



GOSFORTH RFC

SENIOR PRE SEASON 2019 -20

JULY

Tuesday 2 nd	7pm – 8.30pm	GRFC
Thursday 4 th	7pm – 8.30pm	GRFC
Saturday 6 th	11am - Noon	Longsands Beach
Tuesday 9 th	7pm – 8.30pm	GRFC
Thursday 11 th	7pm – 8.30pm	GRFC
Saturday 13 th	11am – Noon	Longsand Beach
Tuesday 16 th	7pm – 8.30pm	GRFC
Thursday 18 th	7pm – 8.30pm	GRFC
Saturday 20 th	11am – Noon	Longsands Beach
Tuesday 23 ^d	7pm – 8.30pm	GRFC
Thursday 25 th	7pm – 8.30pm	GRFC
Saturday 27 th	Noon – 1pm	Longsands + fish n chips *
Tuesday 30 th	7pm – 8.30pm	GRFC

AUGUST

Thursday 1 st	7pm – 8.30pm	GRFC
Tuesday 6 th	7pm – 8.30pm	GRFC
Thursday 8 th	7pm – 8.30pm	GRFC
Saturday 10 th	Warm Up fixture	Broughton RFC, Edinburgh
Tuesday 13 th	7pm – 8.30pm	GRFC
Thursday 15 th	7pm – 8.30pm	GRFC
Saturday 17 th	Ringtons Tea Trophy v Novos	GRFC
Tuesday 20 th	7pm – 8.30pm	GRFC
Thursday 22 nd	7pm – 8.30pm	GRFC
Tuesday 27 th	7pm – 8.30pm	GRFC
Thursday 29 th	7pm - 8.30pm	GRFC
Saturday 31 st	Cup v Ashington	GRFC

*To get your free fish n chips you must have attended over 50% of the training sessions