

## **Bellahouston Harriers**

Amateur running club based in the south side of Glasgow. Est. 1892.

Welcoming runners of all paces.

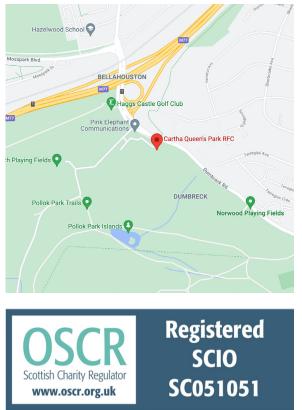
We train on Tuesday & Thursday evening at 6:30 pm.

#### Meeting at:

Cartha Queen's Park RFC 92 Dumbreck Rd, Bellahouston, Glasgow G41 4SN

Everyone is welcome to come along and try us out free for two weeks before joining.







# **Bellahouston Harriers**

We use an app called 'TeamApp' for all our training plans and general organisation of club activities.

### To come along to a training session, please follow these steps to join our app:

1. Scan the QR code below & download Team App or visit www.teamapp.com.

2. Sign up to Team App and log in to your account.

3. Search for 'Bellahouston Harriers' and request to join.







# **Bellahouston Harriers**

Once you have requested to join the club, our membership secretary will approve your request.

At the Harriers, we run in groups according to ability so that everyone is running with someone else at their own pace.

You will then be allocated to your most appropriate group and access all training sessions under the 'Events' tab of our App.

Fees for 2022-2023 memberships:

• Junior £11

OESPERA

• Senior £80

Any questions, please contact:

bellahoustonharriersmembership@gmail.com

