

SOLDIER

MAGAZINE OF THE BRITISH ARMY

**COMBAT
CLAWS**
FOXHOUND
UNLEASHED

**PROVINCE
PROGRESS**
TROOPS TALK
TRANSITION

**EXCLUSIVE
INTERVIEW:**
MO FARAH GOES
FOR 2012 GOLD

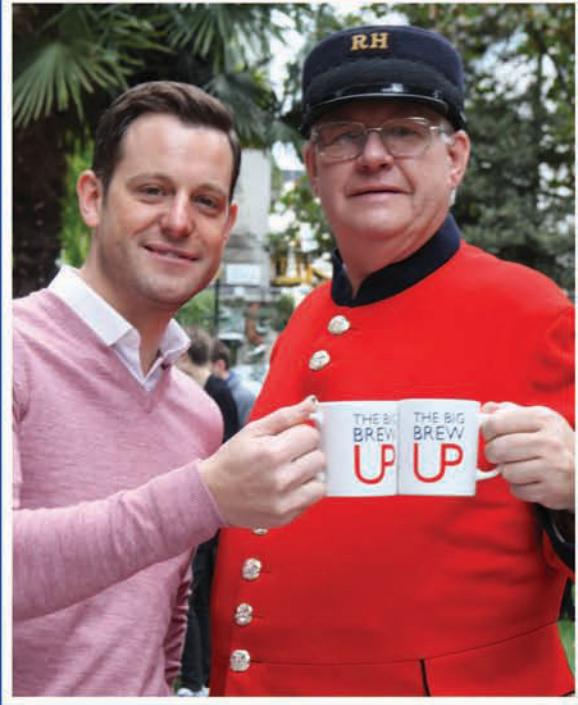
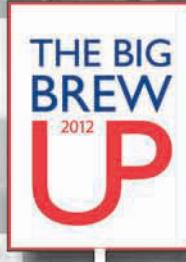
**FRESH
FOCUS**

URBAN OPERATORS
EYE FUTURE FIGHT

REVIEWED: 6 APPS TO FIGHT THE FLAB

JULY 2012
£3.50

074
9 771462150046



Big Brew Up

Every year hundreds of Big Brew Ups are held worldwide to raise funds for SSAFA Forces Help. We're asking you to put the kettle on, man those teapots and have the best tea party yet.

The Big Brew Up Week is 1st - 7th October. One, two, tea... for our troops!

We're all about people.

The Soldiers, Sailors, Airmen and Families Association – Forces Help.
Practical help and assistance to nearly 50,000 people each year.



SOLDIER

in this issue
JULY 2012
Vol 68/7

Features

28 Blast protection

Afghans lead counter-IED crusade



41

33 Role reversal

Light Dragoons swap jobs



51

36 Front-line force

UK troops at Helmand's frontier



36

41 Foxhound

New patrol vehicle shows its teeth

45 Mo-mentum

Team GB's golden boy talks to *Soldier*

48 Ranked

Army Olympians to remember

51 Urban operators

New course takes training to towns

87 SoldierSport

Regulars

5 Informer

55 Talkback

64 Bullet points

67 Home truths

75 Reviews

98 Final word

SOLDIER

Soldier Magazine, Ordnance Barracks, Government Road, Aldershot, Hampshire GU11 2DU

All enquiries: Tel 01252 787107/94222 7107

Fax: 01252 787110/94222 7110

Email: news@soldiermagazine.co.uk

Editor-in-Chief: Andrew Simms

Editor: Sarah Goldthorpe 01252 787096 (7096)

goldthorpe@soldiermagazine.co.uk

Assistant Editor: Joe Clapson 01252 787097 (7097)

jclapson@soldiermagazine.co.uk

Assistant Editor: Becky Clark 01252 787099 (7099)

rclark@soldiermagazine.co.uk

Sports Editor: Richard Long 01252 787098 (7098)

rlong@soldiermagazine.co.uk

Art Editor: Tudor Morgan 01252 787100 (7100)

tmorgan@soldiermagazine.co.uk

Designer: Chris Sell 01252 787101 (7101)

csell@soldiermagazine.co.uk

Photographer: Graeme Main 01252 787103 (7103)

gmain@soldiermagazine.co.uk

Photographer: Steve Dock 01252 787103 (7103)

sdock@soldiermagazine.co.uk

Business Manager: Andy Clarkson 01252 787105 (7105)

aclarkson@soldiermagazine.co.uk

Advertising: Heather Shekyls 01252 787106 (7106)

advertising@soldiermagazine.co.uk

Subscriptions: Stephen King 01252 787107 (7107)

sking@soldiermagazine.co.uk

SOLDIER is published by the Ministry of Defence and printed by Wyndham (Roche) Ltd. Print contract managed by Corporate Document Services (CDS).

© CROWN COPYRIGHT 2012

Views expressed in this magazine are not necessarily those of the British Army or the Ministry of Defence.

Is anyone else finding it difficult to believe that July 2012 has finally arrived? When London's successful Olympic bid was first announced back in 2005 – yes that's right, 2005 – I can remember feeling decidedly unmoved by what was only a vague and distant promise of some form of sporting excitement.

Seven years later and, predictably, the atmosphere across the United Kingdom could not be less indifferent.

Even those of us left depressed by the alarming commercialisation and cost of the spectacle are at least fired-up enough to be talking about London 2012.

Whatever your level of enthusiasm or interest, the next few weeks will certainly be ones to remember.

In recognition of that fact, the *Soldier* team this month brings you an exclusive interview with gold medal hopeful Mo Farah (pages 45-46).

Discipline, strength, determination and pride are what the athlete says it takes to reach the top of your game – characteristics the magazine found in no small measure among British Army personnel getting stuck into Op Herrick 16 (pages 28-43).

Whether you manage to attend the Games this month or not, I hope readers and their families enjoy the stories and adventure that the event has to offer.

I am sure we will all be rooting for our own Service sportsmen and women (pages 92-93) as we celebrate the power of athletic ambition and achievement. Enjoy the issue.

Sarah Goldthorpe
Editor

 @soldiermagazine



2012
FINALIST

CIPR

EXCELLENCE AWARDS

2012

FINALIST

CIPR

Communication
Awards 2012
WINNER

Institute of Internal
Communication



OAKLEY SI GASCAN S

LPAC-OY-03-473 (Black / Grey Lens)

HDO® (High Definition Optics) combine Oakley's patented optics and PLUTONITE® lens material that provides 100% UV filtering and unsurpassed impact protection. Two lenses are cut from the curve of a single lens shield, then mounted in the frame to maintain the original, continuous contour. Lightweight O MATTER® frame material offers premium comfort. Peripheral vision is maximized by XYZ OPTICS®, an innovation that maintains visual clarity at all angles of view. Impact protection meets ANSI Z87.1 standards, and our Three-Point Fit retains the lenses in precise optical alignment. True metal icons sign this as an Oakley original.

- Polaric Ellipsoid Dual lens.
- Durable, lightweight polycarbonate lenses
- Medium to Large Fit
- O-Matter frame material
- 100% UV Protection.
- PRESCRIPTION READY

OAKLEY SI BALLISTIC GOGGLE

LPA-OY-94025-323 - NSN#4240-01-563-5699 (Black / Clear)

The SI Ballistic Goggle is designed to present the best Oakley has to offer in protection, optical performance and comfort. The SI Ballistic Goggle is equipped with a micro-fleece face-foam liner to provide a secure and comfortable fit for all sized heads. Fully compatible with MICH, ACH, CVC, AND PASGT helmets.

- Compliant with ANSI Z87.1-2003 requirements
- Compliant with ballistic resistance requirements
- Plutonite lens blocks 100% of UVA, UVB, UVC & harmful blue light up to 400nm
- Compatible PASGT/CVC/ACH & MICH helmets
- Compatible with helmet-mounted night vision
- Compliant with all ANSI Z87.1-2003 optical performance requirements
- Distortion-free High Definition Optics
- Permanent anti-fog lens coating
- Meets ballistic fragmentation impact standards MIL-DTL-43511D

Level Peaks 
ASSOCIATES
Not For The Ordinary

Oakley Standard Issue (SI) Stockists (UK)

NightGear
www.nightgear.co.uk

This Tribe
www.thistribe.com

Trojan Tactical
www.trojangroupuk.com

G1098 Supplies
www.g1098supplies.com

RV Ops
www.rvops.co.uk

John Bull Clothing
www.johnbullclothing.com

Tactical Kit
www.tactical-kit.co.uk

Polimil
www.polimil.co.uk

Base Line Supplies
www.baselinesupplies.co.uk

THE **informer...**

BRITISH TROOPS' GLOBAL INTELLIGENCE ASSET

news@soldiermagazine.co.uk



Col Paul Morrison, RLC

Bold backdrop: Members of The King's Royal Hussars battlegroup have been sharing their expertise with Afghans in varying ways during Op Herrick 16

New unit signals transition success

THE King's Royal Hussars battlegroup has become a symbol for the progress being made in Helmand after the formation assumed the role of one of the region's first transition support units.

Having deployed to Lashkar Gah as a combined force at the start of Op Herrick 16, the soldiers have found themselves stepping back as home-grown troops take control of security operations there.

"The formation has not changed a great deal but the title reflects the role we are now fulfilling," Lt Col Alex Potts, commanding officer of KRH, told *Soldier* during an exclusive interview in theatre.

"We are offering particular support to the Afghan National Security Forces (ANSF), who are taking more and more responsibility for counter-insurgency. We are at the front end of transition in the province and this is one of the districts where

most progress is being made."

The battlegroup has been divided into a number of sub-units that perform specific tasks within the organisation.

Advisory teams work closely with the country's police and UK personnel have been adopting a partnering role in areas where the counter-insurgency still has work to do.

An operations company is taking a more hands-on approach to neutralising the enemy threat to create a backdrop for ANSF control, while advisers have been supporting members of the Afghan National Army.

"These sub-units have quite specific roles," Lt Col Potts (inset) explained. "I sit down with my Afghan contemporaries – mostly within the police force – to work with them on the delivery of security in Lashkar Gah.

"One of the main functions we provide is intelligence sharing. We also offer medical support, joint fire,

counter-IED teams and other specialist capabilities. The key change we are aiming for will see us doing less partnering work and having fewer of our combat troops out on the ground.

"Instead, we will have more advisers and the International Security Assistance Force will be helping the Afghans so they can deliver counter-insurgency themselves."

The senior officer added that evolution of local forces would help ease the path to transition in 2014: "The Afghan National Army has been strong for a couple of years now and they continue to get better."

"Members of the police force have also come a long way. The programme of training we have in place and the partnering we do has seen their capabilities improve."

"In Lashkar Gah transition is on track and there are areas in the centre of the district where the Afghans are already providing de facto security."



● Role reversal – pages 33-35

NEWS IN BRIEF

CORRECTIVE CENTRE PRAISED

■ COLCHESTER'S Military Corrective Training Centre (MCTC) has been held up as an example for civilian detention facilities to follow.

A report by Nick Hardwick, the chief inspector of prisons, found the facility to be a "safe and positive place," citing continued improvement in several areas.

In particular, he praised the reception and induction processes, the proportionate levels of security and low rates of bullying, victimisation and self-harm.

His inspection revealed mutual respect between detainees and staff and a comprehensive programme of vocational, literacy and numeracy training to prepare those being discharged for civilian life.

While acknowledging that the MCTC could not be compared directly to civilian institutions, the report suggested that other prisons could follow its lead.

"Good relationships, the focus of the whole establishment on preparing detainees for release, plenty of good quality activity and care for the vulnerable should be features of any custodial establishment," Mr Hardwick said.

MENTAL HEALTH MOVES ON

■ MORE commanding officers are treating their troops' mental health problems in the same way as physical injury, it has been found.

Early feedback from the Army campaign to remove the stigma of illnesses such as depression and post-traumatic stress disorder has been encouraging, the head of the Service's health promotion team, Lt Col Tony Rock, told *Soldier*.

"The chain of command is far more understanding of those who are unwell and better informed on supporting individuals," the senior officer explained.

The news comes during the second phase of the Army's "Don't bottle it up" initiative.

Last month, Falklands veteran Michael Iddon (pictured) got behind the campaign by revealing the problems he experienced 30 years ago.

The former Serviceman has urged troops to talk to colleagues about their suffering.

"Education and training has helped the Army understand better some of the surrounding issues," Lt Col Rock said.

"There is greater awareness through things such as post operational stress management and trauma risk management and training."

The senior officer added that "better understanding" of what medical services can offer and how to access such help was also improving things.

For mental health support visit the websites of the British Army, Ministry of Defence or Combat Stress.



Picture: Graeme Main

Superior shoes: The defence clothing team say troops will be "delighted" with the updated footwear

New boots are made for walking

COMBAT assault boots that have been in service for nearly 20 years are to be phased out and replaced with footwear that personnel will be "delighted" with, the defence clothing team has said.

The Army recently completed testing on the new range with the help of the Infantry Trials and Development Unit and 2,000 soldiers from across the UK, Kenya, Canada and Cyprus.

Col Mike Ross, defence clothing team leader, explained: "The project is a leap forward in terms of the service it provides to the end user compared to what we've had until now.

"Our intention is to roll out the new design over the next two years.

"However, the stock of boots we are already holding must be used before sending out the new items."

The officer said that in future troops will be able to choose from two different designs for each type of combat boot – desert, day-to-day and cold weather.

The Army has confirmed contracts with specialist suppliers YDS, Haix and Iturris to produce the vital footwear and, for the first time, the new models will be issued in female sizes.

"We've trialled the boots extensively in all categories to make sure the items

have been approved by personnel in an exhaustive process," Col Ross added.

"All those selected are very good quality and they should last longer than those currently issued.

"The cash limit for this was quite high, recognising the importance of good-fitting footwear.

"We have invested a lot of time and effort in getting this right and I am confident that personnel will be delighted with the results."

● 'Consign combat boot to cobbler's trash can' – page 61

● THE *Soldier* team has been praised by the Institute of Internal Communication at the organisation's annual awards ceremony at London's Park Lane Hilton.

"It Hit Me Like A Wave", which appeared in the magazine's June 2011 issue, received the accolade for best feature. The article told the story of LCpl James Dean (Gren Gds) and his battle with mental illness following a tour of Afghanistan.

A judging panel said they found the feature "inspiring".



GOOD DRILLS

STERLING SERVICE

A TERRITORIAL Army soldier has been recognised by the Lord Lieutenant of Cheshire for 37 exemplary years in uniform. WO2 Nigel Hunt's career has included infantry tours in Germany and the USA, six years as an Army Cadet Force officer and a stint in Afghanistan with the Royal Engineers. Now serving with 4th Battalion, The Mercian Regiment, the enthusiastic 58-year-old has even found time to raise £6,500 for the military charity Help for Heroes.

SSAFA SUPPORT

THE father of a soldier killed in Afghanistan has undertaken a 2,000-mile cycle ride via more than 50 UK military bases to raise awareness of the need to support bereaved dads. Sandy Elliot, whose son Pte Kevin Elliot (Scots) was killed in 2009, is fund-raising for SSAFA.



HACKER HELL

SOLDIERS' personal details have been leaked online after the hacking group Anonymous targeted the database of a private security firm, reported the *Sunday Times*. The

MoD said it was offering advice to any personnel who may have contacted the company about a future career.



MEMORIAL MINDLESSNESS

VANDALS targeting memorials dedicated to a young Llanelli soldier have forced his family to remove them from a local beauty spot. A bench and picnic table commemorating 18-year-old Sig Michael Williams, who died in barracks in 2005, were set alight and scratched in separate incidents, a regional newspaper reported. His mother, Diane Dhaled, said she had been left "absolutely heartbroken" by the incident.

BAD DRILLS

Pension changes 'not all bad'

ALTERATIONS to the Armed Forces pension scheme will not necessarily be a negative move, an expert has said.

Commenting on the reform, which could lead to military personnel having to serve for longer before funds are activated, the general secretary of the Forces Pension Society explained that changes were not immediate.

"The new arrangements will probably require people to serve longer but that's not going to happen for some time because of the rules of transition and accrued rights," John Moore-Bick said.

Currently, some Servicemen and women can access their pensions after 18 years of service.

But under the new system that figure could change to 23.

A consultation paper states that any fresh scheme will be consistent with the development of a new employment model, which will be considered by the defence board this autumn.

"It is just the younger personnel and captains and below that will be affected," the retired major general told *Soldier*.

He explained that the majority of

soldiers would prefer an extension to their career.

"Some of the unhappiest people in the Army are those who are not allowed to serve for longer," he continued.

"Very many individuals that go out aged 40 don't actually want to do that."

In an official response to ongoing media speculation on the changes, an MoD spokesman said: "All public sector workers are facing changes to their pensions and military personnel are not immune."

"However, the government has protected the accrued rights of those on existing Armed Forces pension schemes and there will be no change to the age at which those currently serving can expect to draw those rights."

"The MoD is consulting with Servicemen and women over future changes, which are likely to include an adjustment to the amount of service required to become eligible for an early departure payment."

"The soonest this can be drawn by anyone joining the Armed Forces today is 40 and the MoD is considering whether this could be extended to 45."

"No final decisions have been made."

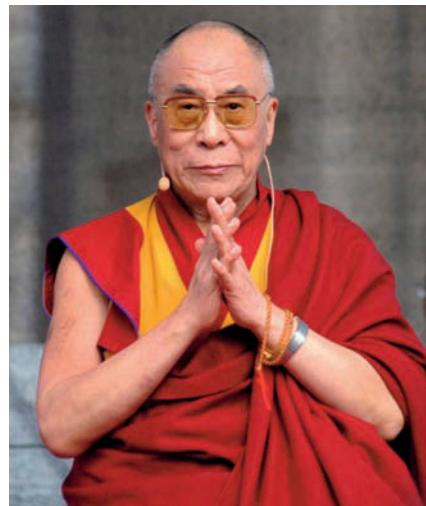
Service personnel meet Dalai Lama

GURKHA soldiers and veterans were among a 4,000-strong crowd to pack into Aldershot's EBB Stadium for the visit of the Dalai Lama.

Nearing the end of his eight-day tour of the UK, the religious leader spoke to his audience on issues of non-violence, mutual respect and the importance of tradition.

The UK's Buddhist Community Centre invited him to speak at the military town because of its large Nepalese population.

Audience member Capt (Retd) Shobhaman Dolay explained: "The majority of Gurkha soldiers believe in Buddhism. I don't look at him as a political leader, I see him as a religious leader."



Picture: 3600/Shutterstock

NEWS IN BRIEF

FALKLANDS REMEMBERED

■ VETERANS travelled 8,000 miles to join Armed Forces colleagues in commemorating the 30-year anniversary of the end of the Falklands War.

Members of the Army lined up alongside contingents from the South Atlantic Medal Association, Royal Navy, Royal Air Force and Falkland Island Defence Force in a parade to the 1982 Liberation Monument at Stanley.

A wreath laying ceremony also took place.

POLICING 'STILL A PRIORITY'

■ THE MoD has assured personnel that safeguarding its sites, people and assets remains a priority despite news that 1,800 jobs could be lost in its guarding and civil policing services.

The move could reduce the department's police from its current strength of just under 3,100 to around 2,400 by April 1, 2016, with the guard service dropping from 3,300 to approximately 2,200 by 2015.



Picture: Sgt Adrian Hallen, RLC

ASHCROFT SURVEY IN NUMBERS

91%

OF THE PUBLIC THOUGHT IT WAS COMMON FOR THOSE LEAVING THE FORCES TO SUFFER FROM SOME SORT OF HEALTH PROBLEM

64%

OF SOLDIERS SAID STRANGERS HAD APPROACHED THEM TO SAY THANKS OR SHOW SUPPORT

78%

OF EMPLOYERS SAID THEY VIEWED EX-FORCES PERSONNEL AS CAPABLE AND EXPERIENCED INDIVIDUALS

Survey signals steadfast support

SERVICE personnel enjoy higher levels of public support than those working for the NHS or BBC, a poll has found.

Soldiers, veterans, employers and members of the public have taken part in the biggest ever independent survey into the relationship between British military personnel and those they serve.

Published by Lord Ashcroft, its results revealed that support for the Services remains high.

Armed Forces scored an “approval rating” of 7.7 out of ten, putting the military ahead of other popular national institutions.

More than half of personnel who have worn their uniform in public said they had experienced strangers offering them

thanks and encouragement.

However, the findings also exposed some of the worries and problems encountered by troops and their families.

“Some feared support may start to wane once very visible current missions ended,” the survey said.

The poll found that most of the public (91 per cent) thought that those leaving the Forces would go on to suffer some kind of physical, emotional or mental health problem.

It added: “Some [military] personnel were concerned that sympathy should not come to play a great part in the public attitude to the Forces – the last thing they wanted was for people to feel sorry for them.”

Around one in five troops reported

that they had experienced strangers shouting abuse at them or been refused service in pubs or bars.

And although many expressed fears that civilian employers would not understand the skills they had gained from their careers, a third of bosses said they would be more inclined to employ military personnel over another candidate if their qualifications were the same.

Lord Ashcroft said he hoped the study would contribute to a debate on how British society can “appropriately recognise” its Armed Forces in order to benefit veterans and those who continue to serve today.

To read the full report visit www.lordashcroftpolls.com



THE Band of the Irish Guards helped to unveil a series of giant Olympic rings at Heathrow Airport ahead of this summer's Games.

London District garrison sergeant major WO1 William Mott (WG) was also present at the ceremony, which saw the 12-metre wide structure installed at terminal five.

The theme of musical pride has continued in Afghanistan, where personnel have enjoyed a surprise soundtrack to their working day with a military band belting out marches and show tunes in cookhouses and rest areas.

The Band of the Corps of Royal Engineers has been touring bases in Helmand province to play concerts for troops, as well as at the British embassy in Kabul.

Picture: Sgt Steven Hughes, RLC

XF XJ XK

A FORCE TO BE RECKONED WITH FROM £26,148*



As a member of HM Forces, you have access to a multi-award winning Jaguar that delivers a flawless balance of sports car dynamics, contemporary style and luxury. Add an impressive range of military benefits, and you're looking at a force to be reckoned with.

The XF is an award-winning British achievement, which we're proud to make available to you from an extraordinary £26,148* when purchased using your military concession.

- Part-exchange available
- RHD or LHD. Any market specification
- Dedicated UK Military Sales Team

Contact your Jaguar Military Sales Specialist for more details or to arrange a test drive

UKMILITARY@JAGUAR.CO.UK
01932 335 023



Fuel consumption figures for Jaguar XF range in MPG (l/100km): Urban 15.1 (18.7) - 42.8 (6.6). Extra Urban 32.4 (8.7) - 58.9 (4.8). Combined 22.5 (12.5) - 52.3 (5.4). CO₂ Emissions 292 - 149 g/km.

*Price applies to Jaguar XF 2.2D SE 163PS including military concession. Prices shown are the OTR price including VAT. Model shown is a Jaguar XFR 5.0 litre V8 Supercharged with Italian Racing Red Metallic paint priced at £54,519.50 including military concession.

On the road price is the Manufacturer's Recommended Retail Price plus Car Tax, First Registration Fee and Delivery Pack.



Troops told of tranche two job losses

REDUNDANCY notices have been handed out to 2,890 soldiers as part of the MoD's plan to restructure the Armed Forces and reduce spending.

More than a third of troops to leave in the second round of reductions to the Army had not applied to go and around 310 were officers.

Those who asked to leave the Service will end their duties by December 11 this year. Non-applicants will exit before June 11, 2013.

Explaining the decision, Defence Secretary Philip Hammond said: “Of course, I regret that it has been necessary to make redundancies to deliver our plans for reducing the size of the Armed Forces.

“We've now brought the defence budget back into balance for the first time in a generation.

“We will have smaller Services but we

will ensure they have the protection and equipment they need.”

The job losses form part of the MoD's overarching strategy to reduce the Army to 82,000 by 2020.

Emphasising that opportunities are available for those whose employment has been terminated, Chief of the Defence Staff, Gen Sir David Richards, said: “Some of you may see redundancy as an opportunity. Others will see it as a significant challenge.

“Your chain of command will support you during the process and I would encourage you to make full use of the comprehensive resettlement package as you make the transition to civilian life.

“I would also encourage those who are eligible to consider applying for transfer to shortage categories within any of the three Services.”

