

Challenge Events and Awareness Days 2026

January



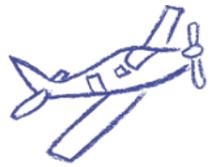
24 January
Winter Walk.

February

5 February
Time to Talk Day

Skydives

There are 17 locations all around the country, you can also choose the date that suits you best.



February

2 May

Isle of Wight Challenge.

11–17 May
Mental Health Awareness Week

9 May

Tough Mudder London West.

23 May

London 2 Brighton Challenge: Variety of distances to choose from.

16 May

Jurassic Coast Challenge: Variety of distances to choose from.



31 May

Great Manchester Run Half Marathon and 10km.

March



8 March
International Womens Day

28 March

Bath 50 Challenge.

April

12 April

- Brighton Marathon.
- Brighton 10k.
- London Landmarks half.

19 April

Manchester Marathon.

18 April

Windsor 50 Challenge.

26 April

TCS London Marathon.



May

4 July

- Peak District Challenge
- Tough Mudder Midlands

25 July

- South West 50 Challenge.
- Tough Mudder Yorkshire.

18 July

Gower Peninsula Challenge: Variety of distances to choose from.



June

6 June

Tough Mudder Scotland.

20 June

North Yorks Challenge.

13 June

Cotswold Way Challenge.

21 June

London to Brighton Bike ride: A 54 mile bike ride from London to Brighton.

July

5 September

South Coast Challenge.

13 September

- Great North Run.
- London to Brighton Cycle Ride (Skyline)

10 September
Suicide Prevention Day

11 September

Thames Moonlight 10 Walk.

19 September

Tough Mudder London South.

12 September

- Richmond RunFest (10k, half marathon and marathon).
- Thames Bridges Trek.
- Thames Path Challenge.

26 September

Chiltern 50 Challenge: Variety of distances to choose from.

August

1 August

North Downs 50 Challenge: Variety of distances to choose from.

15 August

Tough Mudder South West.

22 August

London Summer Walk.

September

Black History Month

4 October

Cardiff Half.

10 October
World Mental Health Day

11 October

Royal Parks Half.

10 October

- Kent 50 Challenge.
- Tough Mudder Manchester.

31 October

Halloween Walk.



November

19 November
International Men's Day



December



25 December – Christmas

At Mind, **Christmas** is an opportunity for us to recognise that some of us may struggle at this time of year, and to offer help to those who need mental health support.

Please talk to your dedicated Account Manager if you'd like to register for any of these events.

