

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

COLLIN STREET
(adjacent to Broad Marsh Bus Station)
NOTTINGHAM
18 JULY

DON'T DREAM IT. BE IT!



RUN530.COM



ENTRY FEE

£21
plus
admin fee

WHERE CAN I REGISTER?

www.run530.com

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

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.



Proudly supporting



MAGGIE'S

Everyone's home of cancer care

CHARITY PARTNER

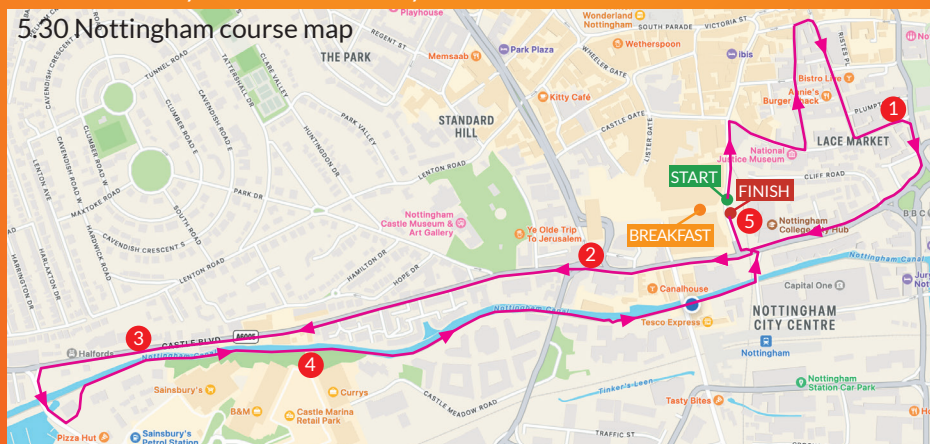
www.maggies.org

5.30 Nottingham will donate £1 for each participant. You can make a further donation to Maggie's during online registration through JustGiving or at t shirt collection point via a cash collection box.

T-SHIRT COLLECTION

Thursday 17th July @ Up & Running, Exchange Arcade.

*Remember: anyone can collect on your behalf.



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!

