

Almost Athletes Monthly Bulletin - February 2026

Contents

Welcome to all 401 Members

England Athletics Recognition

February Events Round Up

An Update on Club Training Nights – Monday, Tuesday, Thursday

Social Run Venues and Run Etiquette

Club Merchandise – New Lighter Weight Tops

Committee Meeting Updates

Welcome to all 401 Members

Whilst writing this bulletin on the last day of the month, our Membership Secretary, Mark Wreford-Bush, reports that we've had our own "Super Saturday" by racing through the 400 member milestone. That's a lot of runners! Welcome to you all.

We are mindful that we have a number of members, present and past, who are dealing with life's difficulties. Perhaps, more than most at the moment. Our thoughts are with you and we look forward to catching up again, when the time is right. You are always welcome.

England Athletics Recognition

This month we were the subject of a lovely club feature put together by England Athletics. It followed the recent visit from Richard Ayling, EA Club Support Manager. The article highlighted our support for the local community and commitment to club development through the EA Club Leadership Programme. The article can be accessed via the link on the [home page of our website](#).

February Events Round Up

Thursday 5th February was designated by MIND as "time to talk" day. As runners we recognise the value of making that time and referenced this on our Wednesday and Thursday club runs that week. On behalf of Almost Athletes, Club Secretary Kevin Beamish made a club donation of £100 to support the local Gloucester branch of MIND.

The evening of Friday 6th February saw the rescheduled Gloucestershire AAA Road Race Series awards. Presentations were made by The Mayor of Gloucester and we celebrated three age group winners in Patricia Dendy, Allan Green & Sarah Wood.

The final cross-country match of the season was at Pittville Park on Saturday 14th February. This also featured in our club off road race series and was very well supported. Our ladies team did particularly well to achieve the Masters bronze medal.

The mens and ladies teams plus supporters then enjoyed an excellent evening of refreshments and stories at Fioro Lounge on Sunday 22nd February. Team Manager David Garnett congratulated everyone and said it was the best supported end of season meal, to date. Pat Dendy, Ladies Captain, acknowledged the efforts of newer members in particular and also those who are less competitive but still prepared to give their best.

The evening of Monday 23rd February was one to remember. Over 40 members gathered together and helped create a great vibe at Patesians Club, as they chatted, laughed, discussed ideas, gripes and suggestions to help our club do MORE. Lots for us all to think about and work on together - exciting times ahead.

An update on Club Training Nights – Monday, Tuesday and Thursday

It's been wet.

We certainly appreciate the volunteer efforts of all our leaders and coaches. Nonetheless, we do feel that Michael Grant has broken new ground in his attributes as one of our Club coaches. The ability to bring in the rain clouds for the Thursday evening intervals session is a superpower which needs to wear off quickly! The Club is purchasing some Almost Athletes branded jackets for our coaches. Maybe they will come with a built in umbrella as well!

With some weather improvement, we hope to see an increase in members wanting a coached session on Thursday evenings. These sessions have hovered around the 6-10 mark this year, whereas Michael's Tuesday session is regularly at 15-20+ runners. Monday track nights seem to suit member diaries quite well with around 10-12 runners turning out. Remember, these sessions are open to all, and the coach will always seek to adapt according to individual abilities.

Following feedback at the open members evening we will look at ways of offering different types of session. For example, on Thursday 5th March, our 5:00pm track session will incorporate some back to basics ABC work on agility, balance and coordination. Key elements for successful running and the sort of thing that some of you already do in practising running drills, for example.

As the lighter nights draw closer, we will update you on venue changes to Cheltenham Racecourse and Pittville Park.

Social Run Venues and Run Etiquette

The Greatfield, Hatherley has been our Wednesday base through February. Amazingly, we only had one rain sodden evening. The rain was biblical though! Well done to all who braved it that night.

March takes us back to Lidl, Bishop's Cleeve and post run drinks at The Kings Head. We are very excited to see the start of lighter (and hopefully, drier) evenings!

A reminder to run with the group suitable for your chosen effort and pace on the night. Where we state a group pace please remember this is a guide. Actual pace may vary according to the needs of the group and run conditions. Safety is always our priority with no one getting left behind or running alone.

Thursday morning social runs continue to be popular. These involve a “chatty-paced” run followed by a well-earned coffee. Co-ordinated with enthusiasm by the truly wonderful and ageless Virginia Pawlyn, refreshment stops change every two weeks. February showcased “The School House café” on St Pauls Road (a brilliant, charity-based community hub – check it out) and the well-known “Roasted” on London Road, Charlton Kings. March starts off with Moosh at St Mary’s Church, central Cheltenham.

More details about all of our regular training sessions and social runs can be found on the [“where we meet” section of our club website](#) and on our Facebook page.

Club Merchandise – New Lighter Weight Tops

As announced by Social Secretary and Vice Chair, Steve Taylor, we are adding a new option to our club shop: lighter weight run tops and vests. Steve is aiming to get an order in around 13th March for end of April delivery. You can get more details on the [“merchandise” section of the club website](#).

Committee Updates

Highlights from the committee meetings held in January are now on the [club website](#) under the ‘NEWS’ tab. More will follow on our open members evening held on 23rd February. The first step is to share the feedback opportunity with those who were not there on the evening. Film footage of the evening, including the questions, which were posed as “Committee conundrums” will be made available to everyone very soon.

If you have any suggestions for activities you would like to see included across 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