

Breakfast Run 1 (4.5 Mile Jog/Run) – Sunday 23rd May 2021, 9:15am

NOTE NEW LOCATION: Start & finish at the Bonnie Prince pub car park, off Royal Approach, Chellaston, Derby, DE73 5UE. Parking is free.

One Distance	4.5 Miles (7.2k) approx
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- **Everyone is welcome** with the breakfast run aimed at runners in the lead up to the Wilne 10k and Derby 10 Mile.
- We can accommodate slow joggers as well as people who want to run at a quicker pace. Please ask if you have any concerns.
- There will be **leaders** at the front, middle and the back of the session.
- More information about the run and the route to be provided on the morning.
- All attending **must register** by 8pm, Sat 22nd May (covid-secure activity), or when full.
- There will be a warm-up jog and stretches beforehand.
- Please **come prepared**. There is no access to toilets at the car park. The run is mostly on pavements & trails, please bring **suitable footwear/clothing** for the conditions.
- 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).
- **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.

Due to the change of location, the 5k Time Trial run will now not be taking place on the 23rd May. We may look to rearrange this at a later date.

Itinerary:

9:15am	Runners Arrive.
9:30am	Warm-up
9:40am	Start of breakfast run.
10:25am>	Runners return.
11:00am~	Finish.

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

Wilne 10k/Derby 10 Mile/Carsington 7 entrants:	£2.00/person
Everyone else:	£3.00/person

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.