



**Chairperson's Report
Rebel Runners~ Medway
AGM
November 28th 2016**

INTRO

At last year's meeting the club did not set out any plans for the coming year & so it had no expectations to meet. However, sitting down to write this report & bringing to mind all the achievements of not only the club but of its individuals over the past year was completely mind blowing!

C25K

We successfully ran a C25k session in January & then again in the summer, many of those graduates have gone on to join the club & are now running 10k's, half marathons & even marathons. These sessions are free to those taking part but we would not be able to run them without the Run Leaders who volunteer their time over those 8 weeks, or without the support from other club members who act as run buddies. Since the last AGM we have funded seven more Run Leaders.

CLUB PROFILE

The profile of the club has been raised even higher over the last year with photos & headlines appearing in the athletics section of the Medway Messenger almost every week. It's an easy task getting the club featured as hardly a week goes by without someone running in an event! We caused a sensation at the Medway 10k with 110 members taking part in that day.

MHA

Earlier this year England Athletics introduced a Mental Health Ambassador programme aiming to establish a network of volunteer ambassadors in running clubs across England to support people who are experiencing mental health problems to start running, get back into running, or continue running as well as to improve the mental wellbeing of their existing members.

We were approached by one of our Run Leaders **Jane Jeffery** about this. Jane was successful in her application to England Athletics & now the club has its own Mental Health Ambassador.

The programme supports #runandtalk, an England Athletics campaign to improve mental health through running & getting people talking about mental health, sharing their experiences and removing stigma. We held a successful **#runandtalk** session at the beginning of October.



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SOCIAL

The Clubs Social events are also well received. A Christmas Party held at The St. George Hotel in Chatham & a BBQ at the Three Mariners in the Summer. The monthly raffles which help boost funds are always well supported.

FUNDING

Now onto funding.....We have for the third year running received an award from **UK Power Networks**. This is a Team Sport Award which **Jon Moreton**, another one of our Run leaders applied for. The award was for **£250** . So thank you for that Jon. A personal donation from club member **Hayley Killick** of **£100** was gratefully received.

Our other good news regarding funding was the bid that committee member Cathy Gee submitted on behalf of the club. We were awarded **£4856** by the **Sport England Lottery Fund**. This is to help finance a project to increase participation in running for people with disabilities. The club will deliver '**Disability Awareness in Sport**' and '**Mental Health Awareness Training**' workshops to its Run Leaders & other members of the club. The first one will be in January 2017.

It will also enable us to train three Coaches for the club & more Run Leaders. The funds will also allow us to purchase various pieces of equipment.

AWARDS

And finally the good news that Rebel Runners ~ Medway has been nominated and shortlisted for 'Club of the Year' in the Medway Sports Awards. We are up against a very tough crowd so just to be on that shortlist is an honour! The awards evening is on the 16th December and we will of course let you know how we get on.

Jenny Baldock

Club Chairperson
Oct 2014- Nov 2016