



Club runs and efforts sessions - October 2024

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 1 Oct	6pm	Leisure Centre	Beyond C25K	Route 1 clockwise.
	6.45pm	Leisure Centre	3 miles	Route 8 - Up Steeps, down Whiteshoots Hill.
	6.45pm	Leisure Centre	Efforts	Alan - Bow/Letch Lane circuit +4 x 200m sprints along Letch Hill Drive. Repeated.
Wed 2 Oct	9am	Bourton FC	Run	
Thurs 3 Oct	6pm	Leisure Centre	Beyond C25K	Beyond C25K Route 2 anticlockwise.
	6.45pm	Leisure Centre	3.1 miles	Route 7 - Ind. Est, Slaughter Pike, L/Slaughter, Kingswell, Top Rd, Lansdowne, Ave.
	6.45pm	Leisure Centre	5.3 miles	Route 51 - Slaughter Pike, Slaughters, Buildings Hill, Buckle Street.
Fri 4 Oct	9am	Maugersbury	Efforts	Tom - 4 x 500m +hill activation sprints
Tues 8 Oct	6pm	Leisure Centre	Beyond C25K	Beyond C25K Route 2 clockwise.
	6.45pm	Leisure Centre	3.1 miles	Route 7 - Ind. Est, Slaughter Pike, L/Slaughter, Kingswell, Top Rd, Lansdowne, Ave.
	6.45pm	Leisure Centre	Efforts	Claire - 2x 6x90secs (industrial estate).
Wed 9 Oct	9am	Bourton FC	Run	
Thurs 10 Oct	6pm	Leisure Centre	Beyond C25K	Beyond C25K Route 3 anticlockwise
	6.45pm	Leisure Centre	3.2 miles	Route 4 - Lamberts Field loop.
	6.45pm	Leisure Centre	5/6 miles	Route 45 - Cold Aston out & back. Turn where you want for a shorter option.
Fri 11 Oct	9am	Lower Slaughter	Efforts	Tom - 10 x 200m + hill activation sprints.
Tues 15 Oct	6pm	Leisure Centre	Beyond C25K	Beyond C25K Route 3 clockwise.
	6.45pm		3 miles	Route 4 - Lamberts Field loop.
	6.45pm	Lower Slaughter	Efforts	Margaret - Hills (short and long) @Kingswell Hill.
Wed 16 Oct	9am	Bourton FC	Run	
Thurs 17 Oct	6pm	Leisure Centre	Beyond C25K	Beyond C25K Route 4 anticlockwise.
	6.45pm	Leisure Centre	3 miles	Route 2 - Avenue, Letch Lane, Marshmouth Lane, back via Cemetery Lane.
	6.45pm	Leisure Centre	5 or 7 miles	Route 61 - Wyck Rissington, Drainpipe, Little Rissington (via Pound Lane). Turn at bottom of the drainpipe for 5 miles.
Fri 18 Oct	9am	Maugersbury	Efforts	Tom - Kenyan hill session.
Tues 22 Oct	6pm	Leisure Centre	Beyond C25K	Beyond C25K Route 4 clockwise.
	6.45pm		3 miles	Route 2 - Avenue, Letch Lane, Marshmouth Lane, back via Cemetery Lane.
	6.45pm	Leisure Centre	Efforts	Graham - 1km reps around Mallard Crescent.
Wed 23 Oct	9am	Bourton FC	Run	
Thurs 24 Oct	6pm	Leisure Centre	Beyond C25K	Beyond C25K Route 5 anticlockwise.
	6.45pm		3.1 miles	Route 5 - Lansdowne, Letch Lane, Station Rd, New Estate.
	6.45pm		6.3 miles	Route 41 - Buckle St, Bollards, TR @ X-Roads, U/Slaughter, Becky Hill, Pike, Station Rd.
Fri 25 Oct	9am	Maugersbury	Efforts	Tom - 5 x 500m + hill activation sprints
Tues 29 Oct	6pm	Leisure Centre	Beyond C25K	Beyond C25K Route 5 clockwise.
	6.45pm		3.1 miles	Route 5 - Lansdowne, Letch Lane, Station Road, New Estate
	6.45pm	Leisure Centre	Efforts	Claire - reps of industrial estate + short sprints (say 4x 150m ish).
Wed 30 Oct	9am	Bourton FC	Run	
Thurs 31 Oct	6pm	Leisure Centre	Beyond C25K	Beyond C25K
	6.45pm		3.1 miles	Route 6 - Cemetery Lane, Rye Close, Letch Lane, Lansdowne, Ave.
	6.45pm		5 miles	Route 48 - Little Rissy village loop.