



## Club runs and efforts sessions - December 2024

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 Dec	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 5 clockwise.
	6.45pm	Leisure Centre	3.2 miles	<b>Route 4</b> - Lamberts Field loop.
	6.45pm	Upper Slaughter	Efforts	<b>Graham</b> - hill efforts.
Wed 4 Dec	9am	Bourton FC	Run	
Thurs 5 Dec	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 1 anticlockwise.
	6.45pm	Leisure Centre	3.3 miles	<b>Route 7</b> - Ind. Est, Slaughter Pike, L/Slaughter, Kingswell, Top Rd, Landsdowne, Ave.
	6.45pm	Leisure Centre	6.3 miles	<b>Route 41</b> - Buckle St, Bollards, TR @ X-Roads, U/Slaughter, Becky Hill, Pike, Station Rd.
Fri 6 Dec	9am	Maugersbury	Efforts	<b>Tom</b> - Exercises, drills and hill sprints.
Tues 10 Dec	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 2 clockwise.
	6.45pm	Leisure Centre	3.3 miles	<b>Route 7</b> - Ind. Est, Slaughter Pike, L/Slaughter, Kingswell, Top Rd, Landsdowne, Ave.
	6.45pm	Leisure Centre	Efforts	<b>Claire</b> - reps around Mallard Crescent.
Wed 11 Dec	9am	Bourton FC	Run	
Thurs 12 Dec	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 3 anticlockwise.
	6.45pm	Leisure Centre	3 miles	<b>Route 3</b> - The Avenue, Rissy Road, Clapton Row, Letch Lane, The Avenue
	6.45pm	Leisure Centre	5 or 6 miles	<b>Route 43</b> - Rissington Road, Leasow lane, Gt Rissington and back. Turn at Newbridge lane junction for 5miles.
Fri 13 Dec	9am	Lower Slaughter	Efforts	<b>Tom</b> - 1km reps.
Tues 17 Dec	6.45pm	Leisure Centre	Tinsel run	Gentle amble around the village in Christmas fancy dress.
Wed 18 Dec	9am	Bourton FC	Run	
Thurs 19 Dec	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 4 clockwise.
	6.45pm	Leisure Centre	3 miles	<b>Route 3</b> - The Avenue, Rissy Road, Clapton Row, Letch Lane, The Avenue
	6.45pm	Leisure Centre	5 or 7 miles	<b>Route 60</b> - The Slaughters and optional Ballerina Hill extension
Fri 20 Dec	9am	Maugersbury	Efforts	<b>Tom</b> - 6 x 500m.
Tues 24 Dec	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 2 anticlockwise.
	6.45pm	Leisure Centre	3 miles	<b>Route 51</b> - Slaughter Pike, Slaughters, Buildings Hill, Buckle Street. For Shorter Run, turn off in Lower Slaughter, taking short cut via Kingswell
Thurs 26 Dec	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 5 anticlockwise.
	6.45pm	Leisure Centre	3 miles	<b>Route 1</b> - Roman Way, Rye Close, Bow Lane, Moore Rd.
	6.45pm	Leisure Centre	5 miles	<b>Route 48</b> - Roman Way, Rissy Rd, Pound Lane loop, back via Letch Lane and, The Ave.
Fri 27 Dec	9am	Maugersbury	Efforts	<b>Tom</b> - Flying 40s!
Tues 31 Dec	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 1 clockwise.
	6.45pm	Leisure Centre	3 miles	<b>Route 1</b> - Roman Way, Rye Close, Bow Lane, Moore Rd.
	6.45pm	Leisure Centre	Efforts	<b>To be decided</b> - reps around industrial estate or fartlets.