SPOND App, you were very much the driving force behind getting team runs up and running again. They were quite incredibly successful with runs 'sold out' in minutes. Obviously, this does show that Rebels were so keen to get out and run as a team again. Did you get a lot of positive comments?*

Overall it was received very well with lots of positive comments. As I said earlier, this pandemic has affected people differently. As a Club we can put a COVID secure risk assessment in place, but it is the responsibility of everybody attending to adhere it. When restrictions allow, we will return to team runs for those members that wish to come along.

*Is there anything else that you would like to tell us?*

I really am confident that 2021 will be a better year for us all but I appreciate the coming weeks will be a challenge. Let's all stay safe, healthy and support each other.



## Club Champs 2020

Covid scuppered the Club Championships in 2020, with only 2 events possible before the first lockdown. In the circumstances we were unable to have awards based on race performance. We were, however, still able to go ahead with the members award. In addition, we introduced 2 awards to recognise special achievement during the year. These were proposed by the membership but decided by the Committee.

Below are the winners, with some of the comments from members who voted for them.

### **Female Rebel's Rebel of the year – Sue Moreton**



- I would like to nominate Sue for always running with a smile on her face and inspiring so many of us
- Sue has progressed steadily to marathon level and does it all with a smile on her face. She also cares about the wellbeing of her fellow members and did her utmost to entertain and engage Rebels throughout lockdown with various quizzes and games.
- I would like to nominate Sue for her continuous support for the club and her own running accomplishments are inspirational
- I think Sue's done amazing with an ultra and the virtual London marathon
- This lady takes every challenge on with a smile

on her face and encourages others along her way to complete an ultra at her tender years is so heart-warming.

## Male Rebel's Rebel of the year – Lee Mcaffee

- Running achievement reported on in the latest newsletter plus other 'mad' and hardcore running challenges he has undertaken and completed successfully
- Massive running achievements this year. 50 mile event where only 15 runners completed the full challenge. 1084 mile virtual team run a distance equivalent from Lands End to John O'Groats. Averaging 222Km per month for 2020
- Since the start of lockdown Lee ran his socks off with some tough challenges! Running 4 miles every 4 hours for 48 hours and keeping us entertained in Fancy dress for the Rebel Virtual Relay and Scavenger Hunts...then topping that off with a 50 mile timed challenge! Physically and mentally challenging. Well done!
- Lee continues to represent the club at a high level but this nomination is not just about running ability. He is a beloved member of the club who goes out of his way to make everyone smile and lighten the day
- The number of crazy challenges that Lee took on during lockdown was very impressive. He wore his Rebel top with pride while wading through mud on his 50miler and successfully completed the 4/4/48 challenge to name just two. It's disappointing that we won't get to see what outfit he would have worn to the Christmas do!
- Simply a nutter! Lee has completed several 50 mile runs, and supported me personally near the end of the Ragnar run in 2019. He's got a crazy taste in shirts good sense of humour plus was chief cheerleader on the Doran bus to the GSR you can learn a lot from Lee!
- Because he's done some incredible challenges in 2020, with just recently running a 50 mile ultra in 10 hours?!? And also his humorous antics with his fancy dress etc. Lee's been a breath of fresh air during a very tricky year.
- Lee has been challenging himself to great ultra-running and always puts a bit of show on his way.



## Special Recognition Award – Paul Ives



Paul suffered a life changing event in January 2020 but that did not stop him being an active member of the club in a different way. At the moment Paul is unable to run but has used the club's social media to stay connected with the members. Paul has always been a good runner and attended many events wearing club colours with pride. Due to his current medical condition, he is unable to take part in events but the club still means lots to him. Paul has shown to members that give it your all, you will reach that goal.

## Special Recognition Award – Jason Mallion-woods

It's known that Jason has suffered with mental health ups & downs for the last few years. Running & being a Rebel has literally saved his life. Running means the world to Jason & he nearly lost this passion in his life. Covid came & postponed several of his booked races around the world. It was DJ's tasks that helped him find his 'feet' He was brave enough to let the Rebel family know of his emotional health & a small team of Rebels soon formed a support bubble around him. These people have & continue to support Jason & he very much still needs this. He was able to complete the VLVM due to phone calls to his support team.



I used to see Jason running & smiling with the Rebels, I have seen him recently crying running alone. He has found the personal strength to go to the team runs with the Rebels, he is booking up future runs & I can see him smiling again. Jason is just amazing, the Rebel Family is just the best - thank you.

## Your 2020 Committee

Welcome to Ross as our new Chair for 2021, with Lorraine moving to Club Secretary.

