



BOURTON ROADRUNNERS

Club Runs and Effort Sessions - March 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 Mar	6pm	Leisure Centre	Beyond C25K	BC25K Route 2 - ANTICLOCKWISE 30 min easy paced run
	6.45pm	Leisure Centre	3 miles	Route 1 CLOCKWISE - Roman Way clockwise, Moore Rd, Rye Close clockwise
	6.45pm	Leisure Centre	Efforts	Graham - Meet at LC to run out to Lamberts Field & Rye Close for 3 Reps of 3x 300m fast, 100m jog + 1x lap recovery
Wed 4 Mar	9am	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thur 5 Mar	6pm	Leisure Centre	Beyond C25K	BC25K Route 3 - ANTICLOCKWISE 30 min easy paced run
	6.45pm	Leisure Centre	3 miles	Route 4 - ANTICLOCKWISE Ave, Letch La, Rissy Rd, Lamberts Fd, Station Rd, Roman Wy
	6.45pm	Leisure Centre	5.3 Miles	Route 51 - CLOCKWISE Lansdowne, Buckle St, Buildings Hill, Upper & Lower Slaughters, Slaughter Pike NB: During the winter months run via Lansdowne rather going across the school field
Fri 6 Mar	9am	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 10 Mar	6pm	Leisure Centre	Beyond C25K	BC25K Route 4 - ANTICLOCKWISE 30 min easy paced run
	6.45pm	Leisure Centre	3.1 miles	Route 5 - ANTICLOCKWISE Ave, Lansdowne out & back, Letch La, Station Rd, Roman Wy, Mallards, Ind Est
	6.45pm	Leisure Centre	Efforts	Claire - Meet at the top of Steeps for intervals 2x reps of 1,2,3,2,1 mins What3Words ///ironclad.outsmart.stuck
Wed 11 Mar	9am	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thur 12 Mar	6pm	Leisure Centre	Beyond C25K	BC25K Route 5 ANTICLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	3.1 miles	Route 6 CLOCKWISE - Cemetery Lane, Rye Close, Letch Lane, Lansdowne, turn at Green Lake Close, Ave.
	6.45pm	Leisure Centre	5 or 7.2 Miles	Route 67 - Great Rissy O&B Station Rd, Rissy Rd, Leasow La up to Gt Rissy, turn left before Lamb Inn (along top rd & back down past the donkeys) back along Leasow La, Rissy Rd, High St, Ave. Route is approx 7.2, for 5 turn at 2.5 miles
Fri 13 Mar	9am	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 17 Mar	6pm	Leisure Centre	Beyond C25K	BC25K Route 1 CLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	3.1 miles	Route 9 - Roman Way, Station Rd, Rissy Rd (to lay-by), return via High St and The Ave
	6.45pm	Leisure Centre	Efforts	Graham - Meet at the LC to run out to the Slaughters ready for Fartleks
Wed 18 Mar	9am	Jen's Bourton	Run	Jen - Meet at Jen's, in Bourton GL54 2DZ for a relaxed 4-5 mile social run. Parking available at the football club
Thur 19 Mar	6pm	Leisure Centre	Beyond C25K	BC25K Route 2 CLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	3.3 miles	Route 7 - ANTICLOCKWISE Ind Est, Slaughter Pike, L/Slaughter, Kingswell, Top of Becky's, Lansdowne, The Ave
	6.45pm	Leisure Centre	5-7 Miles	Route 60 - ANTICLOCKWISE Slaughters & optional Ballerina Hill extension. To do the shorter route of 5, turn left after going up the hill out of Lower Slaughter, back to Upper Slaughter, past Johns over the ford, Top of Becky's & Kingswell, Buckle St, Lansdowne, The Ave
Fri 20 Mar	9am	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 24 Mar	6pm	Leisure Centre	Beyond C25K	BC25K Route 3 CLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	3 miles	Route 8 - ANTICLOCKWISE - Ave, Lansdowne, Up Whiteshoots Hill, Down Steeps, Ave
	6.45pm	Leisure Centre	Efforts	Margaret - Meet at the LC to run out to the lane off Buckle Street for 5-7 hilly reps (hard down and up)
Wed 25 Mar	9am	Bourton FC	Run	Meet at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thur 26 Mar	6pm	Leisure Centre	Beyond C25K	BC25K Route 4 CLOCKWISE - An easy paced run for approx 30 mins
	6.45pm	Leisure Centre	3 miles	Route 1 - ANTICLOCKWISE Moore Rd, Rye Close, Roman Way, LC
	6.45pm	Leisure Centre	5 or 7.5 miles	Route 40 - ANTICLOCKWISE Moore Rd, up Steeps, Clapton, down Newbridge La, Leasow La, Rissy Rd, Ave
Fri 27 Mar	9am	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 31 Mar	6pm	Leisure Centre	Beyond C25K	BC25K Route 5 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	Claire - Meet at the LC to run out to Marshmouth La for a Downward Pyramid: 2x 800m, 2x 600m, 2x 400m, 2x 200m