

IMAGINE 5.30[®]

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

TOUR 2025
MAY
VERONA 16
PALERMO 16
MILAN 23
TURIN 30
JUNE
MODENA 6
BOLOGNA 13
FERRARA 20
MANTUA 27
RIVA DEL GARDA 27
JULY
VENICE 4
BRIGHTON 11
VIRTUAL 5.30 11
NOTTINGHAM 18

NEW ROAD BRIGHTON 11 JULY



RUN530.COM



ENTRY FEE

£21
plus
admin fee

WHERE CAN I REGISTER?

www.run530.com

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

5.30

EVENT ENTRY INCLUDES

- unique 2025 5.30 T-shirt
- 2025 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, including a technical version of the 2025 t shirt.



CHARITY PARTNER

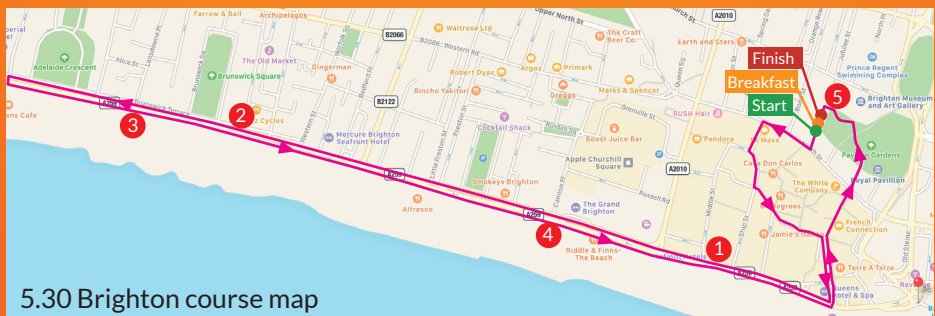
www.rockinghorse.org.uk

5.30 Brighton will donate £1 for each participant. You can make a further donation to Rockinghorse during online registration through JustGiving or at t shirt collection point via a cash collection box.

T-SHIRT COLLECTION

Thursday 10th July @ The Jubilee Library, Brighton.

Remember: anyone can collect on your behalf.



5.30 Brighton course map

RUN530.COM



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!