Ross Sandy – Chair, Volunteer Coordinator/COVID Officer -  
*Chair-rebelrunners@outlook.com*

Lorraine Ruminski – Club Secretary  
*Clubsec-rebelrunners@outlook.com*

Helen Gower – Treasurer  
*Treasurer-rebelrunners@outlook.com*

Dan Gower-Smith – OCM & Welfare Officer  
*Welfare-rebelrunners@outlook.com*

Jenny Baldock – OCM & Membership Secretary  
*Membership-rebelrunners@outlook.com*

Nigel Hidson – OCM & Communications Officer  
*Communications-rebelrunners@outlook.com*

Suzanne Ward – OCM & Complaints/Volunteer Coordinator  
*Complaints-rebelrunners@outlook.com*

Polly Clayton – OCM & Social Secretary/Health & Safety Officer/Instagram keeper  
*Healthsafety-rebelrunners@outlook.com*

Darren Jarvis – OCM & VLM & Club Championships Champ

Hopefully most of the committee are familiar, however for 2021 we have 2 new members! We've asked them to say a few words about themselves.

### **Polly Clayton**

All of a sudden, I feel like I'm on Cilla Black TV show! What's your name and where do you come from...so I'm Polly Clayton, 36, from Rochester and I joined the Rebels 2 years ago on the Park Bench to Park Run group back in 2018.

Back then I couldn't run a bath let alone for a bus, but I decided on the 1<sup>st</sup> January 2018 that running would be my New Year's resolution and honestly it's the only resolution I've ever kept but I'm glad that, that morning I googled local C25K events and found this group.



I started running as I was struggling with my fitness for work, but I also wanted to make some friends. Having not long moved to the area and working away during the week I found that part wasn't so easy, yet I couldn't be more thankful for joining, as this is the friendliest group I've ever met.

Running doesn't come easy and even 2 years in I still find it hard going and I'm still slow, but I do know its improved my health, my mental health and I've met some wonderful people along the way. Running has been the reason I kept sane during the past year, having a few running buddies and throwing myself into every

challenge going took me so far out of my comfort zone but it's made the last 10 months so much easier. With that all in mind when I saw there was spaces on the committee, I thought I wanted to give back to the club that has made a difference to me during the last 2 years, I also thought that it promotes the inclusiveness of the group of having a tortoise and newbie on the committee. Plans for this year is to ensure I keep up with the running, it's easy to fall back in these winter months and I do hate going out in the dark but I keep telling myself that when we are finally allowed to join some races I'll be prepared, I'm aiming for a another half marathon at least plus the other half brought me a medal holder to display the medals in the downstairs loo for all to see and I need to add to the collection.

## **Darren Jarvis**

Darren doesn't really need an introduction but here's one anyway!

I joined the club in January 2015, since then I have qualified as a LIRF and then became one of the Club Coaches. Running for me is a release from everyday life and my favourite running day of the week was a Saturday and parkrun, hopefully we will all be able to experience this soon. During my five years with the Rebels, I have seen many runners come and go but the core strength of the club remains the same and that is the support our runners provide to each other. I have joined the committee to help shape the future of our club, support the existing runners and encourage new runners to join us.

## Coaching Report – Darren Jarvis

As we head into 2021 our running lives are still the same as last year, no team runs, no races and for some of us a maybe a lack of training direction. As a club we are trying to keep our runners active by providing virtual events and challenges, but it can be difficult to find the motivation to run especially when the weather is bad, and the evenings are dark.

From my perspective this is the perfect opportunity to explore new things. As a family we took the opportunity over the Christmas break to explore new run routes, incorporating parks, riverside views and taking the time to look at buildings or architecture that we hadn't appreciated before.

I have spoken before about the benefits of mindfulness running and exploring new routes is the perfect opportunity to practice the STOP technique; Temporarily **S**top your run, **T**ake in 3 slow and deep breaths, **O**bserve your surroundings and then **P**roceed.

If you are looking for something new to try, then how about trail running? Locally we are blessed with so many trail run options and routes. This time of year is also a great opportunity to explore the trails, please be mindful though the correct footwear is essential and prepare to get yourself muddy.

I found the following article in Runners World detailing 6 benefits of trail running and I think at least one point would resonate with any of us.

### **1/ You'll use more muscles...**

'By mixing firm hard pack trails with mud, flat routes and hills, you help to ensure your body works a much greater range of muscle groups, not just in your legs but also the stabilising muscles in your core, feet and ankles,' says Saucony running coach, Tom Craggs. This will improve your balance as well as your overall running power on all terrains.

