

# Gala Harriers Athletic Club 2019

- East XC Relays 12<sup>th</sup> Oct 2019 Livingston
- Holiday Tuesday 15<sup>th</sup> and Thursday 17<sup>th</sup> October  
2019 no Junior training  
(Neil's group train as normal).
- **Return to Training 24<sup>th</sup> Oct 2019 Competing Juniors train at Tweedbank non-competing Juniors train at the Queen Centre**
- **AGM** Friday 25<sup>th</sup> October.  
British Legion Galashiels.
- Nat XC Relays 26<sup>th</sup> Oct 2019 Cumbernauld
- Jed Running fest 26<sup>th</sup> Oct 2019 Ultra Marathon
- Jed Running Festival 27<sup>th</sup> Oct 2019 10k & Half Marathon
- Club XC date 2<sup>nd</sup> Nov 2019. 11 am start Boleside – Holly Bush
- Presentation night 2<sup>nd</sup> Nov 2019 venue TBC
- Borders XC Lauder 3<sup>rd</sup> Nov 2019 Registration
- Nat Short Course XC 9<sup>th</sup> Nov Kirkcaldy
- Borders XC Galashiels 17<sup>th</sup> Nov 2019
- Borders XC Berwick 1<sup>st</sup> Dec 2019
- Christmas night out 7<sup>th</sup> **Dec 2019 Townhouse Melrose.**  
**Virgin London Marathon draw**
- East XC Champs 7<sup>th</sup> Dec 2019 Dundee
- Festive 5k 8<sup>th</sup> Dec 2019 12:30pm Abbotsford House.
- Ladhope XC 14<sup>th</sup> Dec 2019 11am start
- Borders XC Peebles 15<sup>th</sup> Dec 2019
- **Junior Christmas Break** Last training session Thursday 19<sup>th</sup> Dec 2019  
Return Thursday 9<sup>th</sup> January 2020

## Events 2020

- Lauder to Melrose 2<sup>nd</sup> January 2020 10 miles social run.
- Borders XC Paxton 12<sup>th</sup> Jan 2020

## 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  
From 22<sup>nd</sup> Oct 2019 move indoors  
to Queen Centre until March 2020

**Tuesday** – 6:15pm – 7:30pm

Competing Juniors Tweedbank  
Sports Complex TD1 3RS  
Neil's group Endurance  
Meet at Queen Centre from 1<sup>st</sup>  
October 2019 winter training.  
Gerry & Kristina's group Hurdles  
jumps & Throws. 6:00pm – 7:15pm  
From 22<sup>nd</sup> Oct 2019 move indoors  
to Queen Centre until March 2020

**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.

- Feel the burns 19<sup>th</sup> Jan 2020 TBC\* possible date TBC
- Borders XC Minto 2<sup>nd</sup> Feb 2020 Hawick
- Nat Mast XC Champ 8<sup>th</sup> Feb 2020 Johnstone
- Nat U12 SUPERteams Sunday 9th February Emirates Arena Glasgow.
- Nat XC Champs 22<sup>nd</sup> Feb 2020 Falkirk
- Borders XC Dunbar 23<sup>rd</sup> Feb 2020
- National U13, U15 and U20 Championships – Saturday & Sunday 29th February & 1st March
- Borders XC Chirside 8<sup>th</sup> March 2020 Presentation round
- Nat Road Relays 28<sup>th</sup> March 2020 Livingston

**Thursday** 6:15pm – 7:30pm

### **Junior Athletics**

run, jump and throw. Juniors Athletics from age 8. From Thursday 24<sup>th</sup> October 2019 until March 2020 competing juniors continue to train at Tweedbank non competing junior move indoors to the Queen Centre.

**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

### **Junior Christmas Break**

Last training session Thursday 19<sup>th</sup> December 2019

Return Thursday 9<sup>th</sup> January 2020

[www.galaharriers.co.uk](http://www.galaharriers.co.uk)