In the first round of reductions made last September nearly 1,000 soldiers

lost their jobs.

An MoD spokesman said: “An estimated 58 per cent of those who have left under tranche one have already found alternative employment within just three months.”

Despite thousands of Armed Forces personnel searching for jobs, Graham Brown, managing director of Forces Recruitment Services, expressed optimism about the future. “There has never been a better time to leave the military,” he said. “What many leavers without trades don't appreciate is the personal skills they potentially bring to their new civilian employers – leadership and management skills, organisational skills and a real 'can do' attitude and desire to get the job done.”

For more information on transfer opportunities or redundancy appeals see defence internal notices 2012DIN01-138 and 2012DIN01-120.

NEWS IN BRIEF

SHOW SET TO IMPRESS

■ MUSIC fused with laser and firework shows will form the backdrop to this year's Music of the Night concert (pictured below).

Hundreds of performers, including the Bands of the Royal Artillery and Her Majesty's Royal Marines, will take to the stage at the Royal Citadel in Plymouth from July 16-20 to raise money for local and military charities.

The cast will be celebrating the 50th anniversary of the Commando Gunners with a show that looks back over musicals from the last half-century.

For more information visit www.motn2012.co.uk



Picture: Graham Culton

Diver dunks for world record

A DARING former Royal Engineer has broken the world record for the longest submerged dive in a controlled environment.

Mark Colman, 44, succeeded in the audacious bid inside a water tank in Essex as this edition was going to press.

The veteran of the first Gulf War was aiming to raise awareness of the charity Veterans in Action and conquer his own personal demons in the process.

On leaving the Army in 1994, Colman worked as a commercial diver but developed post-traumatic stress disorder after losing a colleague in a sub-aquatic accident.

The challenge was the first time he had taken the plunge since the day his friend died in his arms.

Prior to jumping at the Underwater Studio in Basildon, the ex-soldier explained his reasons for tackling what he described as his “biggest fear”.

“Thanks to the charity I am getting back on my feet and turning my life around,” he said. “They help people like me who are suffering with PTSD.”

The adventurer broke the long-standing record of 100 hours under water by several minutes. The rules of the mission only allowed him 20-minute breaks for food and water every four hours.

Billy Macleod, founder of Veterans in Action, said afterwards: “Mark's absolutely exhausted. He's pleased he completed the challenge but really he's past the point of elation.”

MYTHS & FACTS

MENTAL HEALTH

MYTH 1:

'Only weak people have mental health problems'.

FACT 1:

Anyone can be affected by mental health problems at any time in their lives.

MYTH 2:

'If someone has a problem, they will seek help'.

FACT 2:

Most people do not seek help because they are concerned about the consequences at work or their relationships or are worried about confidentiality.

MYTH 3:

'My mate's / colleague's mental health problems are none of my business'.

FACT 3:

Mates / colleagues are best placed to notice problems and provide both support and encouragement to seek help.

MYTH 4:

'The Army doesn't support personnel who have mental health problems'.

FACT 4:

The Army fully supports personnel with mental health problems as with any other illness or injury.

MYTH 5:

'No-one can help me if I have a mental health problem'.

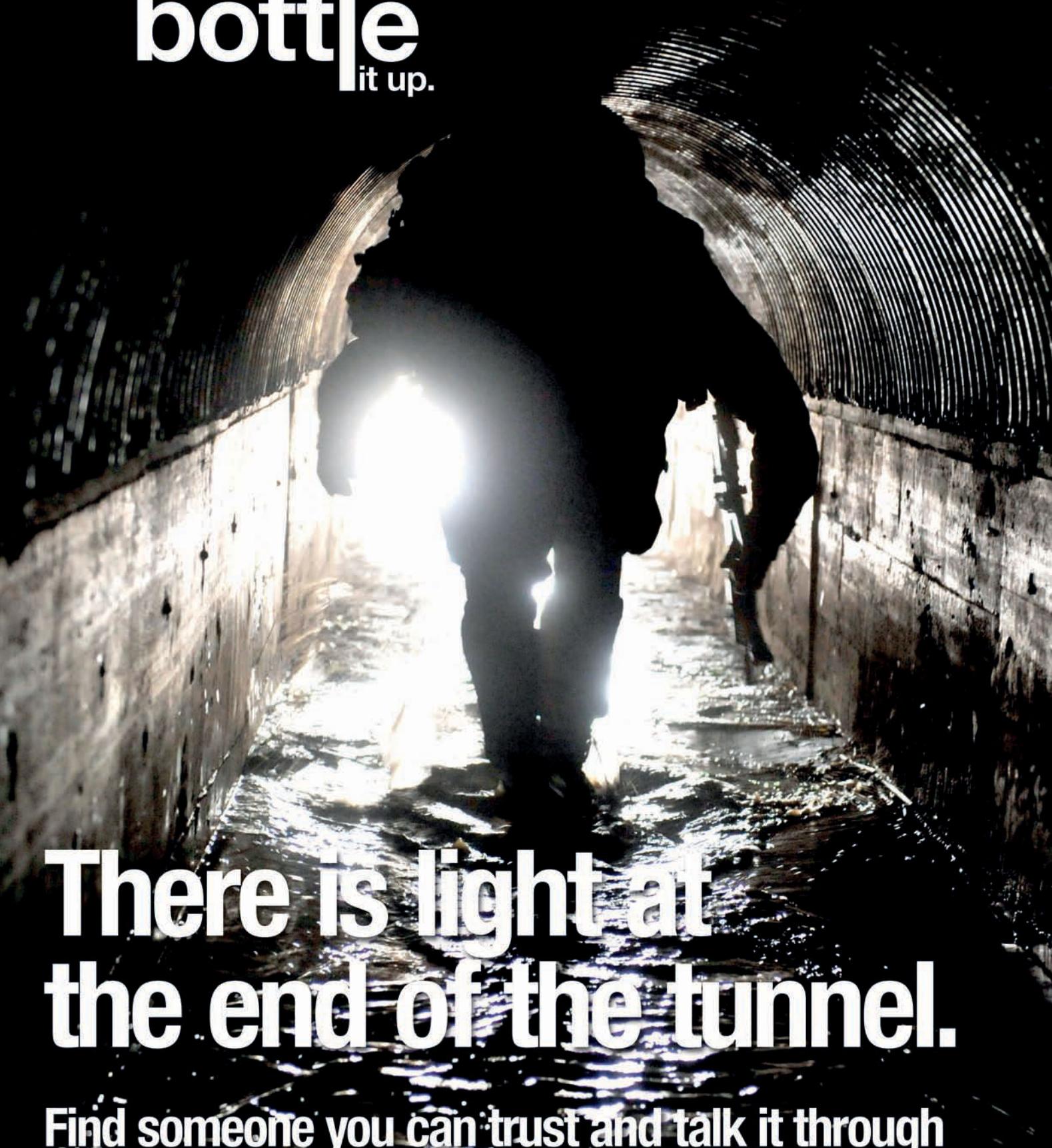
FACT 5:

You can be helped. The Army provides multiple ways to get help such as a TriM practitioners, Chaplains, your Unit Welfare Officer, your Medical Officer or Nurse...if they can't help they will know who can.

Seeking help early may help you get back on track at home and at work...

Don't Bottle It Up.

Don't **bottle** it up.



**There is light at
the end of the tunnel.**

Find someone you can trust and talk it through



ARMY



We won't be beaten on price... ...and we'll prove it



VW's most trusted partner

NOW WITH TRIPLE DISCOUNT



SEAT



BFG's longest & largest
SEAT supplier

EXTRA SUMMER SAVINGS



HONDA



New cars
for old money

Exclusive Honda discounts

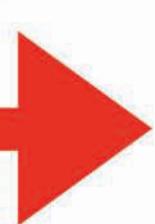
OFFICIAL AGENT



BFG's fastest
growing brand

Only at Forces Cars Direct



FORCES
Cars *Direct* 

IF YOU SERVE YOU SAVE



WWW.FORCESCARSDIRECT.COM

CALL 01522 814010 OR GERMAN FREEPHONE 0800 1800 119

All images are for illustration purposes only. Price guarantee applicable to like-for-like quotes.

SOL/05/12



“HAVING PEOPLE CHEERING OVER THE INTERNET BECAUSE THEY ARE ELSEWHERE SERVING THEIR COUNTRY IS AN EXCITING THOUGHT”

– MO FARAH ON FORCES FANS AND GUNNING FOR GAMES GOLD, PAGE 45

NEWS IN BRIEF

CAPITAL CROWD WARNING

■ TROOPS based near London or other Olympic venues are being warned to plan their trips to work as the Games kick-off this month.

Severe congestion is expected during the sporting event, which runs from July 27 to September 9.

A spokesman from the Ministry of Defence said: “Large numbers of spectators, athletes and officials will place high demand on public transport and roads.

“Journey planning should include the high likelihood of delays and changes to public transport timetables.

“Where possible, alternative working methods like remote working or video conferencing should be used.”

MoD Main Building, HQ London District and Wellington Barracks will be most affected by the crowds, with 15,000 spectators expected at the beach volleyball competition in Horse Guards Parade each day until August 9.



SPORT HITS BIG SCREEN

■ A STATE-OF-THE-ART cinema is due to open at Headley Court this month in time for residents to enjoy the Olympic Games.

The 50-seat wheelchair-friendly facility, which was still under construction as this issue was going to press, will also allow troops at the rehabilitation centre to view films.

It is the first ever fully digital 3D screen to be dedicated to wounded soldiers and will allow patients to connect their games consoles.

Sue Freeth of The Royal British Legion, which provided £420,000 towards the project, said: “Rehabilitation is not only a huge physical challenge but involves recuperating mentally as well. This excellent new facility will assist our brave Service personnel in doing just that.”

The centre is being built and run by MediCinema, a charity that installs permanent big screens in hospitals and care centres.

TROOPS TAKE FREE TICKETS

■ THOUSANDS of members of the Armed Forces will watch this summer's Olympic action for free thanks to Tickets for Troops.

The charity has allocated 10,000 passes for all 26 sporting events including athletics, boxing, cycling, football and the Paralympics.

More than 25,000 personnel entered the ballot, with 3,500 invited to take family or friends.



Picture: LOCOG/Press Association

Mingling with music royalty: Sgt Emma Fowler (RLC) meets the Black Eyed Peas frontman in Taunton

Sergeant's flame for Will.i.am

ARMY personnel have been playing their part in the run-up to this month's Games by helping to carry the Olympic flame on its journey around the UK.

Having begun the epic tour at Land's End on May 19, the sporting symbol will have travelled almost 13,000 kilometres and been carried by some 8,000 people by the time it reaches the Olympic Stadium for the opening ceremony on July 27.

One of the first troops to lift the flame was Sgt Emma Fowler (RLC), Britain's first female Olympic biathlete who competed in Turin in 2006.

The Servicewoman was selected to carry the torch through Taunton on May 21 and got a surprise when Black

Eyed Peas singer and star of BBC show *The Voice*, Will.i.am, passed the flame on to her.

“It was amazing,” Sgt Fowler said. “I didn't know until just beforehand when he got onto the coach with all the torch-bearers.

“You just concentrate on not tripping up and making sure you keep waving left and right. I am going to frame my torch and hang it next to my Olympic bib.”

The precise number of Servicemen and women involved in the relay has not been counted but is thought to exceed 30.

Among them were several wounded soldiers including Sgt Gavin Harvey

(REME, pictured below), who lost both of his legs following an IED strike in Helmand province.

After carrying the torch through Frome on May 22, he described the experience as “absolutely epic”.

“The crowds were amazing,” he added.

As this issue was going to press, Cpl Johnson Beharry (PWRR) was also set to take part in the relay at the National Memorial Arboretum in Staffordshire.

The recently promoted Victoria Cross winner said it was a privilege to be involved as part of a programme of events to mark Armed Forces Day.

Maj Henry Nwume (RAMC), whose turn will come in Shaftesbury on July 12, competed in the four-man bobsleigh team during the Vancouver Winter Olympics in 2010.

“I have seen first-hand the enormous amount of work that goes into the organisation of the Games,” the officer said.

“I really do feel that when I run I will not only be representing my sport but all those who have supported me – especially the British Army who gave me the opportunity to be an athlete and become an Olympian.”



Want to work in Maritime Security?



Marsec International Ltd Security Operators Course

www.marsec-international.com

Our Maritime Security Operators course is run over three weeks.

We give you the correct certification, knowledge and skills to confidently deploy onto any vessel as part of the security team.

You will leave the course with the following Certification:

- MCA Ship Security Officer (SSO)
- Maritime Security Officer (MSO)
- MCA STCW95 Fire Prevention & Fire Fighting
- MCA STCW95 Personal & Social Responsibility
- MCA STCW95 Elementary First Aid
- MCA STCW95 Personal Survival Techniques
- RYA Maritime Radar Users Certificate
- RYA Short Range VHF License
- Piracy & Vessel Hardening Module
- Marsec Hostile Medic
(First Aid at Work/Oxygen & Defrib Certificate)



3 Weeks - £1995 (Covered by Resettlement Grant)

Maritime Security and Training Provider £250 per day Operator

£300 team Leader



Call today to discuss your future

Tel. 0161 953 4453

Email. training@marsec-international.com

Maritime Security & Training Provider



MARSEC
INTERNATIONAL LTD.

NEWS IN BRIEF

AGE LIMITS EXPLAINED

■ GUIDANCE has been issued to clarify age limits for Territorial Army service. It follows confusion among personnel over various changes to the *TA Regulations 1978*. For full details on the restrictions for recruitment, commissioning and retirement read Army briefing note 44/12.

GAMES GET GOING

■ MORE than 1,200 Reservists are due to be mobilised on Op Olympics this month.

Allocated to sites in east London, Weymouth, Eton Dorney and Earls Court, the troops will carry out various tasks including communications work and venue security.

The soldiers are being trained to the same standard as their Regular colleagues and will be relied upon to check visitors entering the sporting arenas and operate technical kit including X-ray machines.

Last month, 200 other volunteers began their Games duties and were prepared for the specialist roles at the Prince William of Gloucester Barracks in Grantham.

MOVE BACK TO BOROUGH

■ MEMBERS of the London Regiment have moved back to Kensington and Chelsea after 12 years away from the borough.

D Company (London Irish Rifles) were originally based at the Duke of York's Barracks but relocated to Camberwell when the site was sold in 2000.

The unit will now recruit and train at the TA centre in Iverna Gardens – also home to 256 Field Hospital (Volunteers).

EARL TALKS AFGHANISTAN

■ THE Earl of Wessex has visited part-time personnel at the Reinforcement Training and Mobilisation Centre in Chilwell, Nottinghamshire.

Prince Edward, The London Regiment's honorary colonel, met members of the unit preparing to deploy on Op Herrick later this year and was shown how they are equipped.



FOR MORE TA NEWS...

Log onto *Armynet*, visit www.army.mod.uk or follow the Territorial and Reserves link on the intranet



High flyers: International personnel prepare to jump over Salisbury Plain using each other's equipment

Picture: Capt Tom McShane

Transatlantic trade-off

RESERVE soldiers have been swapping competencies and kit with their American counterparts during two testing exchange programmes.

Members of 4th Battalion, The Parachute Regiment joined forces with the US Army's Civil Affairs and Psychological Operations Command (Airborne) for an exercise that saw them earning the right to wear each other's wings by switching equipment.

"Over a number of years we have had a good relationship with the UK and other para organisations so this is a good chance for interoperability training," commented Brig Gen Al Stolte of the US Army.

"We like to have the British Forces over to America and we also enjoy coming here and building up the camaraderie.

"We work together a lot when our

nations are deployed so this is really great stuff."

The serial was held on Salisbury Plain and supported by C-130 Hercules aircraft.

Nine members of 240 Transport Squadron, Royal Logistic Corps are set to continue the trade-off trend when they visit US Reservists in Fort McCoy, Wisconsin over the coming months.

Their trips are part of an annual exchange programme involving more than 40 NCOs and officers from both countries.

Capt Austin Chamberlain (RLC), a computer systems administrator in civvy street, said he was excited to see how things are done overseas.

"This sort of interchange plays an important part in developing close understanding which is essential to operate together as effective coalition partners," he added.

MODELZONE^{MZ}

www.modelzone.co.uk

Welcome to your
local specialist model store

Over 130 brands and more than 10,000 products

In 46 stores nationwide & online at www.modelzone.co.uk



Military

Model Kits

Helicopters

Die-Cast Models

Gadgets

Railways

Radio Control

Collectables

Slot Cars

SAVE 10% at MODELZONE^{MZ}

In-Store or Online at www.modelzone.co.uk
Online promo code **MZSLDM12**

Name

Email

Tick here to hear about new products and offers by email.
We will not pass your details onto third party companies.

Store use only: Return in envelope marked Marketing to Head Office.

Find your nearest store by
following the QR Code



Simply complete this voucher
and present at the checkout at
the beginning of your purchase to
receive 10% off regular priced items.

One voucher per purchase. No photocopies accepted. Sale items, gift vouchers, ModelZone exclusives and pre-releases not included in this offer. Not to be used in conjunction with any voucher offer or promotion. No cash alternative. To use online enter the online promo code in the checkout and 10% will be deducted from the order excluding delivery charges. If an item is later returned which brings the total amount spent below £50 the saving will be deducted from the refund.

VALID UNTIL 31ST AUG 2012





Picture: Steve Dook

Tech savvy: Cpl Martin Hempstock has changed the way the Service maps some incidents

Google Earth gives battle boost

A BRITISH soldier has been praised by technology experts for revolutionising the way Google Earth is used on the battlefield.

Cpl Martin Hempstock (R Signals) is said to have created a “war winning” function for the global mapping application when he was based with the battlegroup of 1st Battalion, The Rifles during Op Herrick 14.

Seeing the potential of the software, the Serviceman found a way to combine its geographical data with crucial operational information.

Now his efforts have been recognised with an award from the Worshipful Company of Information Technologists.

“I realised that people were either running several different mapping applications or using Google Earth independently so I suggested sharing the details and storing it in one place where everyone could access it,” the 27-year-old told *Soldier*.

“If there had been an incident, like a bomb blast for example, you could

log on and see all the intelligence and geographical information related to it in one go.”

Working outside his usual role as a communications systems engineer, the corporal was instructed to work with Task Force Helmand’s geographic cell to replace maps and pinboards normally used for incident management.

In their place, the soldier created an electronic overview that displayed terrain and information simultaneously at a 15-second refresh rate.

The system increased counter-insurgency efforts on the tour by providing more up-to-date situational awareness and made such an impact that its use was extended to other parts of Afghanistan.

“Google Earth is very intuitive and everyone seemed to love it,” the signaller added.

“After trialling it at Patrol Base 2 I travelled all over theatre to install it and teach people how to use it.”

Accompanied by his family, Cpl Hempstock was awarded by the organisation of IT experts at a London ceremony held to recognise the unsung heroes of military signalling.

Paying tribute to the soldier’s efforts, Lt Col Andy Aitken, commanding officer of 21 Signal Regiment, said: “His incredible technical ability made a real difference to tactical operations in Helmand province.”

The senior officer added: “His determination to maximise the potential of Google Earth delivered tangible benefits to a raft of units and our troops out on the ground.”



Picture: Terra Metrics

Map over matter: Google Earth has replaced the use of traditional pinboards

NEWS IN BRIEF

HUNT FOR SPECIAL SNAPS

■ ENTRIES are being sought for the Army Photographic Competition.

Regulars, Reservists and their families are all being encouraged to take part in the 2012 contest, which showcases the highest standards of photography and video across the Service.

Categories include best operational and non-operational image, best sporting picture, professional photographer of the year and best overall image.

Judges say they are looking for work that “tells a story” and material must have been captured between October 1, 2011 and September 7 this year – when the competition closes. Winners will be saluted at a London prize-giving ceremony on October 10.

For more information read ABN 48/12.

CLIP ON COMPENSATION

■ A TONGUE-IN-CHEEK video has been produced to raise awareness of the Armed Forces Compensation Scheme.

The three-minute clip, put together by the MoD, The Royal British Legion and Combat Stress, shows toy soldiers fighting a dinosaur.

To view it visit the Defence Intranet or MoD pages of Facebook, Twitter and YouTube.

CALL TO JOIN NATO CONTEST

■ BRITISH Army units are being invited to test their skills and drills at this year’s Nato Military Skills Competition in Germany.

The event, held on September 8, will put four-man teams through their paces with navigation, shooting and command tasks.

To apply email BFG-SLO-Rhine@mod.uk

■ ANY personnel left royally confused by the clue to last month’s spine lines competition should hang one’s head in shame at failing to spot our less-than-challenging Diamond Jubilee link.

Peter, Henry, William and Louise are all grandchildren of Her Majesty the Queen.

This month we have the British summertime in mind as we offer readers the chance to win an impressive *Wild Country Aspect* two-man tent. Ideal for backpacking, the spacious new model from Cotswold Outdoor (www.cotswoldoutdoor.com) can be pitched in one go or flysheet first, and boasts ample room for all your admin.

To be in with a chance of winning, tell us what links the words on the side of this issue.

Answers, plus your postal address, to the usual location or comps@soldiermagazine.co.uk by July 31.





We have already connected



230,134



defence users worldwide



ATLAS is a consortium of four world-leading IT companies. Together we are delivering the Defence Information Infrastructure (DII) for the Ministry of Defence, the largest, most complex infrastructure rollout in Europe to date.

www.atlasconsortium.info

IN MEMORIAM



CAPT STEPHEN HEALEY (29)
1ST BATTALION,
THE ROYAL WELSH
KIA MAY 26 – AFGHANISTAN

PERSONNEL from 1st Battalion, The Royal Welsh are mourning the loss of a charismatic and professional leader who was killed while on patrol in southern Afghanistan.

Capt Stephen Healey was engaged in a reconnaissance mission in the north of the Nahr-e Saraj district when the vehicle he was travelling in struck an improvised explosive device.

The 29-year-old joined the Army in 2007 following a career as a semi-professional footballer, which included an apprenticeship with Swansea City.

He was commissioned into 1 R Welsh a year later and received a Mention in Dispatches in 2009 for his actions on Op Herrick 11.

"Capt Healey had a calm, assured nature, an

understated charm and the sort of personality that made it so easy to warm to him so very quickly," said Lt Col Stephen Webb, CO of 1 R Welsh.

"He combined natural leadership with a professionalism that was second to none."

Maj Charlie Carver added: "In his short time in the battalion he demonstrated courage, determination and resolve while always getting the best out of each and every situation.

"In short, he had become the epitome of a Royal Welshman."

Capt Healey leaves behind his parents, brother and girlfriend.

In a statement, the family said: "He managed to do more in his 30 years than most people do in a lifetime."



CPL MICHAEL THACKER (27)
1ST BATTALION,
THE ROYAL WELSH
KIA JUNE 1 – AFGHANISTAN

A SERVICEMEN who was shot dead while on duty at an observation post in Afghanistan has been described as a "soldier's soldier" by comrades.

Cpl Michael Thacker of 1st Battalion, The Royal Welsh received medical attention at the scene of the attack but could not be saved.

The 27-year-old was serving on Op Herrick 16 as part of Combined Force Burma, having completed two previous tours of the country.

Born in Swindon, he joined 1st Battalion, The Royal Welch Fusiliers in 2004 and deployed on Op Telic 4 and to South Armagh before his unit was amalgamated.

Paying tribute to the soldier, commanding officer of 1 R Welsh, Lt Col Stephen Webb, said: "He was exactly the man that you would want at

your side when life got difficult.

"He was a soldier's soldier – a larger than life character, highly competent, fiercely loyal and hugely proud of his family.

"He was also passionate about his job.

Recently promoted, he had a bright future in Fire Support Company ahead of him. He was professional and a natural leader."

The Serviceman leaves behind his wife, two-year-old daughter, parents and brothers.

His younger brother Cpl Matthew Thacker (1 R Welsh) said: "We were more than brothers, we were best friends and words cannot express how much he will be missed.

"He died doing the job that we Thacker brothers love. He is a true hero."



PTE GREGG STONE (20)
3RD BATTALION,
THE YORKSHIRE REGIMENT
KIA JUNE 3 – AFGHANISTAN

TROOPS from 3rd Battalion, The Yorkshire Regiment have paid tribute to a committed and professional comrade who was killed during a firefight in Helmand province.

