



Welcome to the third quarterly Rebel Newsletter of 2021.

No Longer in Lockdown!  
Most Running Events taking Place!  
parkrun restarts this weekend!  
Just a bit of covid to worry about!



## Firstly a message from our Chair



Hi Rebels

Welcome to another great newsletter. Again, I would like to say thank you to Nigel for the time and effort put into it and of course to all the contributors.

I'm sure, just like me, you are excited to see events coming back thick and fast with some awesome Rebel turnouts including our famous support crews. Club Champs is now in full flow with 2 events already run. Thanks to DJ for all the work you have done and well done to those who have achieved PB's already.

Team runs continue to go well with more members attending. We will continue to use Spond as a digital register even when all restrictions are lifted. If you haven't yet downloaded Spond

then please do and join the Rebel Group (details on Facebook). I am conscious that our team run routes have been a little limited and repetitive recently. As a committee we are conscious of not using narrow routes (ie St Mary's Island) and those that use pub car parks. With the step change to level 4 now you will see the limits on attendance phased out as well as some more routes. This will be continually reviewed. It's really pleasing to see track resuming too. Track is a great session, for runners of all abilities, to help improve, speed, stamina and endurance.

In June we celebrated National Volunteer Week. I would like to personally add my thanks to all of our members that give up their time to support our Club. Our LiRFs, committee, coaches and in fact all of our roles are volunteers. We are so fortunate in our volunteer numbers but are always happy to grow them. If you can help in anyway then please speak to me or any other committee member about opportunities.

As things do start to return to near normal, Polly is working to find a Christmas party venue. This is proving difficult this year but rest assured she is on the case. After having to move the date for the BBQ, this is now confirmed as Sunday 22<sup>nd</sup> August at Buckmore Park. Be great to see you there.

Stay happy, healthy and keep running.

*Ross*

## 2021 Rebel BBQ Date Change!



With current restrictions and our event falling into a grey area of what we can and cannot do, we have had to change the date moving it to:

22nd August 2021

Time remains the same starting from 12.00pm and we finish roughly 6pm or last man/woman standing

Still being held at Buckmore Park check the events page for more details

We apologise that the date has had to change and that this may affect if you can now make it.

All those who have booked a ticket we will move you over to the new date, if you cannot make the new date please email me and we can support a refund.

Anyone still not booked onto our event tickets are £2 per person, families welcome, lots of fun, BBQ food to purchase, bring chairs and picnics and games we may even have an ice cream van turning up.

£2 per ticket paid to the rebel account and let events-rebelrunners@outlook.com know you have booked a ticket.

Price List	
Bacon Roll / Baguette	£2.50
Burger	£2.50
Cheeseburger	£3.00
Cheeseburger with Bacon	£3.50
Double Burger	£4.00
Double Cheeseburger	£4.50
Double Cheeseburger with Bacon	£5.00
Veggie Burger / Hot dog (cooked to order)	£2.50
Hot Dog	£2.50
Double Dog	£3.50
Tea / Coffee / Hot Chocolate	£1.00

## Volunteers!

As Ross mentioned in his introduction as a club we are constantly indebted to our volunteers to function. We have fantastic LiRFS who ensure everyone's safety during team runs and seem to enjoy themselves at the same time! If you think helping in this way might be of interest (you do not have to be an experienced or super-fast runner!) please get in touch with the committee ([Chair-rebelrunners@outlook.com](mailto:Chair-rebelrunners@outlook.com)) Talking of the committee it won't be long before the AGM when we will be inviting members if they might be interested in applying for places on the 2022 Committee. Something to consider?

## FRIDAY FROLICS IS BACK!

Every Friday (but see Facebook posts for confirmation) and all are welcome. Meet 09.30 at Corn/Public loos in Northgate, Rochester ME1 1LS. There's parking opposite the Corn Exchange and at the Train Station.

Currently, up to 30 people can run together, although most weeks Frolics will probably attract 6-10 runners.

We will follow Covid-19 rules and practise social distancing guidelines.

