

# Bourton Roadrunners

## Tuesday & Thursday Club runs + Tuesday and Friday Efforts sessions July 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](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.

Tues 9 <sup>th</sup> July	3 miles	Map 24	Oxford way, Wyck Rissington
Tues 9 <sup>th</sup> July	Efforts	Hill and hill sprints	Meet Lorna at Upper Slaughter Square. 6:45pm
Thurs 11 <sup>th</sup> July	3 miles	Map 29	Village loop, birdland, Rye close, round house farm, footpath to ave
Thurs 11 <sup>th</sup> July	5.3 miles	Map 44	Clapton (Marshmouth and monarchs ways)
Fri 12 <sup>th</sup> July	Efforts	Hill sprints	Meet Tom at The Wells, Stow. 9am
Tues 16 <sup>th</sup> July	3miles	Map 20	Avenue, Windrush way, back of birdland, football field, lakes, Greystones
Tues 16 <sup>th</sup> July	Efforts	Roll on recovery session + 300m reps	Meet Alan at leisure centre for efforts on school field. 6:45pm
Thur 18 <sup>th</sup> July	3.3miles	Map 22	Lower Slaughter, Becky Hill
Thur 18 <sup>th</sup> July	7.5miles	Map 55	Windrush way, penny lane, slaughters
Fri 19 <sup>th</sup> July	Efforts	Fartleks	Meet Tom at Stow cricket field. 9am
Tues 23 <sup>rd</sup> July	3miles	Map 23	Moors lane, Round house, back of birdland
Tues 23 <sup>rd</sup> July	Efforts	1km tempo + 4 x 400m	Meet at post box where footpath from Bourton meets Wyck Rissington Lane. 6:45pm. What 3 words ///situation.spire.multiply
Thur 25 <sup>th</sup> July	3miles	Map 21	Cemetery lane, lakes, Rissington mill, lakes, Greystones farm
Thur 25 <sup>th</sup> July	5/6miles	Map 50	Marshmouth lane, xc to Rissi road, Rissi mill, Cemetery lane, round house

Fri 26 <sup>th</sup> July	Efforts	Flying 30's	Meet Tom at the Wells, Stow. 9am
Tues 30 <sup>th</sup> July	Efforts	Farleks	Meet Graham at leisure centre. 6:45pm
Tues 30 <sup>th</sup> July	3miles	Map 28	Moore road, Ford-towards Clapton, TR, Monarch way