BOURTON ROADRUNNERS

Club Runs and Effort Sessions
November 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
Tue 3 Nov	6:00 PM	Leisure Centre	Short Runs	**Opt 1 - Route 10** O&B 3 miles - Ave,High St,TR past Kingsbridge, back of village, High St, Rissy Rd to layby, back via High St, Ave. **Opt 2 - 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	**Graham** - Meet at the Leisure Centre to run out to the Bow Lane / Letch Lane circuit for 2x(600m Tempo plus 4x 200m sprints)
Wed 4 Nov	9:00 AM	Wychwood Golf Club	Run	**DIFFERENT START POINT** Meet Ed Simpson at the Wychwood Golf Club OX7 6QQ for a relaxed 4-5 mile social run and afterwards at the Club House for refreshments
Thur 5 Nov	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** (10:30 min miles or steadier) Route to be confirmed by Lorna on BRR Chat / Announcements
	6.45 PM	Leisure Centre	Intermediate Run	**Route 51 - Road 5.3 miles** - Slaughter Pike, Lower & Upper Slaughters, Buildings Hill, Buckle St.
Fri 6 Nov	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!
Tue 10 Nov	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	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 11 Nov	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thur 12 Nov	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	Long Run	**Route 62 ANTICLOCKWISE** So instead of Bollards, Right and Right, this is Left and Left, Bollards! Down The Ave, Lansdowne, Buckle St, TR top of Kings Well, U/Slaughter, Paise Hill, TL, L again at the XR (Bollards), down Buckle St, Lansdowne, Back up Ave
Fri 13 Nov	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!
Tue 17 Nov	6:00 PM	Leisure Centre	Short Runs	**Opt 1 - Route 5 - Road 3.1 miles** - Lansdowne O&B, Letch La, Station Rd, Roman Way, Mallards, Ind 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	**Pippa** - Meet at the Leisure Centre to run out to Lamberts Field and Rye Close for Pyramid - 400 m Laps - (1,2,3,2,1) 1 min recovery
Wed 18 Nov	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thur 19 Nov	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	Long Run	**Route 60 - Road 5 or 7 miles** - The Slaughters and optional Ballerina Hill extension
Fri 20 Nov	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!
Tue 24 Nov	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	Efforts	**Lorna** - Meet at the Leisure Centre to run out to Screw fix, Industrial - 4 - 5 x 950m laps (Reducing heart rate before next rep)
Wed 25 Nov	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thur 26 Nov	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	Long Run	**Route 40 - Road 5 or 7.5 miles** - Ave, Rissy Rd, Leasow La, Newbridge Lane (turn back for 5), Clapton, Steeps, Moore Road
Fri 27 Nov	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!