

Tuesday and Thursday runs – Oct 5th – Nov 2nd 2021

All runs depart the leisure centre car park at 6:45pm. The evenings are now dark so please wear High Viz and think about wearing lights to be seen.

These are suggested routes only, feel free to amend providing your group agrees and you don't lose any one!

The Thursday short run is the same as the Tuesday run the following week. You could do it the other way round for variation. Distances are approximate.

[For Efforts sessions please meet at the venue stated just before 6:45pm having already done a warm up run of at least 10 -15mins.](#)

Date	Distance	Map no	Rough description
Tues 5 th Oct	3.1 miles	6	Cem Lane- Rye Close, Riss rd- Letch lane- Lansdowne- Avenue
Tues 5th Oct	Efforts		Meet in Upper Slaughter Square for Hills with Gary
Thurs 7 th Oct	3.2miles	2	Cem lane - Private Rd, Marshmouth Lane out & back to where tarmac runs out- Letch lane-Avenue
Thurs 7 th Oct	6.3 miles	41	Lansdowne – Buckle St to X Rds – TR – TR to Upper Slaughter- Beccy Hill – Lower Slaughter – Slaughter Pike – Ind Estate
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Tues 12 th Oct	3.2miles	2	Cem lane - Private Rd, Marshmouth Lane out & back to where tarmac runs out- Letch lane-Avenue.
Tues 12th Oct	Efforts		Meet at Birdland Car Park for 1km efforts with Graham
Thurs 14 th Oct	3 miles	-	Roman Way- Station Rd -Rissington Rd to lay-by and back-through village -Avenue
Thurs 14 th Oct	5 to 6.3miles	43	Out and back to Clapton Village. 5 miles if you turn at Gomms hole
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Tues 19 th Oct	3 miles	-	Roman Way- Station Rd -Rissington Rd to lay-by and back-through village -Avenue.
Tues 19th Oct	Efforts		Meet in Lower Slaughter near the church for a Fartlek with Gary
Thurs 21 st Oct	3.3 miles	7	Lansdowne - Buckle St – TR – Kingswell – Lower Slaughter- Slaughter Pike – Industrial Estate
Thurs 21 st Oct	5 miles	48	Roman way – Riss Rd - Little Riss – Riss Rd – back of Village-Avenue
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Tues 26 th Oct	3.3 miles	7	Lansdowne - Buckle St – TR – Kingswell – Lower Slaughter- Slaughter Pike – Industrial Estate
Tues 26th Oct	Efforts		Meet at gates on lane off Buckle St where footpath across fields joins the lane (top of hill) for a hilly rep session with Margaret

Thurs 28 th Oct	3 miles	1	Roman way – Station Rd – Riss Rd – Rye Close – Riss Rd – Moore Rd
Thurs 28 th Oct	7.5miles (or 5miles)	40	Hilly 10k route in reverse ie. Leasow lane, Newbridge Lane, Clapton, Steeps. (Turn at Newbridge Lane junction for 5 miles)
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Tues 2 nd Nov	3 miles	1	Roman way – Station Rd – Riss Rd – Rye Close – Riss Rd – Moore Rd
Tues 2 nd Nov with	Efforts		Meet at pulhams Corner on Industrial estate for 900m ish reps Alan