

Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	29 January 2024	Whiteley Meadows car park	6:30pm	Tom Mellor	Hills	Short hill lampost pyramids	HRRL Ryde 10ml 4th Feb
Tuesday	30 January 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	40/20 accelerations	
Tuesday	30 January 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	550m loop with pace variation at Sovereign Crescent	
Thursday	01 February 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Cottes Way 600m intervals	
Friday	02 February 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	05 February 2024	Whiteley Meadows car park	6:30pm	Tom Mellor	Speed	Short speed intervals	CC6 XC Badger Farm 11th Feb HANT XC King's Park 10th Feb
Tuesday	06 February 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Shingle efforts	
Tuesday	06 February 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill repetitions with plyometrics at Coach Hill	
Thursday	08 February 2024	Daedalus control tower	6:30pm	Sarah Barron	Speed	Hangar laps 300m reps	
Friday	09 February 2024	Titchfield Boxing Club car park	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	12 February 2024	Whiteley Meadows car park	6:30pm	Tom Mellor	Hills	Long Hills	SCC Bourne Woods 18th Feb
Tuesday	13 February 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Shack slopes	
Tuesday	13 February 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km Speed endurance repetitions at Crescent Road	
Thursday	15 February 2024	Club Time Trial - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	16 February 2024	Warsash Newtown Road	9:30am	Lisa Donn	Hills	Continuous Hills	
Monday	19 February 2024	Whiteley Meadows car park	6:30pm	Tom Mellor	Speed	Parlauf	XC National Champs Telford 24th Feb
Tuesday	20 February 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Threshold intervals	
Tuesday	20 February 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the whistle at LH Sports Ground	
Thursday	22 February 2024	Daedalus Control tower	6:30pm	Sarah Barron	Speed	2min OTW behind Cemast	
Friday	23 February 2024	Titchfield Boxing Club car park	9:30am	Louise Tanner	Hills	Long Hills	
Monday	26 February 2024	Whiteley Meadows car park	6:30pm	Tom Mellor	Hills	Short hills	SCC Hollywell Estate 3rd March
Tuesday	27 February 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Short pyramids	
Tuesday	27 February 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and Short Hill Reps at St John's Road	
Thursday	29 February 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	400m Queens Crescent	
Friday	01 March 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	04 March 2024	Whiteley Meadows car park	6:30pm	Tom Mellor	Speed	Fast/faster/faster accelerations	CC6 XC Itchen Valley Country Park 10th March
Tuesday	05 March 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Speed Demon efforts	
Tuesday	05 March 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml Speed endurance repetitions at Schooner Way	
Thursday	07 March 2024	Daedalus Control tower	6:30pm	Sarah Barron	Speed	Speed progressions Lee Triangle	
Friday	08 March 2024	Titchfield Boxing Club car park	9:30am	Louise Tanner	Hills	Long and short hills	

Monday	11 March 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Kenyan hills	HRRL Salisbury 10ml 17th March
Tuesday	12 March 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Giblets Ore session	
Tuesday	12 March 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	400m/200m Reps with 200m RI at LH Sports Ground	
Thursday	14 March 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Eric Road Alternating efforts	
Friday	15 March 2024	Warsash, Newtown Road	9:30am	Louise Tanner	Hills	Continous hills	
Monday	18 March 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	
Tuesday	19 March 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	30/60 second efforts	
Tuesday	19 March 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Short hill repetitions at top of Red Path	
Thursday	21 March 2024	Daedalus control tower	6:30pm	Sarah Barron	Speed	1min OTW Implacable road or sea front (weather dependant)	
Friday	22 March 2024	Whiteley, Parkway (South)	9:30am	Louise Tanner	Hills	Lampost pyramids	
Monday	25 March 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Lampost pyramids	
Tuesday	26 March 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Gear Shifters	
Tuesday	26 March 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	800m repetitions at Priory Park	
Thursday	28 March 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Cottes Way 600m	
Friday	29 March 2024	NO SESSION	9:30am	Louise Tanner		GOOD FRIDAY	
*****CLOCKS GO FORWARD - BRITISH SUMMERTIME!*****							
Monday	01 April 2024	NO SESSION	6:30pm	Tom Mellor		EASTER MONDAY	
Tuesday	02 April 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Easter 2's and 30's	
Tuesday	02 April 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Short speed and short hill reps at LH Sports Ground	
Thursday	04 April 2024	Daedalus control tower	6:30pm	Sarah Barron	Speed	300m Hangar laps	
Friday	05 April 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	08 April 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	09 April 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Double short pyramids	
Tuesday	09 April 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill Repetitions at Tichfield Barn	
Thursday	11 April 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	1k Laps Anker Lane	
Thursday	11 April 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Rollercoasters	
Friday	12 April 2024	Titchfield, Boxing Club car park	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	15 April 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo out and back	
Tuesday	16 April 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	1-2-3 intervals	
Tuesday	16 April 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1Km loops to beach (or at Prelate Way if paths muddy).	
Thursday	18 April 2024	Daedalus control tower	6:30pm	Sarah Barron	Speed	Shingle Sprints	
Thursday	18 April 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Long hilly loops	
Friday	19 April 2024	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continous hills	

Monday	22 April 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long/short hills	RR10 Fleming Park 7pm
Tuesday	23 April 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Shingle shake-ups	
Tuesday	23 April 2024	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	25 April 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Eric Road alternating	
Thursday	25 April 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Figure of 8s	
Friday	26 April 2024	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Summit attacks	