



Hareesh Mohan and his Mother Usha Kumar. Hareesh was studying for a BComm and, at the same time, working as the only bread winner in the family. IN December 2007, he fell from some scaffolding and is now paralysed from the waist down...but in tremouse spirits and has brightness in his eyes and a great smile. Thanks to you, the family received a cash grant to help them out of their financial difficulties and to pay for some treatment



As with Hareesh above, Sanal, seen with wife and son, had a fall from scaffolding whilst working as a mason 3 years ago. He has no compensation and has bills for medicine and physiotherapy of around R1500/- a month. A significant cash payment was made to him to assist. Thanks again to those who made donations, however small.



This is the home of a very bright young woman who has a place at a college, 24 hours rail journey away from home but no funds to pay for it although her local church helps. Both of her parents (shown here) are disabled and unable to work and through your generosity, we have agreed to fund her training for 3.5 years.



This is the daughter, Vidhya, of the couple above. She had brilliant reports from school and exam results and has now just left to study in Andhra Pradesh...a 24 hour rail journey. Her fees of a little over £100 a year are being met out of donations by runners in my races and my friends. The significant thing is that by contributing to training, we are investing in the future of Vidhya's community



Some of the children from the Bethel School - 10 of who will have their monthly school fee paid for them



Omana and sister Esther receiving 150 pairs of specs to be distributed to poor people through a local church. These were donated by an opticians in the Home Counties and arranged by a couple from Bracknell Forest Runners



This Mother and 3 daughters (1 was at school when the photo was taken) whose Father is very ill are being supported by a woman runners from Kingston AC & Poly Harriers



A Rolls Royce Harrier and family are supporting this family who also take care of the Mother's sister and her daughter



This Mother and 2 children from a Tribal community are supported by a runner from Barnet & Herne Hill Harriers and his partner



Two families of 2 sisters with mental problems are supported by a couple, members Dark Peak Fell Runners & Hallamshire Harriers. The boy in green is a wonderful athlete, dancer and is academically bright.



This family, with no Father, live near our housekeeper. Always smiling despite actue poverty. They are supported by a couple who run for Formula One Crew, a Nottingham-based running club



On Sunday 30 September, no less than 250 families were given free rice as a part of an ongoing project to ensure that the poorest families receive basic food.



Over 200 school uniforms were given to local poor children, sewn by local women who were paid for their work and donated as a result of a coffee morning held by a personal friend in Cheshire



The Bethel School is only 1.5kms from the very good Aquarium but none of the children had ever visited it so we rented a bus and took the 98 children and staff for a school visit, paid for by a friend and his Mother. You should have seen the wonderment on the children's faces



A very poor family, supported by one of my race officials and former Epsom & Ewell Borough Council Councillor had no toilet. They are a family from the caste formerly known as Untouchables but now known as Dalits. They live in a forest community and when the toilet was built, it became a COMMUNAL toilet for the whole community, thus providing some decency for local people....and all for £70. Unfortunately, recently their house fell down and now we need to raise a little over £1500 to rebuild the house with the help of the local council.



A Herne Hill & Barnet Harrier and his partner have agreed to support the very, very undernourished family who live in this house. The Mother is 42 with a 20 year old daughter who is very ill but who has daughters aged 3 and 2. The Mother's husband died and the daughter's husband 'did a runner'. They also paid for a well to be dug so that the family have a constant water supply.