

Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	31 July 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long hills	2nd Aug RR10 Badger Farm
Tuesday	01 August 2023	NO SESSION	9:30am	Lisa Donn/Martin Powell	Speed	NO SESSION	
Tuesday	01 August 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km loops to the beach at Chilling field	
Thursday	03 August 2023	Club Time Trial - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	4ml run on pavement against the clock	
Thursday	03 August 2023	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	"Varioius Hills"	
Friday	04 August 2023	Newtown Road Warsash	9:30am	Julie Ashman	Hills	Continuous Hills	
Monday	07 August 2023	NO SESSION	6:30pm	Tom Mellor		NO SESSION	
Tuesday	08 August 2023	NO SESSION	9:30am	Lisa Donn/Martin Powell	Speed	NO SESSION	
Tuesday	08 August 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Shingle reps at Chilling beach, (depending on weather, otherwise 600m speed variation session at Sovereign Crescent)	
Thursday	10 August 2023	Crofton Community Centre	6:45pm	Sarah Barron	Speed	600m Cottes Way	
Thursday	10 August 2023	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	"Varioius Hills"	
Friday	11 August 2023		9:30am			NO SESSION	
Monday	14 August 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	1k tempo loops	16th Aug RR10 IBM Hursley
Tuesday	15 August 2023	NO SESSION	9:30am	Lisa Donn/Martin Powell	Speed	NO SESSION	
Tuesday	15 August 2023	Titchfield Boxing Club	6:30pm	Mike White and Frances Lord	Hills	Hill repetitions on bridle path near Fisherman's Rest	
Thursday	17 August 2023	Daedalus	6:30pm	Sarah Barron	Speed	1minute Implacable Road	
Thursday	17 August 2023	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	"Varioius Hills"	
Friday	18 August 2023	Whiteley Parkway (South)	9:30am	Louise Tanner	Hills	Long hills	
Monday	21 August 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	22 August 2023	NO SESSION	9:30am	Lisa Donn/Martin Powell	Speed	NO SESSION	
Tuesday	22 August 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml repetitions at Schooner Way	
Thursday	24 August 2023	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Anker Lane 1K loop	
Thursday	24 August 2023	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	"Varioius Hills"	
Friday	25 August 2023	NO SESSION	9:30am	Louise Tanner		NO SESSION	
Monday	28 August 2023	Summer BANK HOLIDAY	6:30pm	No sessions			3rd Sep HRRL Overton 5ml
Tuesday	29 August 2023	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Flying 60's race yourself back	
Tuesday	29 August 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Short speed repetitions at the Park (St John's Rd)	
Thursday	31 August 2023	Daedalus	6:30pm	Sarah Barron	Speed	2minute Daedalus	
Thursday	31 August 2023	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	"Varioius Hills"	
Friday	01 September 2023	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	04 September 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Flying 30s	
Tuesday	05 September 2023	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Short pyramids	
Tuesday	05 September 2023	Locks Heath Sports Ground	6:30pm	Frances Lord	Hills	Pyramid of hills at Garsons Close	
Thursday	07 September 2023	Crofton Community Centre	6:45pm	Sarah Barron	Speed	Eric Road 1 side effort , 1 side recovery	

Thursday	07 September 2023	Holly Hill Woodland Park (TBD Depending on light levels)	6:00pm	Frances Lord and Julie Ashman	Hills	"Varioius Hills"	
Friday	08 September 2023	Locks Heath Centre car park	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	11 September 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Kenyan hills	
Tuesday	12 September 2023	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Shingle efforts	
Tuesday	12 September 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	800m reps with jog backs at Sovereign Crescent	
Thursday	14 September 2023	Daedalus	6:30pm	Sarah Barron	Speed	1-2-3 Lee Prom	
Thursday	14 September 2023	Holly Hill Woodland Park (TBD Depending on light levels)	6:00pm	Frances Lord and Julie Ashman	Hills	"Varioius Hills"	
Friday	15 September 2023	Titchfield Boxing Club	9:30am	Tom Mellor	Hills	Long and short hills	
Monday	18 September 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	
Tuesday	19 September 2023	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Double pyramids	
Tuesday	19 September 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the whistle at the football field	
Thursday	21 September 2023	Crofton Community Centre	6:30pm	Sarah Barron	Speed	400m Queen Crescent	
Thursday	21 September 2023	Holly Hill Woodland Park (TBD Depending on light levels)	6:00pm	Frances Lord and Julie Ashman	Hills	"Varioius Hills"	
Friday	22 September 2023	Whiteley Parkway (South)	10:00am	Louise Tanner	Hills	Summit attacks	
Monday	25 September 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hill pyramid	
Tuesday	26 September 2023	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	20/20's	
Tuesday	26 September 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and short hills at St John's road	
Thursday	28 September 2023	Club Time Trial - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	4ml run on pavement against the clock	1st Oct HRRL Solent Half
Thursday	28 September 2023	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Continuous hilly loop	
Friday	29 September 2023		9:30am	Louise Tanner	Hills		
Monday	02 October 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Accelerations (fast/faster/fastest)	
Tuesday	03 October 2023	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	2 minute efforts	
Tuesday	03 October 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1k repetitions on fixed interval at prelate way	
Thursday	05 October 2023	Daedalus	6:30pm	Sarah Barron	Speed	350m Hangar loops	
Thursday	05 October 2023	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Continuous hilly loop	
Friday	06 October 2023	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continous hills	
Monday	09 October 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long/short hills	
Tuesday	10 October 2023	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Fast,faster,fastest	
Tuesday	10 October 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	200/400m with 200m recoveries at LH Sports Ground	
Thursday	12 October 2023	Club Time Trial - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Thursday	12 October 2023	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Continuous hilly loop	

Friday	13 October 2023	Titchfield Boxing club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	16 October 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo out and back	
Tuesday	17 October 2023	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Flying 30's	
Tuesday	17 October 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill reps at top of red path	
Thursday	19 October 2023	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Anker Lane 1K loop	
Thursday	19 October 2023	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Continuous hilly loop	
Friday	20 October 2023	Whiteley Parkway (South)	9:30am	Louise Tanner	Hills	Pyramids	
Monday	23 October 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Short hills	29th Oct New Forest 10ml
Tuesday	24 October 2023	NO SESSION	9:30am	Lisa Donn/Martin Powell	Speed	NO SESSION (half term)	
Tuesday	24 October 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	800m loops at Priory Park	
Thursday	26 October 2023	Daedalus	6:30pm	Sarah Barron	Speed	Lee Triangles	
Thursday	26 October 2023	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Continuous hilly loop	
Friday	27 October 2023	Locks heath	9:30am	Louise Tanner	Hills	Rollercoasters	
		DAYLIGHT SAVING (CLOCKS CHANGE)					