Pte Gregg Stone was on an operation to apprehend a group of insurgents who had abducted a member of the Afghan police force in the Nahr-e Saraj district.

Born in Hull, the 20-year-old joined his battalion in April 2010.

He trained as a light machine gunner and sharpshooter, before deploying to Canada on exercise ahead of Op Herrick.

The soldier was expected to pass the junior non-commissioned officers' course with flying colours on his return from Afghanistan.

Lt Col Zac Stenning, commanding officer of 3 Yorks, said: "Pte Stone's hard-working attitude and eagerness to soldier, coupled with his friendliness and compassion, made him the perfect Yorkshire Infantry soldier."

The Serviceman leaves behind his wife, parents and five siblings.

His spouse Samantha, who is expecting the couple's first child, described Pte Stone as "a brilliant husband and family man".

A family statement said that relatives were "exceptionally proud" of him.

"Gregg will always be a true hero in all our hearts," it added.

"He was the kindest, funniest, friendliest, most popular lad that you could wish to meet."

and Kenya.

The keen footballer returned to the Grenadier Guards during the build-up to Herrick 16.

Lt Col James Bowder, commanding officer of 1 Gren Gds, said: "LCpl Ashworth was an outstanding soldier whose loss has moved us all. A real self-starter, he excelled in everything that he undertook."

"Fit, strong and brilliant at his job, he set the bar very high."

"He made an exemplary junior leader."

LCpl Ashworth leaves behind his parents, sisters, brothers and girlfriend.

A family statement said: "He meant the world to everyone and has left an irreplaceable hole in our hearts."



LCPL JAMES ASHWORTH (23)
1ST BATTALION,
GRENADIER GUARDS
KIA JUNE 13 – AFGHANISTAN

A TALENTED non-commissioned officer died following enemy action during a compound clearance patrol in Helmand province.

LCpl James Ashworth of 1st Battalion, Grenadier Guards was operating with his reconnaissance platoon in the Nahr-e Saraj district when he was killed.

The 23-year-old joined the British Army in 2006 and, following a stint at the Infantry Training Centre in Catterick, joined the battalion's Nijmegen Company.

After completing ceremonial duties in London and being identified as suitable for The Parachute Regiment's Guards' Parachute Platoon, the Serviceman spent three years with the unit on Op Herrick 8 and in Belize, Norway

Raising to Distinction



Queen Victoria School



Open Morning
Sat 15 Sep 2012

Admissions Deadline
Tues 15 Jan 2013

Queen Victoria School in Dunblane is a co-educational boarding school for children of Armed Forces personnel who are Scottish, have served in Scotland or are part of a Scottish regiment.

The QVS experience encourages and develops well-rounded, confident individuals in an environment of stability and continuity.

The main entry point is into Primary 7 and all places are fully funded for tuition and boarding by the Ministry of Defence.

Families are welcome to find out more at our Open Morning or by contacting Admissions on **+44 (0) 131 310 2927** to arrange a visit.

Queen Victoria School
Dunblane Perthshire
FK15 0JY

www.qvs.org.uk



MINISTRY OF DEFENCE

IN MEMORIAM



CPL ALEX GUY (37)
1ST BATTALION,
THE ROYAL ANGLIAN REGIMENT
KIA JUNE 15 – AFGHANISTAN

MEMBERS of 1st Battalion, The Royal Anglian Regiment are mourning the loss of a colleague described as the “epitome of a Viking soldier”.

Cpl Alex Guy was killed in an insurgent ambush while on patrol with members of the Afghan National Army in the Nad-e Ali district of Helmand province.

The Serviceman grew up in St Neots, Cambridgeshire and joined the Army at 18.

During his 19 years of military service he deployed on eight operational tours, including Bosnia, Iraq, three of Northern Ireland and three of Afghanistan.

He had also been recently selected for promotion to the rank of sergeant.

Paying tribute to the Serviceman, his

commanding officer, Lt Col Michael Aston, said: “When things got difficult, Cpl Guy was exactly the person you would want by your side.

“He would quietly revel in the responsibility and never let you down.

“His honest, welcoming approach and impressive operational pedigree saw him achieve the ideal balance between good friend, wise mentor and tough commander.”

The 37-year-old leaves behind his wife, parents and two sisters.

In a statement, his spouse Emma described him as a “happy, full-of-life and kind-hearted man with a passion for his work and family”.

His mother said the comradeship her son had found in the Army “meant everything to him”.

NEWS IN BRIEF

INJURY INDICTMENT

■ MORE than half of British people think wounded troops are not given enough support when they return from Afghanistan, a survey has found.

The research – compiled by car company Nissan ahead of its sponsorship of the Mission Morocco 2012 expedition – found that 21 per cent of those questioned felt provisions for injured Servicemen and women are adequate in the UK.

In response, the MoD highlighted official statistics which state that 79 per cent of injured troops receiving Service-provided treatment are satisfied with access to medical care.

PRINCE GAINS TOP TITLES

■ THE Queen has promoted Prince Charles to the highest ranks of all three Armed Forces.

The second in line to the throne now takes the titles of field marshal, admiral of the fleet and marshal of the Royal Air Force in recognition of his support for the sovereign in her role as commander-in-chief of the Services.

The appointment makes the prince the third member of the royal family to hold a five-star rank.

Prince Philip holds the same appointments and the Duke of Kent is a field marshal.

Gen the Lord Guthrie, chief of the defence staff from 1997 to 2001, has also been granted the honorary Army rank.

SKY-HIGH TRIBUTE TO HILL

■ A US fighter jet has been named after a British Serviceman who was killed in an explosion in Afghanistan in 2009.

The tribute to 20-year-old LCpl Kieron Hill was the brainchild of a relative who is a crew member on the USS *Abraham Lincoln*.

After PO David Burton came up with the idea of dedicating one of the ship's jets to the soldier's memory, a F/A-18 was titled “LCpl Kieron Hill The Mercian Regiment”.

The platform is now supporting American troops in Afghanistan.

Vicki Holmes, mother of LCpl Hill, said it was a “brilliant, amazing” tribute to her son.

“It means Kieron's name will be soaring through the skies and protecting us,” she added.

Free holidays for Service families

BRITISH troops are set to benefit from free trips with their loved ones thanks to a new scheme devised by former defence secretary Liam Fox.

“Give us Time” encourages owners of holiday homes to let Service families visit at no charge.

Run in partnership with charity Afghan Heroes, the programme has already received offers from across the world since its launch last month.

Denise Harris, founder of the partner organisation, said the volume of responses had so far proved “amazing”.

“I know through personal experience how difficult it can be for those who

have suffered loss or injury to recover,” she explained.

“This fantastic initiative will go a long way in helping those who have put their lives on the line to readjust to a normal civilian life.”

Dr Fox praised the “generous” offers made by owners of holiday cottages, second homes and timeshares.

He added: “We will trial the system throughout the rest of 2012, rolling it out more extensively in 2013.”

For more information on the project – or to donate the use of a dwelling – visit www.giveustime.org.uk or www.afghanheroes.org.uk

LEAGUE OF GENTLEMEN

SWAG	FORCE FOR GOOD	QUIDS IN
£22,043	 AFGHAN AMBITION A ten-man team from 73 Engineer Regiment (V) cycled 6,000km in six days using static bike machines	ABF The Soldiers' Charity
£15,537	NOT-SO-FUN RUN Ultra athlete Sam Boatwright completed the tortuous endeavour of running 50 miles on 50 consecutive days along the United Kingdom's coastline. Visit www.epicrun.co.uk for further details	Help for Heroes
£2,800	PEDAL POWER A team of troops from the Royal Electrical and Mechanical Engineers joined civvies fund-raisers to cycle 50 miles around the Isle of Wight in a day	Canine Partners
£1,611	SONG FOR A SCHOOL Cpl Kevin Douglas and LCpl Ryan Penn of 28 Engineer Regiment played a charity gig in Hameln, Germany, with their band The Look Owts to raise money to replace educational equipment lost in a school fire	Sir John Mogg School in Detmold, Germany





THE BIGGER PICTURE

A BRITISH Serviceman leaps into the abyss from Istanbul's 236-metre Sapphire Building, scooping a bronze medal at the Pro Base World Cup competition. Maj Alastair Macartney (RLC) is a member of Jump4Heroes, The Royal British Legion's extreme human flight team. Free-falling for around four seconds, the fearless soldier dodged thunderstorms and high winds to land with precision. His teammate WO1 Spencer Hogg (RLC) won silver during the same contest in Turkey. Picture: Dimitrios Kontizas



FUNDRAISING IN SUPPORT OF *HELP for HEROES*

ARE YOU IN THE ARMED FORCES? HAVE YOU BEEN MIS-SOLD PPI?

If you have taken out a loan, credit card or car finance in the last 10 years you may have been mis-sold Payment Protection Insurance (PPI) without knowing.

Being in the Armed Forces means that you should never have been sold PPI and you may be entitled to thousands of pounds plus compensation.

Our biggest claim to date is **£16,383.12** for a British Soldier

Call us now to find out more or visit us online.

Reclaims UK
YOUR CLAIM IN THE SAFEST HANDS

0800 008 7241
www.reclaimsuk.co.uk

Reclaims UK is working closely with the Armed Forces to help give back to our British soldiers. Reclaims UK recently sponsored The Royal Artillery Gold Cup Day at Sandown Park and we are working closely with Help For Heroes to help raise awareness.



Mr & Mrs Allen (39 Regt RA) presenting the Winners Trophy at the Royal Artillery Gold Cup

“ Reclaims UK North West Ltd helped me claim back successfully. Bringing my PPI Claim to just over £16,000 with a first class service throughout, I would recommend them to anyone wanting to make a claim ”

Armed Forces hugely Mis-Sold Payment Protection Insurance (PPI)

If you or your partner are in the Royal Navy, British Army or Royal Air Force (Armed Forces) and have taken out a credit agreement (car finance, credit cards, loans or mortgages) in the last 10 years, then there is a good chance you will have been mis-sold Payment Protection Insurance (PPI) and being in the Armed Forces means you could be entitled to thousands of pounds in repayments and compensation. Armed Forces in the UK are believed to be owed over £65 million in mis-sold PPI.

How are we helping the Armed Forces?

Since July 2011 Reclaims UK North West Ltd has endeavoured to tailor a personal service to the Armed Forces. Working tirelessly to claim back monies that have been wrongfully and completely mis-sold throughout the tri-services on a massive scale, it has been our pleasure to help so many families claim back life changing sums including £16,383.12 for Mr & Mrs Broadist (22 FD Hosp) whom this money has helped through a relocation starting their new life in Canada. The money has also helped Mr & Mrs Allen (39 REGT) pay off all their debts, enjoy a wonderful family holiday and buy a lovely new Audi A3 with the £13,445.41 we were able to claim back for them. It is definitely worth noting that both Mr & Mrs Allen and Mr & Mrs Broadist were previously declined by their respective banks when they tried to claim the money back themselves. It was no easy task to reclaim the money but we did not take no for an answer and if you feel you have a claim we will do the same for you.

As sponsors of the Royal Artillery Gold Cup Day at Sandown Park on Friday 17th February 2012, we were able to invite the two couples as our guests on the day. It was a fantastic day where they were able to choose the best turned out horse and given the opportunity to go up into the Royal Box and watch our race. The day was a huge success and is a superb event organised by Major General Andrew Ritchie, Chairman of the Royal Artillery Steeplechase Committee, and we hope to continue our support for the event again next year.

Why use Reclaims UK?

Reclaims UK is a small family run business that can guarantee you will only ever speak to one person throughout your claim. There is no waiting around listening to annoying hold music and being passed from pillar to post. You will also be given a direct mobile number so that you can contact your personal claims handler at any time. As we appreciate the busy lifestyle of servicemen we offer a 24 hour service for anyone who is currently on tour.

Reclaims UK has visited several UK and German based regiments in the last 12 months and our campaign to raise awareness of mis-sold PPI and claim back money for soldiers has been an ever growing success. If you feel that you or someone you may know may have paid PPI please get in touch today. You can call our freephone number, e-mail or fill out a contact form online. It's a hassle free process that can only benefit you. This is the biggest financial scandal in history and we are here to help.

Reclaims UK has helped claim back over £150,000 for British Armed Forces. There are still thousands of personnel out there that do not know they have PPI and could be entitled to thousands of pounds in repayments and compensation. Call Reclaims UK today to see if you have a claim.

**To make your claim contact us on:
Tel: 0800 008 7241 Email: info@reclaimsuk.co.uk**

Reclaims UK
YOUR CLAIM IN THE SAFEST HANDS



BEARD PROTECTION

AFGHAN WARRIORS TAKE LEAD ROLE
IN COUNTER-IED CRUSADE



**Report: Richard Long
Pictures: Graeme Main**

THE Taliban's weapon of choice throughout the campaign in Helmand province has been the improvised explosive device.

Claiming scores of lives and countless injuries, the lethal bombs have been the scourge of UK personnel.

While British Forces have developed an impressive arsenal of vehicles, kit and ground techniques to counter this threat, the roadside risk could pose a significant problem for the Afghan National Army (ANA) as they move towards transition in 2014.

With Isaf troops withdrawing from the country, it is the home-grown forces that will be charged with rendering these devices safe in as little as 18 months' time.

But instead of shirking the responsibility, Afghan warriors have actively embraced the challenge to create their very own counter-IED capability.

Recruits learn the tricks of the trade during a 22-week training programme in Mazar-e Sharif before polishing their skills in a validation package staged at Camp Shorabak under the watchful eye of UK soldiers from the Brigade Advisory Group.

Sgt Maj Baz Mohammed has served for three years with the ANA and is now taking a starring role within this growing asset.

"The lessons from the British Army have really helped us," he told *Soldier* during a break in training.

"We have covered all kinds of IEDs and they have taught us everything we need.

"I am now performing this role within the ANA. We have finished our lessons and we can deal with the threat.

"We are very confident and happy with the skills we have.

"I want to continue and become an instructor in the future. It is very important for our country that we take the lead.

"The training in Mazar-e Sharif was completely different from what we are doing here.

"The British troops are reminding us that we can solve the problems ourselves."

Soldier witnessed Sgt Maj Mohammed in action during a confirmation exercise and the skill and attention to detail he displayed mirrored that of the experts within Isaf's ranks. >>



WO2 Moxy James (RLC), part of the validation course team, believes the Afghans are well placed to assume full responsibility for this crucial work and revealed the operatives have taken a lead role on tasks in the field.

"We go out with them, not to do the job but to act as a comfort blanket. We are trying to move away from that now and the hope is they will go on the next engagement without us.

"One of these guys did three tasks before he was validated and he was fine. They are trained to international standards and are out there doing an excellent job.

"Another dealt with eight devices and a 120kg main charge. He is still alive so it shows they know what they are doing."

While the job brings these soldiers face-to-face with deadly IEDs, it also comes with a host of secondary dangers.

"A lot of these guys come from places like Kabul. When they do this course they become targets for the insurgents, so they risk a lot," WO2

James explained.

"But when the training is complete they get posted to places far removed from where they live.

"They are keen to do the job and do it for themselves. There are four

British military operators in Mazar-e Sharif doing the teaching so they are doing it exactly like we would.

"The validation course is about making sure they are up to speed, informing them about what is happening and ensuring they are happy."

The role has encouraged a change in mentality to ensure IED tasks are approached in the right manner.

WO2 James said: "Their culture is not to question someone in authority. If they are told to blow a device they will do it.

"But if these guys go down to an IED and they do not like what they see they will come back and

work out a plan to deal with it.

"They are always thinking and now have the confidence to do something about it."

And while progress is clear in terms of the front line, plans are already being made to create a lasting legacy for the Afghan's counter-IED force.

"There is a process in place where the guys coming through this school will be trained as instructors," the senior NCO said.

"They will then filter out and we can step out of the frame.

"If we see individuals who are good at instructing they will be pushed forward so we can start to build.

"The IED side is very important in terms of transition. It is the main weapon the Taliban use against us, and it is the main weapon they will use against the Afghan National Army.

"It has to be successful and they need to have the skills. I am confident that will be the case."

“THEY ARE TRAINED TO INTERNATIONAL STANDARDS AND ARE OUT THERE DOING AN EXCELLENT JOB”

WHAT'S YOUR ARMED FORCES PENSION WORTH?



We will help you protect your interests whether you're serving, resettling or retired.



Now, more than ever, you need to know what you and your family can expect from your pension. That's why we are so closely engaged in the

development of the next Armed Forces Pension Scheme. We are working to secure the best possible terms for our Members and for the whole military community.

And we will guide you through the impact of manpower cuts and any other changes in personal circumstances that impact on your pension entitlement.



Your Forces Pension Watchdog

Forces Pension Society is the pension watchdog for all ranks in all three services. Our input into the next Armed Forces Pension Scheme is a vital

part of our service to Members.

And the more Members who join us (currently we have 43,000), the stronger our voice and the more we are able to protect your interests.

Your expert source of advice



Our Pension Helpline advises on a whole range of issues, including pension on divorce, when to leave (and when not to) commutation options and so on. We deal with over 700 Members' queries every month.



Your guarantee of independence

The Society is an independent not-for-profit organisation funded by membership subscriptions. That means we are unbiased and objective in everything we do – putting the interests of our Members above all else.



The benefits of Membership

Aside from being the only independent organisation dedicated to looking after your pension interests, we have also created a range of benefits you can access when you join us. These include a Healthcare scheme (regarded as the best-in-market), discounted insurances (e.g. home, travel, kit), holidays including cruises, foreign exchange and money transfer services, legal and financial advice and much more. We even offer an Introduction Service!

Join us now and receive a free holiday voucher

Membership costs just £32 p.a.

(including your spouse or partner) and if you join us online we'll send you a free holiday

voucher worth £150 (terms and conditions apply). Visit www.forcespensionsociety.org and quote promo code SLD2012.



JOIN US NOW AND PROTECT YOUR INTERESTS.

Forces Pension Society

68 South Lambeth Road, Vauxhall, London, SW8 1RL

Tel: 020 7820 9988 email: memsec@forpen.co.uk www.forcespensionsociety.org

A member of  Cobseo
The Confederation of Service Charities

WIN 
The Tour of Britain
VIP TICKETS FOR
TOUR OF BRITAIN*

FROM THE FIRST CLIMB TO THE FINAL STRAIGHT



 UK Youth
Cycling Team

MAXIFUEL. FUELLING THE TOUR OF BRITAIN MILE AFTER MILE

Maxifuel, the UK's energy and endurance specialist has become the official sports nutrition partner to the UK's biggest cycling event: The Tour of Britain, which also includes The Halfords Tour Series and The Tour Rides.

OFFICIAL NUTRITION PARTNER TO:



Maxifuel will be providing amateur riders with individually-tailored nutritional support to complement their lifestyle, training and racing schedules as well as support professional participants and race enthusiasts to boost energy on race day and help them recover once they've crossed the line.

So, if you're after a fuel that's as dedicated as you are, choose Maxifuel.

*WIN VIP Tickets for the Tour of Britain

maxifuel.com/viptour

Terms and conditions apply.



Should only be used in conjunction with a balanced diet.

 **maxifuel**
DRIVING PERFORMANCE



ROLE REVERSAL.

**LIGHT DRAGOONS SWAP RECONNAISSANCE
FOR POLICE MENTORING TO BOLSTER
TRANSITION HOPES IN HELMAND**



Report: Richard Long
Pictures: Graeme Main

BOASTING a proud recent history as a distinguished reconnaissance regiment, The Light Dragoons have trained diligently for another tour on the outer extremes of Helmand province.

While working remotely has become a reality for elements of the Norfolk-based unit on Op Herrick 16, others have seen their job description change significantly after less than two months in theatre.

Having deployed to southern Afghanistan in a formation reconnaissance role, personnel from A Squadron are now playing their part in the continuing transition effort after accepting a new tasking within the Police Mentoring and Advisory Group.

Soldier spoke to troops on the eve of their training in Camp Bastion to gauge their reaction to the move and how they are preparing for the challenge that lies ahead.

"It was very much last minute but we are eager for it," Lt Jamie Harle explained.

"I deployed on my last Herrick in 2006 and that was all kinetic, but anyone thinking this tour would be the same is misguided. This is all about transition.

"The Afghans we have spoken to are really proud of what they are doing, they want to return security to their family and friends.

"We were undertaking screening tasks in the desert, identifying areas of population and routes, while providing a visible deterrent.

"It was very successful but the main effort has switched for us. We are now focusing on expanding the mentoring side so the locals

can look after these routes and population centres themselves."

Op Herrick 16 is the third Afghan deployment for Cpl Scott Mallen and the junior NCO thinks the timescale for transition is achievable after witnessing the progress that has already been made.

And with the situation on the ground changing, he believes A Squadron can add to the success in its new role training police.

"From what I have seen everything is shaping up for the handover," he said.

"It has quietened down in terms of kinetic activity and that is one of the main reasons why forward reconnaissance is coming in.

"At the end of the day the Afghans want a better life.

"The country's army is up and running and the Afghan National Police (ANP) are





now manning checkpoints in certain areas.

"On Op Herrick 5 it was really kicking off and we were the brigade reconnaissance force on Op Herrick 10. That was lethal and everyone had a hard time.

"The fact it is now quieter shows we are doing a job out here. The ANP are performing their role and they are not afraid to have a go."

While these soldiers are relishing the opportunity of testing themselves in a new environment, the remainder of the squadron will continue with the formation reconnaissance day job.

This brief has seen them providing over watch for ground forces, pushing forward on scouting missions and playing a key role in identifying enemy positions.

Soldier met personnel from 3rd Troop at FOB Ouellette and discovered that life on the ground is very different to previous tours.

"I was here on Op Herrick 10 and it was kinetic every day, but now it is quieter and the enemy are on the back foot," explained Tpr Neil Nutton.

"Babaji was a Taliban stronghold, we took that and I think it has broken them.

"We are getting tighter and tighter on them

and all they can do is shoot and scoot."

Operating in Helmand province has become a family affair for the soldier. His brother Tpr Anthony Nutton (LD) is serving with B Squadron as part of the brigade reconnaissance force, while older sibling Rfn John Nutton (2 Rifles) deployed on Op Herrick 15.

"I met John in Camp Bastion and he said hardly anything happened during his tour. He only had a few contacts and did a lot of patrolling with the ANP.

"I thought that couldn't be right but I believe it now, it has been quiet.

"In the formation reconnaissance squadron our main role is to go out and see what the enemy are doing, to see where they are and where the IEDs may be.

"We can do that for a couple of weeks if needed – it is about building the picture and getting information ahead of any operations. We are the eyes and ears of the battle group."

As well as taking the fight to the enemy, the tour has reaffirmed the positive role being played by the Army within Afghan

communities.

Attached medic LCpl Lee Robson (RAMC) was delighted to report that he has seen a distinct lack of British casualties in the area thus far, meaning his attention has been focused elsewhere.

He said: "I have been hands-on with the locals, treating children and adults for minor ailments through to serious injuries such as broken ankles.

"As a medic it is always nice to offer help to anyone, especially if they have no health care system of their own.

"It all goes back to the hearts and minds mantra. We are showing them that we are not a force to be frightened of – we are here to help."

Soldiers from A Squadron have again proved how the British Army is producing personnel that can adapt to a variety of roles in the heat of Helmand province.

And with transition set for 2014, the efforts of these troops over the coming months will go a long way to ensuring this ambition becomes a reality. ■

WITH the march towards transition well under way across Helmand province, British soldiers have increasingly found themselves stepping aside as Afghan National Security Forces take control of the region.

But in the Upper Gereshk Valley, UK personnel are taking the fight to the Taliban on the front line as they seek to promote and maintain prosperity along Route 611.

The road links Gereshk to Sangin and the battlegroup of 1st Battalion, The Royal Welsh is striving hard to create a platform for the local community to flourish.

Operating out of FOB Ouellette, the formation has seen its fair share of kinetic activity in what has traditionally been an insurgent stronghold.

"In years gone by this has been the rest and recuperation area for the Taliban. It has been a safe ground and that is why the enemy is now kicking off," influence officer Capt Jamie Woodfine (1 R Welsh) told *Soldier* during a visit to the base.

"Our aim is to connect the Government of the Islamic Republic of Afghanistan (GIRoA) with the people of Gereshk and Sangin."

