



Club Runs and Effort Sessions - November 2025

[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 4 Nov	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Mini Efforts with Lorna
	6.45pm	Leisure Centre	3.3 miles	Route 10 - Ave, High St, Letch Lane, High St., Rissy Rd. (to layby), back via Ave.
	6.45pm	Upper Slaughter	Efforts	Graham - Meet in The Square, Upper Slaughter for Hill Reps (tempo/sprints).
Wed 5 Nov	9am	Tesco's car park	Run	Meet Claire Carroll in the car park at Tesco , Stow on the Wold for a relaxed 4-5mile Run
Thurs 6 Nov	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 4 Anticlockwise - Road
	6.45pm	Leisure Centre	3 miles	Route 2 - Avenue, Letch Lane, Marshmouth Lane, back via Cemetery Lane.
	6.45pm	Leisure Centre	5.3 miles	Route 51 - Slaughter Pike, Lower & Upper Slaughters, Buildings Hill, Buckle St.
Fri 7 Nov	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury for Hill Reps
Tues 11 Nov	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 5 Anticlockwise - Road
	6.45pm	Leisure Centre	3 miles	Route 3 - The Avenue, Rissy Road, Clapton Row, Letch Lane, The Avenue.
	6.45pm	Leisure Centre	Efforts	Margaret - Meet at the LC to run out to the Industrial Estate for Intervals (2x 1,2,3,2,1 minute)
Wed 12 Nov	9am	Bourton FC	Run	Relaxed 4-5 mile run
Thurs 13 Nov	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 1 Clockwise - Road
	6.45pm	Leisure Centre	3.2 miles	Route 4 - Lamberts Field loop.
	6.45pm	Leisure Centre	6.3 miles	Route 62 Ave,Lansdowne, Buckle St x/Rds turn R, &R, U/Slaughter, Buckle St,Lansowne, Ave
Fri 14 Nov	9am	Lower Slaughter	Efforts	Tom - Meet in Maugersbury for 1km Reps
Tues 18 Nov	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 2 Clockwise - Road
	6.45pm	Leisure Centre	3.1 miles	Route 5 - Lansdowne, Letch Lane, Station Road, New Estate
	6.45pm	Leisure Centre	Efforts	Claire - Meet at LC to run out to Letch Lane for a Tempo Loop (Bow La/Letch La) & 4x 200m Sprints
Wed 19 Nov	9am	Bourton FC	Run	Relaxed 4-5 mile run
Thurs 20 Nov	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 3 Clockwise - Road
	6.45pm	Leisure Centre	3.1 miles	Route 6 - Cemetery Lane, Rye Close, Letch Lane, Lansdowne, Ave.
	6.45pm	Leisure Centre	5 or 7 miles	Route 60 - The Slaughters and optional Ballerina Hill extension.
Fri 21 Nov	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury for Hill Sprints
Tues 25 Nov	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 4 Clockwise - Road
	6.45pm	Leisure Centre	3.3 miles	Route 7 - Ind. Est, Slaughter Pike, L/Slaughter, Kingswell, Top Rd, Lansdowne, Ave.
	6.45pm	Leisure Centre	Efforts	Lorna Meet at LC to run out to the lane, first right off Buckle Street for 5-7 hilly reps (hard up/hard down)
Wed 26 Nov	9am	Bourton FC	Run	Relaxed 4-5 mile run
Thurs 27 Nov	6pm	Leisure Centre	Beyond C25K	Beyond C25K - Route 5 Clockwise - Road
	6.45pm	Leisure Centre	3 miles	Route 8 - Up Steeps, down Whiteshoots Hill (map in reverse).
	6.45pm	Leisure Centre	5 or 7.5 miles	Route 40 - Ave, Rissy Rd, Newbridge Lane (turn back for 5), Clapton, Steeps, Moors Ln.
Fri 28 Nov	9am	Maugersbury	Efforts	Tom - Meet in Maugersbury for 4x 500m + Hill Activation Sprints