

## **Breakfast Run – Sunday 9<sup>th</sup> May 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).

<b>3k Time Trial</b>	Guided stretching 2k Warm-up slow jog 3k Time Trial (timed, exact measured) 2k Warm-down slow jog and stretches <i>Total distance: 4.3 Miles (7k) approx.</i>
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- **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 slow joggers as well as people who want to run at a quicker pace. Please ask if you have any concerns.
- The 3k time-trial is:
  - Accurately measured 3k course (as per AUKCM standards)
  - Timed on your behalf
  - An estimated 5k time is provided to you on the evening after the run.
- Just want to jog? You are welcome to join us and run the distance at a relaxed pace.
- More information about the run and the route to be provided on the morning.
- All attending **must sign-up** by 8pm on Sat 8<sup>th</sup> May (covid-secure activity), or when full.
- The breakfast run is planned around part of the **Derby 10 Mile route**. There will be a warm-up jog and stretches beforehand.
- 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. Runners will be split into small groups. Further details will be sent via email and all attending will be expected to follow.

### **Itinerary:**

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

### **Cost (to be paid at the point of registration):**

Wilne 10k/Derby 10 Mile/Carsington 7 entrants:	£3.00/person
Everyone else:	£4.00/person

Extra £1 for time trials to include accurately measured course, timing, calculated estimate pace for 5k.

Note: All breakfast runners are required to sign-in upon arrival and sign-out after.  
Contact on the morning of the breakfast run: **07799 570370**

Register here: <http://www.wilne.co.uk/breakfast-run-sign-up>  
*Please note: you have to register for each breakfast run separately.*