### **2/ ... And help reduce your risk of injury**

'With each foot strike on a road or tarmac surface you're generally hitting the same muscles with the same foot strike over and over, but mixed terrain surfaces will mean your gait and foot strike is slightly different each stride, meaning you will spread the impact over a great range of muscles,' says

Craggs. In turn, you put less pressure on individual muscles and joints. Goodbye shin splints.

### **3/ You will be less anxious**

Doing nature-based physical activity could lower stress and anxiety, while boosting mental wellbeing according to research by Edge Hill University, maximising the existing mood-improving qualities of exercise.

### **4/ It could help you live longer**

A Harvard study this year found living in a green space meant a 12% lower rate of death compared to living in an urban environment. While we can't all live among rolling fields, driving out for a weekend trail run helps you cash in on some of those longevity boosting benefits.

### **5/ You'll lose fat faster**

For those looking to shed pounds, trail running can help you burn between 60 to 90 calories more per hour, according to data from the Medicine and Science in Sports and Exercise journal – this is thanks to the added challenge of uneven terrain.

### **6/ It will get you out of those negative thought spirals**

Nature exposure reduces 'rumination', a.k.a when you get into a vicious thought cycle associated with depression. A 90-minute walk (or run) in nature lessens this negative brain activity, whereas the same exercise in an urban area has no such effect, according to research published in a Proceedings of the National Academy of Sciences article.

From a coaching perspective in normal circumstances, we would be returning to the Thursday night track and working those Michigan sessions. With this on hold I thought it would be productive to test/improve/test our threshold pace.

As a reminder Threshold Running Pace is the gold standard measure of endurance running fitness. It's a useful yardstick because it measures elements of both your speed and endurance. It provides you with useful feedback on your current form across all distances from 5km to marathon. Knowing your threshold running pace is valuable for three reasons:

1. It indicates your current running fitness.
2. It can be used to create pace-based training zones.
3. Test results can be used to predict your time or pace for other races.



I am also keen to start using our club Strava group more, if you have not joined yet then please do: <https://www.strava.com/clubs/rebelrunnersmedway>

We are planning some Strava events over the next few months and our first one will be on the 24<sup>th</sup> January, more details will follow on our Facebook and Instagram pages.

## Lockdown Life – What did Rebels get up to?

Well, quite a lot actually! As Jane says elsewhere exercise is so important for mental health and as Rebels we have always tried to provide motivation to each other. We have had a number of challenges during the last year but there have also been some small-scale events go ahead which have been very well supported. On top of that Rebels found lots of their own challenges. Suzanne Ward asked via 'Rebel World' for member's highlights from their running year. Here are a few of the highlights:

**John Allen** ran 49K on his 49<sup>th</sup> Birthday – “Its probably my greatest running achievement”.

**Cathy Gee** completed the Camino Virtually – 800K between June & November.

**Suzanne Ward** “enjoyed running for the sake of it”, managed to set some PBs and took up open water swimming.

**Jez Maytum** mastered home schooling

**Paul Ives** inspired everyone by learning to walk and use his left side again.

**Jane Jeffery** was proud to be part of the Rebel family supporting each other during these trying times.

**Hayley Pratt** set a new 5K PB – over a minute better than her previous best!



**Kelly West** kept on running and got promotion at work.

**Nigel Hidson** managed to set two PB's in races that did take place.

**Chris Doran** completed an ultra marathon.

**Adrian Darr** completed his second marathon and ran a PB 1504 miles for the year.

**Jude Freed** completed an ultra-marathon and ran pushing her grandson in a buggy!

**Marie Debont-booth** ran 30 marathons & a 50 miler.



**Iain Booth** ran over 1200 miles, staying healthy in the process!

**Les Taylor** decided that he was actually a runner!

**Paula Horton** enjoyed running with fellow Rebels  
**Karen Illman** (take a deep breath!) started a new job, took up paddle boarding, completed C25K, ran right through lockdown and crowned herself 'the comeback queen'!

**Darren Quin** rediscovered his running Mojo and also took up paddleboarding

**Helen Gordon** ran the virtual VLM.

**Sarah Stevens** completed the virtual VLM as well.

**Sue Hidson** took up open water swimming.



During the autumn Rebels also ran in a number of virtual events organised by the club. Early on we were still able to complete team runs organised by Ross via the SPOND App. So popular, these often sold out in less than a minute! We also had the return of The Strava Challenge – winners were Jude Freed, Karen Patrick, Stacey Wilson (twice!), Iain Booth & John Allen.

