



Bishnu Singh running in Castle Park with the 22kg doko on his back

Pictures: Vikki Lince

Bishnu staying strong in weighty Gurkha challenge

Sinead Corr

sinead.corr@stortfordindie.co.uk

A Gurkha veteran took part in Bishop's Stortford's parkrun on Saturday to raise money for charity.

Bishnu Singh, 50, who served in Bosnia, Kosovo and Afghanistan, completed the Castle Park 5k with a 22kg doko, a large hand-woven bamboo basket which is used to transport goods, carried traditionally on the back. It is also used in Bhutan and some of the mountainous provinces of northern India.

Former Captain Singh, a father of three, was running for the Gurkha Welfare Trust as part of an epic five-year challenge. Now a security advisor, he served with the Brigade of Gurkhas for almost a quarter of a century.

Hatfield Broad Oak father of three Edward Mackness ran alongside. He said: "I was his platoon commander when he was a rifleman in Brunei. He and I have grown to be best mates and our families are very close.

"I was Adjutant of 2nd Gurkha Rifles and am now a trustee of our regimental welfare charity. And I simply love the Gurkhas. I have taken far more from them than I ever gave."

Bishnu says on his Justgiving fundraising page: "During my services, I was privileged to serve in many parts of the world, both in operation and training.

"Operationally, I was deployed in Bosnia, Kosovo and Afghanistan. In addition, I also had the opportunity to serve with coalition forces from many different countries from five various continents which have got close ties with the United Kingdom.

"Since my retirement in 2010, I've been volunteering to raise money for some charity



Bishnu Singh has set himself an epic five-year running challenge to raise money for the Gurkha Welfare Trust

organisations that support the ex-military personnel. Starting from 2018, I decided to take up the challenge of running 207 parkruns with a 22kg doko in five years. Within this period, I am also going to do five marathons in five different continents without a doko and my last marathon will be the Everest Marathon in Nepal.

"I would like to dedicate this challenge to the brave Gurkha soldiers who fought in all wars with the British Army and specifically to their families who also suffered."

Bishnu ran the London Marathon in 2014 for the Army Benevolent Fund carrying the doko and finished in 5hr 40min.

Go to www.justgiving.com/fundraising/johnny-gurkhabishnu to donate.