



BOURTON ROADRUNNERS Club Runs and Effort Sessions - Sept 2026

All maps are available on the BRR website

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

1/09/26 Sunset 7:55pm, DARK 8:25pm

15/09/26 Sunset 7:25pm, DARK 7:55pm

30/09/26 Sunsets 6:45pm, DARK 7:15pm

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

Date	Time	Meet point	Session	Route/Session Description
Tues 1 Sept	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 29 - Multi Terrain - 3 miles - (Approx 9:30 min miles and quicker) Village loop, Birdland, Rye Close, Round Hse Farm, F/path to Ave Opt 2 - A 30 min easy paced run including MINI EFFORTS (10:30 min miles or steadier) Route to be confirmed by Lorna on BRR Chat/Announcements
	6:45 PM	Leisure Centre	Efforts	Gary - Meet at the Leisure Centre to run out to Clapton Road at the top of Steeps for Intervals 2x (1,2,3,2,1 min)
Wed 2 Sept	9:00 AM	Bruen Farm Shop	Run	DIFFERENT START POINT Meet Jenny at Bruen Farm Shop for a relaxed 4-5 mile social run and afterwards for coffee and cake in the farm shop cafe
Thurs 3 Sept	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 24 - Multi Terrain - 3 or 3.7 miles (Approx 9:30 min miles and quicker) Oxford Way, Wyck Rissington Opt 2 - A 30 min easy paced run (10:30 min miles or steadier) Route to be confirmed by Lorna on BRR Chat / Announcements
	6:45 PM	Leisure Centre	Intermediate Run	Route 63 Multi Terrain - 5.3 miles - Greystones, Oxon Way, Wyck Rissy, S/Pike, L/Slaughter, f/path by Kingswell Hill to Buckle St.
Fri 4 Sept	9:00 AM	TBC by Tom	Efforts	Tom - 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 8 Sept	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 25 - Multi Terrain - 3.3 miles (Approx 9:30 min miles and quicker) Oxford Way, Wyck Rissington Lane, Slaughter Pike, Ind. Estate Opt 2 - A 30 min easy paced run (10:30 min miles or steadier) Route to be confirmed by Lorna on BRR Chat / Announcements
	6:45 PM	Leisure Centre	Efforts	Lorna - Meet at the Leisure Centre to run out to the Screwfix circuit for 4/5x 950m laps, reducing heart rate before each rep
Wed 9 Sept	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 10 Sept	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 22 - Multi Terrain - 3.3 miles (Approx 9:30 min miles and quicker) Lower Slaughter, Becky Hill Opt 2 - A 30 min easy paced run (10:30 min miles or steadier) Route to be confirmed by Lorna on BRR Chat / Announcements
	6:45 PM	Leisure Centre	Long Run	Route 52 Multi Terrain - 6.1 miles - The Slaughters & Eye Valley.
Fri 11 Sept	9:00 AM	TBC by Tom	Efforts	Tom - 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 15 Sept	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 30 - Multi Terrain - 3.3 miles (Approx 9:30 min miles and quicker) W/Way to L/Slaughter, Old Mill, Mill La, TR Copse Hill Rd, Eye Stream FP, I/Est Opt 2 - A 30 min easy paced run (10:30 min miles or steadier) Route to be confirmed by Lorna on BRR Chat / Announcements
	6:45 PM	Leisure Centre	Efforts	Gary - Meet at Leisure Centre to run out to the first lane off Buckle St for Hills (5-7 reps hard down and up)
Wed 16 Sept	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 17 Sept	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 27- Multi Terrain - 3 miles (Approx 9:30 min miles and quicker) Roman Wy, Greystones, Roundhouse, Cemetery La, FB Club Rissy Rd, Ave Opt 2 - A 30 min easy paced run (10:30 min miles or steadier) Route to be confirmed by Lorna on BRR Chat / Announcements
	6:45 PM	Leisure Centre	Intermediate / Long Run	Route 60 Road - CLOCKWISE - 5 or 7 miles - The Slaughters and optional Ballerina Hill extension
Fri 18 Sept	9:00 AM	TBC by Tom	Efforts	Tom - 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 22 Sept	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 28 - Multi Terrain - 3 miles (Approx 9:30 min miles and quicker) Moore Rd, Ford - Towards Clapton, TR, Monarch Way Opt 2 - A 30 min easy paced run (10:30 min miles or steadier) Route to be confirmed by Lorna on BRR Chat / Announcements
	6:45 PM	Leisure Centre	Efforts	Lynn - Meet at the Leisure Centre to run out to Lamberts Field and Rye Close for 3 Reps of 3x 300m fast plus 100m jog + 1x complete lap recovery
Wed 23 Sept	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 24 Sept	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 8 - Road - CLOCKWISE - 3 miles (Approx 9:30 min miles and quicker) Up Steeps, down Whiteshoots Hill Opt 2 - A 30 min easy paced run (10:30 min miles or steadier) Route to be confirmed by Lorna on BRR Chat / Announcements
	6:45 PM	Leisure Centre	Intermediate / Long Run	Route 43 Road - 5 or 6 miles - Clapton Village Out & Back. 5 miles if you turn at Gomm's Hole.
Fri 25 Sept	9:00 AM	TBC by Tom	Efforts	Tom - 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 29 Sept	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 10 O&B Road 3 miles - (9:30min miles & quicker) Ave,High St,TR past Kingsbridge,back of village,High St,Rissy Rd to layby, High St, Ave. Opt 2 - A 30 min easy paced run (10:30 min miles or steadier) Route to be confirmed by Lorna on BRR Chat / Announcements
	6:45 PM	Leisure Centre	Efforts	Graham - Meet at the Leisure Centre to run out to the Slaughters for Fartleks
Wed 30 Sept	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect