

Sonita completes her first half marathon, here is her story:



So firstly: I DID it! - I actually completed a 26k Half Marathon! Never in my wildest dreams would I have ever believed it was possible for me! - but as I sit here looking at my blistered raw feet and wince thru every shocking pain in every part of my body from the waist down.. I know for sure that I REALLY did it!

However there is SO MUCH more to it than just that - yesterday was life changing - on so many levels, BUT it was also really really really Traumatic, both physically AND emotionally... of course I knew it wud be HARD, I knew i'd want to quit at times, and I kinda' thought it wud be something that a few days later I'll be mocking myself about over a few drinks and laughs with mates... "like WHAT did I just run a half marathon for!?" lol etc etc...

But I NEVER anticipated the trauma that I would go through instead - I initially thought I'd power walk the whole thing anyway; but strangely on the day I was swept up with this real want to run(or jog at least) as I stood at the starting line waiting with all the crowds around me stretching singing laughing and just buzzing with energy - I TOTALLY got caught up in it and as we set off there I was actually bloody running! lol - But as the miles went on my body went thru SO much pain, everything was going in slow motion - well I definitely was! lol & around mile 7 the darkness began to set in and as I drifted further and further behind everyone it became very very lonely indeed - I had to literally spur myself on - self talk - out loud - and basically push myself BEYOND any kind of human limit that I had ever thought I knew before! - but I also cried too - openly in front of members of the public walking by as I ran solo down the route muscle and limb wud instantly flash back to random moments of pain or trauma from my past ... from my self belief wud waver - I wud start to lose faith, crumble.. my feet wud slow.. and then a passer by wud suddenly cheer "come on girl u've got this!! Don't stop now!" ... and I wud feel 10 feet tall and lift my head again and start to run a tiny bit faster - counting my pace 1..2....1....2..1....2 determined not to give up 'just yet at least'.... People had previously said to me "u will need to dig deep to get thru it" ... and I thought meh' I'm a deep person how hard can it be right?!



Well trust me when I tell u that I dug DEEPER than I ever have before... and those last 2 miles when I literally had feet so raw with blisters that I couldn't even limp properly - I dug even deeper ... I questioned EVERYTHING about who I am, why i am, and where I am... in that moment, in this life... in everything!

I feel emotional even as I type this ❤️

I truly have NO idea HOW I managed to reach that finishing line yesterday ... and it still hasn't sunk yet in as I'm still in physical and emotional shock at the moment...

But I DO know that knowing that YOU ALL believed in me with ur words and donations and encouragement - I do know that THAT played a big part in getting me over that line... I didn't want to let anyone down - but I also didn't want to let MYSELF down most of all There's many things in my life that I haven't achieved at .. many disappointments.. many what if's....

But completing this Half Marathon will never be one of them!

Congratulations!
You finished The
Vitality Big Half in
4:11:05. Share your
Big Smile on
Instagram, Twitter
& Facebook
#BigHalf #BigSmile

As my body SLOWLY recovers and the sense of 'trauma' starts to fade - there is going to be a sudden wave of PRIDE within myself that will soar and rise and shine bright like the sun! ❤️

Against ALL the odds i REALLY did complete the Half Marathon ! 13 LONG treacherous soul destroying miles in : 4hrs - 11minutes & 5 seconds. 😊😄❤️

Becoz guess what?? it turns out that life REALLY isn't about winning - it truly *is* about 'Taking part'.... x x x 😊❤️