

GALA HARRIERS

GENERAL INFORMATION for 2010

Club Training Nights

Monday at 6 pm	meet at the Queens Centre, Galashiels
Tuesday at 6.30 pm	meet at the Queens Centre, Galashiels
Thursday at 6.15 pm	meet at Tweedbank Sports Centre for warm-up prior to main session from 6.30-7.30

Sessions vary from short/long repetitions, hill work, and continuous runs or in the summer months, off road. Each session last approximately one hour and is open to all regardless of ability.

Club membership fees are set at the Annual General Meeting and are currently as detailed below:

	12-months (April –March)
Seniors	£25
Juniors	£20(up to 17 years of age) including an item of kit
Family	£50 (up to 2 adults and 2 children)
Concessions	£20 (students, OAP etc)

In addition, a £1.00 charge is payable at the start of each Monday, Tuesday & Thursday training session.

This money is used to help fund training for the coaches and to subsidise social events, club kit and the use of Tweedbank Sports Centre.

An additional charge of £1.10 is also payable for club members who attend Tweedbank Sports Centre on a Thursday for the track session for adults. (Non-members pay the current track price)

Dates of Club Races in 2010

Centenary 10k and 3k fun run	11.04.10
5000m senior track race and junior race night	10.06.10
Hollybush Club 10k Handicap*	09.05.10
Eldon 2 Hill Race	26.06.10
Henderson Races*	02.09.10
Ladhope XC Handicap*	25.09.10
Club XC Championship*	Saturday 6th November at 2pm 2010

Entry fee per race is £1 for adults and 50p for juniors, payable on the day. This excludes the Eildon 2 Hills Race and the Centenary 10K races that are open, so different entry fees apply.

* These races are handicapped on ability, so everyone has a chance to win.

Office Bearers and Roles for 2009 / 2010

President	Tony Lunn tony_lunn@hotmail.com
Men's Captain	Magnus Inglis
Ladies Captain	Rachel Fagan
Treasurer	Martin Clarke (Tel: 01750 20230)
Secretary	Fiona Shepherd
Membership Secretary	Tina Hulton
Junior Co-ordinator	TBA
Welfare Officer	Fiona Shepherd
Social Convenor	Fiona Shepherd fiona.shepard@sky.com
Webmaster	Tony Lunn tony_lunn@hotmail.com
Press Secretary	Rosi Capper (Tel: 01578 740269) rosi@westruther.com
General Committee Members	Paul Morris, Scott Forsyth, Ann Lawrie, Anne Purves, Billy McCulloch, Derek Brydon

General Information

Coaching –

The Club has a number of coaches who work under the guidance of the Head Coach, Neil Renton (Tel: 01896 751598). If you would like advice on any aspects of your training, then please speak to Neil or one of the coaches. The other coaches in the club are (this is under review):

Neil Aitchison	Tina Hulton	Eileen Nicol	David Hunter
Graham Capper	Tommy Knox	Karen Renton	Gillian Ingles
Rosi Capper	Tony Lunn	Lynsey Renton	Graeme Murdoch
Leanne Haining	Caroline McDermott	Will McDermott	Neil Renton

Social Events

It's not all about running – there are various social events held throughout the year. If you have an idea for a social event, then Fiona Shepherd, Social Convenor, would be delighted to hear from you.

Website & Email

The club has a website - www.galaharriers.com which members are encouraged to use to obtain further up-to-date information on club activities, race results and to communicate with other members. Club members are asked on their membership forms for their email address this is to send information about forthcoming events in the club and also information from other clubs regarding events you may be interested in. If you change your email address please notify Tina Hulton who can update the address on record. By using the web site and email more we will reduce the need to print and send information to members.

Committee Meetings

The Committee meets on a regular basis and all club members are welcome to attend. If you have any ideas or issues that you would like to raise, please feel free to speak to a committee member. Minutes are available on the website.

Scottish Athletics

Gala Harriers as a club is affiliated to Scottish Athletics Ltd (SAL). You can also affiliate as an individual. If you wish to run in the East District, National Cross Country Championships or Road Relays then you must be an individual member of SAL and the club pays the entry fees into these events. As an individual member of SAL you also save £2 on entry fees at most SAL events. For further information, telephone 0870 145 1500 or visit the SAL website at www.scottishathletics.org

Borders Winter Cross Country Series

This is a local cross-country series, run over the winter, with six races making up the series. To qualify for the series and be in with a chance of the prizes, both individual and team, you need to compete in four out of the six races. Race dates and venues are available on the website and the notice boards at the Queens Centre and Tweedbank.

Club Kit

A range of club kit is available from Rosi Capper. For information on availability, sizes, prices etc. please don't hesitate to contact her (01578 740269). Information is also available on the website.

Press Reports

A weekly race report is submitted to local papers and the media. Although much can be done from results posted on website, you have a responsibility to communicate any details of an event you've competed in to Rosi Capper by Sunday evening in order for your achievement to be included in the press release.

Athlete Support

Financial support is available for both junior and senior athletes selected to compete at a variety of levels. See website for more information on travel expenses or contact the club secretary.

Volunteers

The club depends on volunteers to run and support the club, from race marshals to assisting with junior coaching duties. If you would like to assist please contact our volunteer co-ordinator Paul Morris at paultheshrink@hotmail.com