

AA Member Monthly Bulletin July/Early August 2026

- Almost Athletes shortlisted for England Athletics Regional award
- Parkrun takeover at KGV on 22nd August
- Next club race Meteor Mile 28th August
- Race entries – a very important reminder
- Congratulations to our newly qualified Coaches in Running Fitness (CIRFs)
- Would you like to be a Guide Runner?
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England Athletics “Unsung Project of the Year” award

As announced in last week’s member letter, we received the fantastic news that we have been shortlisted at an awards evening at the Devon Hotel, Exeter on 19th September. There is an evening meal and the club has up to 4 spaces available. We invite anyone interested in attending to contact Dave McGrath.

Almost Athletes volunteering at KGV parkrun

Are you interested in helping at the Almost Athletes takeover at King George V Playing Field parkrun on 22nd August? Please email the volunteer co-ordinator Beth at kinggeorgevplayingfield@parkrun.com, say you are from Almost Athletes and quote your parkrun “A” number. Beth will add you to the volunteer roster. (If you would like to be a pacer then give a time). We look forward to seeing you there. The Club will be putting up the gazebo as a focal point for all.

The Meteor Mile is at Gloucestershire Airport on Friday 28th August. The race is full with a waiting list in operation. Volunteers are always needed, so get in touch if you can help out. See Peter Mitchener’s Facebook post.

Race entries - a very important reminder

Please only ever run using the race number issued to you. Running with someone else's race number is against event rules and can have serious safety implications in the event of an emergency. On top of that, a runner could even find themselves disqualified or banned. If you can no longer take part, please follow the organiser's official transfer or withdrawal process. Thank you for helping to keep events safe and fair for all.

Newly qualified coaches

Congratulations to our newly qualified Coaches in Running Fitness (CIRFs): Ivana Wilson, Michelle Balchin and Graeme Stopp. They started their course with England Athletics earlier in the year and after many hours of work, each of them has successfully met the standards required. Of note was that our very own James Clay was the EA tutor overseeing the programme. This really strengthens depth of support for members across our weekly programme. Thanks to them and all our current run leaders and coaches for their time and commitment to Almost Athletes.

Club run sessions – everyone welcome

Building on the above, remember that we do have regular coached sessions, available to all. There is no additional coaching cost and all sessions are included in your AA membership, although a small contribution to the cost of track hire is payable when booking track sessions.

We have something for everyone, whether you are a parkrun front runner or a tail walker. If there is something we don't do that you would like to see, let us know. Almost Athletes is for us all. It is important that sessions reflect what we can do as volunteers and what members want to attend. Check the website, get in touch, talk to the leaders and coaches and come along.

Would you like to be a volunteer Guide Runner?

We had a recent email asking if any of our members were able to guide blind or partially sighted runners. Many may be unaware that England Athletics run a workshop and provide support to those runners who might be interested in guiding others. You can find more information on the EA website under "Sight Loss Awareness and Guide

Running Workshop". Almost Athletes is happy to consider sponsoring any member who might be interested in this. The Club does already have some EA-registered guide runners who should be able to share their experiences if you would like to know more..

Supporting Cheltenham Half/10km/Mile on 20th September - The Committee have discussed a presence at this event although no commitments have been made. Whilst it is late in the day to do anything official, 2 main ideas have been put forward:

First, set up the Club cross country gazebo and Almost Athletes feathers/flag as a member focal/meeting point. Possible club advertising in the way that we did at PatsFest in June.

Second, the idea of "Run Angels". This has been seen at a few races, where a club runner joins a runner to help them along the way, perhaps for a final stretch as a "cheer leader/encouragement runner". It's completely impromptu, random and unofficial but can give others a real boost when they are struggling.

Quite a few of the committee are already running or away on that date. If some members are available and interested in borrowing the gazebo we can arrange that. We just need you to make it happen. Kev Beamish, Club Secretary, is happy to take overall lead but we would need a handful of others to help on the day. The gazebo will be up at KGV on 22nd August and Meteor Mile on 28th August so we can show you how to put it up and take it down.

Key Events and Dates

29th July - A wonderful night at the Bugatti 10km – well done and thanks to all involved.

5th August – club run from Alderton.

12th August – 6:00pm for 6.15pm start plus the normal 7:00pm start - **Solar Eclipse night on Cleeve Hill** – meet at the golf club. The early run is in addition to the usual 7:00pm club run, which will also move to Cleeve Hill for that evening. The early run is a walk/jog/run depending on who turns up.

22nd August – KGV parkrun takeover – email Beth as above.

19th September – England Athletics Award Evening – Exeter.

20th September – Cheltenham Half, 10km and 1 Mile.

14th November – provisional date for London marathon ballot/skittles evening.

15th November – Roly's Run – 15/20/40 mile options.

5th December – Christmas Party night – new central venue of the United Services Club, North Place, Cheltenham GL50 4DW.

13th December – Club trip to Weston Super Mare & the Weston Christmas Cracker 10km – booking details coming soon. Upfront commitment of £15 per head for coach transport. For those who are running you will enter individually, in the usual way.

15th January 2027 – Provisional night for 2026 Almost Athletes Race Series awards.

17th January 2027 – Linda Franks 5 mile Road Race.

Amazing Members

Allan Green completed his 900th marathon.

Although yet to be fully published on the website/Facebook we can confirm recent runners of the month since the AGM. They are Hollie Galvin, Oli Lynott-May, Marcia Rigby, Dan Magovern, Ian McCormack and Holly Wright. Congratulations to all of them. Full write ups of their achievements will be posted in the usual places.

And, of course, there are many more.

Let's go for a run!

Your Committee, Almost Athletes
5th August 2026

Want to know more?

Linktree – https://linktr.ee/Almost_Athletes_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 – see [“merchandise” section of the club website](#)