




BOURTON ROADRUNNERS

Club Runs and Effort Sessions - December 2025

[All maps are available on the BRR website](#)

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

Date	Time	Meet point	Session	Route/Session Description
Tues 2 Dec	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Mini Efforts with Lorna
	6.45pm	Leisure Centre	3.1 miles	Route 9 O&B - Roman Way, Station Rd, Rissy Rd (turn at the layby), High St and Avenue.
	6.45pm	Leisure Centre	Efforts	Graham - Meet at the LC for Fartleks
Wed 3 Dec	9am	Andoversford	Trail Run	Meet Lynn in Station Road, Andoversford for a relaxed Trail 4-5mile Run with refreshments
Thurs 4 Dec	6pm	Leisure Centre	Beyond C25K	BC25K Route 1 - ANTICLOCKWISE
	6.45pm	Leisure Centre	3.1 miles	Route 5 - CLOCKWISE Ind Est, Birds Est, Station Rd, Letch La, Lansdowne Out & Back, The Av
	6.45pm	Leisure Centre	5 miles	Route 48 - Roman Way, Rissy Rd to Little Rissy, Pound La loop, back via Letch La & The Ave.
Fri 5 Dec	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury for Efforts- Session TBC
Tues 9 Dec	6pm	Leisure Centre	Beyond C25K	BC25K Route 2 - ANTICLOCKWISE
	6.45pm	Leisure Centre	3 miles	Route 1 - ANTICLOCKWISE - Moore Rd, Rye Close, Roman Way
	6.45pm	Leisure Centre	Efforts	Margaret - Meet at the LC to run out to Lamberts Field 3 sets of 3x 300m fast, 100m jog
Wed 10 Dec	9am	Bourton FC	Run	Relaxed 4-5 mile run
Thurs 11 Dec	6pm	Leisure Centre	Beyond C25K	BC25K Route 3 - ANTICLOCKWISE
	6.45pm	Leisure Centre	3 miles	Route 3 O&B - Ave, High St, Rissy Rd (turn at layby) Clapton Row, Letch La, The Ave
	6.45pm	Leisure Centre	6 miles	Route 45 O&B - Cold Aston out and back.
Fri 12 Dec	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury for Efforts- Session TBC
Tues 16 Dec	6.45pm	Leisure Centre	 Tinsel Run	NO Efforts/training sessions , so enjoy the TINSEL RUN!
Wed 17 Dec	9am	Bourton FC	Run	Relaxed 4-5 mile run
Thurs 18 Dec	6pm	Leisure Centre	Beyond C25K	BC25K Route 4 - ANTICLOCKWISE
	6.45pm	Leisure Centre	3.2 miles	Route 4 - CLOCKWISE Roman Wy, Station Rd, Lamberts Fd, Rissy Rd, Letch La, The Ave
	6.45pm	Leisure Centre	5 or 7 miles	Route 61 CLOCKWISE - Wyck, Drainpipe, Little Rissy Pound La. Turn bottom of drainpipe for 5 miles.
Fri 19 Dec	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury for Efforts- Session TBC
Tues 23 Dec	6pm	Leisure Centre	Beyond C25K	BC25K Route 5 - ANTICLOCKWISE
	6.45pm	Leisure Centre	3.3 miles	Route 10 O&B - Ave, High St, Letch La, High St, Rissy Rd, turn at layby, High St, Ave
	6.45pm	Leisure Centre	Efforts	Claire - Meet LC run out to Mallard 500m reps (15-20min), Jog recovery (2-3min), continous run 15min
Wed 24 Dec	9am	Bourton FC	Run	Relaxed 4-5 mile run
Thurs 25 Dec	Christmas Day			CHRISTMAS REST DAY - Happy Christmas to you all!
Fri 26 Dec				NO Efforts/training sessions
Tues 30 Dec	6pm	Leisure Centre	Beyond C25K	BC25K Route 1 - CLOCKWISE
	6.45pm	Leisure Centre	3.1 miles	Route 6- ANTICLOCKWISE The Ave, Lansdowne out/back, Letch La, Rye Cl, Cemetery La
	6.45pm	Leisure Centre	Efforts	Graham - Meet at the LC for Hill Pyramids