

Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	31 January 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed		
Tuesday	01 February 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed		
Tuesday	01 February 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km speed endurance repetitions	
Wednesday	02 February 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed		
Thursday	02 February 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Hills	Long Hill endurance	
Friday	04 February 2022	Titchfield Boxing Club	9:30am	Louise Tanner	Hills		
							Ryde 10ml Race
Monday	07 February 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills		
Tuesday	08 February 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed		
Tuesday	08 February 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Fartlek lamp posts at Red path	
Wednesday	09 February 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed		
Thursday	10 February 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed		
Friday	11 February 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills		
							CC6 XC Kings Garn
Monday	14 February 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed		
Tuesday	15 February 2022	Crofton Community Centre	9:15am	Lisa	Speed		
Tuesday	15 February 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Paarlufs at Crescent Rd (Long hill efforts)	
Wednesday	16 February 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed		
Thursday	17 February 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Hills		
Thursday	17 February 2022	Club Time Trial - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	18 February 2022	Warsash Newtown Road	9:30am	Louise Tanner	Hills		
							Hants XC
Monday	21 February 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills		
Tuesday	22 February 2022	Crofton Community Centre	9:15am	Lisa	Speed		
Tuesday	22 February 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	800m Speed endurance repetitions	
Wednesday	23 February 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed		
Thursday	24 February 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed		
Friday	25 February 2022	No session					
							National XC Championships
Monday	28 February 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed		
Tuesday	01 March 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed		
Tuesday	01 March 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	400m speed endurance repetitions at Sports Ground	
Wednesday	02 March 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed		
Thursday	03 March 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Hills		
Friday	04 March 2022	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills		
							CC6 XC Badgers Farm
Monday	07 March 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills		
Tuesday	08 March 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed		
Tuesday	08 March 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill repetitions with plyometrics at Coach Hill	
Wednesday	09 March 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed		
Thursday	10 March 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed		

Friday	11 March 2022	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	
Monday	14 March 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	
Tuesday	15 March 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	
Tuesday	15 March 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml speed endurance repetitions
Wednesday	16 March 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	
Thursday	17 March 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Hills	
Friday	18 March 2022	Whiteley Parkway	9:30am	Louise Tanner	Hills	
Monday	21 March 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Hants XC
Tuesday	22 March 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	
Tuesday	22 March 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on whistle at Sports Ground
Wednesday	23 March 2022	Crofton Community Centre	6:30pm	Chris Stapleford	Speed	
Thursday	24 March 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitch	Speed	1 km speed endurance repetitions at Anchor Lane
Thursday	24 March 2022	Sarisbury Cricket Ground, Barns Lane	06:30	Nigel Whitcher	Speed	
Friday	25 March 2022	Warsash	9:30am	Louise Tanner	Hills	
*****BRITISH SUMMER TIME *****						
Monday	28 March 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	CC6 Fleming Park
Tuesday	29 March 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	
Tuesday	29 March 2022	Titchfield Boxing Club	6:30pm	Mike White and Frances Lord	Hills	Titchfield Barn Long and Short hills session
Thursday	31 March 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitch	Speed	Beach Sprint Repetitions at Lee
Thursday	31 March 2022	Holly Hill Woodland Park	06:30	Frances Lord	Hills	Roller Coasters
Friday	01 April 2022	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	
Monday	04 April 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	Salisbury 10ml Race
Tuesday	05 April 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	
Tuesday	05 April 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	800m repetitions at Schooner Way
Thursday	07 April 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitch	Speed	Lee Seafront Sprints on the whistle
Thursday	07 April 2022	Holly Hill Woodland Park	06:30	Nigel Whitcher	Speed	
Friday	08 April 2022	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	
Monday	11 April 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	
Tuesday	12 April 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	
Tuesday	12 April 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	400m speed variations at Sports Ground
Thursday	14 April 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitch	Speed	Pace progression Speed endurance at Lee Triangle
Thursday	14 April 2022	Holly Hill Woodland Park	06:30	Nigel Whitcher	Hills	
Friday	15 April 2022	No session (Bank Holiday)			Hills	
Monday	18 April 2022	Whiteley Parkway	6:30pm	Tom Mellor	Speed	
Tuesday	19 April 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	
Tuesday	19 April 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Short hill repeats top of Red Path
Thursday	21 April 2022	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitch	Speed	1km Speed Endurance Reps at Anker Lane
Thursday	21 April 2022	Holly Hill Woodland Park	06:30	Nigel Whitcher	Speed	

Friday	22 April 2022	Whiteley	9:30am	Louise Tanner	Hills	
Monday	25 April 2022	Whiteley Parkway	6:30pm	Tom Mellor	Hills	
Tuesday	26 April 2022	Crofton Community Centre	9:15am	Lisa Donn	Speed	
Tuesday	26 April 2022	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km repetitions at Brownwich Lane
Thursday	28 April 2022	Holly Hill Woodland Park	6:30pm	Nigel Whitcher	Hills	
Thursday	28 April 2022	Club Time Trial - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock
Friday	29 April 2022	Warsash	9:30am	Louise Tanner	Hills	