

galeforce RUNNING SQUAD

Established in 2007, GFRS is designed to provide recreational, fun-runners and the more serious athlete with a range of quality training sessions and methods to ensure you get the most out of training!



Training Sessions

DAY	TIME	LOCATION	SESSION TYPE
Tuesday	5:15am	University of Queensland	Interval Session
Wednesday	5:30am	Limestone Park	Interval Session
Wednesday	6:00pm	Roma St. Parklands	Beginners Running Session
Thursday	5:30am	Brisbane West (please contact for weekly location)	Hill Running Session
Friday	5:30am	Kangaroo Point Park	Women's Running Session
Saturday	5:30am	Regatta Hotel	Long Slow Run

MAJOR SPONSORS



CORPORATE PARTNERS



CHARITABLE BENEFICIARY



SUPPORT PARTNERS



EVENTS



AFFILIATED ORGANISATIONS

