

Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	30 October 2023	Whiteley Meadows car park	6:30pm	Tom Mellor	Speed	Short speed intervals	HRRL Hayling 10ml 5th Nov
Tuesday	31 October 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Lamp post Fartlek	
Tuesday	31 October 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back (flat and short hill) at LH Sports Ground, (downhill and uphill speed practice)	
Thursday	02 November 2023	Crofton Community Centre	6:30pm	Sarah Barron	Speed	600m Cottes Way	
Thursday	02 November 2023	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Hilly continuous loops	
Friday	03 November 2023	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Kenyan hills	
Monday	06 November 2023	Whiteley Meadows car park	6:30pm	Tom Mellor	Hills	Long Hills	HXCL 11th Nov CC6 XC 12th Nov
Tuesday	07 November 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Long and short efforts	
Tuesday	07 November 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and Short Hill Reps at St John's Road	
Thursday	09 November 2023	Daedalus control tower	6:30pm	Sarah Barron	Speed	1min OTW Implacable Road	
Thursday	09 November 2023	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Hilly continuous loops	
Friday	10 November 2023	Whiteley Parkway (South)	9:30am	Louise Tanner	Hills	Long Hills	
Monday	13 November 2023	Whiteley Meadows car park	6:30pm	Tom Mellor	Hills	Short hills	HRRL Gosport Half 19th Nov
Tuesday	14 November 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Gear Shifters	
Tuesday	14 November 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1Km speed endurance loops at Prelate Way	
Thursday	16 November 2023	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Eric Road alternating efforts	
Thursday	16 November 2023	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Hilly continuous loops	
Friday	17 November 2023	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous efforts	
Monday	20 November 2023	Whiteley Meadows car park	6:30pm	Tom Mellor	Speed	1k Reps	SCCL 26th Nov
Tuesday	21 November 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	2 minute efforts	
Tuesday	21 November 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	3x(4x550m, walk recoveries) split pace reps at Sovereign Crescent	
Thursday	23 November 2023	Club Time Trial - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	24 November 2023	Titchfield Boxing Club car park	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	27 November 2023	Whiteley Meadows car park	6:30pm	Tom Mellor	Speed	Intervals, accelerations	
Tuesday	28 November 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	60/30/60 intervals	
Tuesday	28 November 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Coach Hill reps plus plyometrics	
Thursday	30 November 2023	Daedalus control tower	6:30pm	Sarah Barron	Speed	2min OTW Cemast	
Thursday	30 November 2023	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Hilly continuous loops	
Friday	01 December 2023	Whiteley, Parkway (South)	9:30am	Louise Tanner	Hills	Short hills	

Monday	04 December 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Keynan hills	Masters XC Champs 9th Dec CC6 XC 10th Dec
Tuesday	05 December 2023	Crofton Community Centre	9:30am	Lisa Donn	Speed	Giblets Ore mix up - shingle and the slope	
Tuesday	05 December 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	2x4x800m reps at Sovereign Crescent	
Thursday	07 December 2023	Club Time Trial - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	08 December 2023	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	11 December 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	SCCL 17th Dec
Tuesday	12 December 2023	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Anker Lane loops	
Tuesday	12 December 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	LH Sports Ground 2x15min of 400m,200m efforts with 200m jog recovery	
Thursday	14 December 2023	Crofton Community Centre	6:30pm	Sarah Barron	Speed	400m Queens Crescent	
Thursday	14 December 2023	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Hilly continuous loops	
Friday	15 December 2023	Warsash, Newtown Road	9:30am	Louise Tanner	Hills	Continous efforts	
Monday	18 December 2023	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hill pyramids	
Tuesday	19 December 2023	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Double pyramids	
Tuesday	19 December 2023	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Christmas Warmups plus Pyramid of Hills at Garsons Close	
Thursday	21 December 2023	Daedalus control tower	6:30pm	Sarah Barron	Speed	Hanger Loops	
Thursday	21 December 2023	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Hilly continuous loops	
Friday	22 December 2023	Whiteley, Parkway (South)	9:30am	Louise Tanner	Hills	Festive Lampost pyramids	
Monday	25 December 2023		6:30pm				No sessions in Christmas Week
Tuesday	26 December 2023		9:30am				
Tuesday	26 December 2023		6:30pm				
Thursday	28 December 2023		6:30pm				
Thursday	28 December 2023		6:30pm				
Friday	29 December 2023		9:30am				
Monday	01 January 2024	NEW YEARS DAY	6:30pm				HXC Champs 6th Jan HRRL Stubbington 10k 7th Jan
Tuesday	02 January 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	No session	
Tuesday	02 January 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml speed endurance laps at Schooner Way	
Thursday	04 January 2024	Daedalus control tower	6:30pm	Sarah Barron	Speed	Speed progressions Lee Triangle	
Thursday	04 January 2024	Holly Hill Woodland Park (With head torches)	6:30pm	Frances Lord and Mike White	Hills	Hilly continuous loops	
Friday	05 January 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Downhill efforts	
Monday	08 January 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo out and back	HXCL 13th Jan
Tuesday	09 January 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Negative split climbers	
Tuesday	09 January 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the Whistle at LH Sports Ground	

