

Fun Run - Thursday 23rd May 2024

Leaving from the main entrance of the Conference Centre at 7.00 a.m.

As usual, there will be a "Fun Run" on the Thursday morning of the conference. The route is exactly 5km and will take runners (and walkers) past many of the famous sights of Edinburgh, including the Old Town, Holyrood Palace, The Scottish Parliament and Arthur's Seat. It undulates a bit but there are no major hills. Medals will be given to finishers. You will get an information sheet at the start (one piece of A4) which shows you the route. It is the same as the route run at the ABN meeting in Edinburgh five years ago.

You won't get lost, since I will run (jog very slowly) as a back-marker at a pace of 8 minutes per km, which is really just a "fast walk". I will pause for any stragglers.

You do not need to tell anyone in advance if you want to do the Fun Run. Just appear at the front door of the Conference Centre at 0700h on the Thursday morning in sports kit.

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