Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	03 November 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Fast/faster/fastest intervals	
Tuesday	04 November 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Double Pyramids +mobility Daedalus Park	
Tuesday	04 November 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and Short Hill Reps at St John's Road	CC6 Roundhill 9th Nov
Wednesday	05 November 2025	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Hangar loop alternating reps	
Friday	07 November 2025	Titchfield boxing club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	10 November 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Kenyan hills	
Tuesday	11 November 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	1' Efforts + mobility Daedalus Park	Hants XC Aldershot 15th Nov
Tuesday	11 November 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	2x4x800m repetitions at Priory Park	
Wednesday	12 November 2025	Crofton Community Centre	6:30pm	Lisa Donn	Speed	Queens Crescent 400m efforts	HRRL Gosport HM 16th Nov
Friday	14 November 2025	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Lampost pyramids	
Monday	17 November 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	
Tuesday	18 November 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Lamp post fartleks +mobility Monks Hill	
Tuesday	18 November 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	LH Sports Ground, 2x12min; 130m sprints + walk backs	
Wednesday	19 November 2025	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Hilly Shingle Loops	
Thursday	20 November 2025	**Club Time Trial - Holly Hill Leisure Centre**	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	
Friday	21 November 2025	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	24 November 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	25 November 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	2' Hill Reps + mobility Ranvilles Lane	
Tuesday	25 November 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Coach Hill reps plus plyometrics	
Wednesday	26 November 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Flying 30s off Bells Lane	
Friday	28 November 2025	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	01 December 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Short sprint pyramids	
Tuesday	02 December 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Fast,Faster,Fastest + mobility Monks Hill	Hants XC Winchester 6th Dec
Tuesday	02 December 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml repetitions at Schooner way	
Wednesday	03 December 2025	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	1 minute OTW	HRRL Victory 5 7th Dec
Thursday	04 December 2025	**Club Time Trial - Holly Hill Leisure Centre**	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	
Friday	05 December 2025	Tithfield boxing club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	08 December 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Summit attacks	
Tuesday	09 December 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shingles + mobility The Shack	
Tuesday	09 December 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	3x(4x550m) split pace reps at Sovereign Crescent	CC6 Homsley Campsite 14th Dec
Wednesday	10 December 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Eric Road Alternating efforts	
Friday	12 December 2025	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Long hills	

Monday	15 December 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Paarlauf	
Tuesday	16 December 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Negative Split climbers +mobility Daedalus Park	
Tuesday	16 December 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Pyramid of Hills at Garsons Close	
Wednesday	17 December 2025	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Lamppost Fartleks	
Friday	19 December 2025	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continous hills	
Monday	22 December 2025	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hill lampost pyramids	
Tuesday	23 December 2025	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	2' Efforts + mobility Monks Hill	
Tuesday	23 December 2025	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	2x4x800m repetitions at Sovereign Crescent	
Wednesday	24 December 2025	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Anker Lane 1k reps	
Friday	26 December 2025						
Monday	29 December 2025						
Tuesday	30 December 2025						HANTS XC CHAMPS
Tuesday	30 December 2025						Fairthorn Manor
Thursday	01 January 2026						3rd Jan
Friday	02 January 2026	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Short hills	
Monday	05 January 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Flying 30s	
Tuesday	06 January 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	2' Hill Reps +mobility Ranvilles Lane	
Tuesday	06 January 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	4x6mins Kenyan Hills at Woodpecker Copse	Hants XC League TBD
Wednesday	07 January 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Cottes Way 600m efforts	10th Jan
							SGR 10K 11th Jan
Friday	09 January 2026	Locks heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	12 January 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long hills	
Tuesday	13 January 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Pyramids +mobility Daedalus Park	
Tuesday	13 January 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Lamp post Fartlek session at Red Path	
Wednesday	14 January 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	2 Minute OTW	CC6 Itchen Valley
Thursday	15 January 2026	**Club Time Trial - Holly Hill Leisure Centre**	6:45pm	Andy Simpson	Speed	Continuous 4ml run against the clock	18th Jan (SGR)
Friday	16 January 2026	Titchfield boxing club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	19 January 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo out and back	
Tuesday	20 January 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Negative Split climbers + mobility Daedalus Park	
Tuesday	20 January 2026	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)	
Wednesday	21 January 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Eric Road speed progressions	
Friday	23 January 2026	Warsash Newtown Road	9:30am	Louise Tanner	Hills	continous hills	

HAPPY CHRISTMAS AND NEW YEAR

Monday	26 January 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	27 January 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shingles + mobility The Shack	
Tuesday	27 January 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Short Hill Repetitions at the top of Red Path	
Wednesday	28 January 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Hangar Loops alternating efforts	
Friday	30 January 2026	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Summit attacks	