



cycle4sewa

NATIONWIDE



CELEBRATING OUR 10TH YEAR!

23RD AUGUST 2021 – 5TH SEPTEMBER 2021

VIRTUAL EVENT INFORMATION:

- Register **ONLINE ONLY** - www.sewauk.org/cycle4sewa before **8th August** for only **£15**.
- Splitting participants into different groups based on age, gender and activity, we'll send out a link to join a group on the **'Strava'** app.
- Each participant will need to create a free Strava account.
- There are now even more ways to participate, with the choice to **cycle, walk** or **run**.
- You **must** record your activity over 2 weeks using the app, in order for it to count towards the final tally.
- Make sure you bring the same competitive energy as our leader board goes virtual. Letting you get involved with participants across the country!
- Remember to register separately for each activity you'd like to participate in.
- More instructions will be sent to registered participants prior to the event start date.

A LOOK BACK AT C4S 2020:

- // 28,000km travelled nationwide
- // A record breaking 390 participants
- // Over £12,000 raised for Sewa UK
- // **Mens under 16 cycling**
Kaylan Hirani (505km)
- // **Mens 17-35 cycling**
Robin Dickie (1350km)
- // **Mens 36-50 cycling**
Raj Panchani (827km)
- // **Mens 50+ cycling**
Arjan Rabadia (508km)
- // **Womans under 16 cycling**
Mira Patel (446km)
- // **Womans over 16 Cycling**
Isabella Stone (994km)
- // **Highest Walker**
Anand Gorasia (358km)
- // **Highest Runner**
Bhakti Dabasia (141km)

FOR MORE DETAILS CONTACT: Roshan Patel - 07983 919 876 | Kishan Mehta - 07814 573 700 | Email - cycle4sewa@sewauk.org



Sewa UK @sewauk_official



cycle4sewa

@Cycle4Sewa