

Gala Harriers Athletic Club 2018

Forth Valley League Match 1
Saturday 28th April 2018 Livingston

Gala Harriers 10k & 3k Fun Run
Sunday 6th May 2018 Tweedbank enter online via
www.galaharriers.co.uk

Rowan Boland 5k Gala Cricket Club
Friday 25th May 2018

Forth Valley League Match 2
Saturday 26th May 2018 Livingston

Open graded Tweedbank Sports Complex TD1 3RS
Sunday 27th May 2018

Assistant Officials Training course

10:30am – 1:00pm Sunday 2nd June 2018

This award offers an introduction to officiating at a Track & Field or Sportshall competition and covers the basics in all disciplines

Tweedbank Sports Complex TD1 3RS. Online entry form available soon

Club 5k Kaeside
Thursday 7th June 2018 Meet at the track 6:00pm race starts 6:30pm

Forth Valley League Match 2
Saturday 23rd June 2018 Final Match Grangemouth

Eildon Hill Race
Saturday 23rd June 2018

Open graded Tweedbank Sports Complex
Thursday 9th August 2018 (Including senior 800m).

Henderson Race (Handicap)
Mile on the track followed by 3mile trail run along the river Tweed at Gattonside. Thursday 6th September 2018.

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 – 6:00pm

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 Sprints
& Throws.

Tuesday – 6.30pm – 7:30pm

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

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