

Gala Harriers AC Events 2018/19

Gala Harriers Hollybush to Boleside XC Championships Handicap
Saturday 3rd November 2018.

Gala Harriers Presentation night Saturday 3rd November 2018
Venue Ladhope Golf Club 7:00pm for a 7:30pm start. All welcome.

Borders XC 1st round Lauder Sunday 4th November 2018

Scottish athletics National Short Course XC Championships
Saturday 10th November 2018. Lanark Equestrian Centre.

Borders XC 2nd Round Dunbar Sunday 18th November 2018

East District Cross Country League 2 Broxburn
Saturday 24th November 2018. (*juniors run as Team Borders*).

Borders XC 3rd Round Peebles Sunday 2nd December 2018
Hay Lodge Park.



Gala Harriers Festive 5k
Saturday 8th December 2018 enter online via
www.galaharriers.co.uk

Lindsays' Scottish athletics East District Cross Country Championships
Aberdeen Saturday 8th December 2018.

Gala Harriers Ladhope XC handicap Saturday 15th December 2018
(*Junior & Senior race*)

Gala Harriers Christmas Night out Melrose Saturday 15th Dec 18

Borders XC 4th Round Spittal / Berwick. Sunday 16th Dec 2018

Scottish athletics Inter-District XC Championships Stirling
Saturday 12th January 2019

Borders XC 5th Round Paxton House. Sunday 13th January 2019.

East District Cross Country League 3 Saturday 19th January 2019
Livingston. (*Juniors run as Team Borders*).

Scottish athletics Masters Cross Country Championships
Saturday 2nd February 2019 Hawick

Borders XC 6th Round Sunday 3rd February 2019
New route in Hawick, more information to follow.

Training Times

Monday – 6:00pm – 7:00pm.

Senior running session. Sessions to match your 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 *matching your ability* 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 Queen Centre Melrose Road TD1 2AD

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.

There will be no training for main junior group on:

Thursday 11th October 2018.

Non competing junior will go indoors to the Queen Centre the following Thursday 18th October 2018 and return to Tweedbank Thursday 28th March 2019. Competing Juniors continue to train at the Tweedbank track.

Christmas Holiday:

Main juniors group last day Thursday 20th December 2018 return Thursday 10th January 2019.

Borders XC 7th Round Chirnside Sunday 17th February 2019

Lindsays' Scottish athletics National Cross Country Championships

Saturday 23rd February 2019 venue TBC

SSAA Secondary Schools' Cross Country Championships

Saturday 2nd March 2019 Hopetoun House Estate

Borders XC Gala Harriers Presentation Round 10th March 2018 Bespoke medal for anyone completing four rounds, Trophies for series winners, trophies for age category winners, James Curran Trophies for first Gala Harrier Male / Female.

You are very welcome to come along and give one of our sessions a try, after two weeks you can consider joining the club.

Junior Come and try athletes will register in the Tweedbank office and pay the £2 track fee.

From the 1st October 2018 Gala Harriers membership fee will be half price.

1st October 2018 – 31st March 2019.

Membership renewal 1st April 2019.



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www.galaharriers.co.uk