



Club Runs and Efforts Sessions - October 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
Wed 1 Oct	9am	Claire B's House	Run	Meet at Claire B's house Trewithen, Stow Rd, Bledington, OX7 6XH Relaxed 4-5mile Run
Thurs 2 Oct	6pm	Leisure Centre	Beyond C25K	BC25K Route 1 - CLOCKWISE
	6.45pm	Leisure Centre	3 miles	Route 1 - Roman Way, Rye Close, Bow Lane, Moore Rd
	6.45pm	Leisure Centre	5 miles	Route 48 - Roman Way, Rissy Rd, Pound Lane loop, back via Letch Lane and the Avenue
Fri 3 Oct	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury for 6 x 500m + Hill Sprints
Tues 7 Oct	6pm	Leisure Centre	Beyond C25K	BC25K Route 2 - CLOCKWISE
	6.45pm	Leisure Centre	3.1 miles	Route 2 - The Avenue, Letch Lane, Marshmouth Lane, back via Cemetery Lane.
	6.45pm	Leisure Centre	Efforts	Graham - Hills - (starts, tempo, summit attack) - Start in the Lane (first right off Buckle St)
Wed 8 Oct	9am	Bourton FC	Run	Relaxed 4-5 mile run
Thurs 9 Oct	6pm	Leisure Centre	Beyond C25K	BC25K Route 3 - CLOCKWISE
	6.45pm	Leisure Centre	3 miles	Route 3 - The Avenue, Rissy Road, Clapton Row, Letch Lane, The Avenue.
	6.45pm	Leisure Centre	5 or 7.5 miles	Route 40 - Ave, Rissy Rd, Newbridge La (turn back for 5), Clapton, Steeps, Moors Ln.
Fri 10 Oct	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury for 10 x 200m +Hill Sprints
Tues 14 Oct	6pm	Leisure Centre	Beyond C25K	BC25K Route 4 - CLOCKWISE
	6.45pm	Leisure Centre	3.2 miles	Route 4 - Lamberts Field loop.
	6.45pm	Leisure Centre	Efforts	Margaret - 3x 2 lap @ 10k pace + 3x 1 lap @ 5k pace - Lamberts Field & Rye Close
Wed 15 Oct	9am	Bourton FC	Run	Relaxed 4-5 mile run
Thurs 16 Oct	6pm	Leisure Centre	Beyond C25K	BC25K Route 5 - CLOCKWISE
	6.45pm	Leisure Centre	3.1 miles	Route 5 - Lansdowne, Letch Lane, Station Road, New Estate
	6.45pm	Leisure Centre	6.3 miles	Route 41 - Buckle St, Bollards, TR @ X-Roads, U/Slaughter, Becky Hill, Pike, Station Rd.
Fri 17 Oct	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury for Hill Reps
Tues 21 Oct	6pm	Leisure Centre	Beyond C25K	BC25K Route 6 - CLOCKWISE
	6.45pm	Leisure Centre	3.1 miles	Route 6 - Cemetery Lane, Rye Close, Letch Lane, Lansdowne, Avenue.
	6.45pm	Leisure Centre	Efforts	Claire - Downward Pyramid (2x800m, 2x600m, 2x400m, 2x200m) - Marshmouth Lane
Wed 22 Oct	9am	Bourton FC	Run	Relaxed 4-5 mile run
Thurs 23 Oct	6pm	Leisure Centre	Beyond C25K	BC25K Route 1 - ANTICLOCKWISE
	6.45pm	Leisure Centre	3.3 miles	Route 7 - Ind. Est, Slaughter Pike, L/Slaughter, Kingswell, Top Rd, Lansdowne, Ave.
	6.45pm	Leisure Centre	5 or 6 miles	Route 45 - Cold Aston out and back.
Fri 24 Oct	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury for 6 x 500m + Hill Sprints
Tues 28 Oct	6pm	Leisure Centre	Beyond C25K	BC25K Route 2 - ANTICLOCKWISE
	6.45pm	Leisure Centre	3.0 miles	Route 8 - Map in reverse eg Up Whiteshoots - Down the Steeps
	6.45pm	Leisure Centre	Efforts	Lorna - 500m reps(15-20 min) jog recovery(2-3 min) Continuous run(15 min) Mallard Cres
Wed 29 Oct	9am	Bourton FC	Run	Relaxed 4-5 mile run
Thurs 30 Oct	6pm	Leisure Centre	Beyond C25K	BC25K Route 3 - ANTICLOCKWISE
	6.45pm	Leisure Centre	3.1 miles	Route 9 - Roman Way, Station Rd, Rissy Rd (to lay-by), return via High St and the Avenue.
	6.45pm	Leisure Centre	5 or 7 miles	Route 61 - Wyck R, Drainpipe, L Rissy via Pound La. 5m-Turn at bottom of the Drainpipe
Fri 31 Oct	9am	Stow Cricket Field	Efforts	Tom - Meet at Stow Cricket Field for a Halloween Special