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For immediate release: Friday 8 April 2022

'RUN FOR UKRAINE' WAVE AT VITALITY LONDON 10,000

- **Dedicated Run for Ukraine wave on Monday 2 May**
- **Special discounted entry fee of £15**
- **Entry fee donated to the Disasters Emergency Committee Ukraine Humanitarian Appeal**
- **All participants encouraged to fundraise for Ukraine humanitarian response**

Runners are invited to 'Run for Ukraine' and fundraise for the Ukraine humanitarian relief appeal at the Vitality London 10,000 on Bank Holiday Monday 2 May.

A dedicated Run for Ukraine wave has been created and 100 per cent of the discounted £15 entry fee for the participants in this wave will be donated by organisers London Marathon Events to the Disasters Emergency Committee (DEC) Ukraine Humanitarian Appeal.

Participants in the Run for Ukraine wave will be encouraged to fundraise for the DEC collective of the UK's 15 leading aid charities (or for the Ukrainian relief charity of their choice) and to wear blue and yellow on the day. The running numbers for the Run for Ukraine wave will also be blue and yellow.

Entries for the Run for Ukraine wave are now [open](#). The entry fee is £15 (the full fee will be donated to DEC), and participants are invited to set up their DEC fundraising page [here](#).

Hugh Brasher, Event Director of London Marathon Events, said: *"The Run for Ukraine wave at the Vitality London 10,000 on Monday 2 May is the first of a number of initiatives that we will provide at our events for participants to fundraise to support humanitarian relief work in Ukraine.*

"We know that so many people want to help and you will be helping by just entering the Run for Ukraine wave. We invite the running community to Run for Ukraine together, raise funds together, wear blue and yellow together and help to make a difference to the Ukraine relief effort."

All participants who have already entered the Vitality London 10,000 are also invited to wear blue and yellow and, if they are not already supporting a charity, to raise funds for DEC.

Donations to the DEC's appeal are being used to help both people inside Ukraine and refugees who have fled to neighbouring countries, providing food, shelter, medical care and trauma support for people forced to flee the conflict. More details can be found at dec.org.uk.

The Vitality London 10,000 takes place on Bank Holiday Monday 2 May. Its spectacular central London route starts on The Mall and takes in many of the capital's most famous landmarks – including Admiralty Arch, Nelson's Column, St Paul's Cathedral, Mansion House, the Bank of England, the Old Bailey, Somerset House, Big Ben, the Houses of Parliament and Westminster Abbey before finishing in front of Buckingham Palace.

The elite fields feature Sir Mo Farah, in his comeback race after injury, and Eilish McColgan and Charlotte Purdue.

General entries to the Vitality London 10,000 cost £39 (£2 discount for members of UK-registered running clubs). Enter [here](#).

The virtual Vitality London 10,000 enables people to complete their 10K on the route of their choice anywhere in the world and at any time between Saturday 30 April and Sunday 8 May. Entry to the virtual Vitality London 10,000 costs £19 (additional £10 for international entrants to cover postage and packing). Enter [here](#).

All finishers in the central London and virtual events receive the New Balance technical finisher T-shirt (retail value £35) and the souvenir finisher medal.

ENDS

NOTES TO EDITORS

About the Vitality London 10,000

- The [Vitality London 10,000](#) takes place on Monday 2 May
- The event was last held in central London in May 2019
- The 2020 and 2021 events in central London were cancelled due to the Covid-19 pandemic
- The virtual Vitality London 10,000 first took place in 2021 and was held again in 2022
- The Vitality London 10,000 was staged in Hatfield Park in July 2021
- The [Vitality Westminster Mile](#) takes place in central London on Sunday 1 May
- Both the Vitality Westminster Mile and Vitality London 10,000 are organised by London Marathon Events

For further information, please contact:

Ryan Goad | Head of Communications & TV | London Marathon Events Ltd

e ryan.goad@londonmarathonevents.co.uk | m [+44 \(0\) 7950 708574](tel:+44207950708574)



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