

Breakfast Run – Sunday 11th April 2021

Start & finish at the [barrier to the Elvaston Castle showground field](#) from the main car park.

The postcode for the approximate location of the car park is DE72 3EN although please follow local directional signage when near (parking fees apply: 2hrs = £1.60, 4hrs = £3).

Group 1	5k (3.1 Miles)*
Group 2	5 Miles (8k)*

*distances are approximate.

- **Everyone is welcome** (regardless of standard) with the breakfast run aimed at runners in the lead up to the Wilne 10k and Derby 10 Mile.
- There will be **leaders** at the front, middle and the back of the session.
- We can accommodate people who are unable to jog/run the whole route as well as people who want to run at a quicker pace. Please ask if you have any concerns.
- More information about the groups to be provided on the morning of the breakfast run.
- All attending **must sign-up** by 8pm on Saturday 10th April (covid-secure activity).
- The breakfast run is planned around part of the **Derby 10 Mile route**. There will be a warm-up jog and stretches beforehand.
- Runners who are tired or do not wish to run as far have the option of finishing earlier.
- The breakfast run takes place on pavements and trails. Although the terrain is good, please bring **suitable footwear/clothing** for the conditions on the day.
- There will be an opportunity to ask training or event related **questions and advice** after the breakfast run (leaders include athletic coaches and an ex-international runner).
- There are **toilets open** for the breakfast run at the entrance of Elvaston Castle car park.
- **Water and a snack** will be provided at the end of the breakfast run.
- The breakfast run is only permitted under current government guidelines as it is a formal organised outdoor running activity that is Covid-secure. Further details will be provided in due course but there is an expectation that all attendees follow the instructions.
 - Wearing a mask when signing in and when in close proximity of other runners will be required.
 - Runners will be expected to keep socially distanced when passing other runners or other members of the public.

Itinerary:

9:35am	Runners Arrive.
9:50am	Warm-up
10:00am	Start of breakfast run.
10:45am>	Runners return.
11:30am~	Finish.

Cost:

All breakfast runners are required to register upon arrival.

Wilne 10k/Derby 10 Mile/Carsington 7 entrants:	FREE
Everyone else (exact cash paid on arrival):	£3.00/person

Contact on the morning of the breakfast run: **07799 570370**

Register here: [http://www.wilne.co.uk/breakfast-run-sign-up by 8pm on 10/04/2021](http://www.wilne.co.uk/breakfast-run-sign-up-by-8pm-on-10/04/2021) (FULL)
Please note: you have to register for each breakfast run separately.