



I have registered for this event as my husband is currently deployed on Op Herrick 12 with the 1st Battalion, The Duke of Lancaster's Regiment and they have sadly suffered from wounding and fatalities. I wanted to do my bit as a wife of the battalion for the brave lads, some of whom are family friends. I myself am currently deployed with 83 EAG at Al Udiid air base in Qatar. I will be completing the event on 24th July in the CC Gym here - our event has been organised by the PTI here.

Michelle Shipton 21.6.10

<http://www.bmycharity.com/v2/gymforheroes>
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<http://www.gymforheroes.co.uk>
<http://www.twitter.com/gymforheroes>
<http://www.justgiving.com/Gym-for-Heroes-2010>

