



Friends of the Royal London Hospital

Run with us in The SAUCONY LONDON 10K 2026

Limited Charity places available

Sunday, July
12th 2026

Support Friends of The Royal London Hospital by taking part in this iconic British 10K which returns to the streets of London on Sunday, 12th July 2026.

It is the ultimate tour of central London where runners pass by famous landmarks including Trafalgar Square, Big Ben & Houses of Parliament.

If you are interested in participating to support the Hospital, please email:

richardhgardner@gmail.com

Or call: 07732727750

