

Gala Harriers Athletic Club 2018/19

Festival of Trail Running Sunday 2nd September 2018.

incorporating Scottish athletics Mid-Trail Championships Falkland Community Hall, Back Wynd, Falkland, KY15

Henderson Race (Handicap) Thursday 6th September 2018. *See online handicap registration.*

Gala Harriers Junior Club Championship Sunday 16th Sept 2018
U11 - U17 Certificates for all Athletes. Trophy for Category winners.

TWO BREWERIES HILL RACE SATURDAY, 22nd SEPTEMBER 2018
A RACE FROM TRAQUAIR HOUSE IN INNERLEITHEN TO BROUGHTON RACE CATEGORY AL, 30KM / 18 MILES, 1500M / 4900FT ASCENT.

Baxers Loch Ness Marathon Sunday 23rd September 2018

Borders XC online entry live 6:00am 1st October 2018

Scottish athletics East District XC Relay Championships
Saturday 13th October 2018 Glamis Castle.

Gala Harriers AGM Friday 19th October 2018 British Legion Galashiels.

East District Cross Country League 1 Stirling
Saturday 20th October 2018. *(Juniors run as Team Borders).*

Scottish athletics National Cross Country Relay Championships
Saturday 27th October 2018 Cumbernauld House Park

Jedburgh Running Festival 2018
Ultra-Marathon 27th Oct 2018 / Half Marathon 28th Oct 2018

Gala Harriers Hollybush to Boleside XC Championships Handicap
Saturday 3rd November 2018.

Gala Harriers Presentation night Saturday 3rd November 2018
Venue TBC.

Borders XC 1st round Lauder 4th November 2018

Scottish athletics National Short Course XC Championships
Saturday 10th November 2018. Lanark Equestrian Centre.

Borders XC 2nd Round Dunbar Sunday 18th November 2018

Training Times

Monday – 6:00pm – 7:00pm.

Senior running session. Sessions to match your ability.

Monday – 7:00pm- 8:00pm

Strength & Conditioning

Queen Centre Galashiels Melrose Road TD1 2AD. Very popular class working on core strength to improve your running, this can be after your run or as a standalone session. £1 for club members £2 for non-members.

Tuesday 5:10pm – 6:00pm

Disability Athletics *matching your ability* Tweedbank Track TD1 3RS

Tuesday – 6:15pm – 7:30pm

Competing Juniors Tweedbank Sports Complex TD1 3RS. Neil's group Endurance. Gerry & Kristina's group sprints jumps & throws.

Tuesday - 6.30pm – 7:30pm

senior road running session Queen Centre Melrose Road TD1 2AD

Thursday 6.15pm – 7:30pm

senior track session, suitable for all levels.

Thursday

Junior Athletics 6:15pm- 7:30pm

run, Jump and throw. Juniors

Athletics from age 8.

There will be no training for main junior group on:

Thursday 11th October 2018.

Non competing junior will go indoors to the Queen Centre the following Thursday 18th October 2018 and return to Tweedbank Thursday 28th March 19. Competing Juniors continue to train at the Tweedbank track.

Christmas Holiday:

Main juniors group last day Thursday 20th December 2018 return Thursday 10th January 2019.

East District Cross Country League 2 Broxburn
Saturday 24th November 2018. (*juniors run as Team Borders*).

Borders XC 3rd Round Peebles Sunday 2nd December 2018
Hay Lodge Park.

Lindsays' Scottish athletics East District Cross Country Championships
Aberdeen Saturday 8th December 2018.

Gala Harriers Ladhope XC handicap Saturday 15th December 2018
(*Junior & Senior race*)

Gala Harriers Christmas Night out Melrose Saturday 15th Dec 18

Borders XC 4th Round Spittal / Berwick. Sunday 16th Dec 2018

Scottish athletics Inter-District XC Championships Stirling
Saturday 12th January 2019

Borders XC 5th Round Paxton House. Sunday 13th January 2019.

East District Cross Country League 3 Saturday 19th January 2019
Livingston. (*Juniors run as Team Borders*).

Scottish athletics Masters Cross Country Championships
Saturday 2nd February 2019 Hawick

Borders XC 6th Round Sunday 3rd February 2019
New route in Hawick, more information to follow.

Borders XC 7th Round Chirnside Sunday 17th February 2019

Lindsays' Scottish athletics National Cross Country Championships
Saturday 23rd February 2019 venue TBC

SSAA Secondary Schools' Cross Country Championships
Saturday 2nd March 2019 Hopetoun House Estate

Borders XC Gala Harriers Presentation Round 10th March 2018 Bespoke medal for anyone completing four rounds, Trophies for series winners, trophies for age category winners, James Curran Trophies for first Gala Harrier Male / Female.

You are very welcome to come along and give one of our sessions a try, after two weeks you can consider joining the club.

Junior Come and try athletes will register in the Tweedbank office and pay the £2 track fee.

From the 1st October 2018 Gala Harriers membership fee will be half price.

1st October 2018 – 31st March 2019.
Membership renewal 1st April 2019.



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