

Event Calendar

December 2024

01 — Sunday

No events

02 — Monday

No events

03 — Tuesday

04:45 — 06:00 GFRS BNE Interval Training Session

05:15 — 06:30 GFRS BNE Interval Training Session

04 — Wednesday

05:30 — 06:30 GFRS IPS Interval Training Session

16:30 — 17:30 GFRS BNE Junior Cross Country Session

05 — Thursday

05:15 — 06:30 GFRS BNE Trail Run Session

18:00 — 19:00 GFRS BNE Women's U/30 Group Run

06 — Friday

05:30 — 06:30 GFRS IPS Tempo Training Session

07 — Saturday

05:30 — 07:30 GFRS BNE Long Slow Run

08 — Sunday

16:30 — 17:30 GFRS BNE Junior Cross Country Session

09 — Monday

No events

10 — Tuesday

04:45 — 06:00 GFRS BNE Interval Training Session

05:15 — 06:30 GFRS BNE Interval Training Session

11 — Wednesday

05:30 — 06:30 GFRS IPS Interval Training Session

16:30 — 17:30 GFRS BNE Junior Cross Country Session

12 — Thursday

05:15 — 06:30 GFRS BNE Tempo Run

13 — Friday

05:30 — 06:30 GFRS IPS Tempo Training Session

14 — Saturday

05:30 — 07:30 GFRS BNE SANTA RUN

15 — Sunday

16:30 — 17:30 GFRS BNE Junior Cross Country Session

16 — Monday

No events

17 — Tuesday

05:15 — 06:30 GFRS BNE Interval Training Session

18 — Wednesday

05:30 — 06:30 GFRS IPS Interval Training Session

16:30 — 17:30 GFRS BNE Junior Cross Country Session

19 — Thursday

05:15 — 06:30 GFRS BNE Trail Run Session

20 — Friday

05:30 — 06:30 GFRS IPS Tempo Training Session

21 — Saturday

05:30 — 07:30 GFRS BNE THE GREAT RACE

22 — Sunday

No events

23 — Monday

No events

24 — Tuesday

05:15 — 06:30 GFRS BNE Interval Training Session

25 — Wednesday

No events

26 — Thursday

No events

27 — Friday

05:30 — 06:30 GFRS BNE Women's Running Group

28 — Saturday

05:30 — 07:30 GFRS BNE RETRO RUN

29 — Sunday

No events

30 — Monday

No events

31 — Tuesday

05:15 — 06:30 GFRS BNE Interval Training Session