We'll set off in small groups, with re-grouping stops along the way. There will be a circular route towards either Upnor and/or Borstal, and finishing off in Rochester High Street at 10.35-10.45-ish for coffee and cake (you might need to still bring a mask & you'll need card for ordering). It's 7.5k (4.6 miles).

This is a weekly run, with a post appearing each week confirming the meeting place and time. Its suitable for all abilities, its not fast or competitive but it is fun!



## REBEL SPOTTED

### May Spotted Results

Double winner for April is [Paul Heywood](#) 29 running points and 33 spotting points. [Helen Marron](#) was a close second with 28 points. Well done 🏆

### May Spotted Results

[Paul Heywood](#) does the double again with running and spots, well done. [Chris Doran](#) was a close second, 1 point behind.

### June Spotted Results

Well done and tied with 12 points [Lesley Doran](#) and [Paul Heywood](#), [Lesley](#) also spotted the most Rebels (23) well done and roll on July 🏆

# 2021 CLUB CHAMPIONSHIPS

As a club we are delighted to now be able to hold a reduced Club Championship for 2021. In line with the Covid lockdown release plan all the races start after June 21st. If Covid restrictions take a turn for the worse then we will reconsider our options but for now lets get racing. Massive thanks to Darren Jarvis for all his work in making this happen!

Below is a summary of the rules that we are racing under!

Age categories are; Senior <39, Vets 40-49 and Supervets 50+

Best 8 out of the 10 races for scoring points, which also means you do not have to commit to all 10 races.

Points allocated for finishing places (if you finish first you get the most points). There will be a male and female winner in each age category.

Age grading score calculated for each runner. There will be a male and female winner for most points (not specific to age categories) <https://runbundle.com/tools/age-grading-calculator>

Joker card - a runner can declare a specific race where they will play their joker, if you PB then you get bonus points for that race only, there will also only be one joker card that you can use.

The races that have been chosen are a mix of supporting local races, new races and hopefully a variety of races that can offer something to all of our runners. Due to the fragmented marathon schedule it has been decided not to include this distance in the 2021 championship.

You do not need to be the fastest runner to enter, the championship is a great way to bring our runners together not just to compete but to promote our running club (also the joker card will help to even the field 😊)

Month	Date	Event	Distance
June	24-Jun	The Gravesend Floodlit Series	10K
July	04-Jul	Cliffe Woods 5 Mile	5 miles
July	18-Jul	Caterham Rotary Half Marathon	Half
August	01-Aug	Canterbury 10	10 miles
August	15-Aug	Superhero 10K	10K
September	05-Sep	The 15th Weald St Georges 10k	10K
September	18-Sep	Great Lines parkrun	5K
October	31-Oct	The Bedgebury Forest Half Marathon	Half
November	14-Nov	The EDF Lydd 10k	10K
November	27-Nov	Great Lines parkrun	5K

# CLUB CHAMPS SO FAR.....

## Race 1 – Cyclopark 10k

22 Rebels took part in the first event of the club championships and also performed very well in regards the overall race placings. Jez Maytum was 5<sup>th</sup> overall in 43.27, with Amanda Link the 2<sup>nd</sup> fastest female in 48.15. Paul Chapman was 8<sup>th</sup> overall and Shaun Wheeler 9<sup>th</sup>. The full Rebel listings are below, well done to Chris Doran on achieving a PB!



00:43:27	Jez	Maytum
00:44:36	Paul	Chapman
00:46:13	Shaun	Wheeler
00:48:15	Amanda	Link
00:48:56	Paul	Clark
00:49:11	Chris	Doran
00:51:19	Michael	Harvey
00:51:42	Ross	Sandy
00:53:24	Gary	Stacey
00:53:55	Karl	Grimble
00:54:46	David	Godfrey
00:55:17	Clair	Williams
00:57:37	Ian	Hewitt
01:00:26	Sam	Riley
01:05:43	Lesley	Doran
01:07:10	Helen	Marron
01:09:25	Alison	Collins
01:09:55	Karen	Gardiner
01:10:00	Charlotte	Johnson
01:20:06	Jeff	Regan
01:28:18	Sarah	Simmonds
01:28:24	Wendy	Regan



## RACE 2 – CLIFFE WOODS 5 MILE

For many Rebels Cliffe Woods, as well as being the second event in this years club champs was their first proper race for over a year. In fact. many ran under last year's entry from the Covid postponed event. The course is described by the organisers as 'fast & flat'. Many Rebels would challenge this – maybe 'gently undulating'? 'undulating' even! Either way it's a very popular and scenic course. This year there was no sign of Jools Holland playing his 'rinky-tink' piano to serenade runners as they passed cooling Castle. Maybe he was self isolating?



