Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	02 February 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Kenyan hills	
Tuesday	03 February 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Double Pyramids; Daedalus Park.	
Tuesday	03 February 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km speed endurance repetitions at Prelate Way	HXC Reading 7th Feb
Wednesday	04 February 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Alternating sides Eric Road	CC6 Badger Farm 8th Feb
					Speed		
Friday	06 February 2026	Locks Heath shopping centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	09 February 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	
Tuesday	10 February 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	1' Efforts; Daedalus Park	
Tuesday	10 February 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the whistle at LH Park	
Wednesday	11 February 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Lee Triangle Speed progressions	
Thursday	12 February 2026	**Club Time Trial - Holly Hill Leisure Centre**	6:45pm	Andy Simpson	Speed		
Friday	13 February 2026	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	16 February 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	17 February 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Lampost Fartleks; Monks Hill	
Tuesday	17 February 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill repetitions with plyometrics at Coach Hill	Nat XC Champs Sedgefield Park
Wednesday	18 February 2026	Crofton Community Centre	6:30pm	Tom Mellor	Speed	Anker Lane	Durham 21st Feb
Friday	20 February 2026	Whiteley Parkway (South)	9:30am	Louise Tanner	Hills	Short hills	
Monday	23 February 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Short sprint pyramids	
Tuesday	24 February 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Hills	1' Hills; Ranvilles hill	
Tuesday	24 February 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml Speed endurance repetitions at Schooner Way	CC6 Itchen Valley 1st Mar
Wednesday	25 February 2026	Daedalus Control Tower car park	6:30pm	Tom Mellor	Speed	Hangar loops	
					Speed		
Friday	27 February 2026	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continous hills	
Monday	02 March 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Summit attacks	
Tuesday	03 March 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Fast, Faster, Fastest; Monks Hill	
Tuesday	03 March 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	550m loop with pace variation at Sovereign Crescent	HRRL Solent Half 8th March
Wednesday	04 March 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Flying 30s	
Friday	06 March 2026	Locks Heath shopping centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	09 March 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo pyramid	
Tuesday	10 March 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shingles: The Shack	
Tuesday	10 March 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long and Short Hill Reps at St John's Road	
Wednesday	11 March 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	1 min OTW	
					Speed		
Friday	13 March 2026	Titchfield boxing club	9:30am	Louise Tanner	Hills	Long and short hills	

Monday	16 March 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Lampost pyramid	
Tuesday	17 March 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Negative Split Climbers: Daedalus Park	
Tuesday	17 March 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	800m repetitions at Priory Park	
Wednesday	18 March 2026	Titchfield Community Centre CP	6:30pm	Sarah Barron	Speed	TBC	
					Speed		
Friday	20 March 2026	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continous hills	
Monday	23 March 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Flying 30s	
Tuesday	24 March 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	2' Efforts: Monks Hill	
Tuesday	24 March 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	400m/200m Reps with 200m RI at LH Sports Ground	
Wednesday	25 March 2026	Daedalus Control Tower car park	6:30pm	Tom Mellor	Speed	Hilly shingle sprints	
Friday	27 March 2026	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Lampost pyramids	
	****CLOCKS GO FORWARDS****						
Monday	30 March 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long hills	
Tuesday	31 March 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Flying 60s; Daedalus Park.	
Tuesday	31 March 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Pyramid of hills at Garston's Close	
Wednesday	01 April 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Cottes Way 600m	RR10 Fleming Park
Friday	03 April 2026	BANK HOLIDAY	9:30am		Hills	BANK HOLIDAY - NO SESSION	
Monday	06 April 2026	BANK HOLIDAY	6:30pm			BANK HOLIDAY - NO SESSION	
Tuesday	07 April 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Hills	1' Hills; Ranvilles Hill	
Tuesday	07 April 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km repetitions on Brownwich Lane	
Wednesday	08 April 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	2 min OTW	HRRL Salisbury 10ml 12th April
Thursday	09 April 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail session	
Friday	10 April 2026	Whiteley Parkway south	9:30am	Louise Tanner	Hills	Long hills	
Monday	13 April 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo out and back	
Tuesday	14 April 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Pyramids; Daedalus Park	
Tuesday	14 April 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Paarluf repetions at the Park (top of St John's Rd)	
Wednesday	15 April 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Anker Lane 1k	
Thursday	16 April 2026	**Club Time Trial** - Eric Road Stubbington	6:30pm	Stacey Read	Speed	4ml contiuous run against the clock	
Thursday	16 April 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail session	
Friday	17 April 2026	Locks heath shopping centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	20 April 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	21 April 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Negative Split Climbers; Daedalus Park	
Tuesday	21 April 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill Repetitions at Tichfield Barn	
Wednesday	22 April 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Shingle sprints at the beach huts	
Thursday	23 April 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail session	
Friday	24 April 2026	Titchfield boxing club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	27 April 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Fast/faster/fastest	

Tuesday	28 April 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shingles; The Shack.	
Tuesday	28 April 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1.1km loops to the beach at Chilling	
Wednesday	29 April 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Eric Road speed progressions	
Thursday	30 April 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail session	
Friday	01 May 2026	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continous hills	