Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	28 October 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo paarlaufs	
Tuesday	29 October 2024	Crofton Community Centre	9:30am	Martin Powell	Speed	Members run - Summer time trial route	
Tuesday	29 October 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	LH Sports ground; Out and back on the whistle pyramid	SCCL 3rd Nov Benyons Enclosure
Thursday	31 October 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Eric Road alternating efforts	
Friday	01 November 2024		9:30am	Louise Tanner	Hills	NO SESSION	
Monday	04 November 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Accelerations; Fast/faster/faster	
Tuesday	05 November 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	2 min efforts increasing pace	
Tuesday	05 November 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and Short Hill Reps at St John's Road	HANTS XCL 9th Nov Wellesley Woods, Aldershot CC6 XC 10th Nov Ocknell New Forest
Thursday	07 November 2024	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	1 min OTW Implacable Road	
Friday	08 November 2024	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Lampost pyramids	
Monday	11 November 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Kenyan Hills	
Tuesday	12 November 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Lampost fartleks	
Tuesday	12 November 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1Km speed endurance loops at Crescent Road	HRRL 17th Nov Gosport HM
Thursday	14 November 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	1k Anker Lane loops	
Friday	15 November 2024	Titchfield boxing club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	18 November 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	
Tuesday	19 November 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Shingle efforts	
Tuesday	19 November 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	3x(4x550m, walk recoveries) split pace reps at Sovereign Crescent	SCCL 24th Nov Alice Holt
Thursday	21 November 2024	**Club Time Trial** - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	22 November 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercaosters	
Monday	25 November 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	26 November 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	40/20 acceleration	
Tuesday	26 November 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Coach Hill reps plus plyometrics	HANTS XCL 30th Nov Kings Park, Bournemouth HRRL 1st Dec Victory 5ml
Thursday	28 November 2024	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Lee Triangles	
Friday	29 November 2024	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	02 December 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Short sprint pyramids	
Tuesday	03 December 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	60/30/60 OTW	
Tuesday	03 December 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml repetitions at Schooner way	MASTERS XC Champs 7th Dec CC6 XC 8th Dec Holmsley New Forest
Thursday	05 December 2024	Crofton Community Centre	6:30pm	Sarah Barron	Speed	400m Queens Crescent	
Friday	06 December 2024	Whiteley Shopping Centre	9:30am	Louise Tanner	Hills	Long Hills	
Monday	09 December 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Summit attacks	
Tuesday	10 December 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Hill efforts - Daedalus Park	

Tuesday	10 December 2024	Locks Heath Sports Ground	6:30pm	Frances Lord	Speed	LH Sports Ground 2x15min of 400m,200m efforts with 200m jog recovery	SCCL 15th Dec Lord Wandsworth College
Thursday	12 December 2024	Daedalus Control tower car park	6:30pm	Sarah Barron	Speed	1 min OTW Implaceable Road	
Friday	13 December 2024	Titchfield boxing club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	16 December 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	1 mile reps	
Tuesday	17 December 2024	Crofton Community Centre	9:30am	Lisa Donn	Speed	Giblets Ore efforts	**CLOSING DATE FOR** XC CHAMPS ENTRIES 18th Nov
Tuesday	17 December 2024	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Pyramid of Hills at Garsons Close	
Thursday	19 December 2024	**Club Time Trial** - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	20 December 2024	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	23 December 2024	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Lampost pyramids	
Tuesday	24 December 2024	No Session					SCCL Alice Holt, 29th Dec (rescheduled)
Tuesday	24 December 2024	No Session					
Thursday	26 December 2024	No sessions					
Friday	27 December 2024	No sessions					
Monday	30 December 2024	No sessions					
Tuesday	31 December 2024	No sessions					HANTS XC Champs 4th Jan Fairthorne Manor
Tuesday	31 December 2024	No sessions					
Thursday	02 January 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Anker lane 1K efforts	
Friday	03 January 2025	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Short hills	
Monday	06 January 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long hills	
Tuesday	07 January 2025	Crofton Community Centre	9:30am	Lisa Donn	Speed	One minute efforts OTW	HANTS XCL 11th Jan Prospect Park, Reading HRRL 12th Jan Stubbington 10K
Tuesday	07 January 2025	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	09 January 2025	Daedalus Control Tower	06:30	Sarah Barron	Speed	Hangar Loops	
Friday	10 January 2025	Warsash Newtown road	9:30am	Louise Tanner	Hills	Continous hills	
Monday	13 January 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo out and back	
Tuesday	14 January 2025	Crofton Community Centre	9:30am	Lisa Donn	Speed	Pyramid efforts	
Tuesday	14 January 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	4x6mins Kenyan Hills at Woodpecker Copse	CC6 XC 19th Jan Itchen Valley Country Park
Thursday	16 January 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	800m Cottes Way	
Thursday	16 January 2025						
Friday	17 January 2025	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	20 January 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills sprints	
Tuesday	21 January 2025	Crofton Community Centre	9:30am	Lisa Donn	Speed	Negative split climbers	Southern XC champs 25th Jan Beckenham Place Park
Tuesday	21 January 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	2x4x800m repetitions at Priory Park	
Thursday	23 January 2025	Daedalus Control Tower	06:30	Sarah Barron	Speed	Lee Triangles	
Friday	24 January 2025	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	27 January 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Flying 30s	

HAPPY CHRISTMAS AND NEW YEAR

Tuesday	28 January 2025	Crofton Community Centre	9:30am	Lisa Donn	Speed	Shingle reps	
Tuesday	28 January 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Lamp post session at Red Path	HRRL 2nd Feb Ryde 10ml
Thursday	30 January 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Eric Road alternating efforts	
Friday	31 January 2025	Whiteley Parkway South	9:30am	Tom Mellor	Hills	Summit attacks	