

Fitness team go from cave to mountain top

Edinburgh's newest, coolest gym has launched its latest charity adventure. A team from CaveFit at The Edinburgh Grand will climb

Kilimanjaro later this month to raise money for the Armed Forces charity, the SSAFA.

The eight taking part are all hard core members of the gym that is based in the vaults of [The Edinburgh Grand](#) and known for its no nonsense approach to fitness. The six men and two women span an age range from their mid-30s to their early 50s and have already started their training with a bonding session on a hike in the Scottish highlands.

Their aim is to raise £14,000 for the Armed Forces charity which provides lifelong physical and emotional support for regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families.

Pete Oakden, the founder of CaveFit will lead the team. He is himself a former Royal Marine who has served in both Afghanistan and Iraq. He explained the purpose of the charity mission. He said: "I've kept in touch with former colleagues from the Marines, but it was when I saw the corporal who took me through my training back in 2000 in a wheelchair that I decided that this year we would support the Armed Forces charity. He had tripped during a mortar attack and is now unable to walk. The SSAFA

helps him and many others and we are all glad we can help by fundraising to support their work.”

He added:“As a gym CaveFit has built up a strong community of people that actively support each other. We all work hard at our fitness and know how sport can help us achieve more than we ever knew we could. Climbing Kilimanjaro will be a challenge, but we are determined that the whole team will reach the summit.

“Each year we chose a charity that means something to our members and in the past we have raised money for Macmillan and CLASP. Every year too we set out to beat the previous year’s fundraising total, so this year the aim is to exceed £14,000.”

The CaveFit at The Edinburgh Grand team of Dougie Dingwall, Peter Oakden (CaveFit Founder), Helen Bateson, Ian Rogers, Ruth Bradley, Richard Bradley and Andy Curry, flies out to Tanzania on 25 October. Donations can be made here <https://www.justgiving.com/companyteams/cavefitkilimanjaro>



The CaveFit at The Edinburgh Grand Kilimanjaro team (L-R) Dougie Dingwall, Peter Oakden (CaveFit Founder), Helen Bateson, Ian Rogers, Ruth Bradley, Richard Bradley and Andy Curry