

Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	29 April 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Flying 30s	
Tuesday	30 April 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	2 minute efforts	
Tuesday	30 April 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Short Hill Repetitions at the top of Red Path	
Thursday	02 May 2024	Daedalus Control Tower	6:30pm	Sarah Barron	Speed	2 mins OTW	
Thursday	02 May 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Long hilly loops	
Friday	03 May 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	06 May 2024	EARLY MAY BANK HOLIDAY NO SESSION				No Session	RR10 Itchen Valley, 8th May 7pm start HRRL Alton 10ml 12th May
Tuesday	07 May 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	20/20 speed session	
Tuesday	07 May 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml reps at Ranvilles lane	
Thursday	09 May 2024	Club Time Trial - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	
Thursday	09 May 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Pyramids	
Friday	10 May 2024	Titchfield Boxing Club car park	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	13 May 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long Hills	HRRL Netley 10k 19th May
Tuesday	14 May 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	60/30/60 efforts	
Tuesday	14 May 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the whistle football fields Hunts Pond Rd	
Thursday	16 May 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	1k efforts Anker Lane	
Thursday	16 May 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Short hilly loops	
Friday	17 May 2024	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Continous hills	
Monday	20 May 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 1k loops	RR10 SGR Hosting, River Hamble Country Park, 22nd May
Tuesday	21 May 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	short pyramids	
Tuesday	21 May 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and short repetitions at Titchfield Barn	
Thursday	23 May 2024	Daedalus Control tower	6:30pm	Sarah Barron	Speed	Speed Progressions Lee triangle	
Thursday	23 May 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Long hill with a twist	
Friday	24 May 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	27 May 2024	SPRING BANK HOLIDAY NO SESSION					
Tuesday	28 May 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Flying 30's	
Tuesday	28 May 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km Repetitions at Chilling track	
Thursday	30 May 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	400m intervals Queens Crescent	
Thursday	30 May 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Figure of 8s	
Friday	31 May 2024	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Short hills	
Monday	03 June 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	RR10 Badger Farm, 5th June, 7:30 start
Tuesday	04 June 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	slope efforts	
Tuesday	04 June 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Chilling beach shingle reps	
Thursday	06 June 2024	Daedalus Control tower	6:30pm	Sarah Barron	Speed	1 min OTW	
Thursday	06 June 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Rollercoasters	
Friday	07 June 2024	Titchfield Boxing Club car park	9:30am	Louise Tanner	Hills	Downhill efforts	

Monday	10 June 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Interval accelerations	RR10 Ampfield Woods, 12th June, 7:30 start HRRL Arlseford 10k 16th June
Tuesday	11 June 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Fartlek	
Tuesday	11 June 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Pyramid of hills at Garson's Close	
Thursday	13 June 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	600m Cottes Way	
Thursday	13 June 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Rollercoasters	
Friday	14 June 2024	Warsash, Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	17 June 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	
Tuesday	18 June 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	shingle efforts	
Tuesday	18 June 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km loops to chilling beach	
Thursday	20 June 2024	Club Time Trial - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	
Thursday	20 June 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Long hilly loops	
Friday	21 June 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	24 June 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Kenyan hills	RR10 Marwell, 26th June, 7:30 start
Tuesday	25 June 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	1 minute efforts	
Tuesday	25 June 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	200/400m reps with 200m jog at LH Sports Ground	
Thursday	27 June 2024	Daedalus Control Tower	6:30pm	Sarah Barron	Speed	Shingle Sprints	
Thursday	27 June 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Pyramids	
Friday	28 June 2024	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Lampost pyramids	
Monday	01 July 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hill pyramids	HRRL Lordshill 10k 7th July
Tuesday	02 July 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Stubb Park - long/short efforts	
Tuesday	02 July 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and short hill reps at Ranville's Road	
Thursday	04 July 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Eric Road alternating efforts	
Thursday	04 July 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Short hilly loops	
Friday	05 July 2024	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	08 July 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo out and back on the whistle	RR10 River Hamble Country Park, 7th July, 7pm start
Tuesday	09 July 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Tempo into 2 minute efforts	
Tuesday	09 July 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml reps at Schooner way	
Thursday	11 July 2024	Daedalus Control Tower	06:30	Sarah Barron	Speed	400 m intervals Hangar laps	
Thursday	11 July 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Long hill with a twist	
Friday	12 July 2024	No Session	9:30am	Louise Tanner		No Session	
Monday	15 July 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long/short hills	
Tuesday	16 July 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Reverse pyramids	
Tuesday	16 July 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	2,4,6,4,2 at Warsash Common	
Thursday	18 July 2024	Club Time Trial - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	
Thursday	18 July 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Figure of 8s	
Friday	19 July 2024	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	

Monday	22 July 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Lampost pyramids	RR10 University Playing fields, 24th July, 7:30pm start
Tuesday	23 July 2024	Crofton Community Centre	9:30am	Lisa Donn/Martin Powell	Speed	Gear shifters	
Tuesday	23 July 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Down hill and uphill repetitions at Titchfield Barn	
Thursday	25 July 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Flying 30s Daedalus Common	
Thursday	25 July 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Long hilly loops	
Friday	26 July 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	