



BOURTON ROADRUNNERS

Club Runs and Effort Sessions - Aug 2026

All maps are available on the BRR website

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

*SUBJECT TO CHANGE - Any last minute amendments will be posted on **BRR Announcements***

Date	Time	Meet point	Session	Route/Session Description
Tues 4 Aug	6:00 PM	Leisure Centre	Short Run	BC25K Route 5 Multi Terrain - ANTICLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	Gary - Meet at the Leisure Centre to run out to Bow Lane/Letch Lane
Wed 5 Aug	9:00 AM	TESCOS Stow	Run	DIFFERENT START POINT Meet host Val in Tesco's car park, Stow on Wold for a relaxed 4-5 mile social run at 9am and afterwards at her house in Back Walls. NB NEW parking restrictions in the main car park, however the adjacent long stay is free for up to 72hrs
Thurs 6 Aug	6:00 PM	Leisure Centre	Short Run	BC25K Route 6 NEW Multi Terrain - ANTICLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Intermediate Run	Route 68 - 34 Gates NEWish Multi Terrain - 5 miles - Greystones toward the lakes past the Round Hse, heading to Rissy Mill. TR on the Rissy Rd towards BOTW, take LT past the fisheries on the Diamond way towards Marshmouth La, TL about a third of the way down, TR after 150m follow path back onto Marshmouth, past the football club, TL along side of football pitch, onto Cemetery Lane, head back to LC
Fri 7 Aug	8:30 AM	QEII Cricket Field, Stow	Efforts	Lynn - Meet at QEII Cricket field, Stow on the Wold 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!
Tues 11 Aug	6:00 PM	Leisure Centre	Short Run	BC25K Route 7 NEW Multi Terrain - ANTICLOCKWISE - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	Graham - Meet at the Leisure Centre to run to the school playing field for some fun and games
Wed 12 Aug	9:00 AM	Bourton FC	Run	Meet Lynn at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 13 Aug	6:00 PM	Leisure Centre	Short Run	BC25K Route 8 NEW Multi Terrain - OUT & BACK - A 30 min easy paced. Run as far as you can in 15 mins and turn
	6:45 PM	Leisure Centre	Long Run	Route 70 NEW Multi Terrain - 7 miles - Moore La, Badger La, Oxon Wy, over bridge/stream TL on FP to hump back bridge on Wyck Rissy Rd, TR on Road, through Wyck taking FP on the bend at the bottom of the drainpipe. Follow FP up to Little Rissy Church. TR down hill to Rissy Mill. Take FP back through the lakes to Greystones & back onto Oxon Wy to LC
Fri 14 Aug	8:30 AM	QEII Cricket Field, Stow	Efforts	Tom - Meet at QEII Cricket Field, Stow on the Wold 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!
Tues 18 Aug	6:00 PM	Leisure Centre	Short Runs	Option 1 - Route 21 Multi Terrain - 3 mile run, Cemetery La, Lakes, Rissy Mill, Lakes, Greystones Farm (Approx 9:30 min miles and quicker) Option 2 - BC25K Route 4 Multi Terrain - A 30 min easy paced run (10:30 min miles or steadier)
	6:45 PM	Leisure Centre	Efforts	Lorna - Meet at the Leisure Centre to run out to Lamberts Field and Rye Close for Pyramids - 400m laps (1,2,3,2,1) 1 min recovery
Wed 19 Aug	9:00 AM	Bourton FC	Run	Meet Lynn at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thur 20 Aug	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 26 Multi Terrain - 3.3 miles - Windrush Way, Lower Slaughter, Wardens Way. (Approx 9:30 min miles and quicker) Opt 2 - A 30 min easy paced run (10:30 min miles or steadier) Route to be confirmed by Lorna
	6:45 PM	Leisure Centre	Long Run	Route 65 Multi Terrain - 5 miles - Monarch's Way and Greystones.
Fri 21 Aug	9:00 AM	TBC by Tom	Efforts	Tom - Meet at (location tbc by Tom on BRR Chat/Announcements) 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!
Tues 25 Aug	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 27 Multi Terrain 3 miles Roman Wy, Greystones, Rndhouse, Cemetery La, FB Club, Rissy Rd, Ave (Approx 9:30 min miles & quicker) (10:30 min miles or steadier) Route to be confirmed by Lorna Opt 2 - A 30 min easy paced run
	6:45 PM	Leisure Centre	Efforts	Claire - Meet at the Leisure Centre to run out to either The Drain Pipe or Upper Slaughter (TBC) for Hills (Pyramid)
Wed 26 Aug	9:00 AM	Bourton FC	Run	Meet Lynn at the football club for a relaxed 4-5 mile social run - What3Words ///dozens.pyramid.respect
Thurs 27 Aug	6:00 PM	Leisure Centre	Short Runs	Opt 1 - Route 28 Multi Terrain - 3 miles Moore Road, Ford - towards Clapton, TR, Monarch Way (Approx 9:30 min miles and quicker) Opt 2 - A 30 min easy paced run (10:30 min miles or steadier) Route to be confirmed by Lorna
	6:45 PM	Leisure Centre	Long Run	ROUTE 49 Multi Terrain - 6.7 miles - Lr Slaughter, Hyde Mill, Wyck Rissy. There is a section between the Fosseway crossing and Wyck Rissy where the FP has been diverted so map not accurate. Therefore please follow footpath signs towards Wyck
Fri 28 Aug	9:00 AM	TBC by Tom	Efforts	Tom - Meet at (location tbc by Tom on BRR Chat/Announcements) 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!