2019's race was a hot one, when we dashed between the wooded sections to get shade. However 2021 brought heavy rain to greet the massive Rebel contingent on Sunday morning as we made our various ways to the start. Fortunately, by start time the rain had become drizzle and as the race progressed it became increasingly humid again!

Off we went, many of us savouring the experience of other people running around us again, marshals being helpful and encouraging and even the odd spectator cheering and clapping (maybe they were still going from the previous night's football!). It was strange to experience a proper race again. Looking round, wave upon wave of black and green runners – one marshal observing that the event should be renamed the 'rebel runners 5 mile'. That being the case it was fitting that a Rebel won! Chris Humpreys in an amazing 29.14. First Female Rebel home was Amanda Link in 38.13

But really everyone was a winner. We were all back out again as Rebels, taking photos, cheering on each other and loving every minute of being out again. Hopefully just the start



# TRACK is BACK!

## Coach **Darren Jarvis** explains the process and the benefits

Good News! With our last session on the 12<sup>th</sup> March 2020 it has been a long wait but we are finally back on the track!

With a change of days to accommodate Medway Park's covid restricted opening times our first session back was the 7<sup>th</sup> July. We wait all these days for track to return and it coincides with the England versus Denmark Euro's semi-final! A few calls by Jenny and a rearranged time ensured that those that came didn't miss the footie.

Currently we have secured a Wednesday evening slot at Medway Park from the 7th July for 4 weeks, 7:45pm-8:45pm. Hopefully after this we can assess with Medway Park options for the remainder of the year.

We will need to supply a register with contact details for track and trace of those attending in advance, hence there will be a cut off point of 12pm on the day. Anyone that gets a place after that time will need to be added when they go through reception.

Anyone with Medway Park membership will be free. Non members will have to pay the centre day admittance.

Spond will be used (as per team runs) to invite you to track but please be mindful that we are limited to 24 attendees only, due to Covid restrictions. Hence please be mindful of accepting an invite if there is a chance you will not attend.

Track sessions are a great way to improve your running, structured training and hard work pay off. They are included within your Rebel subscription and as well as being fun they can make a big difference to your performance.

The Spond invite will be sent out on a Monday evening.

So now that we are back up and running here are my top 5 benefits of track sessions:

### **1. Controlled Training**

One of the greatest benefits of running intervals on a track is that it allows you to create a controlled training environment. Since all tracks are flat and 400m around you can also get more consistent pacing than on the roads, where you may have to stop to cross the road or wait for cars to pass.





## **2. Hard work = improvement**

My motto for every runner at track is 'what you put in is what you get out'. A 45/60 min track session of working harder than you would normally do on a mid-week run can be so beneficial. The key though is repetition, run/rest/repeat.

## **3. Form**

Because you are running controlled intervals and the track surface is more responsive and a little bit springy you can really focus on your running form.

## **4. Camaraderie**

Interval training on your own can be hard, but at the track you get to run with like minded runners. It is great to see little groups of runner's form at a track session, spurring each other on and bringing some competitiveness to the session.

## **5. Fun**

If it is not fun, then it is not worth doing in my opinion. You do not need to be the best runner, the quickest or the fittest, track sessions are for everyone. The track sessions that I prepare are designed for any runner of any availability, come along, work hard but most importantly have fun.



## Jenny Baldock tells the story of Rebel Success

Just as we thought we would be returning to team runs and track sessions the rug was pulled out from under our feet and Lockdown 3 was imposed. The committee had set many short challenges throughout 2020 and as January 2021 dawned England Athletics started a second round of their Weekly30 Challenge. They first ran the challenge in 2020 but the club hadn't got involved as we didn't think (and had no idea) we would be out of action for so long.

