



Almost Athletes

Welcome to Almost Athletes, Cheltenham's leading (and friendliest) running club. We pride ourselves on being the kind of club that can help and encourage you to get the most out of your running. Whether your interest is running for fun, getting fit, shedding a few pounds or running competitively, we can help you achieve your aims.

Anyone is welcome to come along to our training sessions and run, regardless of age or ability, and you will soon realise that no-one needs to run alone.

Among our members are runners with years of experience of running at all levels, so please don't be shy to ask if you have any particular interest beyond our evening training runs.

You may have found out about the club via a friend or from our website (www.almostathletes.org.uk). Either way, the word is spreading fast that we make no more demands of you than you would make of yourself.

Who's Who?

The club committee, currently comprises:

- Graham Fletcher (Chairman)
- Karen Galpin (Media Officer & Vice Chair)
- June Franks (Treasurer)
- Paul Turner (Club Secretary)
- Jean Bryan (Membership Secretary)
- Julie Scourfield (Events & Social)
- Steve Adams (Route Master)
- Claire Cook (Minutes Secretary)

You can contact us anytime by email: almostathletes@hotmail.com

Please remember that at this time you are under no obligation to become a 'paid-up' member of Almost Athletes and you are more than welcome to join in any of our training sessions until you decide to join.

Training Sessions

We hold regular, well-organised training sessions (and social events) and we would be happy to see you at any of these.

Wednesday evening is the most popular session. The running starts at 7pm sharp, so you will need to arrive in good time to park and prepare for the run.

The venue for the run is posted on the website, as are all details of club runs and events and the sessions are split into groups (other groups are available, subject to demand):

- new runners may wish to join the 'Slow Three' (miles);
- you can then progress to the 'Slow' or 'Moderate' Five mile groups;
- there is also a 'Fast' and a 'Very Fast' group.

Saturday morning runs (usual start time 9.00 am) are organised throughout the year. These runs usually start at Cleeve Golf Club (occasionally we use other venues) and vary in distance and intensity. Mostly 8 to 10 miles, off-road (muddy stuff) that finishes in the clubhouse for breakfast around or near to lunch-time.

Membership

Currently, membership costs £10 for a full year (£5 after October 1st) and fees are due annually in January. Membership forms can be obtained from committee members or from the newsletter or website.

Club Newsletter

This is distributed by email and published on the website every six weeks or so. Hard copies are available if you don't have access to the internet or e-mail. The newsletter provides useful information about the club, including what we are doing and where we are doing it, as well as advice about running and details of running related events.

Club Merchandise

We actively encourage our members to run in our club colours (even when training). Wearing your club colours when taking part in races or running events means that other members can recognise and support you and it promotes the club to the wider world. Currently, running vests other items are available from June Franks.

Club Events

As a club, we attend many events during the running calendar, often travelling far and wide to take part (as a group) in interesting and unusual races. These trips away are treated as fun and an opportunity to get to know others in the club:

- Badminton Horseless Team Event
- The Grizzly (Seaton, Devon)
- Race the Train (Tywyn, Wales)
- The Man v Horse Marathon (Llanwrtyd Wells, Wales)
- Tewkesbury and Stroud Half Marathons
- The London Marathon
- The Cotswold Way Relay
- The Sodbury Slog (Chipping Sodbury)
- The Bugatti Beer Race (Gretton)
- The Wyvern Christmas Cracker (Weston)
- Marathons or half-marathons in Chicago, Dublin and Benidorm

We also organise the Linda Franks Run - a family fun run/walk in memory of a founder member of the club and The Devil's Chimney Chase - an off road 6 miles or so over Leckhampton Hill.

Social Scene

It's not all running! We know that the social side of the club is one of the keys to our success. Over the years, we have established good friendships within the membership that extend beyond the running. There are good attendances at weddings, birthday parties and get-togethers, and the club organises many social events throughout the year, including:

- Good Friday walk on Cleeve Hill
- Bath Road runs (from pub to pub) - NB no running is done on these evenings!
- Club barbecue at Crickley Hill
- European City Breaks
- Club Christmas Curry
- Club Annual General Meeting
- Walking trips all over the country

And of course, we all meet at a pub on Wednesday evening and many of us stay for a post-run chat (and the odd beer!).