

The Charitable Trust also supported 6 OWs of varying ages with Walking , Cycling, Climbing challenges for Charitable purposes and , typically , this report came back from Rich Crawford (C 78-83):

“We made it but only just.

We knew we were good for 50km from our longest training walk but nothing could have prepared us for the second 50km. We were in pieces by the end, 10lb lighter(in my case), lacerated feet and digestive systems that packed up and went home 20km before the end.

We started at 9am on Saturday at Queen Elizabeth Park in West Sussex, walked through the day and night continuously, and finished at 8.30am on Sunday at Brighton Racetrack. We left the start with adrenaline flowing, full of the joys of spring and excited about the challenge ahead – 23 hours later that had all changed. After 60km it dawned on us that half the other teams were from the British Army out on a training exercise and our mean age was at least ten years above everyone else’s . With 70km gone we lost our sense of humour and, with some steep and lengthy climbs, all feeling in our bodies. At 80km we lost the ability to eat. I have little recollection of the last 10k apart from the fact the team was still together and as we crossed the line there was a much greater feeling of relief than elation.

It was one of the toughest pieces of endurance exercise that any of us have ever done and we will NEVER EVER do it again....but we are glad we did it. Many of you have donated and many have promised they would. To all of you thank you, it is what spurred us on, fear of failing you and the Gurkha Welfare Trust ”.