"We hold weekly meetings for whoever turns up. One or two locals will attend but it is dangerous for them to come here. If they do, it is usually because they have something desperate they need to say."

"We want to promote commercial activity along the 611 with shops and bazaars to give the Afghans a growing sense of ownership."

The US Marines had previously manned the remote outpost and the British Army arrived at Ouellette in October last year.

The local economy has revolved around the poppy industry and efforts are now being made to expand government influence in a region where fighting and contacts are a regular occurrence.

"We are dealing with a population that has been at war for many years," the officer added. "To them there is no discernable reason to follow GIRoA."

"But we have had more interaction as time has gone on here. If we can follow what we are doing with proper government involvement it can work."

Capt Anna Crossley (QARANC), a Reservist who is acting as the battlegroup's female engagement officer, has gained first-hand experience of the frustrations that come with operating in such an environment.

She described how local women do not have any opinions on Isaf, GIRoA or the insurgency as they are restricted to life in their compounds and have no real education to speak of.

She added: "It is not like Gereshk where there are women's centres, here they have no interaction in their communities let alone with the outside world."

"A female engagement officer is supposed to have the ability to talk to anyone and keep communities connected."

"The local males do talk to me but they generally think I'm amusing. They ask if I want an Afghan husband and why I do not have any sons."

"It would be nice to think of some kind of initiative that would help the women."

"But because this area is so far behind, any such project could become a target for the insurgents. It could have a totally adverse effect."

"It is pretty frustrating but in other areas it is different."

"I was not hoping to come here and do anything radical but if one person sees me and thinks 'I can do something else other than having children at a really young age', then it will be worth it."

With operations in the Upper Gereshk Valley differing from those experienced elsewhere, *Soldier* decided to speak to units within the battlegroup to learn more about their tour...



Front-line force

Army personnel expand their influence at Helmand's frontier

Close support: Lt Adam Durant (RA) mans a sangar at FOB Ouellette as the Army takes control in the Upper Gereshk Valley

● **WITH** the 1 R Welsh battlegroup facing a kinetic challenge on the ground, the need for safe and secure communications between personnel has been a key priority in the Upper Gereshk Valley.

The Royal Signals Infantry support team has met these demands head on and the five-man outfit has relished the opportunity of pushing itself on the front line.

Bowman system manager Cpl Nick Penn (pictured below) said: "I provide communications from the battlegroup to a high level at Task Force Helmand and lower levels at the checkpoints and patrol bases on the ground.

"It provides a network that allows people to connect and, most importantly, access mission critical information, such as nine liners for casevac and ten liners for the EOD teams.

"It is completely secure so the enemy does not know what we are doing or where we are.

"The kinetic nature of this area of operations means everything is life threatening. It is so important to have secure communications."

Team commander SSgt Symon Hopkins believes the role has allowed his team to forge a close bond with the Infantry, while expanding their skill set and experience.

He said: "It is a different world to what we are used to.

"This is a Herrick-specific role. The CO here sees this as an asset he does not want to lose; other battlegroups have said that as well.

"We have gained a lot of knowledge and experience from the Infantry signallers. We can use that to our advantage in the future and it is a two-way thing.

"This is the most kinetic area in Helmand province, which means my operators are on the radio desk dealing with real-time casualties and real-time contacts.

"We thought that having a ground holding role with no real strike ops would mean we are not that busy but this has been an eye opener; it is a dangerous environment."



● **MENTORING** and partnering the Afghan National Security Forces is a key part of life out at FOB Ouellette.

The Afghan National Army (ANA) and Afghan National Civil Order Police (ANCOP) man checkpoints along Route 611 and both organisations have a direct link to their British colleagues through the Intermediate Joint Operations Centre.

UK personnel have tailored their training to help the formations reduce their reliance on the International Security Assistance Force and progress with foot patrols, compound searches and local engagement.

"Over the last two-and-a-half months they have gone from a couple of patrols a week to an average of two a day from each of their checkpoints," explained Lt James Taylor (Gren Gds), the ANA unit advisory training team commander.

"When we first took over there was no patrol structure but there are now plans in place that allow them to dominate the area.

"They are improving and we also run training sessions in counter IED, medical drills, map reading and weapons.

"On every single patrol you can see their skills and expertise improving."

Positive reports have also come from those involved in training the police.

"Their mission here is to secure the route itself and they have 16 checkpoints in a 33-kilometre stretch," explained ANCOP adviser Lt John Scarlett (Coldrm Gds).

"I think they are very good. I do not see myself as someone who is here to train them.

"They have been allowed to work in the way they are going to operate.

"It is about facilitating the opportunity for them to do the job in the long term.

"I have been on patrol with them and I'm happy with what they do."



● **A MULTIPLE** from 3rd Battalion, The Yorkshire Regiment has been posted to FOB Ouellette to act as the quick reaction force for the area of operations.

The soldiers started their tour manning a checkpoint to the south of the camp and the change in roles has introduced them to the new challenge of responding to incidents outside the wire and providing casualty evacuations when needed.

Lt Jon Kume-Davy (pictured left) explained: "We were working in a ground-holding role. The lads went out on patrol and they got to know their patch and the locals.

"As the quick reaction force, when



we rock up in our Warriors everything stops.

"If a contact goes off and we come in, the insurgents run away. They do not like the tanks.

"It has been exceptionally busy and our feet did not touch the ground for two weeks. We run the wagons until they break, fix them and then go out again."

Dismounted soldier Pte Tom Tinker-Harper has welcomed the variety in workload in what has been a busy first tour.

"Most of the stuff we have been doing has been quite new to me," he said.

"At Checkpoint Barcha we were going on patrols with ANCOP and since coming here we have been on ops with the Afghan tiger teams. They are great guys to work with.

"Some days we get absolutely hammered but on others it can be fairly quiet."

● **WITH** the operational tempo running high at FOB Ouellette there is no shortage of work for the Royal Electrical and Mechanical Engineers.

The battlegroup's small light aid detachment is responsible for the repair and maintenance of 120 pieces of kit and equipment and the demand for its services is high.

Cfn Cameron Cuthbert said: "The vehicles we look after are all involved in operations and those who use them do not like us keeping them here. We have to have a quick turnaround."

"We had a Mastiff that was caught in an IED blast and it needed 60 hours of repair work.

"This is my first tour and it has been a massive eye opener, it is very different and we are getting attacked for real.

"You can't let anything slip, little jobs that you thought could be left for a week have to be turned around. You have to be on your A game."

Cfn James Hughes (pictured right) is also on his first tour and temporarily joined the detachment from the Equipment Support Battalion to cover colleagues on rest and recuperation.

He told *Soldier*: "I like it up here as you get to

work with other regiments and you see the bigger picture. There are lots of different jobs going on.

"I'm a recovery mechanic. If anything breaks down, blows up or gets bogged in I go and pick it up for the blokes to fix.

"The first time I went out my vehicle got hit. We were driving to recover a Jackal that had been involved in an IED blast and the left-hand side of my truck was completely blown up.

"We all escaped without any injuries. The support vehicle (recovery) is an amazing bit of kit."



● FOR the Royal Artillery, life in the Upper Gereshk Valley has been all about supporting personnel on the ground.

In two months at FOB Ouellette, the gunners have fired 200 illumination rounds in an effort to keep Route 611 open and disrupt any insurgent activity in the region.

Bdr Ronald Eugene (pictured right) said: "We fire these rounds as a show of force. They light up the area and it is something the enemy is not expecting.

"But we are training as well. We have

done a lot of gun drills to make sure we are up to scratch.

"This is my first tour and it has been totally different to what I anticipated. I thought we would be utilised more. I don't expect the situation to change; we are here to support the guys on the ground and are happy to do our bit."

While the day job has been reasonably quiet, the soldiers have been keen to offer their support to other roles within camp.

Lt Ali Smith explained: "Our main

capability is always the guns. Even if it is quiet we are still manning them 24/7.

"We can also help the battlegroup with different things. We have had guys doing supply runs, I've been out with the female engagement teams, we have two sangars to man and there are a number of other tasks we do as well."



‘IT HAS BEEN A BUSY TOUR AND THERE HAVE BEEN LOTS OF TASKS LINED UP FOR US’

● SINCE arriving at FOB Ouellette, personnel from the Royal Engineers have undertaken a taxing programme of security improvements and camp upgrades.

The sappers have been working long days in the searing heat since the tour began.

Having built a new observation post from scratch, the team completed renovation tasks at three other locations and have been reinforcing the camp's Hesco walls.

"We have been pretty much flat out since we've been here and we are one of the few troops not to have any down time," Spr Jake Palmer explained to *Soldier*.

"It is hard work but that is what we get paid for."

Lcpl Rhys Jones added: "This is my third tour and it has been very different to what I have done before. There has been a strong focus on

the construction side and in the past I have operated in a close support role out on patrols.

"We have done a lot of work on the walls and the accommodation to ensure it meets the requirements of the British Army.

"It has been a busy tour and there have been lots of tasks lined up for us. We thought we would be scaling down but that has not been the case."

Hard graft: Spr Barry Saunders (RE), a TA engineer, works on the protection of FOB Ouellette





University
St Andrews

Certificate in Terrorism Studies

Over 3785 students enrolled
from over 75 countries

The leading educational insight into the fundamental issues behind terrorism

4-week individual online e-learning modules
16-week accredited online e-learning course

Commences
January, May & September

UK MoD ELC Scheme: 2035 | CAGE/NCAGE Code: U0G02 | CCR Registered: DUNS 232915728

Understand the threat...reduce the risk

Key Issues in
International
Terrorism

Terrorist Ideologies,
Aims, Beliefs &
Motivations

Terrorist Modus
Operandi

International
Policing Policy

Aviation
Terrorism &
Security

Maritime
Terrorism &
Security

Critical
Infrastructure
Protection

Cyberterrorism

Radicalisation
&
De-Radicalisation



This online programme of study from the renowned Centre for the Study of Terrorism and Political Violence (CSTPV) at the University of St Andrews provides an easily assessable and rarely available educational insight into the fundamental issues behind terrorism as well as the motivations, methodology and modus operandi of the various strains of terrorism in the world today.

Knowing who, how and why terrorists plot against civilians, governments, corporations, transport or IT networks makes an unmistakable difference to your counter terrorism and security strategies, whilst providing a valuable context to operational duties.

In conjunction
with:



an informa business

www.terrorismstudies.com/FLR2254AA2A1

To talk to a course representative, and for group bookings

Call +44 (0)20 3377 3210 / +1 (646) 957 8929 or email info@terrorismstudies.com

Quote VIP Code:
FLR2254AA2A1

Scan with smartphone
QR reader app:



MILITARY
BOOT REPAIR CO.

**BOOTS A BIT
OUT OF SHAPE?**

**REPAIR SERVICES for all
military footwear.**

★ OFFICIAL BOOT REPAIRERS
TO THE ARMED FORCES

★ WE COLLECT + RETURN YOUR BOOTS

★ ALL WORK CARRIED OUT BY
EXPERIENCED CRAFTSMEN USING
TOP QUALITY MATERIALS



Scan me to
find out more

VISIT

WWW.MILITARYBOOTREPAIRS.CO.UK

NOW

from the Boot Repair Co.

FOXHOUND SHOWS ITS TEETH



**NEW PATROL VEHICLE
HITS HELMAND TO BOOST
HERRICK CAMPAIGN**



Report: Richard Long
Pictures: Graeme Main

A NEW beast is about to roll on to the front line of Afghanistan to offer improved protection to UK personnel.

Foxhound, the Army's state-of-the-art light protected patrol vehicle, arrived in Helmand province last month and crews and commanders from a variety of cap badges are now engaged in training programmes at Camp Bastion before the platform heads outside the wire.

The cutting-edge technology incorporated in the design means soldiers will benefit from unprecedented blast protection and counter-IED equipment, while the size and agility of the asset will allow it to excel in urban environments.

The new addition has impressed in a series of

demanding trials and with driver testing now well under way, this dynamic machine is preparing to flex its muscles for real.

Ricky Haynes, the Defence School of Transport's Foxhound training team line manager, told *Soldier* the patrol vehicle has performed superbly thus far and that British Army personnel will receive a huge capability boost from its introduction to theatre.

"This platform will have a multitude of roles but initially it will be used for force protection out on the ground," the former Serviceman said.

"It is replacing some of the more vulnerable

vehicles and those that have been removed from Helmand province.

"It is designed for an urban environment and has a four-wheel steer. It is proving to be very reliable. We have done trials in hot weather and extreme conditions and it has excelled.

"The V-shaped hull is similar to that of the Mastiff and it offers increased protection as it throws the force of any blast wide of the vehicle.

"We brought some platforms out three weeks ago for light and extreme heat testing, as well as slow-speed trials to see how it reacts with the

**WE ARE VERY
CONFIDENT
FOXHOUND WILL
PERFORM WELL**



pace of foot patrols.

"The in-theatre standard has been extremely high and we are very confident it will perform well outside the wire."

Foxhound is equipped with infrared technology and thermal imaging and has three screens inside the cab that offer a 360-degree view around the vehicle for high levels of situational awareness.

It also boasts an extremely effective night-time capability, while its engine can be removed in the space of just 20 minutes should any mechanical problems arise.

The rear compartment can comfortably sit up to four soldiers and offers storage space for daysacks and other kit.

Sgt Mark Lawrence (R Signals) was one of the first troops to get behind the wheel of Foxhound during the early driver training programmes and

he spoke in glowing terms about the platform.

"It is brilliant," he told *Soldier*.

"I have driven Vixen a lot and compared to that it is outstanding.

"From what I have seen so far it is superb and the technology it has is sensational. It is nice to drive and there is a lot more space in the back.

"I can't wait to return to Kabul and drive it out there.

"Although I won't be going out on patrol, its performance cross-country is amazing and I cannot see it struggling.

"The soldiers out on the ground will be extremely happy."

The Ministry of Defence made an initial order for 200 Foxhound vehicles in November 2010 and a further 100 were requested late last year as part of a £400 million package. ■

FOXHOUND PERFORMANCE



Length: 5.32m

Height: 2.35m

Weight: 8.5 tonnes

Speed: 110km/h

Mobility: Improved medium (same as Jackal), all-wheel steer functions at speeds up to 16km/h

Capacity: Driver, commander and four soldiers

Role: Light patrol vehicle offering high levels of mobility and protection. Foxhound will be used for troop movement on dismounted operations, mobile patrolling, convoy protection, quick reaction force, route protection and cordon and search operations

**SOURCE™-3 LITRE
RESERVOIR**

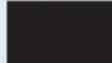
JETSTREAM



HAUL

Available in:

Black



Coyote



Multicam™



IRR

- 1-2. Chilly system attachment.
3. Top front 10 Litre pocket.
- 4-5. 4x Compression straps.
6. Lower front 5 Litre pocket.
7. Side water bottle pocket.
8. Comfortable and removable hip belt.
9. NATO spec clips for attaching load carriage side pouches or the Jetstream.

Additional features:

- Molle attachments
- Hook and loop points for ID
- 2 Internal load securing straps for heavy objects like radios.

Cargo capacity:**45 LITRE PLUS****Source reservoir:****3 LITRE****Weight @ 2kg**www.bcbin.com

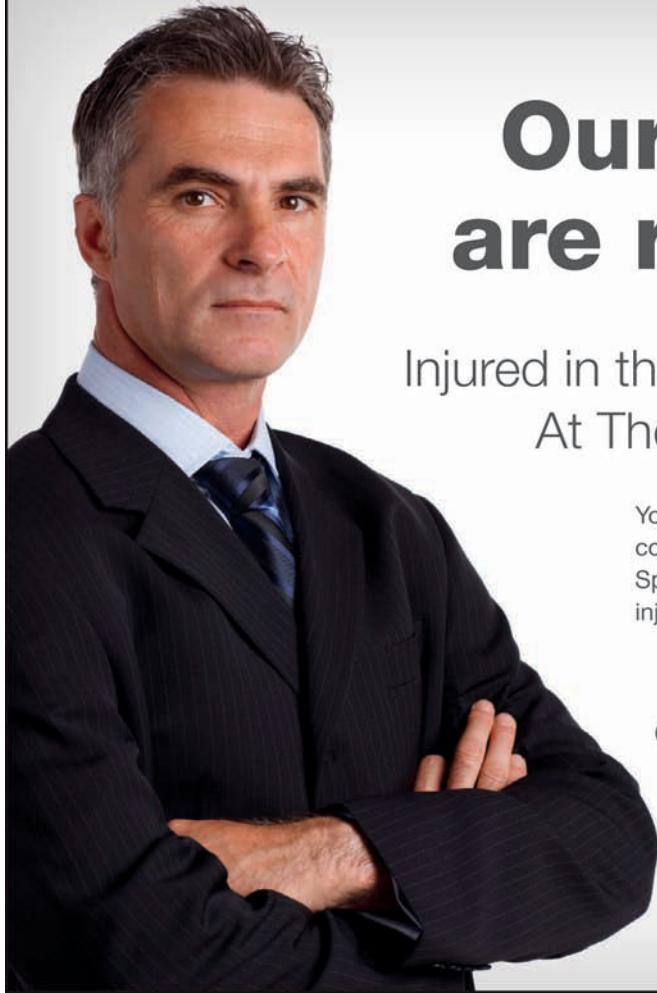
◆ Available from all good outdoor retailers including:

John Bull, Survival Aids, Soldier of Fortune, Silvermans, Kit Monster.

Our injury lawyers are ready for battle

Injured in the line of duty in the last 3 years?

At The Claims Corps – we get results!



You'll receive 100% of the compensation you are awarded. Speak to one of our specialist injury lawyers today.

- Injury on manoeuvres
- Psychological trauma
- Deafness/Tinnitus
- Clinical negligence

Call now on **0800 808 9749**
email **info@jefferies-solicitors.com**
or visit **jefferies-solicitors.com**

 **THE CLAIMS CORPS**
ARMY INJURY LAWYERS

Claims Corps is a trading name of Jefferies Solicitors Limited – authorised and regulated by the Solicitors Regulation Authority. Jefferies Solicitors is a limited company registered in England and Wales under registered number – 07451340.

MO-MENTUM

**TEAM GB'S GOLDEN BOY TALKS EXCLUSIVELY
TO SOLDIER ABOUT LIFE IN THE FAST LANE...**

●●● N A matter of weeks Mo Farah, the shining light of British long-distance running, will take to the track in a bid to win a place in Olympic folklore. Joe Clapson caught up with the enigmatic 29-year-old during a rare break from training ahead of his mission to capture 10,000-metre gold at London 2012.



You were born in Somalia but it wasn't until you came to England at the age of eight that you began running. Can you explain what opportunities athletics has given you and what inspired you to start racing?

My PE teacher Alan Watkinson spotted that I had a talent and encouraged me to come and train after school, even though I just wanted to play football. One of my first trips abroad was competing for Great Britain and Northern Ireland at the World Youth Championships in Bydgoszcz, Poland. I remember the excitement of going away with friends and seeing another part of the world – this inspired me to keep improving and make a career out of athletics.

Are you aiming for a particular time at the Games or will you react to how the action unfolds?

Races at championships are really tactical. Times don't matter – it is the finishing position that counts.

You recently beat the defending Olympic champion, Kenenisa Bekele. How have you prepared to take him on at the Games?

I don't single out any individual – there will be many people in the 5,000m and 10,000m finals and all will be trying to win.

How will running on home soil affect your performance? What excites you most about competing in London?

Having the biggest and hopefully loudest support from the home crowd. I can always hear the fans whether I'm at an indoor track like Birmingham, where the sound is deafening, or in front of fans in hail, rain or shine at Crystal Palace. I know it will be the same in the Olympic Stadium and that will spur me on to give everything to cross the line.

What do you expect from yourself in the competition?

I want to achieve the greatest sporting title that exists – Olympic Champion.

As one of GB's gold medal hopes, do you feel pressure to succeed?

Of course there is pressure on me, but I'm keeping my head down and concentrating on training hard and staying injury free. I try not to think about pressure from the nation – I

see it as them willing me to win.

How is the Olympics different to other athletics meetings?

The Olympics is the biggest stage for an athlete. Every medal I win is important but the whole world will be watching the Games.

As you run down the track do you see yourself as an individual or part of a team?

Athletics is an individual sport but I also feel very much part of a team. I am a member of Team GB, my training group and management company – we are all willing each other to do well.

Who would you hope to inspire by competing at the highest level?

Every person out there, from those who have the idea of running a local 5k one day and the children competing in their school sports day right up to the rest of the GB team who are competing in these Olympics with me.

Can you see any parallel between your work as an athlete and that of soldiers in the British Army?

There are similarities as it takes a lot of discipline, strength, determination and pride to do both jobs.

The whole Army and the rest of Britain will be cheering you on as you challenge the world's best runners in London. How does that make you feel?

I really want to do everyone proud. The feeling of having everyone cheering from stands, living rooms and even over the internet because they are elsewhere serving their country is an exciting thought.

In a long-distance race are you just thinking about winning or do other things enter your head?

My mind is usually occupied with the game plan I came to the starting line with and watching it unfold, or otherwise making adaptations to get the same result: first across the line.

As you run the final bend on your quest for gold, who or what will you be thinking about?

I will be trying to remember all the things my coach has told me and the training I've done over the past ten years to get to the finish line as fast as possible. ■

The partners who grieve,
The injured who suffer,
The families who struggle,
The veterans who remember,
The aircrew who fly,
The children who wait,
The homeless who shiver,
The seamen who sail,
The unemployed who despair,
The soldiers who fight,
The disabled who strive,
The heroes who serve.
We help them all.

Shoulder to shoulder with all who Serve

Call 08457 725 725 or visit britishlegion.org.uk



1 Kelly Holmes

Discipline: Women's athletics – running

Army career: Joined up in 1988 as a driver in the WRAC (later AGC). Also qualified as a PTI

Gold medals: 800 and 1,500m in Athens 2004

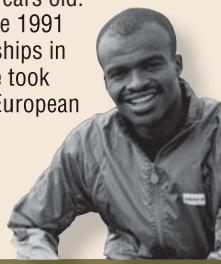
Age on appearance: 34

Performance: Part of an elite club of only eight British women to win Olympic gold in track events, Holmes also won bronze in 2000 as well as golds in the Commonwealth Games of 1994 and 2002 and silvers in the World Championships of 1995 and 2003. She was made a dame in 2005.



2 Kriss Akabusi

Discipline: Men's athletics – running and hurdling
Army career: Joined the Royal Signals in 1975 and transferred to the RAPTC in 1981, reaching rank of WO2
Olympic medals: Silver in Los Angeles 1984, two bronzes in Barcelona 1992
Age on appearance: 25, 33
Performance: Akabusi did not make his international debut until 1982 when he was 24 years old. He won gold at the 1991 World Championships in Tokyo. In 1990 he took two golds at the European Championships and one at the Commonwealth Games.



3 Jim Fox

Discipline: Modern pentathlon
Army career: Served in the REME for 26 years, reaching the rank of captain
Gold medal: Team gold in Montreal 1976

Age on appearance: 34

Performance: One of the most influential figures in the development of the modern pentathlon in Britain, Fox nearly retired after the 1968 Games but was persuaded to continue and went on to win team gold in 1976.



4 Mark Phillips

Discipline: Equestrian – eventing
Army career: QDGs 1969-1978, retiring as captain
Gold medal: Team gold, Munich 1972
Age on appearance: 23

Performance: Married fellow equestrian Princess Anne. His daughter Zara has followed in her parents' footsteps and will compete at this year's Games. He remains a leading figure in British equestrian circles and now trains the US eventing team.



5 Reuben Jones

Discipline: Equestrian – eventing
Army career: King's Troop RHA, later RAVC and commissioned into the General Service Corps
Gold medal: Team gold, Mexico City 1968
Age on appearance: 35
Performance: Too tall to be a jockey, Jones joined the Army to work with horses. He was the first NCO to compete for Britain in the equestrian section of the Olympics, and died in 1990 while training a young horse.



6 Frank Weldon

Discipline: Equestrian – eventing
Army career: King's Troop RHA, reaching rank of lieutenant colonel
Gold medal: Team gold (and individual bronze), Stockholm 1956

Age on appearance: 42

Performance: Weldon was riding his horse, Kilbarry (pictured below), whom he had ridden in the Queen's Coronation process while commanding The King's Troop. The Irish-bred, grey gelding is almost certainly the only steed to have won at international level while still working as an officer's charger.

