

# Bourton Roadrunners

## Tuesday & Thursday Club runs + Tuesday and Friday Efforts sessions June 2024

These are suggested routes only, feel free to amend if the group agrees.  
Maps of the routes are on BRR website and most are in the folder at the Leisure centre, by the notice board.

[http://www.bourtonroadrunners.co.uk/members\\_library/training\\_routes.htm](http://www.bourtonroadrunners.co.uk/members_library/training_routes.htm)

**All Tuesday and Thursday sessions depart from leisure centre at 6:45pm unless stated in schedule.**

Beyond C25k' Group run departing the leisure Centre every Tuesday and Thursday at 6pm . Approx 2.5 miles with Av pace 12:00 – 14:00 min /mile).

In addition: Wednesday BRR runs depart from Bourton Rovers football Pavilion at 9am.

Tues 4 <sup>th</sup> June	3 miles	Map 24	Oxford way, Wyck Rissington
Tues 4 <sup>th</sup> June	Efforts	Intervals	Meet Margaret at top of steeps. 6:45pm
Thurs 6 <sup>th</sup> June	5.3 miles	Map 44	Clapton (Marshmouth and monarchs ways)
Fri 7 <sup>th</sup> June	Efforts	Km reps (for Cirencester sizzler)	Meet Tom at Maugersbury. 9am
Tues 11 <sup>th</sup> June	3miles	Map 20	Avenue, Windrush way, back of birdland, football field, lakes, Greystones
Tues 11 <sup>th</sup> June	Efforts	Hiil Reps	Meet Alan at leisure centre. 6:45pm
Thur 13 <sup>th</sup> June	3.3miles	Map 22	Lower Slaughter, Becky Hill
Thur 13 <sup>th</sup> June	7.5miles	Map 55	Windrush way, penny lane, slaughters
Fri 14 <sup>th</sup> June	Efforts	Fartleks	Meet Tom at Lower Slaughter. 9am
Tues 18 <sup>th</sup> June	3miles	Map 23	Moors lane, Round house, back of birdland
Tues 18 <sup>th</sup> June	Efforts	4 x 300m, 100m jog, 1 x lap recovery. Repeat.	Meet at leisure centre. 6:45pm
Thur 20 <sup>th</sup> June	3miles	Map 21	Cemetery lane, lakes, Rissington mill, lakes, Greystones farm
Thur 20 <sup>th</sup> June	5/6miles	Map 50	Marshmouth lane, xc to Rissi road, Rissi mill, Cemetery lane, round house

Fri 21 <sup>st</sup> June	Efforts	Flying 30's	Meet Tom at Mangersbury. 9am
Tues 25 <sup>th</sup> June	3miles	Map 28	Moore road, Ford-towards Clapton, TR, Monarch way
Tues 25 <sup>th</sup> June	Efforts	500m reps	Meet Claire at leisure centre. 6:45pm
Thur 27 <sup>th</sup> June	3miles	Map 29	Village loop, birdland, Rye close, Round house farm, footpath to ave
Thur 27 <sup>th</sup> June	6/7miles	Map 59	Aston Mill, Slaughters, Wardens Way
Fri 28 <sup>th</sup> June	Efforts		Meet Tom at Stow. QE2 field (Cricket pitch). 9am