



BOURTON ROADRUNNERS

Club Runs and Effort Sessions - May 2026

All maps are available on the BRR website

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

Subject to change - Any last minute amendments will be posted on BRR Announcements

Date	Time	Meet point	Session	Route/Session Description
Fri 1st May	9:00 AM	Maugersbury	Efforts	Tom - Meet in Maugersbury for a fully inclusive 60 min session with warm-up, drills, stretches & cool down. A combination of short hill sprints, longer hill reps, fartlek & reps of up to 1km, although not all in the same session!
Sun 3rd May	9:00 AM	Leisure Centre	Hills	Graham and Lou - Meet at the Leisure Centre for a Hill training session in preparation for the Hilly 100 Although this session is being put on with the Hilly 100 in mind, it is open to absolutely all - ALL runners very welcome.
Tue 5th May	6:00 PM	Leisure Centre	Short Run	BC25K Route 2 Multi Terrain - CLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	Claire - Meet at the Leisure Centre to run out to the Drainpipe Pipe for hill reps
Wed 6th May	9:00 AM	Hatherop, GL7 3NA	Run	Different Start Point - Meet host Arianna, at Hatherop GL7 3NA for a relaxed 4-5 mile social run
Thur 7th May	6:00 PM	Leisure Centre	Short Run	BC25K Route 3 Multi Terrain - CLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Intermediate Run	Route 46 Multi Terrain - 5.4 miles - Lakes, Little Rissy, Greystones
Fri 8th May	9:00 AM	Maugersbury	Efforts	Tom - Meet in Maugersbury for a fully inclusive 60 min session with warm-up, drills, stretches & cool down. A combination of short hill sprints, longer hill reps, fartlek & reps of up to 1km, although not all in the same session!
Tue 12th May	6:00 PM	Leisure Centre	Short Run	BC25K Route 4 Multi Terrain - CLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	1 Mile - Club Competition	Meet at the Leisure Centre to run out to the Rissy Road Lay-by ready to do the a timed 1x mile for the Club Competition
Wed 13th May	9:00 AM	Bourton FC	1 Mile - Club Competition	Meet at the Football Club to run out to the Rissy Road Lay-by ready to do the a timed 1x mile for the Club Competition
Thu 14th May	6:00 PM	Leisure Centre	Short Run	BC25K Route 1 Multi Terrain - ANTICLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Long Run	Route 58 Multi Terrain - 7 miles - Cem. Ln, Rissy Rd, L. Rissy, Gt. Rissy, Newbridge Ln, Marshmouth.
Fri 15th May	9:00 AM	Maugersbury	Efforts	Tom - Meet in Maugersbury for a fully inclusive 60 min session with warm-up, drills, stretches & cool down. A combination of short hill sprints, longer hill reps, fartlek & reps of up to 1km, although not all in the same session!
Tue 19th May	6:00 PM	Leisure Centre	Short Run	BC25K Route 2 Multi Terrain - ANTICLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	Margaret - Meet at the Leisure Centre to run out to the Bow Lane / Letch Lane circuit for 2x(600m Tempo plus 4x 200m sprints)
Wed 20th May	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thu 21st May	6:00 PM	Leisure Centre	Short Run	BC25K Route 3 Multi Terrain - ANTICLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Long Run	Route 59 Multi Terrain - 6.5 miles - Chelt. Rd, FP to Aston Mill, U/Slaughter, Copse Hill via Ballerina & FP to L/Slaughter, Wardens Way For 5.7m option - see map
Fri 22nd May	9:00 AM	Maugersbury	Efforts	Tom - Meet in Maugersbury for a fully inclusive 60 min session with warm-up, drills, stretches & cool down. A combination of short hill sprints, longer hill reps, fartlek & reps of up to 1km, although not all in the same session!
Tue 26th May	6:00 PM	Leisure Centre	Short Run	BC25K Route 4 Multi Terrain - ANTICLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	Graham - Meet at Leisure Centre to run out to the first lane off Buckle St for Hills (Starts, Tempo, Summit Attack)
Wed 27th May	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thu 28th May	6:00 PM	Leisure Centre	Short Run	BC25K Route 1 Multi Terrain - CLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Long Run	Route 64 Multi Terrain - 6.5 mile Station Rd, Roman Wy Moore La, follow Ox Wy to Wyck Rissy. TR take the left turn onto the Diamond Wy to A424. Cross the road to Hill Farm. TR onto Icomb Rd to the X-rd, straight across, follow Ox Wy back to Bourton
Fri 29th May	9:00 AM	Maugersbury	Efforts	Tom - Meet in Maugersbury for a fully inclusive 60 min session with warm-up, drills, stretches & cool down. A combination of short hill sprints, longer hill reps, fartlek & reps of up to 1km, although not all in the same session!