This came along just at the right time and with the absence of parkrun it gave our members something to get up for on a Saturday morning! Unfortunately, we didn't come into the challenge until Week 3 so were trailing for a few weeks.

Participants were challenged to run as far as they could for 30 minutes on Saturday or Sunday morning each week (following government guidelines whilst running) - every weekend was a new competition with both total distance & average distance contributing to overall league tables. (The technology was a bit hit and miss some weeks and was a challenge in itself to get results submitted with so many clubs taking part across the country)!

As it was my suggestion that the club took part it fell to me to rally the troops each week, (the running part wasn't hard - we're a running club after all and people were running anyway. Getting the runs submitted was the hard part - and so Friday night/Saturday morning posts of encouragement and gentle reminders on Monday morning to submit their runs were a regular occurrence for the full 20 weeks that we took part!

As the weeks went on it became the norm to run and submit - this certainly focused my mind to get up and do my run. Members used it to challenge themselves to try and run further each week in the 30 mins and improve their overall fitness.

Each week more members got involved and I never missed a chance at pointing new members to the club in the direction of the challenge. By the last week 65 Rebels had contributed to the total that secured us our top 10 finish! Whether you only ran once or every week thank you so much. 😊

### Special mentions go to....

**1<sup>st</sup> Steve Wolfe - 2<sup>nd</sup> Teresa Szumanska - 3<sup>rd</sup> Dean Coleman** - Top 3 places for distance run  
**Dean Coleman, Ross sandy & Teresa Szumanska** - for running all 20 weeks  
**David Pilcher** - for submitting the most runs earliest in the day (at silly o'clock)

If you want to know what distance you covered or where you placed send me a message.

Each week the results were split between UKA affiliated CLUBS & RUNTOGETHER Groups and by Week 5 of the 2021 challenge Rebel Runners were in 3<sup>rd</sup> place in the Total Distance part of the club challenge! We kept that place right up until Week 15 when we secured 2<sup>nd</sup> place and stayed there right up to the end of the challenge!!

When the challenge came to the end EA combined the results from 2020 & 2021 (28 weeks in 2020 & 22 weeks in 2021) with participants from every corner of the country. Although we retained our 2<sup>nd</sup> place in the total distance part of the clubs 2021 challenge the combined years results gave us a 4<sup>th</sup> place overall – which is amazing!!!! Imagine if we had entered in 2020 .....!

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## Total distance by Clubs and Groups

Top 10 clubs and groups for total distance over the lifetime of the Weekly30 Run Challenge:

1. Notts Women Runners – 10,385km
2. Southport Strollers – 6,506km
3. Westbury Harriers – 5,193km
4. Rebel Runners Medway – 3,327km
5. Littledown Harriers – 3,224m
6. Horley Harriers – 3,192m
7. Stowmarket Striders – 2,900km
8. Arena 80AC – 2,206m
9. Kimberley & District Striders – 2,150km
10. Waverley Harriers – 1,805m



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As a footnote to Jenny's story its important to thank Jenny for all the effort that she put in to badger members to take part and help sort out what was not a very user friendly results submission system. I think the challenge for a lot of us up and running who would otherwise have still been in bed!

# The Story of the Saxon Shore Half

## Adrian Darr sweats buckets in the cause!

Saxon Shore Half Marathon – Sunday June 13<sup>th</sup> 2021



There haven't been many periods of hot days so far in 2021, but in the days leading up to the Saxon Shore Half marathon it started getting warmer....



I arrived at Race HQ in plenty of time to collect my Race Pack, saw and had a chat with a few friendly Rebels including John Allen, Clara, Dan & Gary. It was already 21c and feeling hot. All the pre-race chat was about the weather, and how to manage your race. As John rightly said, 'Just finishing today will be an achievement'. Quite right too!

I started off in Wave 5, dropping down from Whitstable Castle onto the Seafront into bright sunshine, and the views from there along Tankerton Beach and Slopes were stunning – the Kent Coast at its finest, not a cloud in the sky, colourful beach huts, families already queueing for Ice Cream, lots of people cheering everyone on and shouting encouragement. As we approached Swalecliffe Beach, the runners had all spread out, and I got into decent rhythm and was happy, but was surprised about my pace – maybe I was going too fast in this heat? I will see how I am feeling at halfway....

