



VITALITY WESTMINSTER MILE AND VITALITY LONDON 10,000 RETURN

- **Vitality Westminster Mile to take place on The Mall on Sunday 1 May 2022**
- **Vitality London 10,000 returns on Bank Holiday Monday 2 May 2022**

The Vitality Westminster Mile and Vitality London 10,000 return to their traditional iconic central London locations on the early May Bank Holiday weekend in 2022 after more than 1,000 days away due to the Covid-19 pandemic.

The Vitality Westminster Mile, which starts on The Mall, goes around St James's Park and finishes in front of Buckingham Palace, will take place on Sunday 1 May 2022.

Staged in partnership with Westminster City Council, the event is for all ages and abilities with mile events for families, adults, parkrun, Special Olympics and many more. Entries will open in the new year and there will be free entry for children aged under 12. See [here](#) for more information.

The Vitality London 10,000 will take place the following day on Bank Holiday Monday 2 May. The start will be on The Mall and the stunning course goes out through Westminster into the City of London, taking in some of London'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 in front of Buckingham Palace.

[Entries 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 returns 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 week from Saturday 30 April to Sunday 8 May. See [here](#) for more details.

Hugh Brasher, Event Director for London Marathon Events, said: "It is wonderful to be bringing these two inspirational events back to the streets of London for the first time since 2019. The Vitality Westminster Mile gives thousands of families and children the chance to experience running the most iconic mile in the world and the Vitality London 10,000 offers an amazing opportunity to run past some of the capital's greatest landmarks and finish in front of Buckingham Palace.

"The Covid-19 pandemic has had a terrible impact on children's activity levels and health, which makes it so important that events as inspirational as the Vitality Westminster Mile return. We would like to thank Westminster City Council, The Royal Parks, the City of London, Transport for London and our other stakeholders for their support in bringing back these great events."

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- The Vitality Westminster Mile and Vitality London 10,000 were 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 Mile and Vitality London 10,000 were staged in Hatfield Park in July 2021
- The Vitality Westminster Mile and Vitality London 10,000 are organised by London Marathon Events

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