



BOURTON ROADRUNNERS

Club Runs and Effort Sessions - June 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
Tues 2 June	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	Gary - Meet at the Leisure to run to the school playing field to use the outside lane of the track for 3x ((3x 300m fast, 100m jog) + 1 lap recovery)
Wed 3 June	9:00 AM	OX7 6XH	Run	Different Start Point - Meet host Claire B in Bledington OX7 6XH for a relaxed 4-5 mile social run
Thurs 4 June	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 R68 - Multi Terrain 5.2 miles - Flat route in and around Bourton GPX File available
Fri 5 June	9:00 AM	TBC by Tom	Efforts	Tom - Meet at (location tbc by Tom on BRR Chat/Announcements) 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!
Tues 9 June	6:00 PM	Leisure Centre	Short Run	BC25K Route 4 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 Clapton Road at the top of Steeps for Intervals 2x (1,2,3,2,1 min)
Wed 10 June	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs11 June	6:00 PM	Leisure Centre	Short Run	BC25K Route 5 Multi Terrain - CLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Long Run	Route 49 - Multi Terrain 6.7 miles - L/Slaughter, Hyde Mill, Wyck Rissy There is a section between the Fosseway crossing and Wyck Rissy where the Footpath has been diverted so map not accurate. Therefore please FP signs towards Wyck
Fri 12 June	9:00 AM	TBC by Tom	Efforts	Tom - Meet at (location tbc by Tom on BRR Chat/Announcements) 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!
Tues 16 June	6:00 PM	Leisure Centre	Short Run	BC25K Route 1 Multi Terrain - ANTICLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	Graham - Meet at the Leisure Centre to run out to the Slaughters for Fartleks
Wed 17 June	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 18 June	6:00 PM	Leisure Centre	Short Run	BC25K Route 2 Multi Terrain - ANTICLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Long Run	Route 52 - Multi Terrain 6.1 miles - The Slaughters & Eye Valley.
Fri 19 June	9:00 AM	TBC by Tom	Efforts	Tom - Meet at (location tbc by Tom on BRR Chat/Announcements) 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!
Tues 23 June	6:00 PM	Leisure Centre	Short Run	BC25K Route 3 Multi Terrain - ANTICLOCKWISE - 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 Pyramid Hills
Wed 24 June	9:00 AM	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 25 June	6:00 PM	Leisure Centre	Short Run	BC25K Route 4 Multi Terrain - ANTICLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Long Run	Route 53 - Multi Terrain 7.5 miles - Wardens Way, Buckle Street, Slaughters
Fri 26 June	9:00 AM	TBC by Tom	Efforts	Tom - Meet at (location tbc by Tom on BRR Chat/Announcements) 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!
Tues 30 June	6:00 PM	Leisure Centre	Short Run	BC25K Route 5 Multi Terrain - ANTICLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	Lorna - Meet at the Leisure Centre to run out to Marshmouth Lane for Downward Pyramid (2x800m, 2x600m, 2x400m, 2x200m)