One thing we were warned about pre-race was there was only one water station, at 6.5 miles. The reason they said was because of Covid, but most runners were a bit sceptical about this, and concerns were raised between us. I had 2 bottles of water on me, the first one I had already consumed by mile 5, and I was now worried about dehydration. As I approached Hampton, the route took us past The Hampton Arms – I was well and truly tempted to drop in for a pint if it had been open!



We continued along the seafront into Herne Bay, which was already very busy as we weaved past the Pier and along Walthrop Gardens, out of the other side of Herne Bay and into Beltinge Bay. With the Reculver Towers now firmly into view, we then had to climb a steep hill, onto the top of The Downs, and were finally greeted with the Water station. 6.5 Miles done.

Some of us asked for an extra bottle of water, but the Marshalls were concerned they may run out, so just one small bottle was swiftly consumed, and on we continued....

As we dropped back into Herne Bay, I consumed my last bit of water, and was now giving serious consideration to stop at a shop on the way back for another bottle. But I then realised I had no money or cards on me. I then started finding the last few miles mentally tough, as I was now concerned about lack of water and the last bit uphill....

I saw Dan and Gary again cheering us on near Swalecliffe Beach, and then just put my head down, gritted my teeth and tried to power on for the last mile and a bit. Most of it from Tankerton Slopes to Whitstable Castle is a gradual uphill, which was really energy sapping, and quite a few runners were having to walk it. At the top of the Hill I spotted my wife Kirsty cheering me on, then turned into the final 100 yards steep hill at the finish – the worst hill of all back into the Castle Gardens. As I crossed the finish line, I thought only of water. But there was none. Thankfully Kirsty had a small bottle for me to gulp down otherwise I could have been in trouble. Lots of grumblings from finishers about the lack of water, especially as it was now 26c and baking hot. We saw a runner go down on the Uphill stretch from Tankerton Beach to the Castle, presumably from dehydration or exhaustion. The Marshalling here could have been better, as the 2 nearest Marshalls were sitting on a bench chatting, and it took a fellow runner to plea for Response at the Finish Line.

After posing for a couple of photos with my fantastic medal, I stood near the finish cheering on all the finishers, but had to head off after a while, as I was desperate for more water and was starting to feel a little unwell....



Overall, it is an amazing run, the route the Saxon Shore Half takes in is breath-taking compared to a lot of other races through mundane residential areas. The medal, as with all Sporting Events UK managed Races, was great. The T-Shirt which I paid extra for was great, and of decent quality. The spectators were great, they were people cheering us on along the whole route – quite unusual for a Kent Based Race. Most of the Marshalls were wonderful, with the exception of the two near the end who were sitting chatting on a bench oblivious to a runner in trouble, which was concerning.

The weather was great, actually too warm, but you cannot predict UK weather can you?

Myself, and a few others just felt a little let down with the lack of water stations, particularly at the end. And it was nice to see that, a few weeks later at the Cliffe Woods 5 Miler, that they did provide water at the finish, unlike the Saxon Shore Half and the Chatham Maritime 10k a few weeks previous.

My time? Who cares – I was just happy to finish!

## 12 Marathons in 12 Months? A tall order?

Not for Rebels Wendy Regan, Clair Williams and Ross Sandy who recently completed their challenge together at the Gravesend Cyclopark Vampire Challenge!



Here, **Wendy Regan** tells us all about her 12 in 12

Hello Rebels, I have been asked to share my 12in12 story with you, so grab a cuppa!

Back in August 2020 I ran the Purple Relativity Challenge at Betteshanger not having a clue that this would be the first marathon in my 12in12 challenge. It was only when I looked in the diary and saw six marathons already booked up to the end of year that I thought about the 12in12 challenge!

I've wanted to complete this challenge for a couple of years now, but a busy work/home life always meant that it wasn't going to be possible. What you also have to consider is this challenge comes at a price, with most races costing around £30-40 each and travelling expenses etc.

