



Club Runs and Effort Sessions October 2026

All maps are available on the BRR website

SUBJECT TO CHANGE -

Any last minute amendments will be posted on BRR Announcements

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 Oct	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 1 - Road - 3 miles - Roman Way, Rye Close, Bow Lane, Moore Rd 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 71 CLOCKWISE - Road - 5 miles - Ave, Lansdowne, Buckle St, Top of Kingswell, Upper Slaughter, Top Rd, Lower Slaughter, Slaughter Pike, Ind Est
Fri 2 Oct	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 6 Oct	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 2 - Road - 3 miles - The Avenue, Letch Lane, Marshmouth Lane, back via Cemetery Lane Opt 2 - A 30 min easy paced run including MINI EFFORTS (10:30 min miles or steadier) Route to be confirmed by Lorna
	6:45 PM	Leisure Centre	Efforts	Lorna - Meet at the Leisure Centre to run out to Birds Estate for Pyramid Loops
Wed 7 Oct	9:00 AM	The Nuttery, Notgrove	Run	DIFFERENT START POINT Meet AllieTighe at The Nuttery, Notgrove for a relaxed 4-5 mile social run
Thurs 8 Oct	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 3 - Road - 3 miles - The Avenue, Rissy Road, Clapton Row, Letch Lane, The Avenue. 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 40 - Road - 5 or 7.5 miles - The Ave, Rissy Rd, Newbridge La (turn back for 5), Clapton, Steeps, Moors Ln.
Fri 9 Oct	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 13 Oct	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 4 - Road - 3.2 miles - Lamberts Field loop. 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	Claire - Meet at the Leisure Centre to run out to Screw Fix for 4, 5 or 6, 1K Efforts
Wed 14 Oct	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 15 Oct	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 5 - Road - 3.1 miles - Lansdowne, Letch Lane, Station Road, New 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	Long Run	Route 41 - Road - 6.3 miles - Buckle St, Bollards, TR @ X-Roads, U/Slaughter, Becky Hill, Slaughter Pike, Station Rd.
Fri 16 Oct	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 20 Oct	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 6 - Road - 3.1 miles - Cemetery Lane, Rye Close, Letch Lane, Lansdowne, Avenue. 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	Pippa - Meet at the Leisure Centre to run out to Kingswell Hill for Pyramid Hills
Wed 21 Oct	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 22 Oct	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 7 - Road - 3.3 miles - Ind. Est, Slaughter Pike, L/Slaughter, Kingswell, Top Rd, Lansdowne, 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	Long Run	Route 45 - Road - 5 or 6 miles -Cold Aston out and back.
Fri 23 Oct	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 27 Oct	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 8 - Road - 3 miles - Map in reverse eg Up Whiteshoots - Down the Steeps. 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 LC to run out to Cemetery Lane for 'Chalk' (1 min reps)
Wed 28 Oct	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 29 Oct	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 9 - Road - 3.1 miles - Roman Way, Station Rd, Rissy Rd (to lay-by), return via High St and the Avenue. 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 61 - 5 or 7 miles - Wyck R, Drainpipe, L Rissy via Pound La. 5m-Turn at bottom of the Drainpipe
Fri 30 Oct	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!