

OUR WEEKEND WARRIORS DO OUR HEARTS GOOD

To honour the recent passing of our colleague and friend Dennis McDonald, regional leader at our Warwickshire office, a team from Cougar Automation recently participated in the Total Warrior obstacle race challenge, raising more than £350 to date for the British Heart Foundation's research.



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"It makes sense that we chose to do something big to honour Dennis," says Mark Campbell, Business Unit Leader of our Yorkshire and Cheshire offices, and a participant in the Total Warrior challenge. "He had such a huge impact on our team since joining Cougar six years ago. Total Warrior is the ultimate test of team stamina, strength and determination ... and it's a lot of fun ... all qualities we associate with Dennis."



On June 23, Mark was joined by teammates Martin Hammond [Senior Control Systems Engineer], Shane Hodgson [Control System Engineer], Fraser Remington [Project Manager], and Ryan Humphreys [Control System Engineer] to undertake the grueling 12-km mud run that consists of 25 punishing obstacles, 10 tons of ice, and 100 tons of mud. Together they completed the demanding course in Bramham Park in Leeds in two hours to earn a well-deserved free victory beer.

"We chose to support the British Heart Foundation's research as it has helped to cut in half the number of people dying from heart and circulatory disease in the UK," says Mark. "But they continue to rely on financial support to create new

treatments and discover new cures.”

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