



We are a serving crew of Submariners who are taking part in GFH in a rather more unusual environment. Due to operational constraints we are unable to take part in July, but later on this year we as a crew will hope to complete the 3hr endurance event whilst deployed on an operational patrol.

This may sound no more unusual than any other individual taking part but our watch system works as 6hrs on watch, 6hrs off watch!! A rather small gesture when you consider the sacrifice our boys and girls make in the name of peace.

Our overall aim is to raise as much money as possible for what is an extremely worthy cause.

Good luck to everybody involved.

Karl 17/07/2010

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<http://www.gymforheroes.co.uk>
<http://www.facebook.com/gymforheroes>
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