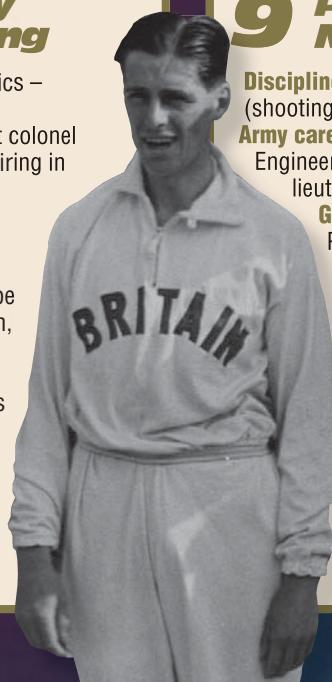


7 Harry Llewellyn

Discipline: Equestrian – show jumping
Army career: Joined Warwickshire Yeomanry in 1939, reaching rank of lieutenant colonel
Gold medal: Team gold, Helsinki 1952
Age on appearance: 40
Performance: Won the only British gold medal of that year with famous horse Foxhunter, with whom he also won bronze in 1948. During the Second World War Llewellyn saw action in Syria, Lebanon, Italy and Normandy and served as Fd Marshal Montgomery's chief liaison officer. He twice received a Mention in Dispatches and in 1977 was awarded a knighthood.

8 Godfrey Rampling

Discipline: Men's athletics – running (relay)
Army career: Lieutenant colonel in the Royal Artillery, retiring in 1958
Gold medal: Team gold, Berlin 1936
Age on appearance: 27
Performance: Lived to be Britain's oldest Olympian, dying in 2009 at the age of 100. Considered by some to be the country's best ever relay runner, he had a casual attitude to training. Of baton changing practice he once said "we got bored and packed it in".



9 Philip Neame

Discipline: Team running deer (shooting event)
Army career: Joined the Royal Engineers 1908, retired as lieutenant general
Gold medal: Team gold, Paris 1924
Age on appearance: 35
Performance: The only person to have held a Victoria Cross and win Olympic gold, Neame was decorated for actions at Neuve Chapelle in 1914. The Distinguished Service Order (DSO) holder was a prisoner of war in Italy during the Second World War.

10 Arnold Jackson

Discipline: Men's athletics – running
Army career: Loyal North Lancashire Regiment then King's Royal Rifle Corps during the First World War
Gold medal: Stockholm 1912
Age on appearance: 21
Performance: His victory in the 1,500m was described at the time as the "greatest race ever run" after he had to evade three Americans running abreast. Went on to become youngest ever brigadier general, held the DSO with three bars and had six Mentions in Dispatches.





LEATHERMAN[®]

Leave nothing undone.™

**ONE TOOL
ANY MISSION
- MUT[®]**

Whether it's on operations or tasks back at home, Leatherman tools will get the job done - everytime.

UK IMPORTER & DISTRIBUTOR

Whitby & Co
FOR LIFE'S ADVENTURES

FOR STOCKISTS:

Tel: 01539 721032

Email: sales@whitbyandco.co.uk

www.leatherman.co.uk



We pride ourselves on the first class service we provide to all our clients. Professionalism is the foundation on which our business is based and it is the way we serve our clients that distinguishes us from other law firms.

REDUNDANCY

Any individual selected for compulsory redundancy and any unsuccessful applicant for voluntary redundancy can appeal against their selection. The appeal must be submitted in writing within 30 calendar days (not working days) from the date of their acknowledgement of receipt of the Notification of Selection or non-selection.

We are pleased to offer free initial advice on redundancy matters.

To claim your 10% discount please quote "Soldier1"

Telephone: 01722 412000

Email: david.yates@parkerbull.com

Call our 24 hour helpdesk on 01722 426276

www.parkerbull.com

SERVING THE ARMED FORCES FOR OVER 200 YEARS

**10%
DISCOUNT
FOR FORCES
PERSONNEL
AND
FAMILIES**

**PARKER
BULLEN**

SOLICITORS



URBAN OPERATORS

NEW COURSE TAKES TRAINING
TO TOWNS AND CITIES



Report: Joe Clapson
Pictures: Steve Dock

AFRESH focus is being put on fighting in metropolitan areas as the British Army prepares for operations beyond Afghanistan.

The Field Training Unit (FTU) has launched the urban operators instructors' course to drill troops in skills and tactics for environments far removed from the dusty expanses of Helmand province.

Soldier attended a two-week package at Copehill Down as Service personnel turned their hands to the alternative disciplines under the gaze of experienced assessors.

Explaining what the new programme offers, Capt Andy Jennings (RE) said: "This has been designed for troops who are already instructors but it's the first time a formal qualification can be earned.

"The opening week involves demonstrations and teaching from FTU personnel and the second sees students become the teachers."

The intensive course has been developed

in line with the findings of the *Future Land Operating Concept* and *Future Character of Conflict* papers, which state that warfare in coming years is likely to occur in urban areas.

As a result, soldiers in training found themselves storming across pedestrianised precincts into houses and coming under fire from snipers holed up in high-rise flats rather than patrolling through open spaces.

"It's predicted that by 2020, 60 per cent of the world's population will be in the urban environment, so the chance of fighting in rural areas is negligible," explained FTU officer Maj Mark Suddaby (Scots).

"That's why we are growing this way of urban fighting."

The course is open to all cap badges and ranks from lance corporal to captain face the challenge of operating in a confined environment with reduced lines of sight and areas of blocked communications.

To aid with the assessment and development of students, the Salisbury Plain facility operates a low-level urban skills trainer.

This state-of-the-art kit uses radio



frequency tags and wireless sensors connected to soldiers' weapons to monitor their every move.

Actions are recorded and then played back to troops on screen.

"This equipment provides instrumentation throughout exercises – it's the only training other than live serials where you see the real effects of grenades and get that level of fidelity," Maj Suddaby added.

"We relay the action on a big monitor then rerun the situation to put any errors right – the ability it gives us to confirm troop skills is fantastic."

Operating in a situation that mimicked military encounters in Bosnia and Northern Ireland rather than southern Afghanistan, one soldier was "shot" as he walked across the town square.

"We were required to react at speed to evacuate the casualty while defending against a sniper and angry citizens," commented Sgt Donald Buchan (5 Scots).

"It was physically demanding and tested everything the men knew about dealing with an injury while on a mission."

Elsewhere the student instructors were required to handle prisoners of war, attacks from all angles and booby traps.

On one occasion, Servicemen worked under the cover of smoke as explosives were detonated and rapid entry was made into a besieged building.

With personnel safely tucked in behind walls of the mock estate, gunfire rained down.

Speaking amid sporadic explosions, FTU instructor Sgt Simon Hodgkinson (1 Rifles) said: "After a scenario is finished, I talk through what went right and wrong.

"The soldiers get a chance to put all their orders into practice as they get about six battle exercises and reviews each day.

"Being two weeks long, you get more opportunities to go into greater detail than in the past."

Re-learning the skills and drills necessary for "generic warfare" and fighting in built-up areas are the aims of the package.

**WE RELAY THE ACTION
ON A BIG SCREEN
THEN RERUN THE
SITUATION TO PUT
ANY ERRORS RIGHT!**

More than 100 military instructors are expected to undertake the course each year and its graduates will be qualified to pass lessons on at platoon and section levels.

"The careers of most, if not all, of the people on this course have been focused entirely on Afghanistan. We are trying to break that mindset," continued Maj Suddaby.

"Personnel can take knowledge back to their teams to instruct their soldiers. That way we are able to train troops exponentially in far greater numbers than we could here."

Battles raging against the backdrop of a densely populated conurbation may seem like something of a foreign concept to those patrolling the villages and poppy fields of southern Afghanistan. But the Field Training Unit is playing its part in ensuring that British Army personnel are armed with the flexibility to fight wherever they are required after Op Herrick. ■

Military Injuries

Legal advice from Irwin Mitchell

Suffering an injury on or off duty can be a difficult and distressing experience. At Irwin Mitchell we're renowned for our understanding of the unique circumstances and issues affecting Service personnel and their families and we know what positive action to take to make a difference.

We can assure you that:

- You will receive 100% of the compensation you are awarded.*
- You will not have to pay us anything for the work that we do.**
- A dedicated, experienced team of specialists with extensive understanding of military injuries.
- We'll see you at a place convenient for you.

Irwin Mitchell is the appointed Legal Representative under PAX Personal Accident Insurance (Legal Expenses). PAX offers specialist military insurance for Armed Forces Personal Injury Claims.

Talk to a specialist advisor today

Freephone 08000 23 22 33 or visit www.irwinmitchell.com
Text claim to 61993 and someone will call you back

Rehabilitation First Award 2011 Winner
ACCREDITED Personal Injury
PERSONAL ACCIDENT INSURANCE

irwinmitchell IM
solicitors

Pi2243 *does not apply to group actions or claims for accidents and illness outside England and Wales
** Subject to entering a 'No Win, No Fee' agreement with us and complying with its terms
Irwin Mitchell LLP is regulated by the Solicitors Regulation Authority and its associated firm Irwin Mitchell Scotland LLP is regulated by the Law Society of Scotland.

BOARDING SCHOOL
Girls & Boys
5 to 20 years

Email: info@QE.org
for a copy of our free
prospectus and DVD

For Academic Year 2011 to 2012 we guarantee your
contribution per child per term will be a maximum
of £795 ~ plus Childcare Vouchers accepted

We understand the needs of service families with staff who are married to serving members of the Forces with years of experience in ensuring children settle well, are confident and highly successful. Our boarding facilities are the best in Europe. Every bedroom has its own private shower and toilet plus telephone, voice mail, music centre, large plasma TV/DVD player with gaming port (on timer) and hot drinks facilities. House staff are friendly and caring.

We are the UK's top number 1 northern School for academic results yet we take a wide range of ability.

£45m in new facilities. Successful CCF unit. Huge range of sports + £6m new Sports Centre + music and drama.

98% of A-Level students go on to University. Easy to get to by road, rail and air.

QUEEN ETHELBURGA'S COLLEGE

Thorpe Underwood, York. YO26 9SS. Tel: 01423 33 33 30

4 Schools - 1 Campus
All ages - All abilities

Web: www.QE.org
Email: info@QE.org



"Your prospectus was a pleasing change over the usual. We loved your section on boarding - truthful and level-headed comes to mind. It gave us reassurance."

"Our son read your prospectus. Wonders will never cease. He soon found the piece about all the things you put in a boarding bedroom. Now he is all smiles!"

"Great prospectus and at last one, in fact the only one, we really believe. My wife said you 'hit the nail on the head' and address the issues that matter to parents and children."

"Thanks for sending your prospectus with details of your Forces Discounts. We have not found any independent school which can match you. You say it for real. We loved it."

We aim to only increase the £795 maximum personal contribution per child, per term, in following years, in line with the % Forces pay increases. This reduced contribution now means we rank as one of the most competitively priced boarding schools for Forces in the UK and you get a school that is increasing in size, has spent over £45m in recent years on improvements and upgrades, where the Academic results are brilliant and where children are happy, confident and successful. We have 800 boarders and 400 day pupils.

TALKBACK

YOUR letters provide an insight into the issues at the top of soldiers' agendas . . . but please be brief. Emails (mail@soldiermagazine.co.uk) must include your name and location (although we won't publish them if you ask us not to). We reserve the right to accept or reject letters, and to edit for length, clarity or style. Before you write to us with a problem, you should first have tried to get an answer via your own chain of command.



SHAPE UP OR SHIP OUT

■ I WRITE in reference to "Deny Bounty eaters their bounty" (June) and fully agree with the letter's author. Why are people rewarded for being unfit and overweight?

With the role of the Reservist soldier changing, volunteer personnel will be used for more deployments. However, Bounty eaters will not be going on tour as they will never get through the doors of Chilwell let alone past them.

It's time the Reserve force took a similar approach to the Regulars – get fit or get out.

These wasters are costing the taxpayer money and holding back a younger generation, who probably have more experience as they have been on tour.

I recently completed a military proficiency course and was embarrassed by the future commanders who couldn't keep up with the group. How do you lead from the back?

It's time the Reserves had a proper clear out. If the Service is really committed to being the best it should only keep the best. – Name and address supplied.

DECORATION DIVIDE

■ BRIG Mike Griffiths [responding to a letter querying the qualifying criteria for the Long Service and Good Conduct Medal] should check his facts. Territorial Army officers receive the Volunteer Reserves Service Medal after ten years in uniform.

With much more integration between Regulars and Reserves it is essential for a level playing field in medallic recognition. – Charles Lovelace, Liphook.

Rankled by rank slide revision

■ I WRITE to highlight my concern at the increase in the number of costs being passed on to individuals within the Army. Rather than reducing expenditure, the powers that be seem to be using Armed Forces budget cuts as an excuse to ask soldiers to put their hands in their pockets.

Those serving with the Royal Signals have to pay for unit insignia badges and tactical recognition flashes as the corps does not issue enough for all forms of uniform. In addition, signallers are expected to purchase stable belts and name tags.

Furthermore, under new dress regulations, the corps has decided that the Velcro elements designed to minimise tailoring look unsightly and that patches must be worn over them, onto which badges are to be sewn.

It has also been deemed that issued rank slides are no longer suitable and individuals should wear olive green ones instead.

If the issued kit is not fit for purpose why has this not been raised by personnel at the top of the chain of command in order to get it rectified? If these new elements are now part of dress policy, why aren't individuals able to recoup the cost of buying them? – Name and address supplied.

Col Graham Norton, Corps Colonel Royal Signals, responds: Sometimes we don't get things quite right. I am very aware that the issue of the corps' new rank slides and changes to policy on name tapes is somewhat emotive and I have been grateful for the feedback I have received via the chain of command, and in person as I have visited units.

I can assure you that I am acutely aware of the cost of such items, but I would emphasise that for name tapes we have not made any revolutionary changes.

Moreover, we have not issued instructions to cover Velcro patches. All



badges are to be sewn onto the blanking plates. The details can be found in *Royal Signals Policy Directive 161*.

With regard to rank slides, the Army does issue generic insignia but some corps and regiments choose to add abbreviations to engender a sense of identity and pride.

Most of our corps have chosen to wear slides in varying styles with abbreviations on them, so we have, along with other formations, taken the opportunity to adopt a new unified rank slide and widen its use down to lance corporal.

However, I accept the revised policy was not introduced as well as it could have been, and the fact that this is the first time the corps has mandated a specific style of slide for all ranks was not fully appreciated.

You should have confidence that your chain of command does work and has raised these issues with me. As a result I have asked commanding officers to identify how we address this, including assessing the feasibility of a one-time issue funded by the corps. I will follow up through the chain of command as soon as possible.

Warrant officer's welfare wonderment

I HAVE served for more than 30 years as a Regular, long service and full-time Reserve service soldier and have never previously written to your magazine. I felt compelled to do so on this occasion to express my admiration for those who recently assisted my son – currently based in Gibraltar – and his family.

On May 5 my grandson was born suffering with breathing difficulties. Fast forward a little over 24 hours and my son's family were back in the



United Kingdom.

My daughter-in-law and grandson are being cared for by specialists in an Oxford hospital and my son and granddaughter are with them.

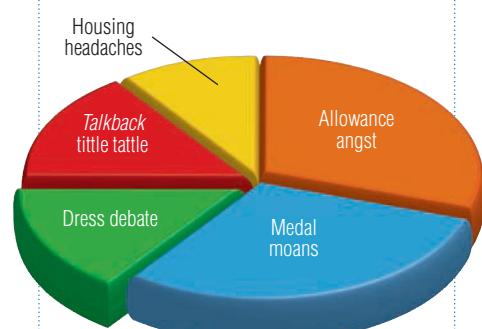
It just goes to show that when the military wheels are set in motion events occur very quickly.

It's simply unbelievable.

From a very relieved family, a massive thank you to all those involved. – WO2 M Philpott (Mercian), 38 (Irish) Bde.

Slice of Service life

This month's ruminations from the ranks...



Veterans call for a degree of decorum in decoration debate

As a former senior NCO with a total of 25 years' service in the Army, including 19 in the Intelligence Corps, I found some of the comments made by SSgt Mark Smith (55 MI Coy) – "Buying baubles devalues medals" (March) – to be distasteful and ill informed.

Whilst I broadly agree in principle with his main complaint about individuals purchasing so-called commemorative medals, either to enhance their lack of decorations or to join the growing ranks of civilian Walter Mitty, I can understand the sentiments and dismay of some who have given long years of service in various theatres without recognition. I do not, however, include myself among the latter, being quite content with my cluster of three medals.

There has always been an apparent disparity on the rules governing decorations and this is one of the reasons for resentment.

A few examples of this include the award of a single General Service Medal (1918-1962) and GSM (1962) with clasps for all subsequent conflicts (excluding war service).

Why was a separate award struck for Op Agila, the British-led Commonwealth monitoring force for the Rhodesian ceasefire, yet no medals were issued or clasps presented when the Turks invaded Cyprus in 1974 or for the threatened Guatemalan invasion of Belize in 1975 and again in 1977, when it was found necessary to substantially reinforce the garrison?

These have to be taken in context when compared to peacekeeping awards where the actual threat has diminished. Nevertheless, I take offence on others' behalf to SSgt Smith's ill-judged comment about the British Army of the Rhine (BAOR), in particular "this decision (not to award a medal for service) was no doubt due to the lack of daily threat to life and rounds coming down".

Since 1972 there have been 94 attacks against the military on the UK mainland, the European continent and elsewhere by Republican terrorists, resulting in 72 deaths and injuries to a further 345 Service personnel and their families.

The first action on the UK mainland took place on February 22, 1972, three weeks after Bloody Sunday, when the Official IRA detonated a 280lb bomb hidden in a red Ford Cortina in the car park of the 16 Parachute Brigade officers' mess in Aldershot.

Five civilian cleaners and an elderly gardener, plus the Roman Catholic padre, Capt Weston (RAChD), were killed in the explosion and 18 others were injured.

The first attack in BAOR was committed by the Provisional IRA on September 17, 1973 when a small bomb was detonated at an RAOC vehicle depot in Ayrshire Barracks, Monchengladbach.

The last assaults on military targets took place at Quebec Barracks, Osnabruck in June 1996 and the White City TA Centre, London in February 2001. In the latter, a booby-trapped torch was handled by a young Army cadet,



■ **OVER the last few years I have read with interest the ongoing debate about medal issue, whether in relation to campaign decorations or commemorative awards.**

It was with these letters in mind that I finally decided to write to *Soldier*.

I recently attended the annual remembrance service for the defence of Calais, during which the Greenjacket Brigade and supporting arms fought off a Panzer division in order to keep German forces from Dunkirk in May 1940.

These men landed with hardly any equipment or anti-tank weapons and, as instructed by Winston Churchill, fought to the last round. Those who survived were rounded up by the enemy and made to march more than 350 miles to Germany. They were subjected to brutal treatment

injuring and blinding him.

Between these dates 36 attacks were undertaken by both the Provisional IRA and Irish National Liberation Army in West Germany, the Netherlands and Belgium.

These included a coordinated series of bombings against eight garrisons on July 13 and 14, 1978 and one failed attack when a 500lb bomb was discovered in a German-registered BMW in the car park of Joint HQ Rheindahlen.

This campaign lasted until 1981 and included the assassination of Col Mark Coe, chief of staff HQ 1 (BR) Corps in 1980.

The next campaign by the Provisional IRA took place from 1987 until 1990 and resulted in the deaths, amongst other military personnel, of a

along the way and on arrival spent the next five years as prisoners of war, compelled to work as forced labour.

In January 1945 they were marched west, away from Soviet forces, in what was one of the coldest winters in memory.

Some unfortunates even froze to death at the roadside.

The point of this letter is that these men received the War Medal and 1939-45 Star from a grateful government.

Today's Service personnel deserve all the awards they receive and as an ex-soldier I feel very proud of them.

However, I'd ask all those who think another decoration should be issued or are moaning because they are not entitled to a jubilee medal to spare a thought for the veterans of Calais. – **Gary Cootes, ex-RGJ.**

six-month-old baby girl, Nivruthi (Ruthi) Islania, and her father, and Heide Hazell, the German-born wife of a REME staff sergeant.

Local civilians were not immune from attack either. During the first bombing of Quebec Barracks, Osnabruck in June 1989, PIRA gunmen did not hesitate to open fire when confronted by an elderly German boiler man.

Terrorists shot and wounded a police officer in the port of Antwerp and opened fire on chasing German civil police as they made their escape after killing Maj Dillon-Lee in Dortmund.

In conclusion, to say that personnel in BAOR were at less of a threat from terrorism is an insult to the families of those who lost their lives or were injured as a result. – **D Macdonald, London.**

WRIGHT WRONG

I RECENTLY had the pleasure of completing military annual training test six (values and standards) prior to my deployment on Op Herrick.

However, I noticed a grave discrepancy on one of the videos. In *Not Welcome* a team of craftsmen are shown to be less than accommodating to a new colleague.

More worryingly though, they decide to go for lunch while BBC Radio 2's *Steve Wright in the Afternoon* is playing in the background even though this programme does not start until 1400, by which time the cookhouse would certainly be closed.

Our protagonists then return from their break but do so during a segment of the show that does not usually feature until near its 1700 finish.

Notwithstanding their moral turpitude, how can the craftsmen's rather late and very long lunch break be accounted for? — **Lt GP Randell, Bielefeld.**



Married to the military: Was it just me or did others read with dismay newspaper articles concerning a certain royal tour of duty and snippets about the poor wife left behind? I am by no means anti-royalist but the reporting of Prince William's recent six-week tour of the Falklands and media comments about how well the Duchess of Cambridge was coping on her own were over the top. I wasn't aware that such a short period of time was classed as a tour of duty. Catherine should get out among the real military wives and see what coping really means. Prince William needs to deploy to Afghanistan to get a taste of real operational flying. — **Victor Hunt, Belfast.** Picture: Sgt Steven Hughes, RLC

Territorial Army career crumbling in Cyprus

AM a MoD civil servant currently working in Cyprus and also a staff sergeant serving with Nottingham-based 73 Engineer Regiment.

My civilian and Territorial Army roles have, until now, combined extremely well — with both providing training and qualifications of direct benefit to the other.

I get an extra annual leave allowance from my civilian employment to attend military serials and being based in a tri-Service

establishment means there is no shortage of quality training to be gained in Cyprus, where I am an active member of the warrant officers and senior non-commissioned officers' mess.

Furthermore, access to trooping flights makes it possible to return to the UK for periods of training.

However, I have been informed by my unit that, in accordance with TA regulations, they will have to instigate my discharge because I am no longer a resident in the UK.

With so much still to offer the Service I do not wish to leave the Reserves and communicated that message to the admin staff. Although apologetic about my situation, they believe my discharge is necessary.

When I accepted my current position in Cyprus I had no idea my commitment to the TA would be put at risk.

I thought that as a fully entitled UK-based civilian working on a sovereign base area at a British Forces Post Office address and being employed by the crown and living in Service families accommodation would mean that I could continue my military career.

Please help me resolve this issue, hopefully in my favour, before the door on the TA is closed behind me. — **Name and address supplied.**

Brig Tim Hyams, DPS(A), responds: Thank you for your letter concerning your service with the Territorial Army.

As a UK-based civilian stationed in Cyprus, your

ability to be mobilised as a TA soldier is impaired. Consequently you, and all other members of the Reserves who have been living abroad for 12 months or more, are required to leave the Service unless retention is authorised by both your unit and the Army HQ. Failure to enforce this regulation would prevent commanding officers from promoting others into a post that you may occupy.

