Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	03 February 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Flying 30s	CC6 XC Badger Farm 9th Feb
Tuesday	04 February 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Ranvilles Lane short hills	
Tuesday	04 February 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill repetitions with plyometrics at Coach Hill	
Thursday	06 February 2025	Daedalus control Tower car park	6:30pm	Sarah Barron	Speed	1 min OTW	
Friday	07 February 2025	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	10 February 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long hills	
Tuesday	11 February 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Lamp post Fartlek	
Tuesday	11 February 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	800m repetitions at Sovereign Crescent	
Thursday	13 February 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	800m Cottes Way	
Friday	14 February 2025	Titchfield boxing club	9:30am	Louise Tanner	Hills	Short and long hills	
Monday	17 February 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	Nat XC Parliament Hill 22nd Feb
Tuesday	18 February 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Cottes Way loops	
Tuesday	18 February 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the whistle at LH Sports Ground	
Thursday	20 February 2025	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Alternating sides Hangar loops	
Friday	21 February 2025	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Long hills	
Monday	24 February 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	CC6 XC Itchen Valley 2nd March
Tuesday	25 February 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Giblets Ore	
Tuesday	25 February 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and Short Hill Reps at St John's Road	
Thursday	27 February 2025	**Club Time Trial** - Holly Hill Leisure Centre	6:45pm	Andy Simpson	Speed	Continuous 3.4ml run against the clock	
Friday	28 February 2025	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	03 March 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Short sprint pyramids	
Tuesday	04 March 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Pyramids in the park	
Tuesday	04 March 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml Speed endurance repetitions at Schooner Way	
Thursday	06 March 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	400m efforts Queens Crescent	
Friday	07 March 2025	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	10 March 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long hills	
Tuesday	11 March 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Fast, Faster, Fastest	
Tuesday	11 March 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	400m/200m Reps with 200m RI at LH Sports Ground	
Thursday	13 March 2025	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Lamppost Fartleks	
Friday	14 March 2025	Titchfield boxing club	9:30am	Louise Tanner	Hills	Long and short hillls	
Monday	17 March 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo out and back	
Tuesday	18 March 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	2 minute efforts	
Tuesday	18 March 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Pyramid of hills at Garston's Close	
Thursday	20 March 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	1k efforts Anker Lane	
Friday	21 March 2025	Whiteley parkway south	9:30am	Louise Tanner	Hills	Short hills	

Monday	24 March 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hill pyramids	
Tuesday	25 March 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shingle efforts	
Tuesday	25 March 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km repetitions at Prelate Way	
Thursday	27 March 2025	Daedalus Control Tower	6:30pm	Simon Hearnden	Speed	1min OTW Implacable Road	
Friday	28 March 2025	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
	**********CLOCKS GO FORWARD **********						
Monday	31 March 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long hills	
Tuesday	01 April 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Ranvilles Lane short hills	
Tuesday	01 April 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Fartlek loops at Sovereign Crescent	HRRL Salisbury 10ml 6th April
Thursday	03 April 2025	Crofton Community Centre	06:30	Sarah Barron	Speed	Speed progressions Eric Road	
Thursday	03 April 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	04 April 2025	Warsash Newtown road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	07 April 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Fast/faster/fasest intervals	
Tuesday	08 April 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Lamp post Fartlek	
Tuesday	08 April 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill Repetitions at Tichfield Barn	
Thursday	10 April 2025	**Club Time Trial** - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	
Thursday	10 April 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	11 April 2025	Whiteley parkway south	9:30am	Louise Tanner	Hills	Summit attacks	
Monday	14 April 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo mile reps	
Tuesday	15 April 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Football Field Mix Up	
Tuesday	15 April 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1Km loops to beach (or at Brownwich lane if path too muddy).	
Thursday	17 April 2025	Crofton Community Centre	06:30	Sarah Barron	Speed	Flying 30's Daedalus Park	
Thursday	17 April 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	18 April 2025	GOOD FRIDAY			Hills	No session	
Monday	21 April 2025	EASTER MONDAY			Hills	No session	
Tuesday	22 April 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Double Pyramids	
Tuesday	22 April 2025	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	24 April 2025	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Hilly shingle loops	RR10 XC Fleming Park 23rd April
Thursday	24 April 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	25 April 2025	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	28 April 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	29 April 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Cottes Way loops	
Tuesday	29 April 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Short Hill Repetitions at the top of Red Path	
Thursday	01 May 2025	Car park at Daedalus park	06:30	Sarah Barron	Speed	2 Mins OTW Daedalus Park	
Thursday	01 May 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	02 May 2025	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	