

## Security director accepts challenge to help Combat Stress

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[Corps Security](#) solutions director Salman Shamim will take on the challenge of the UNESCO Saharan Ultra Challenge to raise money for the company's social enterprise charity partner, Combat Stress to support the mental wellbeing and assist in the integration into civilian life for UK veterans.

On 13-14 October, he will take on two marathon distances over two days through the Draa Valley. Mr Shamim has also opted to take on the Ultra challenge, which will increase the distance of day two to a massive 50km. The challenge is formidable but benefits from stunning terrain that covers the sun-baked dunes and mountain scenery whilst offering the camaraderie and support from others taking on this Moroccan adventure.

Mr Shamim said: "I wanted a new challenge that will sufficiently push my limits and is worthy of me asking for everyone's support. So, I went through the options...Marathon? Done them before. Two Marathons in two days? That sounds interesting. I have never done that before. Marathon followed by an Ultra Marathon on day two. In for a penny, in for a pound! I am worried about the heat - running at 30-35 degrees will be tough, but experiencing all the different cultures and environments up close - knowing I am supporting a great charity and our veteran community - will make it all worthwhile."

[Combat Stress](#) is the UK's leading charity for veteran's mental health. Founded over a century ago, the charity offers specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues (such as PTSD) related to their military service.

Those wishing to support Mr Shamim and Combat Stress can do so by [clicking here](#).