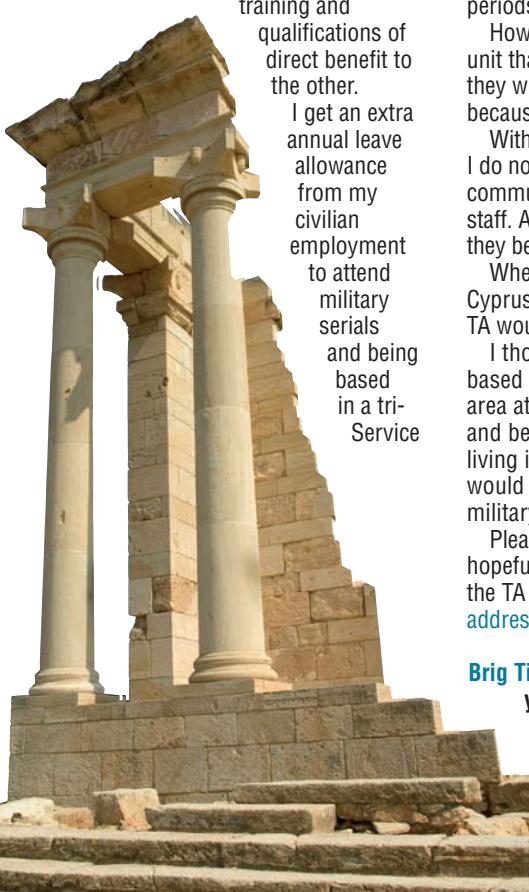
However, there are some options you might pursue. You could apply to go onto the un-posted list (B), which will keep you in the TA with APC Glasgow acting as your commanding officer.

Under this option, you would have no training liability and thus no eligibility for award of bounty.

On return to the UK you could pick up your TA career again. That said, there is a maximum limit of two years for the un-posted list and there would be no guarantee that you would be able to rejoin your former unit.

Alternatively, and whilst the un-posted list (A) is inadmissible because there is no TA unit in Cyprus with which you could train for 27 days in order to qualify for your bounty, you could write to the Army Personnel Centre (MS6) outlining your ability to train with a Regular unit and request a waiver.

You may be able to seek employment with a military unit in Cyprus on an additional duties commitment but the formation would be required to provide liability and financial cover.



Protect your pension payments

ALL those who previously banked with Alliance & Leicester – now part of Santander – should be made aware of a potential problem.

Apparently, a letter was sent out to customers during the takeover to warn that banking details held by employers needed to be updated, specifically a change in sort code and, in some cases, revised account numbers.

I never received this correspondence, probably due to being deployed on operations in Afghanistan.

Consequently, I was unaware of any issues as regular payments, such as my monthly salary, were automatically being redirected to my new account.

However, during the past few weeks I should have received a resettlement sum but it failed to feature on my monthly bank statement.

After speaking to staff at the Joint

Personnel Administration Centre, who insisted the allowance had been processed, I contacted Santander and was advised “one off” payments are not automatically redirected and that the money had been duly returned to the pay office.

I was also told that, in time, regular credits will cease to be forwarded, potentially leaving former Alliance & Leicester customers without a penny in the bank.

If you have not yet done so, I encourage those banking with Santander to update their account details using Joint Personnel Administration – especially those expecting a lump sum from their pension!

Of course, if you actually received your letter from the bank you will undoubtedly have done so already. – Mike Taylor, former AAC.



Picture: Jakub Kiechowicz

DIVIDED OVER DIAMOND

■ I WOULD like to respond to Al Honeyman's letter regarding the criteria for being awarded the Queen's Diamond Jubilee Medal, "Decoration delinquency" (June).

Thirty years of service is commendable, however, the fact is you are not eligible and stamping your feet and petitioning will not change a thing.

Years served outside of the award's criteria do not entitle you to wear a medal you do not qualify for. If they did, next month I'll show off the MBE I feel I should have received! – Name and address supplied.

■ AS a Reservist soldier of 15 years, I was completely gutted to find out I was not eligible for the Queen's Diamond Jubilee Medal as a consequence of not qualifying for my 2011/2012 bounty.

Having completed every bounty year except three since 1998, I felt the decoration (pictured right) would be a befitting reward for a career in the Territorial Army.

Throw operational experience and an Accumulated Campaign Service Medal into the mix and it seems absurd that I missed out at the expense of personnel who have been downgraded and still collect their £1,600 each year.

I accept there has to be a qualifying criteria but this twist wasn't confirmed to me until it was too late.

It seems that whoever was in charge of issuing this medal had one thing in mind – cost. As a result I am currently considering my service in the Reserves. – Name and address supplied.



Feedback on force's fatigues lacks uniformity

■ IN my opinion the new personal clothing system has been well thought out and is a practical uniform for use in the field and on operations.

The armchair warriors that are moaning because it looks scruffy when worn around camp should consider the other option – barrack dress.

This form of attire will keep those soldiers performing administrative tasks or non-field/operational training looking smart and feeling cool in the summer.

If you are wearing the multi-terrain pattern combat uniform then you should be on exercise or operations.

The clothing team should not waver on this topic and instead keep up the good work to get it rolled out quicker. – SSgt Ian McDonald, Defence College of Policing and Guarding, Portsmouth.



"It's something the commander-in-chief has dreamt up... khaki they call it... it'll never catch on and think how dull the battlefield will be."

■ WORKING within the Field Training Unit, I regularly come into contact with large numbers of soldiers and Royal Marines – from across the ranks – who are quick to

voice their disgruntlement on the subject of Service uniforms.

Since the formation of the British Army, its dress and the bearing of the individuals who wear it have been one of the inspirations that have kept the organisation in the world's gaze and been the envy of many.

So why do we now subsume to the influence of other partnered nations with regards to uniform – shirts worn outside of trousers in the case of the Army and baseball caps for the Royal Navy?

Could there be further changes on the cards in the next round of incessant reviews that we as a Service are being steered through by an ever increasing number of senior officers?

Let's get back to a uniform that is practical and yet smart – one that makes us proud to be seen in it. – WO2 K Carter.



i-foove Ltd

"Don't just be the best" Use the best

Best of British

Quality Equipment Hand Made in the UK

TROOPAID

supporting our injured troops

i-foove Ltd

RED KFS

RED: Retractable, Extendable and Detachable, Knife, Fork and Spoon

Designed for Professionals by Professionals

The i-foove RED KFS has been designed specifically for service personnel. The combination of practicality and function provides a lightweight and robust extendable fork, spoon for field rations and separates into a full size KFS set for in-camp feeding. This then retracts into a shock and waterproof carry case for transit.

Using state-of-the-art composites, it's extremely lightweight & designed to last a lifetime.

- Pouch to Pocket
- Shock and Water Proof
- FOB to Field
- Secure and Silent
- On and Off Duty
- Lightweight and Robust
- Lighter, more compact & more hygienic than steel



only
£14.99

not incl. P&P

Order online at: **www.i-foove.co.uk**

We accept PayPal & Pingit

01745 354703
info@i-foove.co.uk

RESOLVE UK



DEBT PROBLEMS?

Can't afford your repayments? Refused a loan? CCJs? Debt collectors? Bailiffs? Facing bankruptcy?

Don't let debt affect your career.

RESOLVE (UK) CIC is a not-for-profit organisation. Providing free and confidential non-judgemental, 24/7 debt advice to all military personnel and their families.

01732 36 53 80

www.resolveuk.com email: info@resolveuk.com This is not an offer for a loan
Pay your debts with affordable monthly payments

INJURED IN THE LINE OF DUTY?



You may be entitled to claim compensation to protect you and your family's future.

You are entitled to claim compensation for injuries sustained whilst in a theatre of operations or in training or at any time.



For **SPECIALIST ADVICE** for **MILITARY PERSONNEL**

Call FREE ON 0800 132965

or visit us at: www.harrisfowler.co.uk



Harris Fowler
THE PERSONAL INJURY SOLICITOR

You've got nothing to lose and perhaps a lot to gain

DIGITAL DOSSIER

THIS MONTH'S ELITE TWEETS

#AFGHANISTAN

@WilliamJHague

Have begun a visit to **#Afghanistan** with call on President Karzai. British Forces, diplomats & aid workers doing brilliant work here

#EURO 2012

@lplaneswingguru

Little known fact about Danny Welbeck, his dad is a bomb disposal expert called Stan!

#MILITARY HISTORY

@adamgoldenballs

Great fact 'from the late 19th century to 1916, moustaches were mandatory in the British Army'

@RealTimeWWII

The next time people in Britain hear church bells ring, it will signal a German invasion; new law bans campanology except in emergencies.

#REDUNDANCIES

@acekingk2

McDonald's employees 87,500 & rising. British Army 120,000 & decreasing. UK gone from **#worldbeaters** to **#worldeaters**

#SOLDIERS

@DefenceGirl1

Soldiers are humble because they know their faults. How do they know their faults? Because their mates tell them repeatedly!

#TROOPING THE COLOUR

@Queen_UK

Talking of soldiers, one might have a boiled egg when one gets back to the palace. **#troopingthecolour**

@LindseyJones28

No army marches like the British Army. Magnificent sight. **#proudtobebritish**

#TELEVISION

@Lewis_Kennedy2

Watching **#FightingOnTheFrontline** and actually can't believe how brave the soldiers of the British Army are! **#GodBlessThemAll**

#AND FINALLY

@lindsayjordan

British Military Fitness trainer is walking across the park in his combats holding a frothy coffee with sprinkles. Not in t'army now, lad...

@soldiermagazine

'Consign combat boot to cobbler's trash can'

PROBABLY 99 per cent of my company prefer to wear boots we have purchased ourselves than those issued to us because the latter are as comfortable and combat effective as sandpaper slippers.

A minority of soldiers manage to obtain a decent pair via the medical centre but the Army is generally very reluctant to provide alternative footwear.

As a section commander I fully understand how important a decent set of boots is, so why is it we are not allowed to use our own? It's not as if we are asking MPs to sacrifice their essential iPads to pay for them.

And why are the issued boots so abysmal? – [Name and address supplied](#).

Lt Col Matthew Tresidder, Defence Clothing Team, responds: Thank you for your letter and for voicing your concerns.

In answer to your first question about why you cannot use your own boots, this is to ensure that all British Army personnel wear common items of footwear which are manufactured to meet an agreed specification and available through the military logistic chain.

However, it is unit policy which allows you to wear non-issued footwear so this is a query you will have to address with your chain of command.

Regarding the current issued boots, footwear is always an emotive topic – probably one of the most important



"Those are positively you... an excellent choice of combat boot, Cpl Jones."

issues for an infantryman and one we take very seriously.

The current combat assault boot has been in service for nearly 20 years now. It is generally fit for purpose but we do accept that things have changed since it was developed.

The technology of walking boots has advanced hugely and with it user expectations and demands. To that end, we have recently completed trials for a new range of boots. These tests were conducted with the assistance of the Infantry Trials and Development Unit and some 2,000 serving personnel in the UK, Kenya, Canada and Cyprus.

As a consequence, we have now set contracts with a variety of manufacturers. These boots will be "commercial off the shelf" footwear. In other words, they will be the same sort of boot that you and your colleagues may well look to purchase from retail outlets.

Most importantly, when you go to get a pair you will be given a choice between two different manufacturers and allowed to choose the style that fits you best.

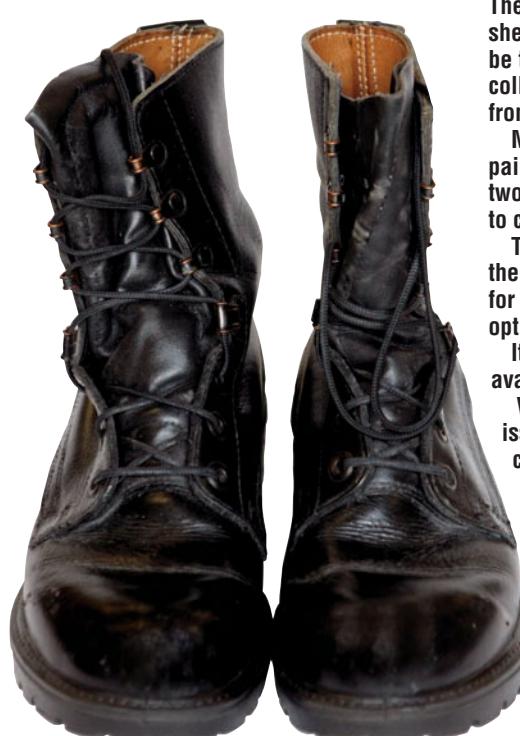
This is the same system we use for the desert combat boots currently issued for operations where personnel have the option of Lowa and Meindel footwear.

It is planned that the new kit will be available from the end of this year.

While it can be argued that the existing issued footwear still does the job, the clothing team fully accept that you expect, and deserve, better.

I hope you will agree that this represents a significant step forward as well as a very large investment in ensuring you have the right kit for the job.

Details on what the final choice of boots will be and when they will be available will be announced through your chain of command.





Official Suppliers to British Army, Royal Navy, Royal Air Force
Founded In 1972 Cabot Watch Company Ltd

There are only two ways to obtain a new genuine CWC:
either join the Forces or buy from Silvermans Ltd.



CWCwatch.com

Fixed Strap Bars • Stainless steel case • Tritium Luminous • 3 Year Warranty • Swiss Made
Genuine Military Issue • Suppliers to H.M. Forces for over 30 years • ISO 9001,2000



Service Watches

Quartz General Service G10

Currently supplied to MOD
British Army Issue,
Clear, precise, tritium light source,
acrylic "glass".

G10 - NEW £115.00
G10 2000' with Date - NEW £130.00



Pilots' Watches

Quartz Military Chronograph

The chronograph hour counter measures
up to 12 hours (position 6h).
The minute counter measures
30 minutes per rotation (position 9h).
The centre start-stop second hand measures
60 seconds per rotation.

Chronograph NEW £299.00



Divers' Watches

**1980s' Royal Navy
Automatic Divers**

This Re-make has been made to exacting
MOD specs but with the
added date function.
The non-date version was issue
for approximately a year & superseded the
Rolex submariner auto in the early 80s.
Highest quality Swiss automatic movement.
Water resistant to 300m.

With Date NEW £475.00
No Date NEW £450.00

Silvermans are the Sole retail Distributors of
Genuine NEW CWC Watches



Silvermans Ltd. 2 Harford St, Mile End, London E1 4PS
Tel: 020 77 900 900 Fax: 020 77 910 008 www.silvermans.co.uk
Phone for a FREE Catalogue quoting Soldier

Tinnitus? Hearing Loss? Injured on Duty?

Get the compensation you deserve:
Email: soldier@militarylawyers4U.com

For instant advice call:
0044 (0) 1274 727 190

**TEXT 'soldier' to
60777**

Military Lawyers **4U.com**

Military Lawyers 4U is a trading style of
Petherbridge Bassra Solicitors: SRA Number 61603



Printed or Embroidered Leisurewear to your Own Design

Minimum Order only 8 shirts

**For A FREE Colour Brochure and H.M. Forces discounted Price List
Including details of our FREE Sample Garment Offer contact :**

TEES TOTAL , 153 High Street , Royal Wootton Bassett , Swindon SN4 7AB

Tel : + 44 (0)1793 849888 Fax : + 44 (0)1793 849890

Email : sales@teestotal.co.uk

**To view the full Range of Garment
styles available visit our web site at**

www.teestotal.co.uk



'Walts show little respect for fallen soldiers'

Of those clamouring for medals do they realise the negative impression they give young soldiers who have to endure war in all its horrors for their decorations? Or indeed to those surviving veterans of the Second World War, Korea and other conflicts?

I am referring to those who tediously campaign for a National Defence Medal (NDM) or want to be given the Queen's Diamond Jubilee Medal – whether for free or through some daft purchase scheme.

Their latest lobbying has taken the form of a lengthy plea to the newly-appointed MoD medals review team, requesting that the organisation ignores its government-directed terms of reference and includes a NDM in its deliberations.

To a great many folk those who blame their own bare chests on an uncaring honours system come across as envious of personnel who earnt their decorations the hard way.

Lord Ashcroft recently published the results of an MoD-approved survey titled *The Armed Forces and Society*. His



"I warned him that all those extra medals might be too much for an 80-year-old to carry."

researchers met focus groups made up of serving and retired Servicemen, civilians, US military personnel and employers.

Not once during that extensive and professional exercise was the need for more medals or a lack of decorations mentioned.

What was raised, however, was the tempo of operations, respect from society, pay and job prospects.

Full details of the report can be found at lordashcroftpolls.com/2012/05/the-armed-forces-society

Regarding the letter from Gerry P, "Are nuclear test veterans not worthy?" (April), it is not the MoD that is responsible for the emergence of "bling" – it is the minority in the ex-Service community who buy and wear shed loads of tacky medals on their left breast.

These veterans seem to think that a gullible public will believe they are highly-decorated, battle-hardened heroes.

The truth is that they show little respect for themselves, the fallen or their former regiments by blinging it up or wearing non-entitled medals on some of our most sacred military occasions.

Blaming The Royal British Legion or Ministry of Defence for Walt-like behaviour is like blaming the homeowner for leaving his door open when he is burgled. – *Name and address supplied*.

Rehabilitation ruled out in ranks

I WRITE to disagree with the response offered by Brig Mike Griffiths to the letter "Drink driver denied decoration" (June).

Contrary to the senior officer's reply, there are serving soldiers who, having previously been found guilty of drink driving, theft, actual bodily harm or assault, are recipients of the Long Service and Good Conduct Medal.

Why? Because the Army seems to have adopted dual standards for personnel who have committed a crime while serving and those who acted unlawfully before joining the Service.

Under the Rehabilitation of Offenders Act 1974, civilians with spent and unspent convictions may apply to join the Army.

Some of these individuals will have committed serious offences yet are given the opportunity to put their past behind them and remain eligible for a Long Service and Good Conduct Medal.

With that in mind, why can't a soldier be given a chance to rehabilitate and be awarded the decoration?

Under current British law a drink driving offence is spent after 11 years and forgotten about.

I am now in my final six months of nearly 40 years of service and last had a regimental entry in 1977, for which I

submitted a plea of mitigation in 2004 but had it knocked back.

There are quite a few soldiers like me who did something silly and stupid when they were young but have gone on to have a long and successful career. In my own case, I reached the rank of regimental sergeant major, was commissioned and am now a major.

What really annoys me about any correspondence on this subject is that the offence is always taken into account while what has been achieved subsequently is disregarded.

Are annual performance reports and actions on operations since the misdemeanour even considered?

I feel very strongly that my loyal service and conduct over the last 40 years should be recognised and that I should not be punished for something that happened more than 35 years ago.

It's about time some of the British Army's regulations are reviewed and brought in line with UK and European law.

If civilians with spent convictions are able to join up and gain the Long Service and Good Conduct Medal then why can't serving soldiers do the same? – *Name and address supplied*.



OPERATION OMISSION

I WAS interested to read Brig Mike Griffiths' reply to a letter in May's issue of *Soldier*, "Disbelief at deployments dismissed", with regard to eligibility for the Accumulated Campaign Service Medal.

Although I exceed the necessary 1,080 days of operational service, I do not qualify for the award as, sadly, one tour was served in Aden. While this theatre qualifies as an "operation for which only a single decoration was issued", it falls outside the qualifying period which only recognises service after September 1969.

If, as Brig Griffiths states, the important word in the title of the honour is campaign and it is awarded to recognise repeated tours on operations, why is it necessary to have a starting line?

Surely the fairer solution would have been to link the criteria to an individual's service record, whereby if you meet the qualifying time on operations you get the medal.

Campaign service is campaign service no matter when it was served. There must be other close-but-no-cigar veterans like me who feel they have been cheated. – *Name and address supplied*.



APPOINTMENTS

Maj Gen James Bashall, currently general officer commanding 1 (UK) Armoured Division, to be chief of staff (operations), Permanent Joint Headquarters in August.



COMPETITIONS

Spine line winners: Mr L Matthews, Basildon, Essex; Sharon Jackson, Great Barford, Bedfordshire; Mr M Harte, Livingston, West Lothian; P Rendall, 39 Sig Regt, Bristol; Mr G Drew, DEMSS Kineton.

Payload daysack winners: Azhar Baig, Luton, Bedfordshire; Mr B Francis, Baslow, Derbyshire; Mrs V Baird, North Shields, Tyne and Wear; Beverley Thomas, Patcham, Brighton; Mr G Williams, Sheffield, South Yorkshire.



DIARY

July 1: The Band of the Coldstream Guards will perform a **Beating Retreat** at Cranbury Park, Winchester. The event, which runs from 1800 to 2030, is being held in aid of ABF The Soldiers' Charity and will also feature pipers and dancers of the Scots Guards Association. Visit www.soldierscharity.org for details.

July 4: Army Big Band concert at the Royal Military School of Music, Twickenham. Gates open at 1800 for a 1930 start. Other attractions include the Museum of British Music and a concert shop. Adult tickets cost £12.50 and concessions (OAPs and under 16s) £10.50, and can be booked by calling 0844 248 5100 or via www.ticketmaster.co.uk. For general enquiries and free tickets for serving personnel contact 0208 744 8633.

July 7: Buxton Military Tattoo, www.buxontattoo.org.uk

July 8-15: Ride for the Wounded. A joint venture between Troop Aid and Pilgrim Bandits will see injured Service personnel travel in classic motorcycle and sidecars for eight days. The 643-mile trip starts in Inverness and finishes at Plymouth.

July 11: Heroes concert, featuring the *Olympic Fanfare and Theme*, *Slavonic Rhapsody No 2* and **Heavy Cavalry and Cambrai Band**, at the Royal Military School of Music, Twickenham. Enquiry and ticketing details as July 4.

July 12: The Defence Academy will play host to an evening of **music and fireworks**. The event will feature a choreographed Spitfire flying display and the Band of the Royal Engineers. Tickets are available from the venue on 01793 785676 and are priced at £40 for families (two adults and two children under 16), £15 for adults and £10 for juniors and seniors.

July 18: Last Night of the Proms concert,

featuring *Fantasia on British Sea Songs*, *Jerusalem* and *Land of Hope and Glory* with the **Band of the Grenadier Guards**. Enquiry and ticketing details as July 4.

August 4: Arsenal FC's **little troopers coaching day and stadium tour** is free for children of British Army personnel. To book a place visit www.mydaddyisasoldieradventures.org

September 15: The **Troop Aid annual ball** will be held at the National Motorcycle Museum in

www.army.mod.uk/welfare-support/welfare-support.aspx

Army Families Federation: 01264 382324; mil 94391 2324; www.aff.org.uk

Blind Veterans UK: www.blindveterans.org.uk

British Limbless Ex-Service Men's Association: 0208 590 1124; www.blesma.org

Career Transition Partnership: 0207 766 8020

Children's Education Advisory Service: 01980 618244; enquiries@ceas.detsa.co.uk

Ex-Services Mental Welfare Society: 01372 841600; www.combatstress.com

Family Escort Service: 0207 463 9249

Forcesline: UK – 0800 731 4880; Germany – 0800 1827 395; Cyprus – 080 91065; Falklands – #6111; from operational theatres – Paradigm Services *201; from anywhere in the world (CSL operator will call back) – 0044 1980 630854.

