

5.30 EVENTS LTD.

present

SPONSOR



Supporter  
HARBOUR  
HOTELS

TOUR 2018

# 5.30

5K RUN/WALK  
NON-COMPETITIVE  
AT 5.30AM

BRIGHTON • NEW ROAD  
20 JULY

MAY  
VERONA 11  
MILAN 18  
TURIN 25  
PALERMO 25

JUNE  
MODENA 1  
BOLOGNA 8  
FERRARA 15  
TRIESTE 22  
MANTOVA 22  
REGGIO EMILIA 29

JULY  
5.30 VIRTUAL 6  
VENICE 13  
BRIGHTON 20

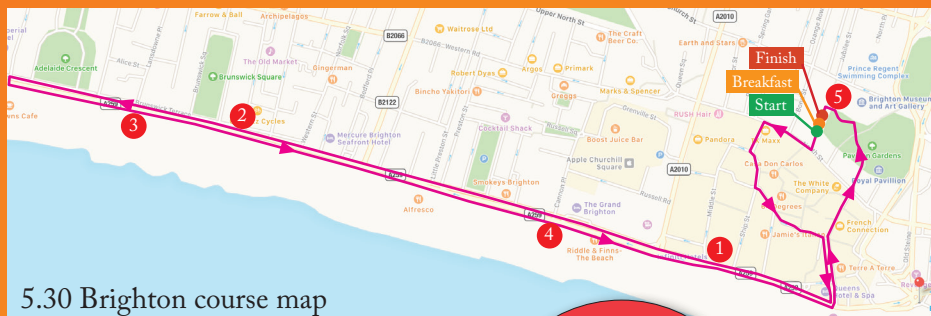
DON'T DREAM IT. BE IT!

RUN530.COM



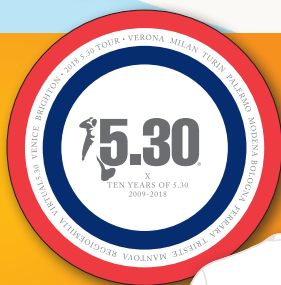
2009-2018  
10 YEARS  
OF 5.30

Join the Italian phenomenon that brought over 150,000 people onto the streets at 5.30 in the morning and discover your city in a brand new light.



5.30 Brighton course map

The unique 5.3k course will start from New Road and for the first time in any Brighton running event, entrants will run/walk through the beautiful Royal Pavilion gardens.



## Includes

- exclusive 5.30 Tour t-shirt 100% cotton
- 5.30 Medal
- 5.30 Sticker
- refreshment: fresh seasonal fruit + ice tea + water
- free download of pictures of the event
- free download of 5.30 Magazine (week after the event)
- ... and the opportunity to live an experience to remember!





## Entries

5.30 has only a limited number of places available.  
Register to secure your place.

### TEAM

at least  
5 people

£16

### SINGLE

£18

### Where do I register?

From 1 February on [run530.com](http://run530.com)

### Charity partner:



[www.rockinghorse.org.uk](http://www.rockinghorse.org.uk).

5.30 Brighton will donate £1 for each participant. You can make a further donation to Rockinghorse during your online registration or on the event day.

Event date: 20 July 2018



You can collect the exclusive 5.30 tour t-shirt on Wednesday 18 from 10am to 5pm and on Thursday 19 July from 10am to 7pm at the Jubilee Library, Jubilee Street, Brighton, BN1 1GE

# Why at 5.30am?

- to promote daily physical activity
- to discover the city in a unique atmosphere;
- because the day is always so busy;
- because a little movement helps to start your day;
- because there is no traffic;
- because it does not steal family time;
- because the course is short and accessible to all;
- because it won't affect your weekend plans;
- because you get to eat delicious fresh fruit;
- because it takes very little to be happy!

