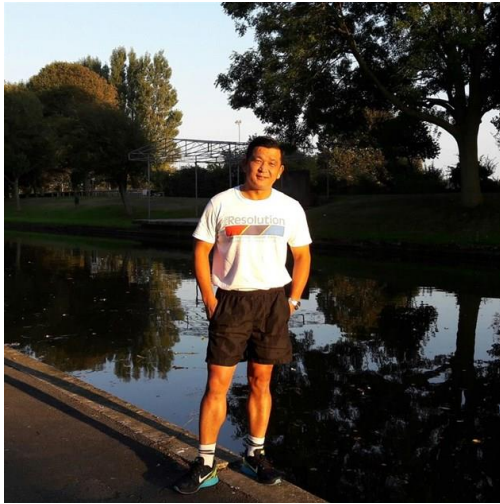


CAPTAIN BISHNU SINGH BRIGHTON MARATHON 9 APRIL 2017



My statement - "When I left the Gurkhas I had promised myself to continue to do a long competitive run for charity in every other year until I can no longer continue to do so. This year I have decided to do Brighton Marathon on 9th of April and this time around I'll be running for PTSD Resolution. Previously in the last 5 years I did 2 x Trailwalker UK teaming up with Team Daju Bhai and a London marathon carrying 25kg in a Doko in 2014."

BISHNU is raising money to help PTSD Resolution. Read Bishnu's story [here](#) and support him generously on his [just giving page](#).

He completed Brighton Marathon last Sunday on 09th April 2017 and it took me 4 Hours and 8 Minutes. It was wonderful day with huge crowds supporting you along and I thoroughly enjoyed it.

Thank you and big Salaam,

Bishnu

Bishnu Bahadur Singh
Capt(Retd)
07780002324
Folkestone