

Gala Harriers Athletic Club 2019

- Henderson race, 5th Sept 2019 Tweedbank
 - Junior Club Champs 15th Sept 2019
 - Celebration of Sports 27th Sept 2019 Awards Dinner the Victoria Halls in Selkirk
 - Last day Oct Hol 10th Oct 2019 train together Tweedbank
 - East XC Relays 12th Oct 2019 Livingston
 - Holiday 17th October 2019 no Junior training
 - **Return to Training 24th Oct 2019 Competing Juniors train at Tweedbank non-competing Juniors train at the Queen centre**
 - Nat XC Relays 26th Oct 2019 Cumbernauld
 - Jed Running fest 26th Oct 2019 Ultra Marathon
 - Jed Running Festival 27th Oct 2019 10k & Half Marathon
 - Club XC date 2nd Nov 2019. 11 am start Boleside – Holly Bush
 - Presentation night 2nd Nov 2019 venue TBC
 - Borders XC Lauder 3rd Nov 2019 Registration
 - Nat Short Course XC 9th Nov Kirkcaldy
 - Borders XC Galashiels 17th Nov 2019
 - Borders XC Berwick 1st Dec 2019
 - Christmas night out 7th **Dec 2019 Townhouse Melrose.**
- Virgin London Marathon draw**
- East XC Champs 7th Dec 2019 Dundee
 - Festive 5km 8th Dec 2019 1pm * TBC
- also, possible alternative event festive head torch 5k 29th Nov or 6th Dec 2019 TBC Committee to discuss.*
- Ladhope XC 14th Dec 2019 11am start
 - Borders XC Peebles 15th Dec 2019

Training Times

Monday – 6:00pm – 7:00pm.

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

Monday – 7:00pm– 8:00pm

Strength & Conditioning

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

Queens Centre Melrose Road Galashiels TD1 2AD.

Thursday 6.15pm – 7:30 pm

senior track session, suitable for all levels.

Thursday 6:15pm – 7:30pm

Junior Athletics

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

Thursday: 6.30pm – 7:30pm

Couch to 5k group

Just come along and give it a try

Meet at Tweedbank sports complex TD1 3RS. Contact Charlotte Hendry

Email: chazmilluk@yahoo.co.uk

Events 2020

- Lauder to Melrose 2nd January 2020 10 miles social run.
- Borders XC Paxton 12th Jan 2020
- Feel the burns 19th Jan 2020 TBC* possible date TBC
- Borders XC Minto 2nd Feb 2020 Hawick
- Nat Mast XC Champ 8th Feb 2020 Johnstone
- Nat U12 SUPERteams Sunday 9th February Emirates Arena Glasgow.
- Nat XC Champs 22nd Feb 2020 Falkirk
- Borders XC Dunbar 23rd Feb 2020
- National U13, U15 and U20 Championships – Saturday & Sunday 29th February & 1st March
- Borders XC Chirnside 8th March 2020 Presentation round
- Nat Road Relays 28th March 2020 Livingston

www.galaharriers.co.uk