Forces Pension Society: 0207 820 9988

Help for Heroes: www.helpforheroes.org.uk

Joint Service Housing Advice Office: 01722 436575

Medal Office: 94561 3600 or 0141 224 3600

Mutual Support (Multiple Sclerosis group): www.mutualsupport.org.uk

National Gulf Veterans' and Families' Association Office: 24-hour helpline 0845 257 4853; www.ngvfa.org.uk

Regular Forces' Employment Association: 0121 236 0058; www.rfea.org.uk

Remount: 01451 850 341; www.remount.net

Royal British Legion: www.britishlegion.org.uk

RBL Industries Vocational Assessment Centre: 01622 795900; www.rbl.co.uk

SSFA Forces Help: 0845 1300 975; www.ssfa.org.uk

Service Personnel and Veterans Agency: 0800 169 2277 (from the UK); 0044 1253 866043 (from overseas)

The Not Forgotten Association: 020 7730 2400; www.nfassociation.org



INTELLIGENCE

The following Army Briefing Notes, Defence Internal Briefs and Defence Information Notices can be found online at www.armynet.mod.uk

ABN 40/12: Major non-operational military events – summer 2012

ABN 41/12: CGS's briefing team report (January-May)

ABN42/12: Army future contracts database

ABN 43/12: Quad-Service lesbian, gay, bisexual and transgender

ABN 44/12: Territorial Army – Group A, terms of service age

ABN 45/12: Armed Forces compensation



DIRECTORY

Armed Forces' Christian Union: 01252 311221; www.afcu.org.uk

Armed Forces Humanist Association: www.armedforceshumanists.org.uk

ABF The Soldiers' Charity: 0845 241 4820

Army Welfare Service: 01980 615975;

scheme video

ABN 46/12: Defence Vehicle Dynamics 2012

ABN 48/12: The Army Photographic Competition 2012

ABN 49/12: Travel to London during the Olympic Games

ABN 50/12: Army international activity and the formation of the Army

ABN 51/12: Establishment of a historical inquiries and assurance branch within Headquarters Provost Marshal (Army)

ABN 52/12: Mental health stigma campaign

DIN 2012DIN01-134: Pre-deployment fertility preservation

DIN 2012DIN01-133: Updated process for POAEMs to transfer to the AET stream

DIN 2012DIN01-132: Tri-Service Fiji support network brief for Germany-based Service personnel, July 1-7

DIN 2012DIN01-131: MoD policy in handling overpayment/underpayment cases

DIN 2012DIN01-130: Implementation and provision of a new fee earner cadre to investigate Service and civilian bullying and harassment complaints

DIN 2012DIN01-129: 67th Defence Whitley Council meeting

DIN 2012DIN01-128: United Kingdom Special Forces selection – medical standards

DIN 2012DIN01-126: Update on status of BR8374 (officers' training regulations)

DIN 2012DIN01-124: Use of supplements by members of the Armed Forces

DIN 2012DIN01-123: Commando Helicopter Force, mobile air operations team

DIN 2012DIN01-122: The revalidation of doctors within the Defence Medical Services

DIN 2012DIN01-120: Army compulsory redundancy programme appeals process – tranche two

DIN 2012DIN02-011: Protection of security sensitive armour assets throughout the MoD

DIN 2012DIN02-010: Procedures for defence visitors to Canada

DIN 2012DIN03-013: Re-subordination of the Bowman training advisory team to the collective training advisory cell

DIN 2012DIN04-084: Issue of JSP 800, volume 5, edition 4.1 – *Defence movements and transport policy (road transport)*

DIN 2012DIN04-083: Confirmation of obsolescent signal kit pyrotechnic pistol No1 Mk 3 (red) ADAC 12804-01 and ADAC 12807-01

DIN 2012DIN04-082: Equipment tables, scales and schedules

DIN 2012DIN06-024: Road Safety Week guidance

DIN 2012DIN06-023: Publication of JSP 800, volume 6 – *The management and use of ISO*

DIN 2012DIN06-022: Cancellation of incident recording and information system

DIN 2012DIN07-086: Introduction of civil service learning

DIN 2012DIN07-085: UKMCC (Bahrain) pre-deployment training

DIN 2012DIN07-083: Authority for Army orienteering 2012-13

DIN 2012DIN07-082: Defence chemical, biological, radiological and nuclear training course qualification periods

DIN 2012DIN07-081: Training management information system policy

DIN 2012DIN07-080: Human factors (crew resource management) training course

DIN 2012DIN08-005: Non-entitled

accommodation rates

DIN 2012DIN09-013: Civilian Service Medal – Afghanistan

DIN 2012DIN09-012: Nato Meritorious Service Medal

DIN 2012DIN09-011: End of Op Telic – entitlement to the Iraq Medal and Accumulated Campaign Service Medal

DIN 2012DIN09-010: The Queen's Diamond Jubilee Medal – changes to official wear date

DIN 2012DIN09-009: Accumulated Campaign Service Medal 2011 – administration and criteria amendment

DIN 2012DIN10-024: Army Lawn Tennis Championships 2012

DIB 27/12: The defence budget and transforming defence

DIB 28/12: Afghanistan – announcement of the third tranche of transition areas

DIB 29/12: Message from the Queen to the Armed Forces

DIB 30/12: Prime minister and secretary of state for defence send thanks for Op Escalate



REUNIONS

The Mercian Regiment: The annual pilgrimage to the regimental war memorial in Crich, Derbyshire will be held on July 1, with the remembrance service starting at 1500. All those wishing to attend should be at the memorial grounds no later than 1430. The refreshment tent will open at 1200.

Continued on page 66



NO. 848

JUST HOW OBSERVANT ARE YOU?

TEN details have been changed on this photograph of a British Army vehicle patrol returning to Forward Operating Base Ouellette in the district of Nahr-e Saraj, Helmand province, Afghanistan.

Circle the differences in the left image and send the panel to **HOAY 848, Soldier,**

Ordnance Barracks, Government Road, Aldershot, Hampshire GU11 2DU by July 31. A photocopy is acceptable but only one entry per person may be submitted.

First correct entry drawn after the closing date will win £100; the second and third will receive £25 gift vouchers.

The results will be announced in the September issue.

May's competition: First correct entry drawn at random was SSgt Edwards,

SEME, Bordon. **Runners-up:** Sarah Martin, Cambridge UOTC, Cambridge and Miss T Needham, RMB Chivenor, Devon.





REUNIONS

Royal Green Jackets Regimental Association:

The annual veterans day will take place at ATR(W), Sir John Moore Barracks, Winchester on July 14. Attendance is open to all past and present riflemen and their partners. Contact Maj (Retd) Roy Stanger on 01962 887916 or by email at roy.stanger787@mod.uk

654 Squadron, 4 Regiment, Army Air Corps:

A family day will be held from 1200-2100 on July 14 to celebrate the squadron's 70th anniversary. All current and previous members are welcome. Those wishing to attend should contact Capt Scott Hewitt (scott_hewitt1@yahoo.co.uk) or Sgt Paul O'Leary (pauloleary4@hotmail.com).

30th Anniversary of the Falklands War:

Organisers of the War and Peace Show are offering free admission to veterans of the Second World War and Falklands campaign. Guests will have the chance to meet up with old comrades and see a huge variety of weaponry and vehicles. The event takes place at The Hop Farm, Paddock Wood, Kent from July 18-22. For more information and to book tickets call 01304 813945 or email rex@warandpeace.uk.com

Serving/ex-members of JARIC: An informal closure party will be held on July 26. For more details contact 01480 52151 extension 7988 or email ICGJARIC-Closure-Events@mod.uk

Close Protection Unit: Anyone who has passed the Royal Military Police close protection course is invited to Longmoor Camp over the weekend of August 4-5 for an informal reunion. For further information contact SSgt Drew Bear on 01420 537082 or at cpureunion@yahoo.co.uk

Crewman/door gunner reunion on September 27 at the Victory Services Club in London. £40 per person. For details contact Cpl James Price at 8 Flight AAC on 94475 2731 or at aviationcrewman@yahoo.co.uk

WEB WATCH

BOOKS

www.militaryhistorybooks.com

Specialists in new and used military books. Visit our website or for a printed catalogue call 01303 246500.

CLOTHING & KIT

www.military-supplies.co.uk
0844 561 1403

David Sykes is planning a reunion for all members of **4 Sqn, 22 Signal Regiment** who served between 1970 and 1975. Consider September/October a suitable time as hotel prices should be favourable. Anybody interested in attending can contact him by email at churchill422@sky.com

56th Signal Squadron (V) (Eastbourne):

Reunion dinner will be held at the Cavendish Hotel on October 20. Application forms can be obtained from the UHO either by email at 39sr-56-paySNCO@mod.uk or in writing from SHO, TA Centre, Seaside, Eastbourne, East Sussex BN22 7NL. Telephone 01323 728116.

Birgelen Veterans Association: The 12th anniversary reunion will be held at the Cavendish Hotel, Torquay from September 28 to October 1. Bookings will be restricted to the first 100 applicants. Members wishing to attend the event should apply via the association's website at www.birgelenvets.org

Royal Hampshire TA battalions: The annual reunion will be held from noon on September 29 at Newburgh House, Winchester. Dress is blazer and regimental tie. All Royal Hampshire TA and successor 1 and 2 Wessex personnel are welcome. Enquiries for those not on the existing mailing list to Maj (Retd) Ian Taylor on 023 8069 4771 or via ian.p.b.taylor@btinternet.com

Royal Horse Artillery Association: The 92nd reunion dinner will take place in Trowbridge on October 6. Attendance is open to all past and present members of any RHA unit and their partners. Those who would like to attend should contact the dinner secretary for full details: R J Whiteway, The Hideaway, 18 Immenstadt Drive, Wellington, Somerset, TA21 9PT. Telephone 01823 665650 or email rhaassn@hotmail.co.uk

ROADSHOWS

The Army Engagement Team wants to hear from members of the public who would like a personal invitation to its hi-tech roadshow. The event starts with a drinks reception, is followed by a presentation and questions and

www.soldiermagazine.co.uk

www.globalmilitarysupplies.co.uk

We give ten per cent of our profit to The Royal British Legion so get the best military kit sent to your door by us. Quote SM5 for a five per cent discount on your order.

SERVICES

www.forceshomes.co.uk

Finding homes for military personnel. We organise your mortgage, search for your ideal property, manage the complete purchase, arrange the letting if required, and pay all your professional and legal fees.

www.stressandflashbacks.co.uk

Touch to release past trauma.

culminates with refreshments. There will be a range of military personnel on hand to answer any of your questions. Call 01276 417000 or email your name and address to **apt.mod@btconnect.com** with the event you are interested in attending.

July: 17, Liverpool; 18, Chester; 19, Bolton. **September:** Stamford, Hertford, Southend, Falmouth, St Austell, Plymouth (dates TBC).

SEARCHLINE

Tony Levy, ex-Royal Signals (1972-1981), is trying to locate the **commemorative wall plaque** he was presented with in recognition of his time served as a permanent staff instructor on **Exercise Snow Queen**. The former signaller is happy to pay any reasonable expenses incurred in returning the item to him. Contact 07860 715603.

Richard Wareing is looking for information from current or former members of any **Royal Horse Artillery** unit. He is interested in accounts from barracks and operations for research prior to writing an historical book. Email Richard.wareing79@gmail.com

Dan Mills, author of *Sniper One*, is looking for Servicemen and women who served on **Op Telic** to contribute to a new book about the conflict. Personnel with interesting or emotive stories are asked to email dmillsraqbook@gmail.com outlining their experiences.

Brett Forman is researching the late **Terence Frank Hall**, born in Fulham on July 17, 1932. The former Serviceman grew up in London and is thought to have served with the Royal Signals in Cyprus. The last four digits of his Army number were 2269. Anyone with information is asked to contact Mr Forman by email at gforman21@hotmail.co.uk

The **Aldershot Garrison warrant officers and sergeants' mess** is closing and moving to Evelyn Woods Road. Any previous member who has donated a presentation to the mess can claim it back until September 1. Contact WO1 McCabe, HQ Aldershot Garrison, on 01252 348209.

Anthony Clayton is writing a **book** entitled *Battlefield Rations about food given to front-line personnel* and wants to discover troops' views and memories of provisions on operations. All royalties from the book will go to ABF The Soldiers' Charity. Write to Anthony at 43 Ford Lane, Farnham, Surrey GU10 3NB.

Ian Martin is seeking the family of **George H Tyler**, who served at Westlake, Cape Town during the Second World War. He was possibly an entertainments officer involved with the Royal Air Force and Royal Navy at Simon's Town. Mr Martin has sheet music for a song Tyler, a pianist, composed for a RAF Benevolent Fund concert. Email martin.ianb@gmail.com if you have any information.

The accommodation block at **Kiel Training Centre (North Germany)** will be closing at the end of November 2012. Anyone who has donated or presented items to the messes and would like them returned can make arrangements by contacting Dirk Naumann on 0049 (0)431 305258911 before December 2012. This closure affects only the accommodation block and Kiel Training Centre - KYC will continue to operate as normal.

HOME TRUTHS

A PERSONAL view from Catherine Spencer, director of communications at the Army Families Federation. Log on to www.aff.org.uk



Picture: Peter Gowling

Fleeting festivity: Celebrations marking the Queen's 60-year reign soon gave way to worry as soldiers awaited announcements on redundancy and Army 2020

Disquiet follows Jubilee celebrations

AS I write this column the country continues to glow in the aftermath of only the second Diamond Jubilee in our proud history.

Ever present, in rain or shine, were the Armed Forces with their intrinsic links to the royal family and the Queen.

For some, a highlight was the military muster in Windsor prior to the celebrations.

Not only did I feel a great sense of pride at the massed ranks of all the regiments of the Army, but a quick glance at medals on chests left no doubt as to the level of active service endured by these individuals.

As the weather closed in for the Jubilee weekend itself, so the future of soldiers and their families took a turn for the worse.

We continue to await the outcome of Army 2020 among rumours of political lobbying by regional representatives and 2,800 personnel were made redundant.

Even as my soldier prepared his uniform for funerals to honour the lives of two regimental colleagues killed in Afghanistan, the spectre of redundancy loomed large in our household.

Family plans conceived in far-flung quarters over the past 20 years were hanging on the decisions of a faceless committee in Glasgow.

We have been spared this time. But close friends were not so lucky and they now face the challenge of coming to terms with

redundancy before finding employment, housing, suitable education and dealing with the administrative "treacle" one might usually associate with emigrating.

Suddenly one year's notice doesn't seem very long at all.

Fortunately, those who have served in the British Army over the past decade are nothing if not adaptable.

They and their families are used to overcoming adversity and will, with the help of the transition packages on offer, rise to the challenge.

Industries searching for routes out of recession will notice the array of talent arriving in the marketplace and benefit from employing a "can do" ex-soldier.

For these are the same people that the government relies on whenever they are in trouble – be it to support tanker drivers, firemen or private security companies at the Olympic Games.

For those remaining in the Service, uncertainty lingers and the AFF will continue to voice your views as the objectives of Army 2020 are played out. ■

Wider strain of service

■ WHILE the Army rightly draws attention to the mental health of troops through "Don't bottle it up", the AFF highlights the impact of Service life on loved ones through our own mental health campaign.

It's not just serving personnel who may be affected by operational tours. Knowing your soldier is doing a dangerous job can affect the wellbeing of spouses, parents and children.



Record reply to survey

■ A SURVEY to find out what issues are affecting Army families saw record respondents on the first day.

A report will follow but initial results of the AFF Grab show that 15 per cent of troops have relied on a payday loan.

Statistics such as this help us to demonstrate where there are problems and we will produce the spin-free results ahead of our families conference in London in September.



Legal Advice and Guidance You Can Trust...



Forces Employment
Resettlement Grants
Wills and Probate
Lasting Powers of Attorney
House Sale or Purchase (LSAP)

Litigation
Personal Injury
Courts Martial
Criminal Law
Family Law

Forces Law Network Solicitor members offer legal services to serving and retired personnel throughout the world (including Reservists, the Civil Service and their families).

Initial advice and guidance is FREE with 10% discount thereafter. Our reputation is well supported with over **60 years' experience** in legal assistance to the Armed Forces.



0845 6011260 www.forceslaw.com

The Mess Dress Ltd

Military Tailoring, Mess Dress, Service Dress, Blues Tunic

Competitive prices. Interest free credit available on all uniform orders.

- * Mess shirts from £29.95
- * George boots £49.99
- * Sanders George boots £95
- * Officers Dress swords from £550
Incl VAT



- * Sameday Bespoke Framing on site
- * Engraved gifts, plates, presentation medallions.
- * Discount on bulk orders.



Medal court mounting £4 per medal. Mini medals from £4.
Please check our updated prices on our web site.

FULL SIZE O/T ELLIC & OSM AFGHANISTAN MEDALS @ £20
FREE ENGRAVING ON FULL SIZE MEDALS

Extensive range of miniature and replacement medals and ribbons. Very fast turn around. 99% of medal mounting is done the same day. Very large stock available for next day delivery. Much more on our website.

Our shop is open 6 days a week. Regular visits on Wednesday to Minley, Aldershot and Sandhurst areas. All our prices include VAT, tax free sales available for BFPO overseas.

www.messdress.com

88 Stewart Road, Bournemouth BH8 8NU

Tel: 01202 302846 Fax: 01202 383874 sales@messdress.com

CHECK OUT SOLDIER ONLINE
www.soldiermagazine.co.uk

REGIMENTAL JEWELLERY

J.M.BICKERTON

Manufacturing Jewellers

HIGH QUALITY ASSURED

VISIT OUR SITE FOR DETAILS:

www.regimentalbrooches.co.uk

jmb@regimentalbrooches.co.uk



Silver Parachute Regiment cufflinks

23 Vyse Street, Birmingham B18 6LE Tel: 0121 551 7366

The Regimental Shop™



www.regimentalshop.com

Email: sales@regimentalshop.com Tel: 0845 459 1964

GOLD WIRE BLAZER BADGES & HAND PAINTED WALL SHIELDS

(Select any Regiment or Corps)

PACE/RACING STICKS - 36" INDIAN ROSEWOOD

(SCREW FITTING) WITH CARRYING CASE, LEATHER
SWORD BAGS & KNOTS, TIES (REGIMENT or CORPS)

MILITARY MATTERS

7 WATERSIDE, GREENFIELD, SADDLEWORTH, OLDHAM OL3 7DP

TEL: 01457 877010 FAX: 01457 877010 EMAIL: military.matters@btopenworld.com

TO ADVERTISE IN SOLDIER TELEPHONE 01252 787106



 **MICHAEL JAY**

UNIFORMS

MADE TO MEASURE

MESS DRESS

SERVICE DRESS

No.1 DRESS

S.B. BLAZERS

D.B. REGIMENTAL BLAZERS

SPORTS JACKETS AND TROUSERS

DINNER SUITS

LUNGE SUITS

48hr or 2Week make up

MICHAEL JAY TAILORING

5 TOMO BUSINESS PARK STOWMARKET

SUFFOLK IP14 5EP

TEL: 01449 614602/604: FAX

Email: info@michaeljaytailoring.com

Ties

from O. H. Hewett Ltd

Ties made to order in
silk or polyester.

For information regarding prices and
minimum quantities please contact:

O. H. Hewett Ltd at
21 Farncombe Street
Godalming, Surrey GU7 3AY
Telephone: 01483 426917
Fax: 01483 424810
Website: www.ohhewett.com
Email: enquiries@ohhewett.com



Worcestershire Medal Service Ltd

Specialists in Orders Decorations and Medals



Full Size and Miniature Medals supplied and mounted for wear or display to the highest standards.

MoD Licensed Medals

(License No. D/1/PR/IX/E/0019/02)

Available from stock including

- ✿ Telic
- ✿ Afghanistan
- ✿ Golden Jubilee
- ✿ NATO, EU and UN
- ✿ Long Service awards
- ✿ Complete range of gallantry awards

We offer a complete engraving service and supply fine hand-made storage cases, display cases and wallets for your awards.

Whatever your requirements our helpful staff will be pleased to help with your enquiry by telephone, email or fax.

Visit our secure on-line shop
www.worcmedals.com

Unit bulk enquiries welcome

56 Broad Street, Sidemoor, Bromsgrove, B61 8LL Tel: 01527 835375
Fax: 01527 576798 eMail: wms@worcmedals.com



The store for Professional Soldiers
Shop online at
www.dragonsupplies.co.uk



By Appointment to
Her Majesty The Queen
Coat & Uniform Makers
Kashket & Partners
London

Kashket & Partners

Always
Best Value



01676 525 840



www.ecsnaith.com

Male SNCO's
Mess Dress

£460
(inc. VAT)

- 10 Day Express Service Available
- Includes Jacket Waistcoat and Trousers*
- Huge Range of Mess Dress Accessories
- Superb Quality
- Free Shipping Within the UK

* Where appropriate

** Offer subject to withdrawal without notice



Special Offer

Superior Quality Patey FAD Cap

only £110

(including badge & buttons)

Usual Price £135



Patey
Hats

0208 2914820

DRAGON SUPPLIES

www.bananamoon.co.uk
TOUR SHIRTS

SUPPLIERS TO THE MILITARY SINCE '93

T-shirts, sweatshirts, polo shirts, rugby shirts, jackets & much, much more

FREE Colour Brochure NO Minimum Order
Any genuine competitive price beaten

Embroidered t-shirts from £4.25 each

BULK DISCOUNTS • QUICK DELIVERY

We ship WORLDWIDE. VAT free to BFPO overseas



**SPECIAL OFFERS
TO HM FORCES**

INC.
FREE
T-SHIRTS



BANANA MOON WORKSHOP

Unit 8, Springwell 27, Dark Lane, Birstall WF17 9LN

Tel: 01924 420022 Fax: 01924 472238

e-mail: sales@bananamoon.co.uk



MILITARY MEDALS

www.bigburymint.com



Prepare your medals for parade or display!

Professional medal cleaning, remounting and engraving service

Suppliers of MoD Approved Full Size & Miniature Medals

World War I, World War II and current issue medals

We stock a full range of Commemorative Medals

★ Women's Service Medal available now

Call for advice & free brochure

Bigbury Mint 01548 830717

Bigbury Mint, River Park, Ermington, Devon PL21 9NT
www.bigburymint.com info@bigburymint.com

BADGES

It's what we do best!

EMBROIDERED • WOVEN • ENAMELLED

- Best quality
- Best prices
- Best delivery times
- No artwork set up charges
- Specialists with over 45 years experience

MINIMUM ORDER QUANTITY 50 BADGES



WE GUARANTEE to give **YOU** the **BEST** value, the **BEST** service, the **BEST** prices and the **BEST** quality badges available in the UK.

51-55 ENVILLE ROAD
 KINVER, STOURBRIDGE, DY7 6BX
 TEL: 01384 878550 FAX: 01384 877050
 e-mail : info@tolleybadges.co.uk
www.tolleybadges.co.uk

TOLLEY
Badges
MC414

INSIST ON THE BEST

GOLD WIRE BLAZER BADGES £15.00

GOLD WIRE BLAZER BADGES	£15.00	SWAGGER STICKS, CHROME & BLACK 24"	£17.00
CUFFLINKS AND TIE SLIDES FOR MOST REGIMENTS AND CORPS	£12.50	LAPEL BADGES FOR MOST REGTS AND CORPS:	£3.50
BERETS: RED, GREEN, NAVY, BLACK, SAS, LIGHT INFANTRY, MILITARY POLICE KHAKI, DRAWCORD LEATHER HEADBAND	£12.50	PINGAT JASA	£3.50
GOLD DRESS CORDS FOR STANDARD REGIMENTAL TIES & BOWS	£16.00	SPECIAL FORCES SUPPORT GROUP	£3.50
WHITE LEATHER GAUNTLETS	£37.00	COMMANDO TRAINED RED DAGGER	£3.50
WHITE COTTON GLOVES	£7.00	PARA CAP BADGE	£3.50
WHITE MASONIC GLOVES WITH LOGO	£8.50	REGIMENTAL WALL PLAQUES	£26.00
LEATHER STANDARD CARRIERS	£16.00	GILT PARA TIE SLIDES	£6.00
BRASS INSERTS	£37.00	GILT 29 COMMANDO RA TIE SLIDES	£6.00
	£7.00		
	£17.00	P&P £3.00 UP TO THE VALUE OF £30.00	
	£38.00	£4.00 UP TO THE VALUE OF £50.00	
	£17.00	£6.00 FOR ORDERS ABOVE THIS AMOUNT	

One off **BLAZER BADGES** a speciality at no extra charge. **SEND FOR FREE LISTS**

The Gold Wire Badges Co, 11 Dalehouse Drive, Shaw, Oldham, Lancs OL2 8JT.

Telephone/Fax: 01706 846648 E-Mail: sales@thegoldwirebadge.co.uk www.thegoldwirebadge.co.uk



WINDSOR MEDAL MOUNTING SERVICES

We specialize in quality medal mounting and medal ribbon bars

We can also supply:

- Military Berets • Beret Badges
- Medal Emblems • Medal Framing
- Blazer Badges • Mess Dress Badges
- Medal Brooches • No1 & FAD Badges

Ex Household Cavalry Ceremonial Tailor, Master Tailor Qualified, 25 years experience.

