



Craig O'Toole is taking on one of the toughest Army challenges.

29F1009: HOLLY CANT

Tough challenge to help heroes

A FITNESS instructor from Kings Langley is preparing for the physical challenge of a lifetime when he follows in the footsteps of some of the world's toughest soldiers.

Craig O'Toole, 27, will tackle a gruelling ten mile run while carrying a 35lb weight on his back – a challenge used as a selection test by the Army's Parachute Regiment.

The personal trainer hopes to complete the

course, at a Yorkshire Army base, in September within the qualifying time of one hour and 50 minutes in order to raise £1,000 for Help for Heroes.

He said: "It's going to be really tough. I keep myself very fit for my job but running with the backpack on is really hard.

"It has given me an extra level of respect for the guys who actually do it for real."

TOUGH CHALLENGE AHEAD FOR PERSONAL TRAINER

A local personal trainer is to tackle one of the most gruelling fitness challenges around that is used as a selection test for the Army's Parachute Regiment.

Craig O'Toole, 27, of Ovaltine Drive, will take part in the Para's 10 Challenge in September, which will see him run ten miles cross country with a 35lb pack on his back.

Craig, who will tackle the challenge in North Yorkshire, will use the exercise to try and raise money for the well recognised Help for Heroes charity that supports serving and former members of the armed forces.

The local resident is now running three times a week, with the distances and pack weights varying each time. Having already completed the well known Tough Guy challenge two years ago, Craig is under no illusions that this will be his toughest event yet.

He told *My News*: "I under-estimated how tough this would be because as soon as you put the pack on it makes such a difference.

"All this has done is increase my respect for the people who have to do this every day for their job."



The 27-year-old says the motivation for doing events like this is to push himself, but did state this has been one of his toughest challenges to train for.

He said: "The qualifying time for the Paras for this event is one hour and 50 minutes, so I'm determined to go under that.

"My training has gone well and despite a long running problem with shin splints, I'm confident that I will be able to finish in a good time."

Craig is running for a great cause so if you can support him you can visit his fundraising page at www.bmycharity.com/craigotoole