Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	04 August 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Fast/faster/fastest (with Rob)	
Tuesday	05 August 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Double Pyramids (Mike) Sports Field + running form development activities each week	
Tuesday	05 August 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Paarluf session at Warsash Common	RR10 Cadland Estate, 6th Aug
Thursday	07 August 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Rolling 400s Eric Road	
Thursday	07 August 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail session	
Friday	08 August 2025	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills (with Dom)	
Monday	11 August 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Kenyan hills	
Tuesday	12 August 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	1' Efforts (Lisa) Sports Field	
Tuesday	12 August 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	4x6mins of Kenyan hills at Tichfield Barn	
Thursday	14 August 2025	**Club Time Trial** - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	
Thursday	14 August 2025	Holly Hill Park	06:30	Frances Lord	Speed	Flat trail session	
Friday	15 August 2025	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Lampost pyramids (with Lisa)	
Monday	18 August 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	
Tuesday	19 August 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Lampost Fartleks (Martin) Monks Hill	
Tuesday	19 August 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1.1k loops to the beach at Chilling	RR10 IBM Hursley 20th Aug
Thursday	21 August 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	1k reps Anker Road	
Thursday	21 August 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail session	
Friday	22 August 2025	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills (with Dom)	
Monday	25 August 2025	BANK HOLIDAY	6:30pm	Tom Mellor	Hills	NO SESSION	
Tuesday	26 August 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Hills	1' Hill Reps (Mike) Knightsbank	
Tuesday	26 August 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	400m laps with S&C at LH Park (St John's Rd)	HRRL Totton 10K 31st Aug
Thursday	28 August 2025	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Progressive 600s Daedalus Drive	
Thursday	28 August 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail session	
Friday	29 August 2025	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Long hills	
Monday	01 September 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Short hills	
Tuesday	02 September 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Fast,Faster,Fastest (Martin) Daedalus Park	
Tuesday	02 September 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill repetitions at Ranvilles Lane	HRRL Overton 5ml 7th Sep
Thursday	04 September 2025	Crofton Community Centre	6:30pm	#Members run tonight	Speed	Eric Road alternating efforts (#Members run)	
Thursday	04 September 2025	Holly Hill Park	06:00	Julie Ashman	Speed	Flat trail session	
Friday	05 September 2025	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	08 September 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short sprint pyramids	
Tuesday	09 September 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Sports Field Mix (Mike) Sports Field	
Tuesday	09 September 2025	Locks Heath Sports Ground	6:30pm	Frances Lord	Speed	1k speed endurance repetitions at Brownwich Lane	
Thursday	11 September 2025	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Hilly Shingle Sprints	
Thursday	11 September 2025	Holly Hill Park	06:30	Frances Lord	Hills	Hilly trail session	
Friday	12 September 2025	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	

Monday	15 September 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Summit attacks	
Tuesday	16 September 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Negative Split Climbers (Martin) Daedalus Park	
Tuesday	16 September 2025	Locks Heath Sports Ground	6:30pm	Frances Lord	Speed	Out and back on the whistle at the football field	CC6, 21st Sept
Thursday	18 September 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Flying 30's at Jubiliee Park	River Hamble Country Park
Thursday	18 September 2025	Holly Hill Park	06:30	NO SESSION			
Friday	19 September 2025	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	22 September 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Tempo out and back	
Tuesday	23 September 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	2' Efforts x6 (Mike) Sports Field	
Tuesday	23 September 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Coach hill repetitions with plyometrics	
Thursday	25 September 2025	**Club Time Trial** - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	
Thursday	25 September 2025	Holly Hill Park	06:30	NO SESSION			
Friday	26 September 2025	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Short hills	
Monday	29 September 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Lamppost pyramids	
Tuesday	30 September 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Flying 60s (Martin) Sports Field	
Tuesday	30 September 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml repetitions at Schooner Way	
Thursday	02 October 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	1 min OTW Jubilee Park (daylight permitting)	
Thursday	02 October 2025	Holly Hill Park (Torch run)	06:30	Mike White and Frances Lord	Hills	Hilly trail run (dogs allowed on a lead)	
Friday	03 October 2025	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	06 October 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Flying 30s	
Tuesday	07 October 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Hills	1' Hill Reps (Mike) Knightsbank	
Tuesday	07 October 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	200/400m with 200m recoveries at LH Sports Ground	CC6, 12th Oct
Thursday	09 October 2025	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Lampost Fartleks	Ocknell New Forest
Thursday	09 October 2025	Holly Hill Park (Torch run)	06:30	Mike White and Frances Lord	Hills	Hilly trail run (dogs allowed on a lead)	
Friday	10 October 2025	Titchfield boxing club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	13 October 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Long hills	
Tuesday	14 October 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Pyramids (martin) Sports Field	
Tuesday	14 October 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Pyramid of hills at Garsons Close	
Thursday	16 October 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	1k reps Anker Lane	
Thursday	16 October 2025	Holly Hill Park (Torch run)	06:30	Mike White and Frances Lord	Hills	Hilly trail run (dogs allowed on a lead)	
Friday	17 October 2025	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	20 October 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Paarlaufs	
Tuesday	21 October 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Negative Splits (Mike) Sports field	
Tuesday	21 October 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km repetitions at Prelate Way	
Thursday	23 October 2025	**Club Time Trial** - Eric Road Stubbington	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	HRRL New Forest 10ml 26th Oct
Thursday	23 October 2025	Holly Hill Park (Torch run)	06:30	Mike White and Frances Lord	Hills	Hilly trail run (dogs allowed on a lead)	
Friday	24 October 2025	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
		****************CLOCKS GO BACK ****************					

Monday	27 October 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	28 October 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shingle Repeats (Martin) The Shack	
Tuesday	28 October 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	3x(4x550m, walk recoveries) split pace reps at Sovereign Crescent	
Thursday	30 October 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	400m reps Queens Crescent	
Thursday	30 October 2025	Holly Hill Park (Torch run)	06:30	Mike White and Frances Lord	Hills	Hilly trail run (dogs allowed on a lead)	
Friday	31 October 2025	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Summit attacks (with Tom).	
		************DEADLINE FOR SGR AWARDS SUBMISSIONS IS 31st OCT************					