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Welcome to the Angels Running Club, Gloucester's only all-female club. We welcome all ages and abilities and pride ourselves on being a friendly and sociable club. Whether you're a complete beginner, would like to get fit, shed a few pounds or run competitively, we can help you to achieve your aims!

We have members with many years of running experience from short to marathon distance, so help and advice with training is always at hand.

Training Sessions

We hold our regular club training session on **Wednesday evenings at 6pm** and meet in the ladies' changing room at the Oxstalls Tennis Centre, Plock Court, Gloucester. Everyone is welcome! We aim to be out the door and on the road by 6.15pm. The sessions are usually split into groups -

- Beginners or those who fancy a shorter, slower run
- Moderate - usually 3-6 miles
- A more advanced run - up to 7 miles

There is always someone to run with and slower runners are never left behind!

During the lighter evenings, we like to add a little variety and aim to do one run a month from a different

local venue (ie Robinswood, Haresfield). The venues and dates for these runs will be posted on our website.

Members can also take part in our 'efforts' sessions on **Tuesday & Thursday evenings at 6.15pm**. We meet in the car park at Plock Court. These sessions are coached by Dave Spackman and are aimed at members who are able to run at least 5 miles and are looking to improve their speed. Sessions often include track work, fartlek and intervals.

As we are a very sociable club, there are often members to run with at weekends too, whether it's just a couple of miles, a muddy run through the woods or marathon training.

Membership

Non-members are welcome to come along to a few training sessions & give us a try. You are under no obligation during this time to become a paid-up member. If you do decide to join us, annual membership currently costs £20 and fees are due in March. Membership forms may be obtained from our Membership Secretary - Dawn Hyde or from our website or any committee member.

Club Kit

We actively encourage members to run in our club colours, even when training. Wearing club colours during races and events means that other members can recognise and support you and also promotes the club to others. Club vests & t-shirts are currently available for purchase from our Team Captain Helen Bown.

Club News

Our website is updated regularly with club news, social events, race calendar and results etc. However, for those of you who do not have access to the internet we

will give you print outs on a Wednesday evening. Debbie welcomes any ideas and information from members for inclusion on the website.

Club Events

Angels take part in many races and events during the year including the Gloucestershire road race series and the Gloucestershire Cross-country series in the winter.

Participating in events is a great way to get to know other members & have some fun! No matter what your goal or distance we can help you find a suitable event.

Each year the Angels organise the Beacon 10km road race which is part of the Gloucestershire Road Race series.

We also help to organise & marshal the Gloucester Race for Life. Many ladies have followed our beginners programme to train for this event and then become full members.

Social Events

We're a sociable bunch and enjoy get-togethers whenever possible! Over the years we have established good friendships that extend beyond the running. Our social events include -

- Social nights after training on the 1st Wednesday of the month (Tennis Centre bar!)
- Annual 'Away Weekend'
- Christmas Party
- Annual Dinner
- AGM
- Various other impromptu socials!

Affiliated to: MIDLAND COUNTIES ATHLETIC ASSOCIATION

Gloucestershire A.A.A. & UK: Athletics