

Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	30 January 2023	Whiteley Meadowside	6:30pm	Tom Mellor	Hills	Short hills	HRRL RYDE 10ml 5th Feb
Tuesday	31 January 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Negative split climbers	
Tuesday	31 January 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	550m loop with pace variation at Sovereign Crescent	
Thursday	02 February 2023	Daedalus Control Tower	6:30pm	Sarah Barron and Sara McRitchie	Speed	350m Hangers	
Friday	03 February 2023	Warsash (Newtown Road)	9:30am	Louise Tanner	Hills	Continous efforts	
Monday	06 February 2023	Whiteley Meadowside	6:30pm	Tom Mellor	Speed	Fast/Faster/Fastest	HANTS XC Popham 11th Feb CC6 XC Badger Farm 12th Feb
Tuesday	07 February 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	1 minute efforts on the whistle	
Tuesday	07 February 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill repetitions with plyometrics at Coach Hill	
Thursday	09 February 2023	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Eric Road	
Friday	10 February 2023	Locks Heath Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	13 February 2023	Whiteley Meadowside	6:30pm	Tom Mellor	Hills	Long hills summit attacks	
Tuesday	14 February 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Half Term session - 60/30/60 efforts	
Tuesday	14 February 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km Speed endurance repetitions at Crescent Road	
Thursday	16 February 2023	Club Time Trial - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	17 February 2023	Titchfield (Boxing Club car park)	9:30am	Louise Tanner	Hills	Endurance efforts	
Monday	20 February 2023	Whiteley Meadowside	6:30pm	Tom Mellor	Speed	Speed out and back tempo run	SCC XC Alice Holt 26th Feb
Tuesday	21 February 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	5k fine tuning (longer and shorter fast finishes)	
Tuesday	21 February 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the whistle at LH Sports Ground	
Thursday	23 February 2023	Daedalus control Tower	6:30pm	Sarah Barron and Sara McRitchie	Speed	Lee Triangles	
Friday	24 February 2023	Whiteley Parkway	9:30am	Louise Tanner	Hills	Long hills	
Monday	27 February 2023	Whiteley Meadowside	6:30pm	Tom Mellor	Hills	Short hills	HANT XC Kings Park 4th Mar
Tuesday	28 February 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Giblets Ore efforts	
Tuesday	28 February 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and Short Hill Reps at St John's Road	
Thursday	02 March 2023	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Anker Lane 1k	
Friday	03 March 2023	Warsash (Newtown Road)	9:30am	Louise Tanner	Hills	Continuous efforts	
Monday	06 March 2023	Whiteley Meadowside	6:30pm	Tom Mellor	Speed	Short interval pyramids	CC6 XC Fleming Park 12th Mar
Tuesday	07 March 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Hills of Daedalus Park	
Tuesday	07 March 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml Speed endurance repetitions at Schooner Way	
Thursday	09 March 2023	Daedalus control Tower	6:30pm	Sarah Barron and Sara McRitchie	Speed	OTW	
Friday	10 March 2023	Titchfield (Boxing Club car park)	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	13 March 2023	Whiteley Meadowside	6:30pm	Tom Mellor	Hills	Kenyan hills	
Tuesday	14 March 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	pyramids	
Tuesday	14 March 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	400m/200m Reps with 200m RI at LH Sports Ground	
Thursday	16 March 2023	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Cottes Way 600m	
Friday	17 March 2023	Locks Heath Centre	9:30am	Louise Tanner	Hills	Rollercoasters	

Monday	20 March 2023	Whiteley Meadowside	6:30pm	Tom Mellor	Speed	Tempo 60/60	HRRL Salisbury 10ml 26th Mar
Tuesday	21 March 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	2 minute efforts	
Tuesday	21 March 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Short hill repetitions at top of Red Path	
Thursday	23 March 2023	Daedalus control Tower	6:30pm	Sarah Barron and Sara McRitchie	Speed	Shingle Sprints	
Friday	24 March 2023	Whiteley Parkway	9:30am	Louise Tanner	Hills	Kenyan hills	
						DAYLIGHT SAVING STARTS (CLOCKS CHANGE)	
Monday	27 March 2023	Whiteley Meadowside	6:30pm	Tom Mellor	Hills	Lampost pyramids	
Tuesday	28 March 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Flying 30's	
Tuesday	28 March 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	800m repetitions at Priory Park	
Thursday	30 March 2023	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Queens Crescent 400m	
Friday	31 March 2023	Warsash (Newtown Road)	9:30am	Louise Tanner	Hills	Continuous efforts	
Monday	03 April 2023	No session tonight	6:30pm		Speed		
Tuesday	04 April 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Fast, faster, fastest	
Tuesday	04 April 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Short speed and short hill reps at LH Sports Ground	
Thursday	06 April 2023	Daedalus control Tower	6:30pm	Sarah Barron and Sara McRitchie	Speed	Lee Triangle	
Thursday	06 April 2023	Holly Hill Woodland Park, (subject to light conditions, see FB post on the day)	6:30pm	Frances Lord and Julie Ashman	Hills	TBD	
Friday	07 April 2023	BANK HOLIDAY (GOOD FRIDAY)	9:30am	Louise Tanner	Hills	NO SESSION	
Monday	10 April 2023	BANK HOLIDAY (EASTER MONDAY)	6:30pm	Tom Mellor	Hills	NO SESSION	
Tuesday	11 April 2023	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Gear Shifters	
Tuesday	11 April 2023	Titchfield Boxing Club	6:30pm	Mike White and Frances Lord	Hills	Hill Repetitions at Titchfield Barn	
Thursday	13 April 2023	Club Time Trial - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	4ml run on pavement against the clock	
Thursday	13 April 2023	Holly Hill Woodland Park, (subject to light conditions, see FB post on the day)	6:30pm	Frances Lord and Julie Ashman	Hills	TBD	
Friday	14 April 2023	Whiteley Parkway	9:30am	Louise Tanner	Hills	Pyramids	
Monday	17 April 2023	Whiteley Meadowside	6:30pm	Tom Mellor	Hills	Continous hills	
Tuesday	18 April 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Shingle Reps	
Tuesday	18 April 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1Km loops to beach (or at Prelate Way if paths muddy).	
Thursday	20 April 2023	Crofton Community Centre	6:30pm	Sarah Barron and Sara McRitchie	Speed	Cottes Way 600m	
Thursday	20 April 2023	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	TBD	
Friday	21 April 2023	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	24 April 2023	Whiteley Meadowside	6:30pm	Tom Mellor	Speed	1k tempo loops	
Tuesday	25 April 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Double pyramids	
Tuesday	25 April 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	400m reps around Park at the top of St John's Road	
Thursday	27 April 2023	Daedalus control Tower	6:30pm	Sarah Barron and Sara McRitchie	Speed	OTW	
Thursday	27 April 2023	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	TBD	

Friday	28 April 2023	Locks Heath Centre	9:30am	Louise Tanner	Hills	Rollercoasters	