

Almost Athletes Monthly Bulletin - November 2025

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Welcome to New Members

The club extends a very warm welcome to all members especially those who have joined us since the start of the new membership year in April.

It can seem daunting when you step into a large group of people, all of whom seem to know each other, but we are a very friendly bunch who are happy to answer any questions you might have. So please just ask!

In a similar vein, we send good wishes to those members who are unable to run with us at present due to illness and injury and hope to see you again when you are fit and ready to join in.

Christmas Party Awards Night & Other December Dates for Your Diary

Monday 8th December – Dave McGrath will be leading a Christmas themed track session. Tinsel or Christmas hat essential! Keep an eye on the Facebook page for booking details nearer the time.

Saturday 13th December – A big night in the club's social calendar, when annual awards for the road and off road race series are presented at the Christmas party. Tickets are being subsidised by the club this year and cost just £20 per head. Please see social secretary Steve Taylor's post of 6th November, pinned in our Facebook page, for more information. Please book as soon as possible, as final numbers need to be confirmed with the caterers this week.

Sunday 14th December – Cross Country at Bath University. Keep an eye on the Facebook page for offers of lift shares.

Wednesday 24th December – Christmas Eve Run/Walk at 10:00am on Cleeve Hill. Again, keep an eye on the Facebook page for confirmed details nearer the time. Bring your partners, children, dogs for a bracing morning on Cleeve Hill.

Sunday 28th December – Twixtmas run followed by a social at Patesians Sports and Social Club, Everest Road. Again, keep an eye on the Facebook page for more information nearer the time.

Social Events Enjoyed by Members in November

As Almost Athletes is so much more than just a running club, members enjoyed a busy month of socialising, including the following well-attended events:

Lift The Curfew Run on 5th November aimed at promoting a safer night-time environment for women to run, with drinks afterwards at one of the scheme's sponsors, The Royal Oak in Bishop's Cleeve.

London Marathon Draw & Games Night on 7th November. Last year's recipients of the club's two London marathon places, Pinky Shetty and Ross Greening, handed over the mantle to this year's lucky recipients, Neil Tring and Steve Wood, during a live-streamed drawing of their names from the hat. The anticipation in the room was palpable. We hope that Neil has recovered from the shock of winning a place by now!

Over 70 members enjoyed a fun evening of skittles, darts and pool with chilli & chips provided by the club.

Roly's Run on 16th November – while over thirty members were enjoying tea and cake at the Newent 9, a select band made the journey to Hampshire to take part in Roly's Run 15/20/40 mile trail run in memory of Rich Walklate, a club member who died suddenly in May 2018 at the age of 33. The run is organised by Rich's family and is famous for the quality of its feed stations – they take requests! - and unique carved pebble race mementos. The event raises funds for three charities close to Rich's heart – Sepsis Trust, Papworth Hospital Charity and Help for Heroes - as well as smaller local charities. This year, The Committee were delighted to present Rich's family with a cheque for £100 in support of this valuable work.

Next year's race is on Sunday 15th November. It will be Kev Fairs 8th year running. We might even consider joining him as a coachload of AAs!

Christmas Social at Church Road Coffee, Bishop's Cleeve on 26th November – Caroline (Caz) Rea and her team hosted a post Wednesday run social with hot food and drinks.

Piotr's parkrun in Pittville Park on 29th November – In the region of 100 members past and present joined under stormy skies with Kasia, Maya and Abi Michalska to celebrate the life of Piotr Michalski, one of the club's very popular Leaders in Running Fitness (LiRFs), who recently lost his short battle with cancer.

Wednesday Night Social Run Venues & Run Etiquette

We once again enjoyed the popular location of Bishop's Cleeve during November and our thanks go to the staff at The Kings Head for their post-run hospitality.

December sees us move to Tracey & Darren at Cheltenham Town Football Club, Whaddon Road. There is a whisper of sausage and chips on Wednesday 17th December, so keep your fingers crossed for that.

There will be no club social runs on Wednesday 24th or 31st December.

A reminder to pay attention to your run leaders and take extra care to pick up your feet on these dark and wet nights. Safety is our number one priority as a club, so don't forget your head or chest torches and hi vis gear. Be safe, be seen.

Please see the Facebook page for details of all coached sessions offered across the week.

Committee Updates

Highlights from the latest committee meeting held on Monday 24th November have been posted on the club website under the 'NEWS' tab.

If you have any suggestions for activities you would like to see included in the Club year, ideas for social events and so on, please feel free to email the committee at almostathletes@hotmail.com. We usually meet monthly, on the last Monday of the month.

Let's go for a run!

Your Committee
Almost Athletes