

# CNC Firearms Instructor takes on Ultra Marathon

News story

Next month CNC Firearms Instructor Andrew Bainbridge will be taking up the challenge to complete an Ultra Marathon of 100 kilometres (62 miles) along the Thames Path.



Andrew is undertaking this gruelling challenge to raise awareness and funds for the charity Rock 2 Recovery, which supports veterans suffering with Post-Traumatic Stress Disorder (PTSD), providing immediate help for those suffering from PTSD as well as ongoing support and mentoring.

One of the patrons of the charity is Jason Fox from the Channel 4 SAS series. Jason has spoken candidly and extensively about his personal experience of PTSD and the effects this had on his career and personal life.

Andrew said: "I am very much aware that within the CNC we have many military veterans who have served on operations in recent campaigns and who may unknowingly be suffering from the effects of PTSD.

"As well as raising money for this excellent charity it also an opportunity to raise awareness of another avenue of potential support for those who may need it. I have a [donation page on Team Fortitude website](#) – if you have any spare pennies to donate I would really appreciate it. In 2019 I ran a 54-mile Ultra Marathon in Normandy along the D-Day beaches raising £1650 for Blind and Limbless Servicemen (BLESMA)."

To find out more about the [Rock 2 Recovery charity](#) and the amazing work they do, please visit their website.

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