

AA Member Monthly News Bulletin - September/Early October 2026

- Almost Athletes WIN at England Athletics Regional Award
- #RunAndTalk turns 10!
- Run news
- Cross Country Season 26/27
- 2027 new Almost Athletes club race series is on the way
- Runner of the month nominations
- Other key events and dates

England Athletics “Unsung Project of the Year” Award - WINNERS

“Almost Athletes has demonstrated how a running club can become a powerful positive force for positive change through its “so much more than just a running club initiative” See the full transcript, details and video clip on our web site home page.

#RunAndTalk turns 10! – this week (5th to 11th October) England Athletics is marking a decade of #RunAndTalk, bringing running communities together to support mental health and wellbeing. Our Wednesday social run will be our main focus for this initiative. Thanks to our small team of Mental Health Champions for bringing this to our attention.

Run News

Almosts have been out in force this past month or so and credit to our report writers for managing to capture it all! Behind the scenes we have Alison Hume, Claire Hawes, Dave Nelson, Clemens Orth and Nichola Sanderson who keep us up to date on a rota basis. There are some fantastic photos and write ups in the “News” section of our club website – just click on “recent news”. Standouts include 52 at the popular Alderton 10k and over 86 at Cheltenham. Some club records have tumbled, many miles have been travelled and even more smiles and memories made. The largest medal award goes to Charlotte Jamieson who completed the SuperHalves series in Copenhagen. The largest number of race mentions might be a toss up between record breakers Sarah

Wood and Jeanette Guillick. And the furthest distance run in marathons? We will leave that one to you to work out. Well done all.

Cross country season 26/27

Dates have been announced for the cross-country season: Sunday 18th October at Tinkley Gate, Stroud; Saturday 31st October at Cirencester Park; Sunday 13th December in Bath (see date clash below); and Saturday 27th February at Pittville Park. Entry links on Facebook and we will also add to our website.

The Bath date clashes with our club trip to Weston Christmas Cracker 10km. See booking details for that on Facebook and the club website. We have a coach booked for the day which is almost full so get in quick if interested.

One final thing on races – another reminder - please wear club colours. For club race series events - No colours – no points! We do have some discretion, if for example a new member but the rule will be applied where identified. If you are waiting on an order or don't have a purple top, we do have spares for race use. Message or speak to Alison Hume in the first instance.

2027 new Almost Athletes club race series is on the way

We will continue to encourage more member participation across a broad range of events, both road and multi terrain, more emphasis on local races spread through the year, more focus on lower cost races. Also, more communication and updates so you know what is happening, more fun and engagement and more numbers competing in your respective age groups. Lots of feedback has been obtained and Paul Jones, together with the rest of the Committee, will be finalising detail over the coming weeks. To help with your race entry planning we do anticipate the usual inclusion of Linda Franks 5 and the Pittville Cross Country. Watch this space.

“Beginner/returner run sessions” (Couch to 5k)

Starting Wednesday 7th October we will start a “couch to 5k” group as part of our regular Wednesday evening runs. Graeme Stopp is taking the lead on this initiative and we will continue with our usual 4/5 mile groups as leaders allow. All welcome, including existing members who are want a “reset” or who may be returning from injury/illness etc.

If any friends or family would like to give this a try out as non-members we would be delighted to include them. All we are likely to ask is a nominal donation towards club funds.

Runner of the month nominations

Who is your member who deserves our accolade “runner of the month”? “supporters, speedsters, encouragers, all nominations welcome” see fb post from Zak, 1st October. Send in your September nominations in before Monday , via e mail almostathletes@hotmail.com

Some Other Key Events and Dates

13th November – Provisional date for London marathon ballot/skittles evening.

15th November – Roly’s Run, Meon Valley, Hampshire – 15/20/40 mile options. Annual trail running and walking event. In memory of member, Rich “Roly” Walklate who passed away unexpectedly in May 2018.

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 and the Weston Christmas Cracker 10km – booking details now announced. Upfront commitment of £15 per head for coach transport. For those who are running you 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.

Let’s go for a run!

Your Committee, Almost Athletes
October 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](#)