GaleForce Running Squad

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Event Calendar

October 2026

01 — Thursday

No events

02 — Friday

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

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

03 — Saturday

05:30 — 07:30 GFRS BNE Long Slow Run

04 — Sunday

No events

05 — Monday

No events

06 — Tuesday

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

07 — Wednesday

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

16:30 — 17:45 GFRS BNE Junior Cross Country Session

08 — Thursday

No events

09 — Friday

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

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

10 — Saturday

05:30 — 07:30 GFRS BNE Long Slow Run

11 — Sunday

No events

12 — Monday

No events

13 — Tuesday

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

14 — Wednesday

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

15 — Thursday

05:15 — 06:30 GFRS BNE Trail Run

16 — Friday

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

17 — Saturday

05:30 — 07:30 GFRS BNE Long Slow Run

18 — Sunday

16:30 — 17:45 GFRS BNE Junior Cross Country Session

19 — Monday

No events

20 — Tuesday

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

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

21 — Wednesday

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

22 — Thursday

05:15 — 06:30 GFRS BNE Tempo Run

23 — Friday

No events

24 — Saturday

05:30 — 07:30 GFRS BNE Long Slow Run

25 — Sunday

No events

26 — Monday

No events

27 — Tuesday

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

28 — Wednesday

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

16:30 — 17:45 GFRS BNE Junior Cross Country Session

29 — Thursday

05:15 — 06:30 GFRS BNE Tempo Run

30 — Friday

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

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

31 — Saturday

05:30 — 07:30 GFRS BNE Long Slow Run

November 2026

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19:00 — 23:00 20 YEAR GALA DINNER

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