Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	29 July 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Flying 30s	
Tuesday	30 July 2024	No Session	9:30am	Lisa Donn		No Session	
Tuesday	30 July 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km repetitions at Chilling field	
Thursday	01 August 2024	Daedalus Control Tower	6:30pm	Sarah Barron	Speed	Speed progressions Lee Triangle	
Thursday	01 August 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	"Various options" coaches discretion.	
Friday	02 August 2024	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Long Hills	
Monday	05 August 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long Hills	
Tuesday	06 August 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed		
Tuesday	06 August 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	150m efforts with walk backs at LH Sports Ground	RR10 Cadland Estate, 7th Aug
Thursday	08 August 2024	Crofton Community Centre	6:30 PM	Sarah Barron	Speed	1k Loops Anker Lane	
Thursday	08 August 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Various options, coaches discretion.	
Friday	09 August 2024	Titchfield Boxing Club	9:30am	Mike White	Hills	Up and down hill fartlek session	
Monday	12 August 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 1k loops	
Tuesday	13 August 2024	No Session	9:30am	Lisa Donn		No Session	
Tuesday	13 August 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill repetitions at Ranvilles Lane	
Thursday	15 August 2024	**Club Time Trial** - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	
Thursday	15 August 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Various options, coaches discretion.	
Friday	16 August 2024	Warsash, Newtown Road	9:30am	Mike White	Hills	Continuous loops	
Monday	19 August 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	20 August 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	20/20 speed session	
Tuesday	20 August 2024	Meon Shore	6:30pm	Mike White and Frances Lord	Speed	CHARRIOTS OF FIRE BEACH RUN	RR10 IBM Hursley, 21st Aug
Thursday	22 August 2024	Broom Way Car Park	6:30pm	Sarah Barron	Speed	2 Min OTW intervals at Daedalus Park	
Thursday	22 August 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Various options, coaches discretion.	
Friday	23 August 2024	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Short hills	
Monday	26 August 2024	BANK HOLIDAY		Warsash, Newtown Road		No Session	
Tuesday	27 August 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	2 minute efforts	
Tuesday	27 August 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Short speed repetitions at the Park (St John's Rd)	
Thursday	29 August 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Alternating efforts Eric Road	
Thursday	29 August 2024	Holly Hill Woodland Park	6:30pm	Frances Lord and Julie Ashman	Hills	Various options, coaches discretion.	
Friday	30 August 2024	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	02 September 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Intervals accelarations	
Tuesday	03 September 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	1 minute OTW	
Tuesday	03 September 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Kenyan hills at Tichfield Barn	HRRL Overton 5, 8th Sep
Thursday	05 September 2024	Daedalus Control tower	6:30pm	Sarah Barron	Speed	Shingle Sprints	
Thursday	05 September 2024	Holly Hill Woodland Park	6:00pm	Frances Lord and Julie Ashman	Hills	Various options, coaches discretion.	
Friday	06 September 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	

Monday	09 September 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Kenyan Hills	
Tuesday	10 September 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Pyramids	
Tuesday	10 September 2024	Locks Heath Sports Ground	6:30pm	Frances Lord	Speed	Speed endurance repetitions at Brownwich Lame	
Thursday	12 September 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	400m Efforts Queens Crescent	
Thursday	12 September 2024	Holly Hill Woodland Park	6:00pm	Frances Lord and Julie Ashman	Hills	Various options, coaches discretion.	
Friday	13 September 2024	NO SESSION	9:30am		Hills	NO SESSION	
Monday	16 September 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Tempo 60/60	
Tuesday	17 September 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Shingle reps	
Tuesday	17 September 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the whistle at the football field	
Thursday	19 September 2024	Daedalus Control Tower	6:30pm	Sarah Barron	Speed	1min OTW Implacable Road	
Thursday	19 September 2024	Holly Hill Woodland Park	6:00pm	Frances Lord and Julie Ashman	Hills	Various options, coaches discretion.	
Friday	20 September 2024	Warsash, Newtown Road	9:30am	Louise Tanner	Hills	Continuous loops	
Monday	23 September 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Lampost pyramids	
Tuesday	24 September 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Threshold efforts	
Tuesday	24 September 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Coach hill repetitions with plyometrics	
Thursday	26 September 2024	**Club Time Trial** - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	CC6 Hamble Country Park 29th Sep
Thursday	26 September 2024	Holly Hill Woodland Park	6:30pm	No Session			
Friday	27 September 2024	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Summit attacks	
Monday	30 September 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo out and back	
Tuesday	01 October 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	shorter fast, faster, fastest	
Tuesday	01 October 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml repetitions at Schooner Way	
Thursday	03 October 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Flying 30's Daedalus Park	HRRL Solent HM, 6th Oct
Thursday	03 October 2024	Holly Hill Woodland Park (torches)	6:30pm	Frances Lord and Mike White	Hilly	Looped run using torches	
Friday	04 October 2024	NO SESSION	9:30am	Louise Tanner		NO SESSION	
Monday	07 October 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hill pyramids	
Tuesday	08 October 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Tabatha sprint session	
Tuesday	08 October 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	200/400m with 200m recoveries at LH Sports Ground	
Thursday	10 October 2024	Daedalus Control Tower	06:30	Sarah Barron	Speed	Hangar Loops	CC6 Itchen Valley, 13th Oct
Thursday	10 October 2024	Holly Hill Woodland Park (torches)	6:30pm	Frances Lord and Mike White	Hills	Various options, coaches discretion.	
Friday	11 October 2024	Titchfield	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	14 October 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Flying 30s	
Tuesday	15 October 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Fast and tempo efforts	
Tuesday	15 October 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Short hill loops at top of red path	
Thursday	17 October 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	600m efforts Cottes Way	
Thursday	17 October 2024	Holly Hill Woodland Park (torches)	6:30pm	Frances Lord and Mike White	Hills	Various options, coaches discretion.	
Friday	18 October 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	21 October 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Sumitt Attacks	
Tuesday	22 October 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	double pyramids	

Tuesday	22 October 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	800m reps at Sovereign Crescent
Thursday	24 October 2024	**Club Time Trial** - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock
Thursday	24 October 2024	Holly Hill Woodland Park (torches)	6:30pm	Frances Lord and Mike White	Hills	Various options, coaches discretion.
Friday	25 October 2024	Warsash, Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills
		CLOCKS CHANGE DAYLIGHT SAVING				
Monday	28 October 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Tempo Paarlauf