



Club runs and efforts sessions - May 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
Thurs 1 May	6pm	Leisure Centre	Beyond C25K	BC25K Route 1 anticlockwise, mixed terrain (or route 4 clockwise if muddy)
	6.45pm	Leisure Centre	3.5 miles	Route 26 - Windrush Way, Lower Slaughter, Wardens Way.
	6.45pm	Leisure Centre	5.3 miles	Route 63 - Greystones, Oxon Way, Wyck Rissy, S/Pike, L/Slaughter, f/path by Kingswell Hill to Buckle St.
Fri 2 May	9am	Maugersbury	Efforts	Tom - Flying 50s.
Tues 6 May	6pm	Leisure Centre	Beyond C25K	BC25K Route 2 clockwise, mixed terrain (or route 1 anticlockwise if muddy).
	6.45pm	Leisure Centre	3.1 miles	Route 26 (reverse) - Windrush Way, Lower Slaughter, Wardens Way.
	6.45pm		Efforts	Margaret and Allie Q - 500m efforts around Mallards Close.
Wed 7 May	9am	Bourton FC	Run	
Thurs 8 May	6pm	Leisure Centre	Beyond C25K	BC25K Route 3 anticlockwise, mixed terrain (or route 4 anticlockwise if muddy).
	6.45pm	Leisure Centre	3 miles	Route 25 - Oxford Way, Wyck Rissington Lane, Slaughter Pike, Ind. Estate.
	6.45pm	Leisure Centre	5.5 miles	Route 47 - Lakes, Mill, Little Rissy, Marshmouth Lane.
Fri 9 May	9am	Stow cricket field	Efforts	Tom - Hill sprints (20mins).
Tues 13 May	6.45pm	Leisure Centre	Beyond C25K	BC25K Route 1 clockwise, mixed terrain (or route 3 clockwise if muddy).
	6.45pm	Leisure Centre	5.3 miles	Route 25 - Oxford Way, Wyck Rissington Lane, Slaughter Pike, Ind. Estate.
	6.45pm	Leisure Centre	Efforts	Bourton Mile time trial starting at 7pm at the end of Rissington Road.
Wed 14 May	9am	Bourton FC	Run	
Thurs 15 May	6pm	Leisure Centre	Beyond C25K	BC25K Route 2 anticlockwise, mixed terrain (or route 2 clockwise if muddy).
	6.45pm	Leisure Centre	3 miles	Route 28 - Moore Road, Ford - towards Clapton, TR, Monarch Way.
	6.45pm	Leisure Centre	6.5 miles	Route 64 - Wick Rissington and beyond. NEW ROUTE.
Fri 16 May	9am	Maugersbury	Efforts	Tom - 8 x 45sec @90% with 45sec recovery.
Tues 20 May	6pm	Leisure Centre	Beyond C25K	BC25K Route 3 clockwise, mixed terrain (or route 1 clockwise if muddy).
	6.45pm	Leisure Centre	3 miles	Route 28 - Moore Road, Ford - towards Clapton, TR, Monarch Way.
	6.45pm	Wyck Rissi	Efforts	Claire - Wyck Hill reps.
Wed 21 May	9am	Bourton FC	Run	
Thurs 22 May	6pm	Leisure Centre	Beyond C25K	BC25K Route 1 anticlockwise, mixed terrain (or route 5 anticlockwise if muddy).
	6.45pm	Leisure Centre	3 miles	Route 30 - W/Way to L/Slaughter, Old Mill, Mill Lane, t/r Copse Hill Road, Eye Stream f/path, Ind. Est.
	6.45pm	Leisure Centre	6.1 miles	Route 52 - The Slaughters & Eye Valley.
Fri 23 May	9am	Stow cricket field	Efforts	Tom - to be decided.
Tues 27 May	6pm	Leisure Centre	Beyond C25K	BC25K Route 2 clockwise, mixed terrain (or route 4 clockwise if muddy).
	6.45pm	Leisure Centre	3 miles	Route 30 - W/Way to L/Slaughter, Old Mill, Mill Lane, t/r Copse Hill Road, Eye Stream f/path, Ind. Est.
	6.45pm	Leisure Centre	Efforts	Margaret - school field for a track session
Wed 28 May	9am	Bourton FC	Run	
Thurs 29 May	6pm	Leisure Centre	Beyond C25K	BC25K Route 3 anticlockwise, mixed terrain (or route 1 clockwise if muddy).
	6.45pm	Leisure Centre	3 miles	Route 21 - Cemetery Lane, Lakes, Rissington Mill, Lakes, Greystones Farm.
	6.45pm	Leisure Centre	7 miles	Route 55 - Windrush Way, Penny Lane, Slaughters.
Fri 30 May	9am	Stow cricket field	Efforts	Tom - to be decided.