Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	05 May 2025	BANK HOLIDAY	6:30pm	Tom Mellor	Hills	NO SESSION	
Tuesday	06 May 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	1 Min Efforts (Mike)	RR10 XC Itchen Valley
Tuesday	06 May 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml reps at Ranvilles lane	7th May
Thursday	08 May 2025	Daedalus control Tower car park	6:30pm	Simon Hearnden	Speed	Shingle Sprints	HRRL Alton 10
Thursday	08 May 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	11th May
Friday	09 May 2025	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	12 May 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Intervals - Flying 30s	
Tuesday	13 May 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Lamppost Fartlecks (Martin)	
Tuesday	13 May 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the whistle football fields	HRRL Netley 10k
Thursday	15 May 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Anker Lane 1k intervals	18th May
Thursday	15 May 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	16 May 2025	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Lampost pyramids	
Monday	19 May 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Kenyan Hills	
Tuesday	20 May 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Hills	1 Min Hill reps (Mike)	
Tuesday	20 May 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill repetitions at Ranvilles Lane	20th May INTER CLUB TT
Thursday	22 May 2025	**Club Time Trial** - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	FAREHAM
Thursday	22 May 2025	Holly Hill Park	06:30	Frances Lord	Speed	Trail session	
Friday	23 May 2025	Locks Heath Sports Ground	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	26 May 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Paarlauf	
Tuesday	27 May 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Double pyramids (Martin)	
Tuesday	27 May 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km Repetitions at Chilling track	
Thursday	29 May 2025	Car Park at Daedalus Park	6:30pm	Simon Hearnden	Speed	Flying 30s	
Thursday	29 May 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	30 May 2025	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	02 June 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	03 June 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Sports field Mix up (Mike)	
Tuesday	03 June 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Chilling beach shingle reps	RR10 XC Badger Farm
Thursday	05 June 2025	Crofton Community Centre	6:30pm	Lisa Donn	Speed	Eric Road Alternating	4th June
Thursday	05 June 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	06 June 2025	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	09 June 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Short sprint pyramids	
Tuesday	10 June 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Fast Faster Fastest (Martin)	RR10 XC Ampfield Woods
Tuesday	10 June 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Pyramid of hills at Garson's Close	11th June
Thursday	12 June 2025	Daedalus Control Tower car park	6:30pm	Lisa Donn	Speed	Hilly Shingle Sprints	HRRL Alresford 10k
Thursday	12 June 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	15th June
Friday	13 June 2025	Whiteley parkway south	9:30am	Louise Tanner	Hills	Long hills	

Monday	16 June 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Summit attacks	
Tuesday	17 June 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Negative splits Climbers (Mike)	
Tuesday	17 June 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km loops to chilling beach	
Thursday	19 June 2025	**Club Time Trial** - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	
Thursday	19 June 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	20 June 2025	Locks Heath shopping centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	23 June 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	
Tuesday	24 June 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	2 Min efforts (Mike)	
Tuesday	24 June 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	200/400m reps with 200m jog at LH Sports Ground	RR10 XC Marwell 25th June
Thursday	26 June 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Queens Crecsent	
Thursday	26 June 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	27 June 2025	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	30 June 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills, lampost pyramids	
Tuesday	01 July 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Hills	1 Min Hill reps (Mike)	
Tuesday	01 July 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and short hill reps at Ranville's Road	
Thursday	03 July 2025	**INTER Club Time Trial** - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	HRRL Lordshill 10k 6th July
Thursday	03 July 2025	Holly Hill Park	06:30	Frances Lord	Speed	Trail session	
Friday	04 July 2025	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	07 July 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Long hills	
Tuesday	08 July 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Pyramids (Martin)	
Tuesday	08 July 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml reps at Schooner way	RR10 XC Itchen Valley 9th July
Thursday	10 July 2025	No Session (*will be back in August*)	6:30pm	Sarah Barron			
Thursday	10 July 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	11 July 2025	Whiteley parkway south	9:30am	Louise Tanner	Hills	Short hill sprints	
Monday	14 July 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Fast/faster/fastest	
Tuesday	15 July 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Negative split climbers (Mike)	
Tuesday	15 July 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	2,4,6,4,2 at Warsash Common	
Thursday	17 July 2025	No Session (*will be back in August*)	6:30pm	Sarah Barron			
Thursday	17 July 2025	Holly Hill Park	06:30	Frances Lord	Hills		
Friday	18 July 2025	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoaster	
Monday	21 July 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 1 mile reps	
Tuesday	22 July 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shingles (Martin)	
Tuesday	22 July 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Down hill and uphill repetitions at Titchfield Barn	RR10 XC University Playing field 23rd July
Thursday	24 July 2025	No Session (*will be back in August*)	6:30pm	Sarah Barron			
Thursday	24 July 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	25 July 2025	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	28 July 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	

Tuesday	29 July 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Flying 60s (Mike)	
Tuesday	29 July 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km efforts at Brownwich lane	
Thursday	31 July 2025	No Session (*will be back in August*)	6:30pm	Sarah Barron			
Thursday	31 July 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail intervals session	
Friday	01 August 2025	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Summit attacks	