

Tuesday Sessions

	Session	Leader 1	Leader 2
01/04/2025	Up and over hills at Bidbury	Chris	Laura
08/04/2025	Fartlek Wade Court	Hannah	Janeet
15/04/2025	Pyramid session Bartons Field	Laura	Becki
22/04/2025	Mile Reps at Bartons Road	Nicola	Gemma
29/04/2025	Bartons Road Hills	Dave	Simon
06/05/2025	VO2 Max, Bartons field	Chris	Mary
13/05/2025	Speed and Agility Session at Bartons Road	Alan	Gemma
20/05/2025	Hayling Billy Speed Session Meet at Esso Garage car park on Hayling	Dave	Mandy
27/05/2025	Up and over hills at Bidbury	Becki	Chris
03/06/2025	Wade Court Fartlek	Gemma	Nicola
10/06/2025	Figure of 8 Staunton	Janeet	Simon
17/06/2025	Fartlek Bartons Field	Hannah	Gemma
18/06/2025	<i>'Not' the HB5 – VAC only event?</i>		
24/06/2025	Bartons Road Hills	Simon	Alan
01/07/2025	10 x 400m Staunton	Kev	Laura
08/07/2025	VO2 Max, Bartons field	Chris	Mary
15/07/2025	Speed and Agility Session at Bartons Road	Alan	Janeet
22/07/2025	Staunton figure of 8	Mandy	Becki
29/07/2025	Up and over hills at Bidbury	Laura	Janeet
05/08/2025	Mile reps Bartons Field	Gemma	Chris
12/08/2025	400m at Bartons	Janeet	Gemma
19/08/2025	1200m with 400m recovery at Havant Park	Becki	Simon
26/08/2025	Bartons Road Hills	Mandy	Chris
02/09/2025	VO2 Max, Bartons field	Mary	Dave
09/09/2025	Staunton Figure of 8	Gemma	Laura
16/09/2025	Pyramid session Bartons Field	Simon	Chris
23/09/2025	1200m with 400m recovery at Havant Park	Hannah	Janeet

Thursday Sessions

Date	Session	Leader	Sweeper
27/03/2025	Ian Murray Short Handicap 6PM START	n/a	n/a
03/04/2025	Rowlands castle 10k	Nicola	
10/04/2025	Mike Edwards Long Handicap	n/a	n/a
17/04/2025	Portsmouth Hill	Ali	
24/04/2025	Ian Murray Short Handicap		n/a
01/05/2025	New Farlington Marshes - meet at Bidbury Mead	Lucy	
08/05/2025	Mike Edwards Long Handicap		n/a
15/05/2025	Emsworth Foreshore	Laura	
22/05/2025	Hayling Billy out and back	Janeet	
29/05/2025	Ian Murray Short Handicap		n/a
05/06/2025	Butser Hill - meet at Halls Hill car park, Buriton	Ali	
	OR Emsworth Foreshore run from HLC	Dave	
12/06/2025	Mike Edwards Long Handicap		n/a
19/06/2025	Rowlands Castle Summer run – meet on The Green at Rowlands Castle	Alan	
26/06/2025	Ian Murray Short Handicap		n/a
03/07/2025	New Farlington Marshes meet at Bidbury Mead	Lucy	
10/07/2025	Mike Edwards Long Handicap		n/a
17/07/2025	QE summer run - meet outside QECP visitors centre	Kev	
	OR Emsworth Foreshore run from HLC	Dave	
24/07/2025	Hayling Billy out and back	Laura	
31/07/2025	Ian Murray Short Handicap		n/a
07/08/2025	Rowlands Castle Summer run – meet on The Green at Rowlands Castle	Simon	
14/08/2025	Mike Edwards Long Handicap		n/a
21/08/2025	New Farlington Marshes - meet at Bidbury Mead	Janeet	
28/08/2025	Ian Murray Short Handicap		n/a
04/09/2025	Rowlands 10K	Lucy	
11/09/2025	Mike Edwards Long Handicap		n/a
18/09/2025	Portsmouth Hill	Ali	
25/09/2025	Ian Murray Short Handicap 6PM START		n/a