

FOREST OF DEAN ATHLETIC CLUB & FRIENDS

SUMMER THURSDAYS - SOCIAL RUN PROGRAMME 2026

Date	Meet	Lead
APRIL		
23 rd	The Staunton Bluebell Run: The Globe	Jacqui W
30 th	May Hill: Farmer's Boy	Emma P
MAY		
7 th	Five Acres: The Gamekeepers	Mark M
14 th	Fountain 5 Recce – The Fountain Inn	Brian & Stef
21 st	FOUNTAIN 5	
28 th	Cinderford Linear Park: White Hart Inn	Kate & Abi
JUNE		
4 th	Llandogo: The Sloop Inn	Jeremy & Martin
11 th	Redbrook: The Boat	Marina W+
18 th	Left Free	
25 th	Monmouth Buckholt Wood: The May Hill	Emily G +
JULY		
2 nd	TINTERN TROT	
9 th	Kymin & High Meadows : The Mayhill	Gavin +
16 th	Woolaston Common: The Rising Sun	Jim S +
23 th	Whitecroft: The Miners	Mark & Gra
30 th	Parkend Cook Out	Stef & Men with Vans
AUGUST		
6 th	Blaze the Bibblins: The Old Court	Gavin +
13 th	Drybrook Hope Mansell: Hearts of Oak	Becky W +
20 th	Trellech: The Lion	Brian E & Jeremy
27 th	Left Free	
SEPTEMBER		
3 rd	Howling Bull Route: The Mill Race	Dan S +

Notes

1. These are Social Runs. Our aim is to be inclusive and ensure everyone is comfortable and having fun.
2. They are open to members and friends
3. 6.30pm start – later by agreement
4. c5-7 miles in two different paced groups (anti-social and giggle groups)
5. Pub finish optional
6. Runs are subject to late change. Always check the FODAC Open Facebook page for updates and meeting arrangements **BEFORE SETTING OFF.**

05/04/26