

Bourton Roadrunners

Tuesday & Thursday Club runs + Tuesday and Friday Efforts sessions May 2024

These are suggested routes only, feel free to amend if the group agrees.
Maps of the routes are on BRR website and most are in the folder at the Leisure centre, by the notice board.

http://www.bourtonroadrunners.co.uk/members_library/training_routes.htm

All Tuesday and Thursday sessions depart from leisure centre at 6:45pm unless stated in schedule.

Beyond C25k' Group run departing the leisure Centre every Tuesday and Thursday at 6pm . Approx 2.5 miles with Av pace 12:00 – 14:00 min /mile).

In addition: Wednesday BRR runs depart from Bourton Rovers football Pavilion at 9am.

Thurs 2 nd May	7miles	Map 55	Windrush, penny lane, slaughters
Fri 3 rd May	Efforts	Pyramid sprint session	Meet Tom at Mangersbury. 9am
Tues 7 th May	3miles	Map 20	Avenue, Windrush way, back of birdland, football field, lakes, Greystones
Tues 7 th May	Efforts	Industrial estate 2x (6 x 90sec)	Meet Alan at leisure centre. 6:45pm
Thur 9 th May	3.3miles	Map 22	Lower Slaughter, Becky Hill
Thur 9 th May	7.5miles	Map 53	Wardens Way, buckle street, slaughters
Fri 10 th May	Efforts	200m/400m intervals	Meet Tom at Broadwell. 9am
Tues 14 th May	3miles	Map 23	Moors lane, Round house, back of birdland
Tues 14 th May	Efforts	Mile time trial	Meet at leisure centre. 6:45pm
Thur 16 th May	3miles	Map 21	Cemetery lane, lakes, Rissington mill, lakes, Greystones farm
Thur 16 th May	5/6miles	Map 50	Marshmouth lane, xc to Rissi road, Rissi mill, Cemetery lane, round house
Fri 17 th May	Efforts	Hill repeats	Meet Tom at Mangersbury. 9am
Tues 21 st May	3miles	Map 28	Moore road, Ford-towards Clapton, TR, Monarch way
Tues 21 st May	Efforts	Hill pyramid	Meet Graham at Upper Slaughter square. 6:45pm

Thur 23 rd May	3miles	Map 29	Village loop, birdland, Rye close, Round house farm, footpath to ave
Thur 23 rd May	6/7miles	Map 49	Lower Slaughter, Hyde Mill, Wyck Rissington
Fri 24 th May	Efforts	Fartlek	Meet Tom at Lower Slaughter. 9am
Tues 28 th May	3.7miles	Map 24	Oxford way, Wyck Rissington
Tues 28 th May	Efforts	4-5 x 1km reps at Mallard crescent	Meet Lorna at leisure centre. 6:45pm
Thur 30 th May	3.3miles	Map 26	Windrush Way, Lower slaughter, Wardens way
Thur 30 th May	5/6miles	Map 56	Windrush way, turn right at aston mill, Slaughters
Fri 31 st May	Efforts	Kenyan Hills	Meet Tom at Mangersbury. 9am