

Gala Harriers Athletic Club 2018

Forth Valley League Match 2

Saturday 23rd June 2018 Final Match Grangemouth

Eildon Hill Race

Saturday 23rd June 2018

Kelso 10k

Sunday 15 July 2018 at 11.00am

Open graded Tweedbank Sports Complex

Thursday 9th August 2018 (Including senior 800m).

Abbotsford Trail Race Abbotsford House TD6 9BQ,

Sunday 19th August 2018

Teviotdale Harriers 10k Jog Scotland Hawick 5k Challenge

Sunday 26 Aug 2018

Henderson Race (Handicap)

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

Junior Club Championship 16th September 2018

U11 U13 U15 U17 Certificates for all Athletes

Trophy for Category winners.

THE 35TH TWO BREWERIES HILL RACE

A RACE FROM TRAQUAIR HOUSE IN INNERLEITHEN TO BROUGHTON

RACE CATEGORY AL, 30KM / 18 MILES, 1500M / 4900FT ASCENT.

SATURDAY, 22 SEPTEMBER 2018

Borders XC entry live 6:00am 1st October 2018

First 300 guaranteed places then waiting list. This year there will be 8 races with Teviotdale setting up a new route in Hawick.

Jedburgh Running Festival 2018

Ultra-Marathon 27th Oct 2018 / Half Marathon 28th Oct 2018

Christmas Night out Melrose

15th December 2018

Training Times

Monday – 6:00pm – 7:00pm.

Change venue for the summer.

Training for seniors will now meet at the **3G Arena, Netherdale, Galashiels.**

Return to the Queen Centre Monday 13th August 2018 Suitable for all levels of ability.

Monday – 7:00pm – 8:00pm

Strength & Conditioning

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 jumps & Throws.

Tuesday – 6.30pm – 7:30pm

senior road running session Change of venue for the Summer. 3G Arena Netherdale. Return to the Queen Centre Tuesday 14th August 2018

Thursday 6.15pm – 7:30pm

senior track session, suitable for all levels.

Thursday

Junior Athletics 6:15pm – 7:30pm

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

Gerry Moss Club Together

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