

Gala Harriers Athletic Club 2019

Thursday 1st August 2019 (Replaces normal training night)

Gala Harriers Tweedbank Open Graded Tweedbank sports complex TD1 1DX. Number collection and declarations from 5:45pm first event 100m @ 6:30pm. This will include a 400m for U17 plus age group and Gala Harriers club senior 800m championships. closing date midnight Tuesday 30th July 2019. There will be no entry on the night.

Friday 2nd August 2019

Everyone welcome for a run around the farm and BBQ Symington Mains farm Stow TD1 2SU Arrive from 6:00 pm social run starts 6:30 pm 3 miles or 5 miles, Traybakes welcome RSVP Charlotte Hendry via facebook.

Friday 9th August 2019

Scottish Borders Hill Race Weekend, 9-11 August 2019

The Hill running weekend will start with the **Meigle Mile** and half mile challenge both finishing on the hill. This is a brand-new event for the club. Registration and number collection at Gala Cricket club Meigle Park, Manse St, Galashiels TD1 1NE from 5:45 pm junior race starts at 6:30 pm senior race 7:00 pm.

With the established Cademuir Rollercoaster in Peebles and Philiphaugh Hill Race in Selkirk falling on the same weekend Saturday 10th and Sunday 11th August respectively, the race organisers, Moorfoot Runners, Selkirk Fund Runners, and Gala Harriers are joining forces to promote a Scottish Borders Hill Race Weekend. See Scottish Hill running web page for information on the Peebles and Selkirk races.

Sunday 11th August 2019

FPSG scottishathletics National U13/U15/U20 Championships 11th August 2019

Date: Sunday 11th August 2019

Contact Phone: 0131 476 7335

Venue: Grangemouth Stadium Email:

events@scottishathletics.org.uk

<http://www.scottishathletics.org.uk>

ENTRY DEADLINE: All forms of entry close on the 25th July 2019 NO LATE ENTRIES will be accepted.

Sunday 18th August 2019

Gala Harriers Abbotsford House 5 mile trail race and 2-mile challenge

Number collection and registration will be open from 10:30 am.

2-mile challenge Starts at 11:15 am

Under 8 to be accompanied by an adult. cost £5.00

5-mile Trail race starts 12:00 noon

Cost £10 or £8 SA Minimum age of 17 on race day

Customised medal for all finishers

Training Times

Monday - 6:00pm - 7:00pm.

Senior road running Queens Centre Melrose Road Galashiels TD1 2AD. Suitable for all levels of ability.

3rd July - 12th August 2019 Meet in the Netherdale car park Return to the queen centre Monday 19th August 2019

Monday - 7:00pm - 8:00pm

Strength & Conditioning Summer break return to the Queen Centre Monday 12th August 2019

Main hall 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 - 5:55pm

Disability Athletics

Tweedbank Track TD1 3RS

Tuesday - 6:15pm - 7:30pm

Competing Juniors Tweedbank Sports Complex TD1 3RS

Neil's group Endurance

Gerry & Kristina's group Hurdles

jumps & Throws. 6:00pm - 7:15pm

Tuesday - 6.30pm - 7:30pm

senior road running session

3rd July - 12th August 2019 Meet in the Netherdale car park Return to the queen centre Monday 19th August 2019

Queens Centre Melrose Road Galashiels TD1 2AD.

Thursday 5th September 2019

Gala Harriers Henderson race. This is a traditional race starting with a closed handicap mile on the track followed by an open handicap trail run around the river bank at Gattonside.

Please register via the Gala Harriers web page to allow organisers to calculate your handicap.

Thursday 6.15pm – 7:30pm
senior track session, suitable for all levels.

Thursday 6:15pm – 7:30pm

Junior Athletics

run, Jump and throw. Juniors Athletics from age 8.

Thursday :630pm

Couch to 5k group will continue their progress and will meet for an easy run. New group to start Thursday 22nd August 2019. Just come along and give it a try
Meet at Tweedbank sports complex
TD1 3RS

Gerry Moss Club Together Officer

Email:gerrymoss@hotmail.co.uk

www.galaharriers.co.uk