

Event Calendar

November 2024

01 — Friday

No events

02 — Saturday

05:30 — 07:30 GFERS BNE Long Slow Run

03 — Sunday

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

04 — Monday

No events

05 — Tuesday

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

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

06 — Wednesday

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

07 — Thursday

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

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

08 — Friday

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

09 — Saturday

05:30 — 07:30 GFERS BNE Long Slow Run

10 — Sunday

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

11 — Monday

No events

12 — Tuesday

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

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

13 — Wednesday

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

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

14 — Thursday

05:15 — 06:30 GFRS BNE Tempo Run

15 — Friday

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

16 — Saturday

05:30 — 07:30 GFRS BNE Long Slow Run

17 — Sunday

No events

18 — Monday

No events

19 — Tuesday

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

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

20 — Wednesday

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

21 — Thursday

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

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

22 — Friday

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

23 — Saturday

05:30 — 07:30 GFRS BNE Long Slow Run

24 — Sunday

No events

25 — Monday

No events

26 — Tuesday

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

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

27 — Wednesday

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

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

28 — Thursday

05:15 — 06:30 GFRS BNE Tempo Run

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

29 — Friday

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

30 — Saturday

05:30 — 07:30 GFRS BNE Long Slow Run

December 2024

01 — Sunday

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

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

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 GFRRS IPS Tempo Training Session

14 — Saturday

05:30 — 07:30 GFRRS BNE SANTA RUN

15 — Sunday

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

16 — Monday

No events

17 — Tuesday

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

18 — Wednesday

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

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

19 — Thursday

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

20 — Friday

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

21 — Saturday

05:30 — 07:30 GFRRS BNE THE GREAT RACE

22 — Sunday

No events

23 — Monday

No events

24 — Tuesday

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

25 — Wednesday

No events

26 — Thursday

No events

27 — Friday

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

28 — Saturday

05:30 — 07:30 GFRRS BNE RETRO RUN

29 — Sunday

No events

30 — Monday

No events

31 — Tuesday

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