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## **SIR MO FARAH CONFIRMED FOR 2022 VITALITY LONDON 10,000**

- **Britain's most decorated track and field star looking to add to his tally of seven wins at central London race**
- **10-week Run Happy & Healthy training plan launched today, and Farah calls on people to sign up and join him at Vitality London 10,000**

Sir Mo Farah has confirmed he will be back in action at the 2022 Vitality London 10,000 on Monday 2 May.

Farah, the most decorated athlete in British track and field history, has not raced since last June after a fractured foot dashed his hopes of running at last year's Tokyo Olympic Games and adding to his four Olympic gold medals won in London 2012 and Rio 2016.

The 38-year-old has recovered from injury and is preparing for the 2022 season, with the Vitality London 10,000 – an event he has won on seven occasions – his first confirmed race of the year.

**Farah said:** *"I'm really looking forward to getting out there and racing again at an event that I really love. I've been working hard to get back into shape following my injury last summer and I've got a few more months of hard training ahead of me, so it's good to have a target like the Vitality London 10,000 to work towards."*

*"I have great memories of the event. I have won it seven times and racing in central London is something you can never get bored of. The atmosphere among the thousands of participants is always fantastic and I can't wait to be part of it again."*

Farah's wins at the Vitality London 10,000 came in 2009, 2010, 2011, 2012, 2013, 2018 and 2019. He set the British 10K record of 27 minutes and 44 seconds in the 2010 race, a time equalled by Emile Cairess in Valencia earlier this year.

The Vitality London 10,000 returns to its iconic central London in 2022 for the first time since 2019. The pandemic meant that the 2020 event was held virtually and, in 2021, a mass event took place at Hatfield Park while the popular virtual event also returned with more than 18,500 people signing up.

The stunning course of this year's event starts on The Mall, goes out through Westminster into the City of London and takes in some of the capital's most iconic landmarks including Admiralty Arch, St Paul's Cathedral, Mansion House, the Bank of England, the Old Bailey, Somerset House, Big Ben and the Houses of Parliament, before finishing by Buckingham Palace.

Today [Monday 21 February] marks 10 weeks to the event, and the start of the 10-week Run Happy & Healthy Plan training programme, which is the perfect plan for people who are new to running or targeting their first 10K, according to Farah.

**Farah said:** *"The 10K is the perfect distance for those who starting to run or for those looking for a first challenge and the Run Happy & Healthy Plan is a great way to guide you towards Event Day. So sign up and come and join me at the Vitality London 10,000."*

*"The pandemic has meant some of the great mass participation events like the Vitality London 10,000 haven't been able to take place in central London for more than two years, so it's so exciting they're returning. It's so important events like this are coming back because everyone likes to set a target."*

event — *Look forward to seeing you on the Start Line.*

[Entries for the Vitality London 10,000 are open now and cost £39](#) (£2 reduction for members of UKA athletics clubs). Every finisher receives a souvenir medal and a New Balance technical T-shirt (retail value £35).

The virtual Vitality London 10,000 also back in 2022, offering participants across the UK and around the world the chance to complete the event on the course of their choice at any time during the event period of Saturday 30 April to Sunday 8 May. See [here](#) for more details.

#### ENDS

#### Notes for editors:

- 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

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