

The Secret Ingredient

5.30[®]

NON COMPETITIVE
5K WALK/RUN
AT 5:30AM

TOUR 2026
MAY
VERONA 15
PALERMO 15
MILAN 22
TURIN 29
JUNE
MODENA 5
BOLOGNA 12
FERRARA 19
MANTUA 26
JULY
VENICE 3
BRIGHTON 10
VIRTUAL 5.30 10
NOTTINGHAM 17

NEW ROAD BRIGHTON 10 JULY



[RUN530.COM](https://www.run530.com)



ENTRY FEES

£22 plus £1.90 admin fee	5% rebate for 4+ entries	10% rebate for 8+ entries
---------------------------------------	--	---

WHERE CAN I REGISTER?

www.run530.com

For further information or questions: jo.osborne@run530.com

5.30

EVENT ENTRY INCLUDES

- unique 2026 5.30 T-shirt
- 2026 5.30 Medal
- Seasonal fresh fruit
- Drinking water
- Event photographs available to download for free
- 5.30 magazine download
- ... and the opportunity to live an experience to remember!



5.30 MERCHANDISE

Available to purchase online at same time as entry,



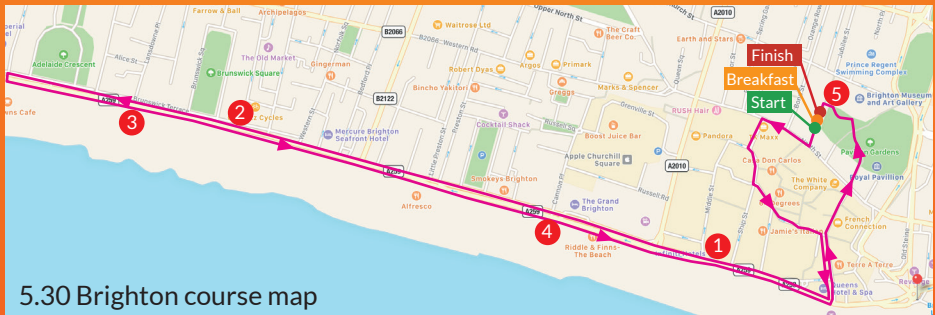
CHARITY PARTNER

www.rockinghorse.org.uk.

5.30 Brighton will donate £1 for each participant. You can make a further donation to Rockinghorse during online registration through JustGiving or you can set up your own fundraising page

T-SHIRT COLLECTION

Thursday 9th July @ The Jubilee Library, Brighton.
Remember: anyone can collect on your behalf.



5.30 Brighton course map

WHY AT 5.30AM?

5.30

- 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!

