



## BOURTON ROADRUNNERS

### Club Runs and Effort Sessions - January 2026

All maps are available on the BRR website  
The schedule is also on the BRR events calendar (you need a Google account to use the calendar).

Date	Time	Meet point	Session	Route/Session Description
Thurs 1 Jan	6pm	Leisure Centre	Beyond C25K	<b>BC25K Route 2 - CLOCKWISE</b>
	6.45pm	Leisure Centre	3.3 miles	<b>Route 7 - CLOCKWISE</b> The Ave, Lansdowne, Top of Kingswell, L/Slaughter, Slaughter Pike, Ind Est, LC
	6.45pm	Leisure Centre	5.3 miles	<b>Route 51</b> - Slaughter Pike, Lower & Upper Slaughters, Buildings Hill, Buckle St. The Ave
Fri 2 Jan	9am	NO Efforts	Rest Day	<b>Enjoy!</b>
Tues 6 Jan	6pm	Leisure Centre	Beyond C25K	<b>BC25K</b> Meet at the Leisure Centre for <b>Mini Efforts</b> with Lorna
	6.45pm	Leisure Centre	3 miles	<b>Route 3</b> - The Ave, Rissy Road, Clapton Row, Letch Lane, The Ave
	6.45pm	Leisure Centre	Efforts	<b>Graham</b> - Meet at Slaughter Pike (junction to Lower Slaughter) for Fartleks
Wed 7 Jan	9am	The Nuttery	Run	<b>Lynn &amp; Allie</b> - Meet at The Nuttery, Notgrove GL54 3BS for 4-5 mile relaxed run
Thurs 8 Jan	6pm	Leisure Centre	Beyond C25K	<b>BC25K Route 3 - CLOCKWISE</b>
	6.45pm	Leisure Centre	3 miles	<b>Route 8 CLOCKWISE</b> - The Ave, Up Steeps, down Whiteshoots Hill, Lansdowne, The Ave
	6.45pm	Leisure Centre	5 or 7.3 miles	<b>Great Rissy O&amp;B</b> Station Rd, Rissy Rd, Leasow La, Gt Rissy to The Lamb take L opposite. Down to Leasow, back to LC
Fri 9 Jan	9am	Maugersbury	Efforts	<b>Tom</b> - Meet in Maugersbury at 9am ready for 5 x 500m with short recovery
Tues 13 Jan	6pm	Leisure Centre	Beyond C25K	<b>BC25K Route 4 - CLOCKWISE</b>
	6.45pm	Leisure Centre	3 miles	<b>Route 1 CLOCKWISE</b> - Roman Way clockwise, Moore Rd, Rye Close clockwise
	6.45pm	Leisure Centre	Efforts	<b>Lorna</b> - Meet at LC to run to Lamberts Fd/Rye Cl for Pyramid 400m laps - (1,2,3,2,1), 1 min recovery
Wed 14 Jan	9am	Bourton FC	Run	Meet for a relaxed 4-5 mile social run - What3Words //dozens.pyramid.respect
Thurs 15 Jan	6pm	Leisure Centre	Beyond C25K	<b>BC25K Route 5 - CLOCKWISE</b>
	6.45pm	Leisure Centre	3.2 miles	<b>Route 4 - ANTICLOCKWISE</b> Ave, Letch La, Rissy Rd, Lamberts Fd, Station Rd, Roman Wy
	6.45pm	Leisure Centre	5 or 7 miles	<b>Route 60</b> - The Slaughters and optional Ballerina Hill extension
Fri 16 Jan	9am	Maugersbury	Efforts	<b>Tom</b> - Meet in Maugersbury at 9am ready for Hill Reps
Tues 20 Jan	6pm	Leisure Centre	Beyond C25K	<b>BC25K Route 1 - ANTICLOCKWISE</b>
	6.45pm	Leisure Centre	3.1 miles	<b>Route 5 - ANTICLOCKWISE</b> Ave, Lansdowne Out & Back Letch La, Station Rd, Roman Wy, Mallards, Ind Est
	6.45pm	Leisure Centre	Efforts	<b>Claire</b> - Meet at the Leisure Centre to run out together the Ind Est for 9 x 2 min Sprints
Wed 21 Jan	9am	Bourton FC	Run	Meet for a relaxed 4-5 mile social run - What3Words //dozens.pyramid.respect
Thurs 22 Jan	6pm	Leisure Centre	Beyond C25K	<b>BC25K Route 2 - ANTICLOCKWISE</b>
	6.45pm	Leisure Centre	3.1 miles	<b>Route 6 - CLOCKWISE</b> - Cemetery Lane, Rye Close, Letch Lane, Lansdowne, Ave.
	6.45pm	Leisure Centre	5 or 6 miles	<b>Route 43</b> - Clapton Village Out & Back. 5 miles if you turn at Gomm's Hole.
Fri 23 Jan	9am	Maugersbury	Efforts	<b>Tom</b> - Meet in Maugersbury at 9am ready for 12 x 200m Hill Sprints with short recovery
Tues 27 Jan	6pm	Leisure Centre	Beyond C25K	<b>BC25K Route 3 - ANTICLOCKWISE</b>
	6.45pm	Leisure Centre	3.1 miles	<b>Route 9</b> - Roman Way, Station Rd, Rissy Rd (to lay-by), return via High St and Avenue.
	6.45pm	Leisure Centre	Efforts	<b>Margaret</b> - Meet at the LC to run out to Screwfix on the Ind Est - 4-5x 950m laps
Wed 28 Jan	9am	Bourton FC	Run	Meet for a relaxed 4-5 mile social run - What3Words //dozens.pyramid.respect
Thurs 29 Jan	6pm	Leisure Centre	Beyond C25K	<b>BC25K Route 4 - ANTICLOCKWISE</b>
	6.45pm	Leisure Centre	3.3 miles	<b>Route 7 - ANTICLOCKWISE</b> Ind E, S/Pike, L/Slaughter, Kingswell, Top of Beckys, Lansdowne, Ave
	6.45pm	Leisure Centre	7 miles	<b>Route 61 - ANTICLOCKWISE</b> Station Rd, Rissy Rd, L/Rissy Pound La, U/Rissy, Drainpipe, Wyck, S/Pike, Ind Est, LC
Fri 30 Jan	9am	Maugersbury	Efforts	<b>Tom</b> - Meet in Maugersbury for 1km Reps