

Breakfast Run (5 Mile Jog/Run) – Sunday 4th July 2021, 9:15am

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

You choose the distance	Between 3.3-5.5 Miles (5.3-8.8km)
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- The shortest distance is 3.3 miles (5.3km). There is an out and back route for those who want to run up to 5.5 miles (8.8km), or turn around for any distance in between.
- **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 3rd July, or when full.
- There will be a warm-up jog and stretches beforehand.
- **Toilets** are available to use at the Bonnie Prince pub and they welcome everyone inside after the run.
- 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).
- **Water and a snack** will be provided at the end of the breakfast run.
- The breakfast run will be following the current Covid-19 government guidelines as a formal organised outdoor running activity. Runners will be split into small groups. Further details will be sent via email and all attending will be expected to follow.

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.