



Take on a Challenge for Spread a Smile in 2024

Run for Smiles

London Landmarks Half Marathon | 7 April 2024

This is not your average half marathon - from cultural landmarks and heritage to the city's quirky and hidden secrets, runners get to explore the capital on a route like no other through the City of London & Westminster.

10K Tough Mudder | multiple UK locations & dates

Packed with 20 of Tough Mudder's famous obstacles including the Arctic Enema, Everest & Electroshock, this 10k is the perfect mix of distance & challenge.

Brighton Marathon | 7 April 2024

This incredible festival of running, held in the iconic seaside city, includes the flagship Brighton Marathon, held on a stunning 26.2-mile course that starts in the heart of the city and finishes in style on Brighton's world-famous seafront.

Walk for Smiles

Sahara Desert Trek | 2 - 9 March 2024

Experience the land, the people & the wildlife of the Sahara Desert on this incredible 5 day trek covering 100k of Morocco's forbidding landscape - truly a once in a lifetime experience. Expedition costs: £1,670.

National 3 Peaks Challenge | multiple dates

Considered one of the UK's toughest outdoor challenges you will take on three of the UK's highest peaks - Ben Nevis, Scafell Pike & Snowdon - all in just 24 hours.

Thames Path Ultra Challenge | Sept 2024

England's greatest river provides a fantastic backdrop for this 25k, 50k or 100k walking challenge. Starting at Putney Bridge, this stunning route takes you through Richmond, Hampton Court, Runnymede & Windsor, ending in beautiful Henley.

Cycle for Smiles

RideLondon - Essex 100 | May 2024

This tough but achievable challenge will see cyclists of all backgrounds and abilities cover 100 miles through London & neighbouring Essex.

London to Brighton Cycle Ride | Sept 2024

Heading from the city to the sea, this scenic 55 mile route takes you from the heart of London to a picture-perfect finish on the coast of Brighton.

Leap for Smiles

ArcelorMittal Orbit Abseil | June 2024

The UK's highest freefall abseil from the ArcelorMittal Orbit (the UK's tallest sculpture!) is the adrenaline-fuelled way to see London at 262 feet above the city - an experience you will truly never forget.

160ft London Bungee Jump | multiple locations & dates

Take on this 160ft bungee jump from a crane at Coram's Fields in Bloomsbury, with spectacular views of central London.

If you are interested in taking part or would like to know more about any of the above challenges, please contact rimi@spreadasmile.org. She would be delighted to hear from you and will support you every step of the way!

Thank you for helping us spread even more smiles to seriously ill children and their families across the UK. We are incredibly grateful.

