



Brighton BOFAS conference 5K fun run

Hello foot people,

Now that the arctic spell is behind us, I bet you're all itching to get out and test those new Christmas trainers. Well... I'm planning to do just that myself on **Thursday 30th of January** if any of you wanna join me. I think a cheeky 5K should do the trick. It should also clear the mind to concentrate better during the conference and help absolve (at least part of) the guilt of those sponsored meals and drinks afterwards!

The plan

We start at the conference hotel (Double Tree Hilton Metropole) at **7:30am sharp**- so get there 10 minutes earlier! We head west along the car-free promenade and Hove Lawns until we hit 2.5K (just before King's Esplanade- after Marrocco's restaurant). Then we turn around and run back pretty much the same way. I've chosen the opposite side of the Hove Lawns just for a bit of variety. Anyone who fancies a longer stretch can carry on past the King's esplanade and turn around when they start feeling it in the legs!

The rules

Of course, it's still early in the year and many of us are still carrying the excesses of Christmas around the waist and haven't really had much outdoor exercise yet. So... we need to look after each other. ***NO ONE gets left behind and we all need to enjoy this!*** People can run in small groups at different paces and those ahead will turn around at the 2.5K mark or at 20 minutes into the run. The back of the group will turn around at either the 2.5K mark or at 20 minutes (whichever comes first) so the run doesn't go beyond 35 minutes. There are multiple options to join the other side of the Hove gardens should anyone have to turn around before 2.5K, so that hopefully we will all be running the same way back. I will be running at the back of the group for support. If anyone wants to volunteer support further ahead, please let me know.

A little map is included for reference. All my research has been through Apple, Google and RidewithGPS maps without me having even set foot there. On the day, there may be some variation dictated by the conditions of the paths. I will do an early recce just to check.

Remember this is a fun run, not a race, so let's all use this opportunity to chat, get to know each other and clear the mind, rather than emulate our hip surgeon colleagues!

The kit

Whatever you're most comfortable running in. For beginners, base layers and T-shirts or long sleeve running tops and jogging bottoms would probably be best. For regular runners, you can turn up in shorts and T-shirts or mankinis as you wish! Have a lightweight rain



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jacket and a cap with you just in case- we're not cancelling just coz it's raining. We're orthopods FGS! Running shoes please- we of all people should respect our feet! Trail running shoes are okay too. A light would be useful too- head or chest torches are best but handheld torches or even a mobile phone light should do- I will have a couple of powerful headtorches which should light the way fairly well. A portable bottle of water (500cl should be plenty) and a snack (banana or energy bar/ gel) if you need it. Neither are essential for that distance having said that.

I look forward to seeing as many of you there as can make it. Make sure you have an early night on Wednesday 😊 (ToeJam finishes at a reasonable hour!!) and save your drinking for Thursday evening!! It's gonna be a blast!

Best wishes,

Ashtin



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By **Ashtin**

📍 3.2 mi + 100 ft ↗ 2.5 %
 ⌚ 00:00 ⬆️ - 101 ft ↘ -3.1 %

Export FIT File

Conference Run Weds 29.1.25

Edit

📍 Brighton and Hove, England 🌐 Public (0 views)
 ✍️ Created Jan 20, 2025

Photos

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