

## **Almost Athletes Monthly Bulletin - March 2026**

### **Contents**

Notice of AGM - 29th April

March Highlights (and some lows 🙄)

Feedback from our Members Open Evening

Key Events and April Dates – Exciting News for Thursdays

Provisional Dates for your Diary

Committee Meeting Updates

### **Notice of AGM - 29<sup>th</sup> April**

March 31st signals our club financial year end and preparation time for our AGM at 7:00pm on Wednesday 29<sup>th</sup> April at the Charlton Kings Club. At our AGM we carry out our committee duties with an overview of the club year and plans for the coming year. We have a number of awards to present including the coveted prize of male and female Runner of the Year (ROTY). Nominations are taken from all our Runners of the Month since April 2025.

To encourage attendance, we have a small incentive for all members. More details to follow on all of this over the next few weeks.

### **March Highlights (and some lows 🙄)**

Congratulations to Emily Dawson on the arrival of daughter, Charlotte Lorna Louise Dawson, on 28<sup>th</sup> February.

Our heartfelt good wishes for a quick recovery to long-standing member and Leader in Running Fitness (LIRF) Lorraine Taylor. Following an incident at the Prague Half Marathon on Saturday 28<sup>th</sup> March, Lorraine had to have surgery on her shoulder and will need a while before she takes up pole vaulting.

Talking of long-standing members, Graham Philpott recently marked 25 years with the club. Congratulations and thank you for your loyalty, Graham.

Club Coach James Clay delivered another successful “Run Upcote”, which is part of the Club’s off-road series, on 29<sup>th</sup> March. 41 members took part and many others helped out in volunteer roles. Do remember to wear your Almost Athletes colours with pride if you have signed up to

a race as an affiliated member of Almost Athletes. The Club has some spare kit which can be borrowed if you are waiting for your kit order to arrive – contact Alison Hume.

## **Feedback from our Members Open Evening**

Many of you will have seen the YouTube video clips shared on Facebook. As part of the evening on 23<sup>rd</sup> February, we shared and discussed a number of topics under the presentation of “Committee Conundrums”. Consider some of these and let us know your thoughts. Details of how you can do this can be found below:

- 1) As a member, what do you enjoy most about the club and what would you change?
- 2) We plan to offer a Couch to 5k later in the year. How should we go about this?
- 3) How should we develop the club’s approach to sustainability?
- 4) We have an idea for a memorial bench or similar - how can we best achieve this?
- 5) It’s our 40<sup>th</sup> anniversary in 2028 – what ideas do you have to help the celebrations?

A few feedback areas to highlight from the night include:

- 1) An increased attention to pace groups and inclusivity on Wednesday nights. Include reference to km pace as well as miles. **Actioned** – LIRFS briefed and pre run info now includes km pace for reference. Wider follow up training/support for LIRFs is planned.
- 2) A request for a session aimed at the broader runner base. Some of the sessions can be too challenging. **Actioned** – We have trialled the first Thursday in the month, 5:00pm track session. We will continue with this as we seek to meet member needs.
- 3) A really pleasing response on the night was that several members put themselves forward as run leaders. They will be going through their England Athletics LIRF training in the coming months. We also have 4 new coaches in training this year Michelle Balchin, Graeme Stopp Johnny Rea & Ivana Wilson. Again, good luck to them and thank you for your volunteer contribution to the club.

Always lots to do, but as a committee we want to work with you for the good of our club and the membership base. The meeting had a really positive vibe and there was a lot of excitement around ideas for different run based social events. As well as providing an open forum, one of our goals for the night was to encourage more volunteer support at our social/run events. Do get in touch – we’d love to hear from you. Examples include: organisation of socials such as PatsFest, A Summer treasure hunt run and the Christmas party.

Do feel free to share your thoughts and ideas by emailing [almostathletes@hotmail.com](mailto:almostathletes@hotmail.com) or chatting with one of the committee members at a club session.

### **Key Events and April Dates – Exciting News for Thursdays**

Check out our weekly Facebook diary post and the club website for information and any changes.

2<sup>nd</sup> April – First Thursday in the month 5:00pm track session with Dave McGrath. All welcome with a focus on foundation coaching around agility, balance and coordination. This session has lower intensity than our standard sessions on Monday, Tuesday and Thursday evenings. The usual 6.45pm intervals session is on the Honeybourne Line with Michael Grant and, again, all club members welcome.

3<sup>rd</sup> April – Good Friday – Off Road Club Run from Winchcombe or Lineover Woods to Patesians Club. Social afterwards at the club. See Facebook post or website for more details.

8<sup>st</sup> April will be our last Wednesday evening Club run from Lidl in Bishop's Cleeve before we switch to a focus on Summer trail runs. We start these from the Patesians Club on 15<sup>th</sup> April.

12<sup>th</sup> April – Brighton & Paris Marathons – a number of club members are getting ready for these ones. Best of luck to them and to all members in your run endeavours this month.

14<sup>th</sup> April – Tuesday night strength endurance coached sessions with Michael Grant move to the racecourse.

16<sup>th</sup> April – **Exciting news for our Thursday evening coached session.** Through the efforts of Michael Grant, the club has secured use of the 300m grass track at Cheltenham Ladies College, Malvern Road, GL50 2NX. All are welcome – 6.45pm start. The usual weekly run posts will provide detail nearer the time.

19<sup>th</sup> April – Newport Marathon – shout out to Dan McGovern, attempting his first marathon together with his support team of Michelle Balchin, Matt Proome and Graeme Stopp.

22<sup>nd</sup> April – Committee Meeting from 8:00 – 9:00pm, immediately after club run.

26<sup>th</sup> April - London Marathon – club members Aline Buckley and Steve Wood will be representing the club after securing club places in our ballot (a benefit to members of more

than 12 months' standing who have been rejected in the main ballot and who have never run the London marathon). Unfortunately, Neil Tring has had to defer his place this year due to injury. Our best wishes to him and any other members who are currently battling injury woes.

29<sup>th</sup> April – Club AGM – 7:00pm start at the Charlton Kings Club. Details to follow.

### **Provisional Dates for your Diary**

13<sup>th</sup> June – PatsFest summer social get together/promote the club – get in touch if you can help on the day with manning the gazebo etc

31<sup>st</sup> August – Club social and treasure hunt/run and talk event – want to get involved?

20<sup>th</sup> September – Cheltenham half marathon

5<sup>th</sup> December – Christmas Party night

13<sup>th</sup> December – Club trip to Weston Super Mare & the Weston Christmas Cracker 10km

### **Committee Updates**

Committee meeting highlights and other updates are posted on the [club website](#) under the 'NEWS' tab.

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** – see ["merchandise" section of the club website](#).

Let's go for a run!

Your Committee  
Almost Athletes