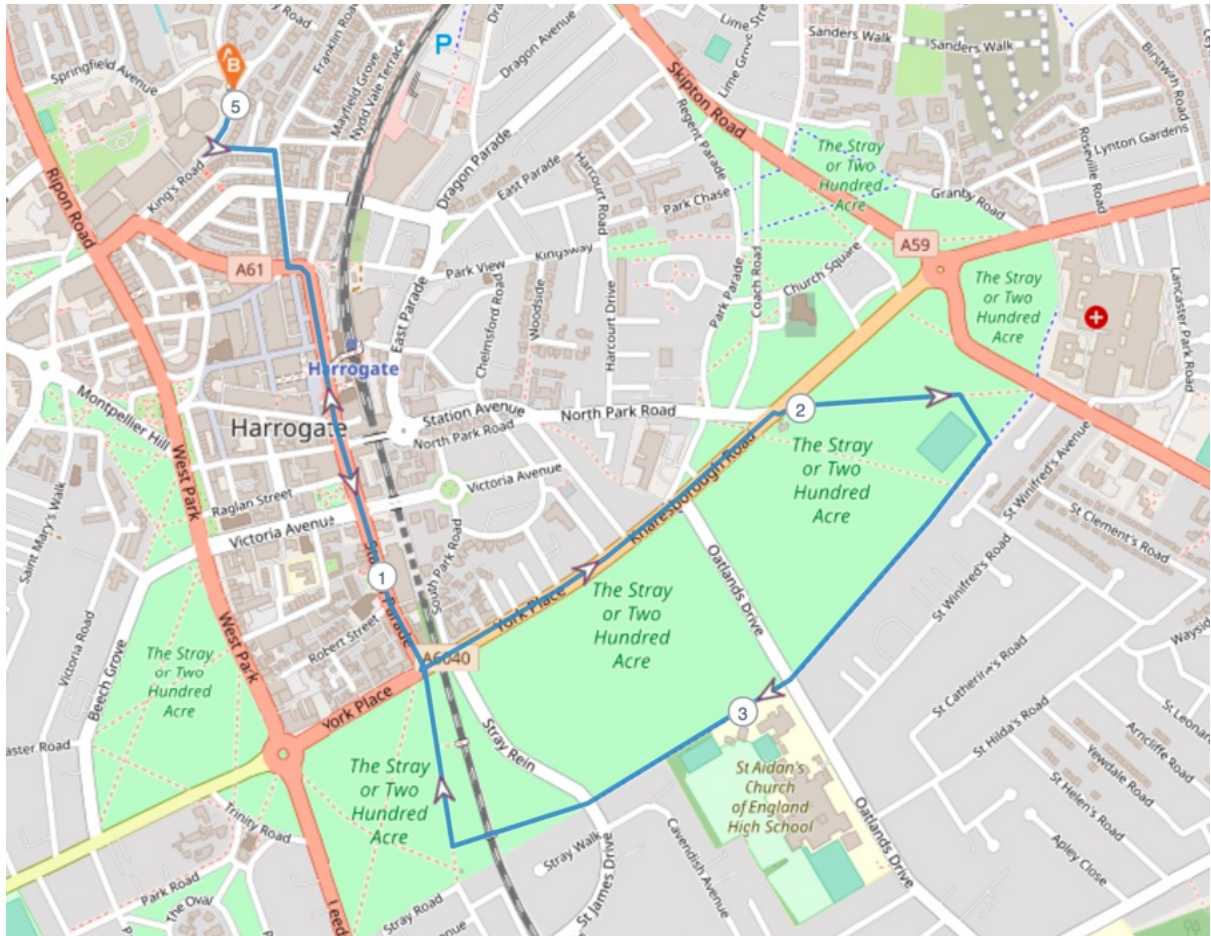# BSACI 2024 5K Run/Walk

The route

We will meet on the steps outside the Harrogate Convention Centre, next to the Crowne Plaza Hotel, on Friday morning. The run starts at 7:30am and is a relatively flat route taking us around the Stray, a famous area of grass parkland in Harrogate. It's a social run and not competitive at all so don't be worried!

The run leader will pace at approximately 6:00 mins/km. This should feel relaxed but quick enough to finish in 30 minutes, leaving enough time to shower, change and make it to the Case Rounds at 8am, where breakfast is provided. If you would prefer a slower run, then please feel free to follow the step-by-step guide overleaf. There's also the option to walk, which will take around 45 minutes.

Step-by-step guide

1. Meet on the steps outside the Harrogate Convention Centre

2. Run down King's Road and take the first left onto Strawberry Dale Avenue

3. At the end of the road, make a right turn onto Franklin Road

4. Continue straight at the crossroads onto Commercial Street

5. Make a left turn onto Cheltenham Parade at the next junction

6. At the traffic lights, follow the road around to the right

7. Continue straight down Station Parade all the way to the end of the road
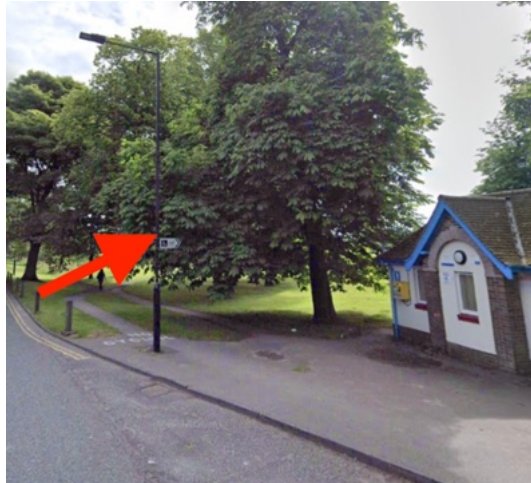

8. At the end of the road, cross onto the Stray (the parkland) and make a left turn

9. Continue straight along the Stray

10. Just after the public toilets, follow the footpath along to the right

11. At this point, there's a fork in the path; take the right to go across the Stray

12. At this intersection (after the bench), make a right turn

13. Make a right turn at the end of the path

14. Continue straight along the footpath with the Stray passing on your right

15. Continue to follow the footpath

16. Make a right turn here when the footpath ends and continue straight

17. Continue straight up the next footpath

18. As you reach the end, cross the road again and head back the way you came (work backwards from step 8 if you get lost!)