So one Sunday afternoon in March I sat at the kitchen table with my diary, laptop and bank card and started to book the remaining marathons. A few SVN races were cancelled due to the Christmas and New Year lockdown so it was definitely a logistical nightmare to fit them all in before August 2021.

My 12in12 schedule looked like this after I had cleaned out my bank:

1.	5 August 2020	SVN – Purple Relativity Challenge (Betteshanger)
2.	10 September 2020	SVN – 20in20 Series (Cyclopark)
3.	19 September 2020	SVN – Fowlmead 50 12 Hour Challenge (Betteshanger)
4.	4 October 2020	2020 Virtual Virgin London Marathon – The 40 <sup>th</sup> Race
5.	24 October 2020	SVN – Whingeathon (Cyclopark)
6.	19 December 2020	SVN – Festive Frolics (Cyclopark)
7.	14 March 2021	SVN Virtual event – Caucus Wonderland Challenge
8.	18 April 2021	Nice Work - Virtual April Marathon
9.	23 April 2021	SVN – St George's Day Marathon (Cyclopark)
10.	8 May 2021	SVN – VE Day Challenge Run (Cyclopark)
11.	31 May 2021	SVN – Game Over Challenge (Cyclopark)
12.	10 July 2021	SVN – Vampire Challenge run (Cyclopark)

I enjoy races and running with people, so I really wasn't keen on running virtual marathons during lockdown and thankfully out of the whole challenge, I only had to run two and was lucky enough to be joined by Clair Williams at 5:30am for the April marathon and for the Caucus Wonderland Challenge, I was met half way by Lesley Doran, Carina Down and Helen Marron. April was a busy month for me as not only did I have two marathons to run I also moved house!

I'm not usually a 'stats' person, but I thought I would share a few of my 12in12 stats with you: Total miles covered: 332.34 miles (this included 1 x distance PB of 40 miles and 2 x Ultra marathons)

Total running time: 73hrs 6 mins

Total calories burnt: 35,190 (not too sure how many bars of chocolate that equates to?)

Fastest marathon: 5hrs 20 mins

Slowest marathon: 5hrs 59 mins

This truly has been a journey that I would never have thought was possible, but with the support of my wonderful family and running friends I managed to complete it! So never say, you won't ever run a marathon or you're too slow – whatever distance you cover, you're still getting out and smashing it! So all those Rebels planning on running a marathon, whether it's the London, Brighton or Manchester marathon – just think that marathon could be the first of many and you too could complete the 12in12 challenge! Never say never!

My next challenge will be to complete 50 marathons by the time I turn 50 – as I'm only 21, running another 18 marathons should be easy!!!

I would also like to congratulate Ross Sandy and Clair Williams for also completing the 12in12 challenge. They both managed to squeeze in their final few marathons so that we could all finish on the same day. What a morning that was, lots of Rebel support, presents, flowers, balloons and bubbles!

Thank you for reading – Wendy x





## Lee McAfee

is, as you already know, quite mad.

However in May he took this madness to new extremes by voluntarily running round flooded, muddy fields for 100 miles. Yes, just 100. And the goal was to complete this 'jog' within 24 hours.

This is his story.

My death was greatly exaggerated (but not by much!)....

Unfortunately, you lot are gonna have to put up with me for a little bit longer.

So that's another tick on my stupid bucket list.

Not only did I actually finish my 100 mile jog around a bloody muddy farm, I also finished within 24 hours.



A massive shout out to all of my support crew. Without everyone involved, there was no way I would've completed this event. From the top lads that ran with me through the night to the wife and dog who stayed at the event to cheer me on for the entire run. Heck, even my mum and baby sister came down at 1am just to give me a hug.

I read every single message that I received during the event. You lot were amazing as well and I can't thank you enough. I'm pleased to say that my Fosters hydration therapy has worked brilliantly and I'm feeling fit and healthy.

So some stats:

- 100 Miles
- Moving Time 20:49:45
- Total Time 23:46:25
- Average Pace 12:30 Minute Miles
- Total Steps 180,699
- Total Elevation 5,167 ft
- Calories 12,981
- Insanity Badge earned from Garmin!



Yes, there really is a Garmin insanity badge!

