

'Arise, Awake & Do Not Stop Until Your Goal Is Reached.' – London Marathon 2016



On Sunday 24th April 2016, eight swayamsevaks and sevikas ran the gruelling London Marathon in aid of SEWA UK. It was the first time that the charity had a resounding presence at one of the most famous events in the world. The challenge was taken up by three swayamsevaks from Woolwich, Mehul Parbat, Upendra Bhanderi & Jaynti Kerai, three from North London Vishal Shah, Sahil Malde & Silma Malde, one from Birmingham Vivek Shah & one from Milton Keynes Pretin Davda.

In preparation for the event a large amount of training was anticipated to be done, eating habits were due to be cleaned up and most of all lots of fund raising. I think it's safe to say we failed all but the latter. Race day came along swiftly and so did the realisation that there was 26.2 miles between us and the finish. Alongside 40,000 other competitors we began our charge on the gruelling marathon which at first didn't seem too bad until we hit the half way point and realised we still had another 13.1 miles to go.



We were all very lucky to have a tremendous amount of support from family, friends, other swayamsevaks and of course all the crowds that lined the street to shout your name in the darkest hours. With a bit of grit, determination and whole load of Lucozade and energy gels we all successfully finished the London marathon and safe to say with that completed one of the most physically and mentally demanding challenges in the world. To date we have raised in the region of £16,000 with gift aid and hope this year will help to pioneer the route for many more swayamsevaks and sevikas to partake in what is truly a once in a lifetime experience.

'At mile 20 I thought I was dead, At mile 22 I wished I was dead, At mile 24 I knew I was dead, At mile 26.2 I realised I had become too tough to kill.'