Throughout December there were virtual team runs/scavenger hunts with a variety of objects to hunt down. There was also a Christmas themed virtual relay which had some unusual baton items including one Boris Johnson!



..... However one member had even more reason to remember 2020!  
See the next page to see who!

## Helen Leaver crowned her running comeback in 2020

Three years ago, I started my marathon training for the 2018 London Marathon. I got a ballot place but took the opportunity to raise funds for Help for Heroes in memory of my cousin who died in Afghanistan serving in the army.

Training was going well. I followed a plan, built up the miles slowly, completed the Lydd 20 and Symon's Fire Station run and then I got an IT band injury. The pain was unreal. Even walking was a struggle.

I saw a physio who dealt with the pain and gave me some exercises to do but by then it was too late. I just had to rest and with a heavy heart, I pulled out of the marathon.

When you've started enjoying running, felt the benefits physically and mentally, taken money from people for sponsorship and enjoyed the social side of running too, when it all comes to a crashing stop, it's

harder than you expect.

5 months after picking up my injury, I was still unable to run, so I saw a specialist and had a CT scan done. My IT band was still inflamed, and the specialist advised me to give up running.

Knowing that I could run and do some decent distances, rather than completely give up something I had come to love, I decided to work on strengthening the muscles that had let me down.....my glutes.

I joined the gym, got a PT and worked on getting some buns of steel, ready to start running again.

I came back to parkrun and I started getting some PB's. I finally managed to break the 30 minutes barrier, which I had not been able to do 'pre injury'.

I've got back into team runs (pre lockdown 1.0) and enjoyed some virtual team runs during the lockdowns. Missing the buzz of races and my medal collection getting dusty, I booked an SVN.

If you're not done an SVN before, it's one of the most inclusive running events I have ever attended. The relaxed, friendly, no pressure run is perfect for seeing what distance you've got in your legs.

I managed a surprising 16 miles back in October before my legs could do no more.



I enjoyed the SVN very much and managed to persuade some running buddies to sign up for the SVN Festive Frolic in December.

I turned up with no distance in mind. If I could match or beat the October SVN



distance, I would have been happy.

The weather was good, my legs were cooperating, after completing a half, I still felt good - I was fuelled by full fat coke and a chicken and mushroom slice – I decided to do 'just one more loop', then just another 'one more loop'. At that point I was 2 loops away from the full marathon.

I was ready to stop, feeling satisfied at having completed almost 20 miles....but my running buddies had other ideas!

They've all run marathons before and knowing the feeling when you get over the finish line

and sense of achievement, they persuaded me (didn't stop going on at me until I agreed to do the 7<sup>th</sup> and 8<sup>th</sup> loop) to carry on.

It was their belief and encouragement that got me there. It didn't matter that it meant doing an extra loop on top of their marathon distance or sticking around in the cold to cheer me on – they were all there to see me do it. It meant so much – I am truly grateful that they stayed for me.

One of the most amazing things about our running club is the supportive members. When you are ready to quit, they are there to drag you round, when you are feeling beaten, they are there to offer a friendly smile, some kind words (or abuse, depending on who they are) and feed you some food, ready to get going again. If Carlsberg did running clubs.....

I'm glad I am stubborn enough to not give up. The training took far longer than I had ever planned, but I did it, with the support of Rebel Runners, many gym

sessions, some day – I finally ran a Looking forward to Rebel's in 2021.



questionable fuelling on the marathon.

more running with the

## Last Words

As you may be aware, we raise money for club activities through EasyFundraising. It's completely free and easy to use. However, if you're like me you keep forgetting to use it!



When you buy online please think to buy via the easyfunding route and help the club. There are well over 1000 retailers including Amazon, eBay and John Lewis to choose from.

To sign up for EasyFundraising and help, all you have to do is follow this link...[www.easyfundraising.co.uk](http://www.easyfundraising.co.uk) and choose Rebel Runners~Medway as your cause to support. Every time you shop, click through from EasyFundraising to start earning money. It doesn't cost anything extra at all. For the club, your visits translate into things like track sessions, equipment and courses.

### Coming Soon.....

A new Strava Challenge

A new Wednesday Run Route

A Valentines Day Event

Fabulous news regarding 2021 Subscriptions.

Virtual Runs

...**and one day**, not so far away, just in the distance, round the corner almost, quite adjacent really, almost there but not quite, in fact you can almost smell it, it's so blooming close!

Real Team Runs

Real Parkruns

(yes really!)

In the meantime keep up the Rebel Spotted! Two points for Spotted in club colours and One point to those who are not. Remember to say in your post whether they were in club colours. The spotter will also receive a point/points!

Keep Active & Safe

