

Gala Harriers Athletic Club

Forth Valley League Team Borders 29 APR 2017

The first match for 2017 will be at Craigswood Sports centre, Livingston.

Gala Harriers 10k & 3k fun run

Incorporating East District Championships. Tweedbank
7th May 2017. *Online entry & more information on web page*
www.galaharriers.co.uk



Rowan Boland Annual Junior Fun Run & Meigle run
Friday 12th May 2017 Gala Cricket Club.



Forth Valley League Team Borders 20th May 2017

Match 2 will take place at Meadowbank stadium, Edinburgh

Open Graded Athletics *Border Clubs U11 – U17*

31st May 2017 Tweedbank *decelerations from 5:30pm first event 6:30pm.*

Club 5K Broomieles/Kayside Thursday 8th June 2017

6pm for registration. *This will replace the senior track session*

Track 800m 22nd June 2017 Tweedbank Sports Complex
pickup numbers and warm up from 6pm race starts 6:30pm



Forth Valley League Team Borders 24th June 2017

The final this year is at Grangemouth stadium.

Eildon Three Hill Race

Melrose Rugby Club Greenyards Melrose
24th June 2017. *Online entry & more information on web page*
www.galaharriers.co.uk

Open Graded Athletics u11 u13 u15 u17

13th August 2017 Tweedbank

Junior Athletic club championships U11 – U17 Tweedbank
3rd September 2017.

Henderson Handicap Race Tweedbank

7th September 2017. This is a traditional race that includes a mile on the track followed by a trail run along the riverside

Training times

Monday – 6:00pm, 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 – 5:15pm – 6:10pm

Disability Athletics

Tweedbank Track TD1 3RS

Tuesday – 6.30pm – 7:30pm

senior road running session Queens
Centre Melrose Road Galashiels TD1
2AD.

Tuesday – 6:15pm – 7:30pm

Competing Juniors Tweedbank Sports
Complex TD1 3RS

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.

Gerry Moss Club Together Officer

Email: gerrymoss@hotmail.co.uk

www.galaharriers.co.uk