Day	Date	Meeting point	Time	Coach	Hills or Speed	Session Description	Weekend/Weekday races
Monday	04 May 2026					BANK HOLIDAY - NO SESSION	
Tuesday	05 May 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Hills	Ranvilles Lanes	RR10 Itchen Valley
Tuesday	05 May 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Out and back on the whistle football fields	6th May
Wednesday	06 May 2026		6:30pm	Sarah Barron		No Session RR10	HRRL Alton 10ml
Thursday	07 May 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	10th May
Friday	08 May 2026	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Summit attacks	
Monday	11 May 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long hills	
Tuesday	12 May 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shuttle intervals, Sports field	
Tuesday	12 May 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill repetitions at Ranvilles Lane	HRRL Netley 10k
Wednesday	13 May 2026	Crofton Community Centre	6:30pm	TBA	Speed	400m Queens Crescent	17th May
Thursday	14 May 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	
Friday	15 May 2026	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	18 May 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo 60/60	
Tuesday	19 May 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Double pyramids, Daedalus Park	
Tuesday	19 May 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1km reps at Red Path	
Wednesday	20 May 2026		6:30pm	Sarah Barron		No Session RR10	RR10 Hamble (SGR Org.)
Thursday	21 May 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	20th May
Thursday	21 May 2026	**Club Time Trial** - Eric Road Stubbington	6:30pm	Stacey Read	Speed		
Friday	22 May 2026	Titchfield Boxing club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	25 May 2026					BANK HOLIDAY - NO SESSION	
Tuesday	26 May 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Long intervals, Cottes way	
Tuesday	26 May 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Paarluf runs at the park (top of St John's rd)	
Wednesday	27 May 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Shingle sprints	
Thursday	28 May 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	
Friday	29 May 2026	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Short hills	
Monday	01 June 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Short hills	
Tuesday	02 June 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Fast,Faster,Fastest, Salterns	
Tuesday	02 June 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Hill work at Titchfield Barn (focus on downhill technique)	RR10 Badger Farm
Wednesday	03 June 2026		6:30pm	Sarah Barron		No session RR10	3rd June
Thursday	04 June 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	
Friday	05 June 2026	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continous hills	
Monday	08 June 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Short sprint intervals	
Tuesday	09 June 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Negative splits, Daedalus Park	
Tuesday	09 June 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	200/400m reps with 200m jog at LH Sports Ground	RR10 Ampfield Woods
Wednesday	10 June 2026		6:30pm	Sarah Barron		No session RR10	10th June
Thursday	11 June 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	
Friday	12 June 2026	Locks Heath Shopping Centre	9:30am	Louise Tanner	Hills	Rollercoasters	
Monday	15 June 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Summit attacks	
Tuesday	16 June 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shingles run, The Shack	
Tuesday	16 June 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1 km efforts at chilling (top track)	
Wednesday	17 June 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	Flying 30s	HRRL Arlesford 10k

Thursday	18 June 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	21st June
Thursday	18 June 2026	**Club Time Trial** - Eric Road Stubbington	6:30pm	Stacey Read	Speed		
Friday	19 June 2026	Titchfield Boxing club	9:30am	Dominic Shepherd	Hills	Long and short hills	
Monday	22 June 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo pyramid	
Tuesday	23 June 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Hills	Hills, Ranvilles Lane	
Tuesday	23 June 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Short hill reps at top of Red Path	RR10 Marwell
Wednesday	24 June 2026		6:30pm	Sarah Barron		No session RR10	24th June
Thursday	25 June 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	
Friday	26 June 2026	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Lamppost pyramids	
Monday	29 June 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Lamppost pyramids	
Tuesday	30 June 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Double Pyramids, Daedalus Park	
Tuesday	30 June 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1ml loops to Ranvilles lane	
Wednesday	01 July 2026	Daedalus Control Tower car park	6:30pm	Sarah Barron	Speed	Lee Triangles	
Thursday	02 July 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	
Friday	03 July 2026	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hills	
Monday	06 July 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Flying 30s	
Tuesday	07 July 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Long intervals, Cottes Way	
Tuesday	07 July 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Speed laps plus s&c at Park (to of St John's Road)	RR10 Itchen Valley
Wednesday	08 July 2026		6:30pm	Sarah Barron		No session RR10	8th July
Thursday	09 July 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	
Friday	10 July 2026	Locks Heath Shopping Centre	9:30am	Dominic Shepherd	Hills	Rollercoasters	
Monday	13 July 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Hills	Long hills	
Tuesday	14 July 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Fast, Faster,Fastest, Salterns	
Tuesday	14 July 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Hills	Long hill reps at Titchfield Barn	
Wednesday	15 July 2026	Daedalus Park	6:30pm	Sarah Barron	Speed	1 Min OTW	
Thursday	16 July 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	
Friday	17 July 2026	Titchfield Boxing Club	9:30am	Louise Tanner	Hills	Long and short hills	
Monday	20 July 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Tempo out and back	
Tuesday	21 July 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Negative Splits, Daedalus Park	
Tuesday	21 July 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	1.1k loops to the beach at Chilling	
Wednesday	22 July 2026		6:30pm	Sarah Barron		No session RR10	RR10 University Playing Fields
Thursday	23 July 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	22nd July
Thursday	23 July 2026	**Club Time Trial** - Eric Road Stubbington	6:30pm	Stacey Read	Speed		
Friday	24 July 2026	Whiteley Parkway South	9:30am	Louise Tanner	Hills	Long hills	
Monday	27 July 2026	Whiteley Meadowside car park	6:30pm	Tom Mellor	Speed	Kenyan hills	
Tuesday	28 July 2026	Crofton Community Centre	9:30am	Mike Smith and Martin Powell	Speed	Shingles run, The Shack.	
Tuesday	28 July 2026	Locks Heath Sports Ground	6:30pm	Mike White and Frances Lord	Speed	Warshash Common 2,4,6,6,4,2 hooter session	
Wednesday	29 July 2026	Crofton Community Centre	6:30pm	Sarah Barron	Speed	1k Anker Lane	
Thursday	30 July 2026	Holly Hill Park	6:30pm	Frances Lord	Hills	Hilly trail intervals session	
Friday	31 July 2026	Warsash Newtown Road	9:30am	Louise Tanner	Hills	Continuous hiills	