



BOURTON ROADRUNNERS

Club Runs and Effort Sessions - February 2026

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

Date	Time	Meet point	Session	Route/Session Description
Tues 3 Feb	6pm	Leisure Centre	Beyond C25K	Lorna - Meet at the Leisure Centre for Mini Efforts
	6.45pm	Leisure Centre	3 miles	Route 8 ANTICLOCKWISE - Up Whiteshoots Hill, Down Steeps
	6.45pm	Leisure Centre	Efforts	Graham - Meet at the Leisure Centre to run out to the start of Leasow Lane for 2 or 3 timed kilometre reps
Wed 4 Feb	9am	Oddington	Run	Giles - Meet in Oddington GL56 0XG for a relaxed 4-5 mile social run
Thur 5 Feb	6pm	Leisure Centre	Beyond C25K	BC25K Route 5 ANTICLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	3 miles	Route 1 ANTICLOCKWISE - Moore Rd, Rye Close, Roman Way
	6.45pm	Leisure Centre	5 miles	Route 48 Out & Back to Little Rissy - Roman Way, Rissy Rd, Pound Lane loop, back via Letch Lane and The Ave.
Fri 6 Feb	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury 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 10 Feb	6pm	Leisure Centre	Beyond C25K	BC25K Route 1 CLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	3.2 miles	Route 4 CLOCKWISE - Roman Wy, Station Rd, Lamberts Fd, Rissy Rd, Letch La, The Ave
	6.45pm	Leisure Centre	Efforts	Margaret - Meet at the Leisure Centre to run out to Kings Well Lane, Lower Slaughter for tempo/sprint hill reps
Wed 11 Feb	9am	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words //dozens.pyramid.respect
Thur 12 Feb	6pm	Leisure Centre	Beyond C25K	BC25K Route 2 CLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	3.1 miles	Route 5 CLOCKWISE - Ind Est, Mallards, Roman Wy, Station Rd, Letch La, Lansdowne out & back, The Ave
	6.45pm	Leisure Centre	6.3 miles	Route 62 ANTICLOCKWISE - So instead of 'Bollards, Right and Right,' this is 'Left and Left, Bollards!'
Fri 13 Feb	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury 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 17 Feb	6pm	Leisure Centre	Beyond C25K	BC25K Route 3 CLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	3.3 miles	Route 10 - Ave, High St, back of village(Letch La), High St, Rissy Rd to layby, back via Ave.
	6.45pm	Leisure Centre	Efforts	Claire - Meet at the LC to run out to Letch La for 2x tempo loops (Bow La and Letch La) plus 4x 200m sprints (Letch Hill Drive)
Wed 18 Feb	9am	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words //dozens.pyramid.respect
Thur 19 Feb	6pm	Leisure Centre	Beyond C25K	BC25K Route 4 CLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	4 miles	1/2 BRR 10K Route - Ave, High St, 2 clockwise laps via Letch La, O&B along the Rissy Rd. Turn at the FC, Letch La, Ave
	6.45pm	Leisure Centre	10K Time Trial	BRR 10K Route TT - High St, 2 clockwise laps via Letch La, O&B to Newbridge turn, back to Bourton, Letch La loop, High St
	6.45pm	Leisure Centre	7.15 miles	Relaxed BRR 10K Route - As above but at your own chosen pace
Fri 20 Feb	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury 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 24 Feb	6pm	Leisure Centre	Beyond C25K	BC25K Route 5 CLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	3 miles	Route 3 - Avenue, Rissy Rd to the lay-by turn, Clapton Row, Letch La, Avenue.
	6.45pm	Leisure Centre	Efforts	Graham - Meet at LC for Hills (Starts, Tempo, Summit Attack) Efforts Starting Point - In the Lane, first right off Buckle St
Wed 25 Feb	9am	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words //dozens.pyramid.respect
Thur 26 Feb	6pm	Leisure Centre	Beyond C25K	BC25K Route 1 ANTICLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	3 miles	Route 8 CLOCKWISE - Up Steeps, down Whiteshoots Hill
	6.45pm	Leisure Centre	5 or 7.5 miles	Route 40 ANTICLOCKWISE - Moore Rd, Steeps, Clapton, down Newbridge, TR Leasow La, Rissy Rd, High St, The Ave
Fri 27 Feb	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury 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!