



## BOURTON ROADRUNNERS

### Club Runs and Effort Sessions - July 2026

**All maps are available on the BRR website**

[The schedule is also on the BRR events calendar \(you need a Google account to use the calendar\).](#)

*SUBJECT TO CHANGE - Any last minute amendments will be posted on BRR Announcements*

Date	Time	Meet point	Session	Route/Session Description
Wed 1 July	9:00 AM	GL54 2AR	Run	<b>DIFFERENT START POINT</b> Meet host <b>Jo</b> for a relaxed 4-5 mile social run at 9am at Royal British Legion car park (entrance via Landrover garage on Lansdowne, Bourton GL54 2AR) and afterwards at her house
Thurs 2 July	6:00 PM	Leisure Centre	Short Run	<b>BC25K Route 1 Multi Terrain - CLOCKWISE</b> - A 30 min easy paced run
	6:45 PM	Leisure Centre	Intermediate Run	<b>Route 57 - Multi Terrain</b> - Wyck Rissy , Little Rissy
Fri 3 July	9:00 AM	TBC by Tom	Efforts	<b>Tom</b> - Meet at (location tbc by Tom on BRR Chat/Announcements) for a fully inclusive 60 min session with warm-up, drills, stretches & cool down. A combination of short hill sprints, longer hill reps, fartlek & reps of up to 1km, although not all in the same session!
Tues 7 July	6:00 PM	Leisure Centre	Short Run	<b>BC25K Route 2 Multi Terrain - CLOCKWISE</b> - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	<b>Graham</b> - Meet at the Leisure Centre to run out to Marshmouth Lane for a Intensity Ladder 2x (600m, 500m, 400m, 300m, 200m, 100m) with decreasing recovery
Wed 8 July	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 9 July	6:00 PM	Leisure Centre	Short Run	<b>BC25K Route 3 Multi Terrain - CLOCKWISE</b> - A 30 min easy paced run
	6:45 PM	Leisure Centre	Long Run	<b>Route 55 Multi Terrain</b> - 7 miles - Windrush Way, Penny Lane, Slaughters.
Fri 10 July	9:00 AM	TBC by Tom	Efforts	<b>Tom</b> - Meet at (location tbc by Tom on BRR Chat/Announcements) for a fully inclusive 60 min session with warm-up, drills, stretches & cool down. A combination of short hill sprints, longer hill reps, fartlek & reps of up to 1km, although not all in the same session!
Tues 14 July	6:00 PM	Leisure Centre	Short Run	<b>BC25K Route 4 Multi Terrain - CLOCKWISE</b> - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	<b>Gary</b> - Meet at the Leisure Centre to run out to Screwfix on the industrial estate for 4-5x 950m laps (reduce heartrate before next rep)
Wed 15 July	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 16 July	6:00 PM	Leisure Centre	Short Run	<b>BC25K Route 6 Multi Terrain - CLOCKWISE</b> - A 30 min easy paced run
	6:45 PM	Leisure Centre	Long Run	<b>Route 58 Multi Terrain</b> - 7 miles - Cem. Ln, Rissy Rd, L. Rissy, Gt. Rissy, Newbridge Ln, Marshmouth.
Fri 17 July	9:00 AM	TBC by Tom	Efforts	<b>Tom</b> - Meet at (location tbc by Tom on BRR Chat/Announcements) for a fully inclusive 60 min session with warm-up, drills, stretches & cool down. A combination of short hill sprints, longer hill reps, fartlek & reps of up to 1km, although not all in the same session!
Tues 21 July	6:00 PM	Leisure Centre	Short Run	<b>BC25K Route 1 Multi Terrain - ANTICLOCKWISE</b> - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	<b>Claire</b> - Meet at the Leisure Centre to run out to Leasow Lane for 9x 2 min sprints
Wed 22 July	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 23 July	6:00 PM	Leisure Centre	Short Run	<b>BC25K Route 2 Multi Terrain - ANTICLOCKWISE</b> - A 30 min easy paced run
	6:45 PM	Leisure Centre	Long Run	<b>Route 59 Multi Terrain</b> - 6.5 miles - Chelt. Rd, FP to Aston Mill, U/Slaughter, Copse Hill via Ballerina & FP to L/Slaughter, Wardens Way – 6.5 miles (or 5.7m option - see map)
Fri 24 July	9:00 AM	TBC by Tom	Efforts	<b>Tom</b> - Meet at (location tbc by Tom on BRR Chat/Announcements) for a fully inclusive 60 min session with warm-up, drills, stretches & cool down. A combination of short hill sprints, longer hill reps, fartlek & reps of up to 1km, although not all in the same session!
Tues 28 July	6:00 PM	Leisure Centre	Short Run	<b>BC25K Route 3 Multi Terrain - ANTICLOCKWISE</b> - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	<b>Pippa</b> - Meet at the Leisure Centre to run out to Kings Well Lane, Lower Slaughter for Hills (tempo/sprints)
Wed 29 July	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 30 July	6:00 PM	Leisure Centre	Short Run	<b>BC25K Route 4 Multi Terrain - ANTICLOCKWISE</b> - A 30 min easy paced run
	6:45 PM	Leisure Centre	Long Run	<b>Route 64 Multi Terrain</b> - 6.5 mile Station Rd, Roman Wy Moore La, follow Ox Wy to Wyck Rissy. TR take the left turn onto the Diamond Wy to A424. Cross the road to Hill Farm. TR onto Icomb Rd to the X-rd, straight across, follow Ox Wy back to Bourton
Fri 31 July	9:00 AM	TBC by Tom	Efforts	<b>Tom</b> - Meet at (location tbc by Tom on BRR Chat/Announcements) for a fully inclusive 60 min session with warm-up, drills, stretches & cool down. A combination of short hill sprints, longer hill reps, fartlek & reps of up to 1km, although not all in the same session!