

Gala Harriers Athletic Club

Henderson Handicap Race Tweedbank

7th September 2017. This is a traditional club race. See Web page for online register. www.galaharriers.co.uk

Sat 14 th Oct 2017	East District XC Relays	Glamis Castle
Sat 21 st Oct 2017	East XC League "1"	Stirling
Sat 28 th Oct 2017	National XC Relays	Cumbernauld
Sun 5 th Nov 2017	Borders XC Round 1	Lauder
Sat 11 th Nov 2017	National Short Course XC Champs	Kirkcaldy
Sat 18 th Nov 2017	Gala Harriers Club Championships XC	Boleside Holly Bush
Sat 25 th Nov 2017	East XC League "2"	Alloa
Sat 25 th Nov 2017	Club Presentation night	Venue TBC
Sun 26 th Nov 2017	Borders XC Round 2	Dunbar
Sat 9 th Dec 2017	East District XC Champs	Livingston
Sun 10 th Dec 2017	Borders XC Round 3	Berwick "Spittal"
Sat 16 th Dec 2017	Ladhope XC Christmas night out.	Venue TBC
Tues 2 nd Jan 18	Lauder to Melrose RC	Tea & Bacon Roll
Sat 13 th Jan 2018	Inter District XC Champs (Invite only)	Holyrood Park
Sun 14 th Jan 2018	Borders XC Round 4	Paxton House
Sat 20 th Jan 2018	East XC League "3"	Broxburn
Sat 3 rd Feb 2018	Masters XC Champs	Venue TBC
Sun 4 th Feb 2018	Borders XC Round 5	Peebles
Sun 18 th Feb 2018	Borders XC Round 6	Galashiels
Sat 24 th Feb 2018	National XC Champs	Falkirk
Sun 4 th March 18	Borders XC Round 7	Chirnside
Sun 25 th March 18	National Road Relays	Livingston

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 – 5:15pm – 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

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www.galaharriers.co.uk