



The Harriers

17th December 2019



GGH XMAS Cinema Friday 27th Dec

The club's annual visit to the cinema for ALL junior members, will be on Friday 27th Dec at the Waterfront Cinema. You will have the choice of watching either the new Jumnaji or Star Wars movies. Meet at the Cinema at 1.30pm. Pick-up afterwards approx. 4pm

Holiday Training & Races

It will still be a busy time over Christmas with plenty of training sessions & races

Date	Type	Venue	
22-Dec-19	Sun	XC	tower hill 11am-12pm: XC League #4 (U11+)
23-Dec-19	Mon		
24-Dec-19	Tue	Track	Ravenscraig 12.00pm - 1.15pm: (100m/200m/800m races)
25-Dec-19	Wed	Road	Esplanade 9.30am Xmas Day Parkrun
26-Dec-19	Thu	Trail	coves 12.00pm Meet at Hospital Overflow carpark (u13+)
27-Dec-19	Fri		CINEMA 1.30pm at Waterfront Cinema
28-Dec-19	Sat		
29-Dec-19	Sun	XC	tower hill 11am-12pm: XC League #5 (U11+)
30-Dec-19	Mon		
31-Dec-19	Tue	Trail	coves 12.00pm: Meet at Hospital Overflow carpark (u13+)
01-Jan-20	Wed	Road	Lyle Mile Race 12 noon at Bottom of Lyle Road (u11+)
02-Jan-20	Thu		
03-Jan-20	Fri		
04-Jan-20	Sat	Trail	Club Race 1.30pm - Coves Reservoir, Harris Trophy (U11+)
05-Jan-20	Sun		
06-Jan-20	Mon		
07-Jan-20	Tue	Track	Ravenscraig 6.00pm-7.15pm
08-Jan-20	Wed		
09-Jan-20	Thu	Track	Ravenscraig 6.00pm-7.15pm

- On Xmas eve there is training session at Ravenscraig stadium at 12.00 to 1.15pm. (*note the earlier time) The session will include 3 races over 100m, 200m & 800m *enter the track via the Ravenscraig sports centre. (Seniors are welcome to take part).

- The Lyle Mile is an uphill race starting under the railway bridge next to Fort Matilda station up to the Cross of Lorraine. Registration is at the start line – Give yourself plenty of time to get registered.
- The Harris Trophy races take place over the paths around the Coves Reservoirs. U11 race distance is 1km, U13s 1.5 miles, U15s&U17s 3miles. Meet at Hospital Overflow Carpark – Registration at the start from 1.15pm. Races start at 1.45pm.

Race Round-Up

- We had a very successful day at Tower Hill at the Renfrewshire Cross Country Championships with 10 of our juniors picking up medals: Bronze Individual U17 Abbie Tosh; Silver Team U15 Girls Katie Johnson, Sophie Campbell, & Francesca McKay; Gold Individual U15 Jude Dolan: Silver Team U15 Jude Dolan, Ben Campbell, & Alex Wiseman: Silver Individual U13 Ava Beaton: Silver Team U13 Ava Beaton Erin McEleny, & Summer Taggart.
- At the West District Championships at Loch Lomond, over a very tough course there were some exceptional performances, especially from Abbie Tosh, in her longest race to date she also had to contend with the worst of the weather, as did Shaun Wiseman whose strength and stamina saw him produce his best performance in Glenpark colours.
 Congratulations though goes to David Docherty, Ava Beaton and Harry McGill who all finished in the top 12 which gained them selection for the West District Team to the Inter district XC Championships which will be held at Stirling in January. Just reward for all their hard work this season.

Annual Subscriptions Reminder: Junior members £50; 2nd member of same family £30; Family membership £100: Please pay by Bank Transfer: Sort Code 80-08-21 Account Number 00385954. - If you cannot pay by bank transfer put cash or cheque in a sealed envelope with member/s name written clearly on outside of envelope and pass a coach.