**TEL: 07786073060
 or 01522 702254**

3 Wells Court, Saxilby, Lincoln LN1 2GY

Visits by appointment only
www.windsormedals.com

MICHAEL JAY CIVIL AND MILITARY TAILORS

Our unbeatable
MESS DRESS
 offer

INCLUDES

- 14 day Make or
- 4Shr EXPRESS
- Lowest prices
- Best Fit
- Highest quality
- Best payment terms

Local agent to measure in most areas

Tel: 01449 614602/604: fax

Email: info@michaeljaytailoring.com

As our customers say
 The service is simply unbeatable

5 Tomo Business Park, STOWMARKET, Suffolk IP19 5EP

**TO ADVERTISE IN SOLDIER
 CALL 01252 787106**

Military Marketing International

Suppliers of commemorative plaques and presentation pieces



Let us design your Regiment and Operational plaques
 (minimum quantity 25)

PLAQUES: £12.95 each
 SHIELDCLOCKS: £24.00 each



for a full colour brochure contact:

82-84 Steward Street, Ladywood, Birmingham B18 7AF

Telephone / fax: 0121 454 5393

email: mmisales@militarymarketing.co.uk

website: www.militarymarketing.co.uk

CAMPAIGN LIVING SKILLS.
GROUND AWARENESS (TRACKING).



www.footstepsofdiscovery.co.uk

FOOTSTEPS OF DISCOVERY (SURVIVAL MATTERS) LIMITED.



FOR MORE DETAILS CONTACT SPANNER 07899928131

Goodalls Tailors Fine Military Tailoring

MESS DRESS

OFFICER & NCO MESS DRESS TAILORED TO THE HIGHEST STANDARDS

With discounts on Marcella Shirt, George Boots, Bow Tie and Braces when ordered with your uniform.



0 % FINANCE AVAILABLE ON MESS UNIFORMS

OFFICER & NCO MESS DRESS
FULL RANGE OF ACCESSORIES
REGIMENT TIES & CUFF LINKS
UNIFORM BADGES & BUTTONS
MINIATURE MEDALS
& MOUNTING SERVICES

TEL: 0113 2889944
WWW.MESSKITONLINE.CO.UK

Julian Young & Co.
Solicitors and Higher Court Advocates

✓ **Courts Martial****
✓ **Employment Law**

NATIONAL & INTERNATIONAL ADVICE, ASSISTANCE AND REPRESENTATION AVAILABLE. ATTENDANCE AT ALL CRIMINAL COURTS AND MILITARY*/CIVILIAN POLICE INVESTIGATIONS**

Telephone: 0207 724 8414
24 HR Emergency: 07956 502 069
118 Seymour Place, Marylebone, London, W1H 1NP
Email: julianyoung@jylaw.co.uk www.jylaw.co.uk

*Including international attendance. **Legal Aid funding may be available and may be subject to an independent financial assessment in some cases.

Concerts in the Park 2012




Royal Military School of Music, Kneller Hall
Twickenham TW2 7DU

27 June 4 July 11 July
Ticketmaster.co.uk 18 July

0844 248 5100

Affinity Flowers

IN SUPPORT OF HELP for HEROES

For on-line shopping and other exclusive services visit www.affinityflowers.co.uk
sales@affinityflowers.co.uk - or call in to our shop
Pennings Road, Tidworth, Wiltshire SP9 7LB [Next to Esso Garage]

Tel: 01980 846006

LOST MEDALS
REPLACED IN RECORD TIME
FULL-SIZE & MINIATURE
3 DAY MOUNTING SERVICE
RAYMOND D HOLDICH INTERNATIONAL
P.O. Box 2123, Hockley, SS5 9AG
TEL: 01702 200101
EMAIL: rdhmedals@aol.com

Navigation Training
Intensive 2-day courses in Map & Compass work. Practical/Min Theory. Small groups (4/5). Ex-Mil Instructor. Acc incl.
Contact Andrew 01974 821680 or email brynderwen@tiscali.co.uk

Notice to readers - The publishers of *Soldier* cannot accept responsibility for the accuracy of any advertisement or for any losses suffered as a result. Readers are strongly recommended to make their own enquiries and seek appropriate commercial, legal and financial advice before sending any money or entering into any legally-binding agreement.

DIXIES CORNER MILITARY SUPPLIES
Trecastle, Brecon, LD3 8RG



Alterations/repairs done on site.
Bergens 'Pimped'! Prompt turnaround.
Bespoke Webbing, Molle Hippo Pads, Yokes, Bags, Pouches, Chest Rigs etc. Keela Jackets, UnderArmour, Blackhawk, Sealskinz, Snugpak and lots more!



Open 9am - 5pm, Mon - Sat. Evenings and Sundays by appointment.

www.dixiescorner.co.uk
Tel: 01874 638091

www.soldiermagazine.co.uk JULY 2012 71



Operational Languages

Opportunities to learn Dari and Pashtu

The Defence Operational Languages Support Unit is looking for personnel to learn operational languages. Applications are invited from Officers up to OF3 and Other Ranks at any level with at least 2 years seniority and at least 2 years left to serve, to undertake language training.

Courses are conducted at the Defence School of Languages (DSL) Beaconsfield twice a year and we are currently inviting applications for the April 2013 intake. Courses last 15 months and on completion you will deploy for 6 months to Afghanistan as a Military Linguist.

Applicants who successfully complete the course will also be eligible for a financial award under the Defence Operational Language Award Scheme (DOLAS – DIN 2009DIN01-192); you will also qualify for additional operational language pay.

Selection is by interview and candidates must be physically fit. Applicants must also have manning authority clearance for the language training and subsequent operational tour.

For further information and an application form see DIN: 2012DIN07-038, or contact DOLSU on (civ) 01980 615362, (mil) 94344 5362, or email Jt Cap-DOLSU WO Cap Gen

Postal enquiries and applications should be sent to:
Defence Operational Language Support Unit, Bldg 190,
Trenchard Lines, Upavon, Pewsey, Wiltshire SN9 6BE

Music & Fireworks

At the Defence Academy, Shrivenham
Thursday 12th July 2012
Gates open from 6pm and events start at 7pm

CHEAPER THAN 2011!
Admission by Ticket Only

Featuring

Band of the Royal Engineers	Family Tickets	£40	<small>(2 adults and up to 2 children under 16)</small>
Guest Vocalist	Adult Tickets	£15	<small>(aged 16-59)</small>
Magnificent MK XI Spitfire	Senior Tickets	£10	<small>(aged 60 or over)</small>
Choreographed Flying	Children's Tickets	£10	<small>(free admission for children aged 4 or under)</small>
Display (subject to weather)	<i>Open to the general public, all profits will be distributed between the main Armed Forces Charities and 2 local charitable organisations</i>		
Fireworks Spectacular by Kimbolton Fireworks	<i>Tickets also available from the Defence Academy Main Gate Reception, Jubilee Centre, ESS tills using PIC cards and at the Shrivenham Village Post Office</i>		
& Local Entertainment	<i>Order a hamper to collect on the evening, bring a picnic or purchase refreshments from our food stand – no barbecues or pets please (further information on how to order a hamper can be found on www.da.mod.uk or contact the Music and Fireworks Ticket Office)</i>		

Music & Fireworks Ticket Office
 Defence Academy Headquarters, Shrivenham,
 Swindon, SN6 8LA – 01793 78 5676

 Defence Academy of the United Kingdom
 ESS Employee Services

SOLDIER

MAGAZINE OF THE BRITISH ARMY

FRESH FOCUS
UNARMED OPERATIONS, ETC, FUTURE FIGHT

COMBAT CLAWS
FOXHOUND UNLEASHED

PROVINCE PROGRESS
TROOPS TALK TRANSITION

EXCLUSIVE INTERVIEW:
MO FARAH GOES FOR 2012 GOLD

REVIEWED: 6 APPS TO FIGHT THE FLAG

SUBSCRIBE NOW!

FREE BINDER AND GIFT FOR SUBSCRIBERS



Subscribe today for your chance to enjoy 12 issues of *Soldier* for only £23 – a saving of 45 per cent on the high street price – and receive a free ring binder, electronic archive and choice of gift. Choose from a pocket torch, travel alarm clock, calculator, business card holder, manicure set or *Soldier* document holder.

Personal details

Name Address Postcode

Start my subscription with the issue. I would like to subscribe for: One year Two years

PLEASE CHOOSE WHICH FREE GIFT YOU WISH TO RECEIVE					
POCKET TORCH	TRAVEL ALARM CLOCK	CALCULATOR	BUSINESS CARD HOLDER	MANICURE SET	DOCUMENT HOLDER

I enclose a cheque/PO payable to **SOLDIER** for
 Return to **SOLDIER**, Ordnance Barracks, Government Road, Aldershot, Hants GU11 2DU

Order hotline: 01252 787107 Email: subs@soldiermagazine.co.uk
www.soldiermagazine.co.uk

PEN PAL

To advertise for a pen pal...

Please send for details enclosing a stamped addressed envelope to:

**Soldier, Ordnance Barracks,
Government Road, Aldershot,
Hampshire GU11 2DU**

Telephone 01252 787106 or email

advertising@soldiermagazine.co.uk
All pen pal adverts must be prepaid.
Only UK or BFPO residents can apply.

Anna, (42), 5'5", slim, brunette with a happy nature. Enjoys countryside walks, watching old movies, relaxing in front of the telly, listening to relaxing music or having a drink at the her local pub. Would like to write to serving soldiers in Afghanistan, home or abroad, 24-42.

P045

Pen Pal replies

To reply to a pen pal, write a letter and send it to the address above

- * The box number must be clearly written in the top-left corner of all your replies.
- * Replies should consist only of letter and photograph if requested.
- * Replies received more than three months after the cover date, large, heavy or poorly-addressed envelopes will not be forwarded.

FOR SALE

British Army Cap Badges

Many scarce, phone 01797 363761 for free list. www.webbmilitary.co.uk

Cap badges, regimental ties, blazer badges, medals, insignia. Send £2 for list to: Cairncross (Dept S), 31 Belle Vue Street, Filey, North Yorkshire Y014

9HU. Tel: 01723 513287 Website: www.cairncrossmilitaria.co.uk

Resettlement? Redundancy? Change of lifestyle needed? Buy a small hotel with village pub in Scotland. Visit: www.dgspc.co.uk/schedule/23842.pdf and www.borguehotel.co.uk
Ideal for ex-forces couple.

The Bespoke Tie Company®



The Regimental Tie Specialist - Current Ties and New Designs to order. Bulk & PRI discounts.
0845 2575710 sales@bespoketies.com

regimentalbrooches.com ONLINE SHOP

A large selection of fine quality original military brooches from WW1 to present day.

Including many rare and disbanded regiments. Royal Navy, RFC and RAF also available.

SERVICES

Armed Forces CVs
taking you forward of the line

Leaving The Forces?

Get Your CV Written by a Professional, who understands the language and the market place. We carefully translate your military experience into 'civvy-speak'. Company owned by retired Infantry WO1. 15 years' hard-won experience. Success Guaranteed.

Web: www.ArmedForcesCVs.com
Email: CVMaster@ArmedForcesCVs.com

5 star catering for your event, hog roast, BBQ, traditional burger van available for shows, fairs etc. For more info call Courtney on 07816271140 or email us at midascatering@hotmail.co.uk

HOLIDAYS

Trentham Hotel Blackpool. Centrally located and family-run hotel in Blackpool. Adjacent to Tower, shops, bars and restaurants. Fully stocked licensed bar. Visit www.trenthamhotelblackpool.co.uk Tel: 01253 290200

Kyrenia, North Cyprus. New three-bed apartment, sleeps six, stunning views, swimming pool and WiFi. £275 - £375 week. Email: blueseavista@hotmail.co.uk

Orlando, Florida, three-bedroom villa with own private pool, sleeps six. 15 minutes to Disney & Universal, £350 per week. Call now 07977464187 or visit www.thefloridapad.com/mail@thefloridapad.com

Robin Hoods Bay, North Yorkshire. An exciting opportunity to purchase a thriving and easily managed "lifestyle business" in this beautiful village. This guest house or generous six bedroom family accommodation has four en-suite rooms plus generous living space. A tea room facility is also available. £420,000 ono. Further details: Tel: 44 (0)1947 880197 or see www.devonhouserhb.co.uk

NOTICE

HQ 19 Lt Bde and Sig Sqn (209) would like to inform all members past and present who have presented any item to the brigade, that they can apply to have their presentation returned to them due to impending disbandment. All applications can be made through WO1 Steve Gill, Supt Clk, HQ 19 Lt Bde,

Theipval Bks, Lisburn, BFPO 801. Call 9491 62097 or 02892 262097 or email 19X-CGP-SuptClk@mod.uk

TO ADVERTISE IN SOLDIER
TELEPHONE: 01252 787106
EMAIL: ADVERTISING@
SOLDIERMAGAZINE.CO.UK

The Al-Sweady Public Inquiry:
request for information.

**Battle of Danny Boy, near Majar Al Kabir and Camp Abu Naji, Iraq,
May 14-15, 2004.**

Iraqis who were detained during the battle of Danny Boy, and the families of some Iraqis who died, have alleged that British soldiers mistreated and unlawfully killed detainees at Camp Abu Naji. The MoD takes the view that there is no credible evidence to support these claims. An independent public inquiry has been set up to investigate the allegations and establish the truth.

If you have any information about the treatment of the Iraqis detained first at Camp Abu Naji on May 15, 2004 and then at Shaibah Logistics Base until September 23, 2004, or about the deaths of those Iraqis whose bodies were returned to their families after the battle of Danny Boy, then please contact Tom Foley on 020 7025 4478.

Tom can also provide you with details of how to get free legal assistance, arranged by the MoD.

Please see the Inquiry's website for further information:
www.alsweadyinquiry.org

ARMY sports LOTTERY

RESULTS



FORCES DRIVE...

DEDICATED USED CAR BUYING FOR FORCES PERSONNEL

CHOOSE NOW FROM OVER 1000 CARS ONLINE

OVER 300 SPORTS AND EXECUTIVE CARS



06 REG

AUDI A4 CABRIOLET

3.2 FSI QUATTRO

SPORT, RED, 30K

£11990

£259
PER MONTH*



08 REG

BMW 118

DIESEL SE,

5DR, SILVER, 89K

£8890

£195
PER MONTH*



59 REG

VW PASSAT 2.0

SPORT 170 BHP AUTO

ESTATE, BLUE, 49K

£11990

£259
PER MONTH*

OVER 600 ECONOMICAL AND FAMILY CARS



09 REG

FORD FOCUS 1.8

TDCI ZETEC, 5DR,

METALLIC BLUE, 37K

£9990

£205
PER MONTH*



08 REG

HYUNDAI I30 1.6

CRDI DIESEL AUTO

Premium, 5DR, 39K

£7990

£175
PER MONTH*



08 REG

FORD C-MAX

1.6 STYLE,

SILVER, 37K

£6990

£154
PER MONTH*

OVER 100 MPV AND 4X4 CARS



05 REG

SEAT ALHAMBRA

1.9 TDI SX 7 SEATER,

SILVER, 65K

£6990

£154
PER MONTH*



01 REG

FORD GALAXY 2.0

TDCI 140 BHP ZETEC

AUTO, SILVER, 24K

£15990

£343
PER MONTH*



58 REG

VW TIGUAN

2.0 TDI 140 BHP

4x4, SILVER, 64K

£12990

£279
PER MONTH*

Cash Price £11990.00, Deposit £1199.00, Balance to Finance £10791.00, 60 Monthly Payments of £258.53, Total Amount Payable £6710.80, Representative APR 16.1%.

*Plus Deposit. Subject to T&Cs. Finance is provided by one of our panel of lenders. Cars for illustration only. Administered by AAPL, Trax Park, Doncaster, DN4 5PD.

2010 REG
FIAT 500 1.2 SPORT

FROM ONLY £7990*

SCOOP PURCHASE
CHOOSE FROM 20



Close Brothers

Military Services Limited

SPECIALIST MILITARY
MOTOR FINANCE

ONE CALL
TO SORT
IT ALL!

CALL
NOW



- CHOOSE YOUR CAR!
- ARRANGE YOUR FINANCE!
- CONFIRM DELIVERY!



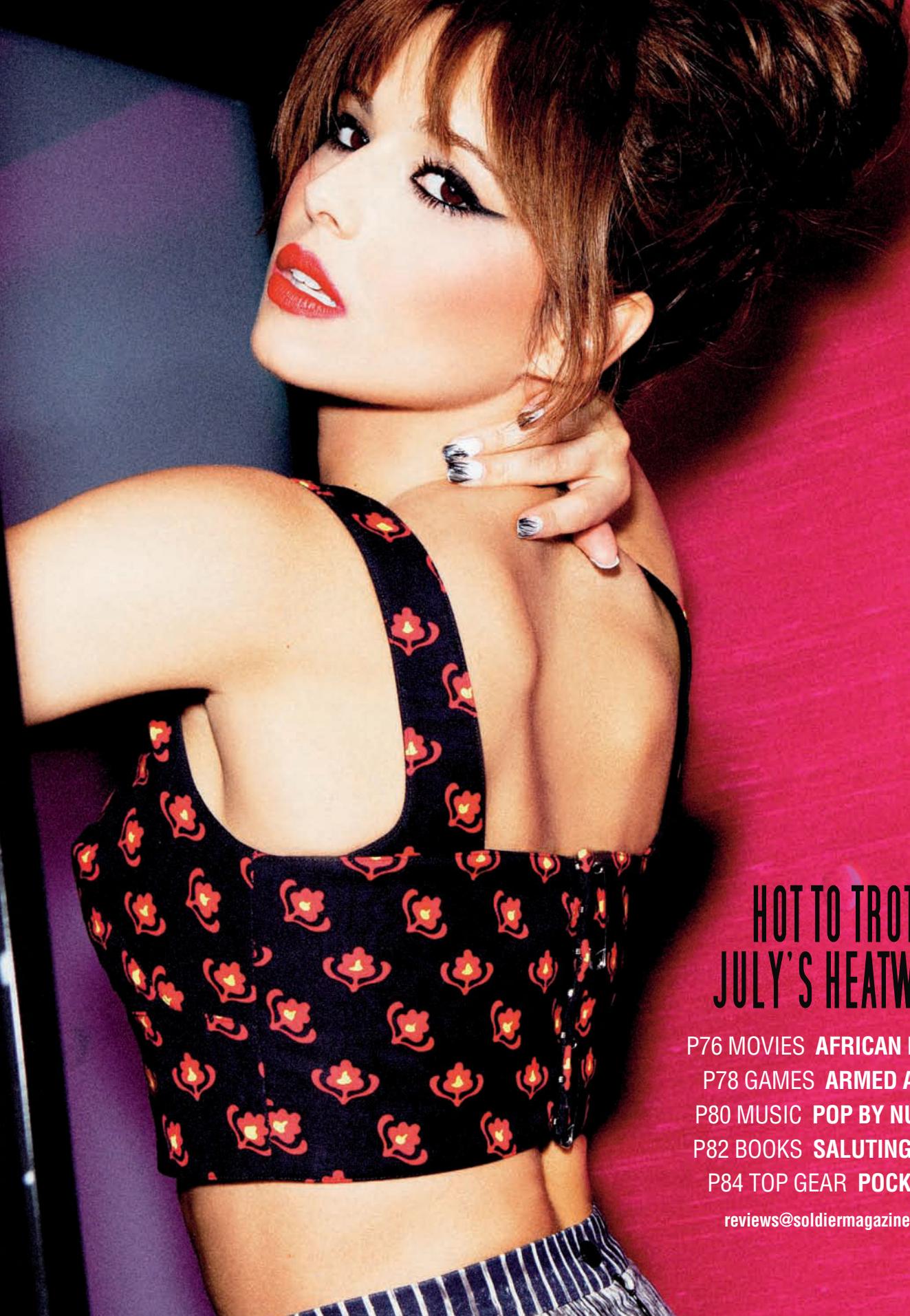
FORCES DRIVE

FORCESDRIVE.CO.UK

CALL OUR DEDICATED TEAM...

0845 122 6901

reviews



HOT TO TROT: JULY'S HEATWAVE

P76 MOVIES **AFRICAN DREAMS**

P78 GAMES **ARMED ATTACK**

P80 MUSIC **POP BY NUMBERS**

P82 BOOKS **SALUTING CYRUS**

P84 TOP GEAR **POCKET PTI**

reviews@soldiermagazine.co.uk

VIVACIOUS VIEWING



RAMPART out July 9

THIS film, starring **Woody Harrelson**, is about a Vietnam veteran who firmly believes in extracting his own form of justice by promoting himself as a people's champion. Harrelson starts off as good cop but he is then caught beating a suspect, which leads to his world spiralling downwards. A good supporting cast including **Sigourney Weaver**, **Robin Wright** and **Steve Buscemi** add depth to the story but they should have played more of a part. There are good action scenes but the film tends to get a bit dull in places.

Rodge Tapply, ex-RE



THE SQUAD out now

SHARING similarities with the Korean horror *R-Point*, *The Squad* is an effective film that manages to do a lot with a minimal cast and what I'm guessing wasn't a massive budget. A Colombian military unit are deep in the middle of nowhere on a mission to get into a fortified hilltop building. It's clear the structure is dangerous but not for the reasons expected. It's refreshing to see a horror film that utilises atmosphere and location so well. If you're a fan of a bit of gore, characters with flaws and a great atmosphere then this one is for you.

LCpl Michael McMurtry, 1 IG



THE REPTILE out now

THE re-release of this classic 1966 Hammer film transports us to a Cornish village at the turn of the 19th century where people are dying from the black death. It's an interesting take on the werewolf myths with all the trappings of dark cellars, a family curse and misty moors. The beautiful **Jacqueline Pearce** plays the doomed creature, giving a haunting performance and providing a tragic undercurrent. The production values do let it down, but director **John Gilling** makes the most of the settings and premise until the climax, which ultimately disappoints.

Cpl Jools Finch, MPGs



BATTLE OF THE PACIFIC out now

BASED on true events after the battle of Saipan, this film follows Capt Sakae Oba as he leads the remains of the Japanese army and a group of civilians into hiding. Refusing to accept defeat, "The Fox" and his men stubbornly evade capture by US troops until December 1945. It sheds light on the Japanese mindset of death before dishonour but you don't get to know any of the characters well enough to care much about their individual fates. The US Marines are portrayed as stereotypes and the movie fails to make the most of an interesting story.

Becky Clark, Soldier



JUAN OF THE DEAD out now

THIS may be yet another zombie flick – Cuba's first full-length horror – and may offer the standard shuffling and bloodied undead beasts but it is actually well worth watching. Our protagonist, 40-year-old Juan, has spent most of his life being an idle waster but suddenly finds himself in the middle of a circus of flying limbs and severed heads. Meanwhile the nightly news calmly pedals the government line: the invasion was paid for by the US. Rather than an over-the-top tale of blood and guts this is a witty feature with some real satirical bite.

Joe Clapson, Soldier



WIN... 21 JUMP STREET

IN this action-comedy, Schmidt (**Jonah Hill**) and Jenko (**Channing Tatum**) want to leave their adolescent problems behind. They join the Jump Street police unit and go undercover in a school on a drugs investigation but instead of ruling the roost they become awkward teenagers again. *Soldier* has teamed up with Sony Pictures to offer a copy of the DVD to five lucky winners. To have a chance of scooping one, tell us who plays Schmidt. Answers on a postcard to the usual address or send an email to comps@soldiermagazine.co.uk

Closing date: July 31

Review: Joe Clapson

WITH the biggest sporting event on Earth arriving in London imminently, this true story of a life transformed through astonishing athletic ability and dedication will inspire even the anti-Olympics brigade.

The beautifully shot account of Haile Gebrselassie's rise from abject poverty in Ethiopia to sport's top table will be released in the UK for the first time this month.

The movie – made in 1999 – is the perfect example of how a real-life tale of human triumph over adversity will always beat Hollywood's efforts.

We see how Gebrselassie was born to peasant farmer parents and lived in a one-room house where the daily priority was to survive.

In one reportedly accurate and non-dramatised scene, his family listen to a radio report about the war in their country, followed by details of Merutse Yefter competing for Ethiopia in the 1980 Moscow Olympic Games.

The portrayal of a young African boy (Yonas Zergaw) reading a map to understand where the Russian capital is shows where the athlete's inspiration came from. No special effects required.

Gebrselassie went on to set 27 world records and become one of history's greatest long-distance runners. This feature focuses on his start in life and the quest for gold at the 1996 Atlanta Olympics.

Footage of his 10,000-metre race in the US is interspersed throughout the movie and allows the tension to build as we see him train on bumpy roads.

Far more than create a film about running, director Leslie Woodhead has expertly given insight into how an international star began life in a place where illness and death were common.

The carefully crafted feature chronicles what made the man who conquered all the distances between 1,500-metres and the marathon in major events.

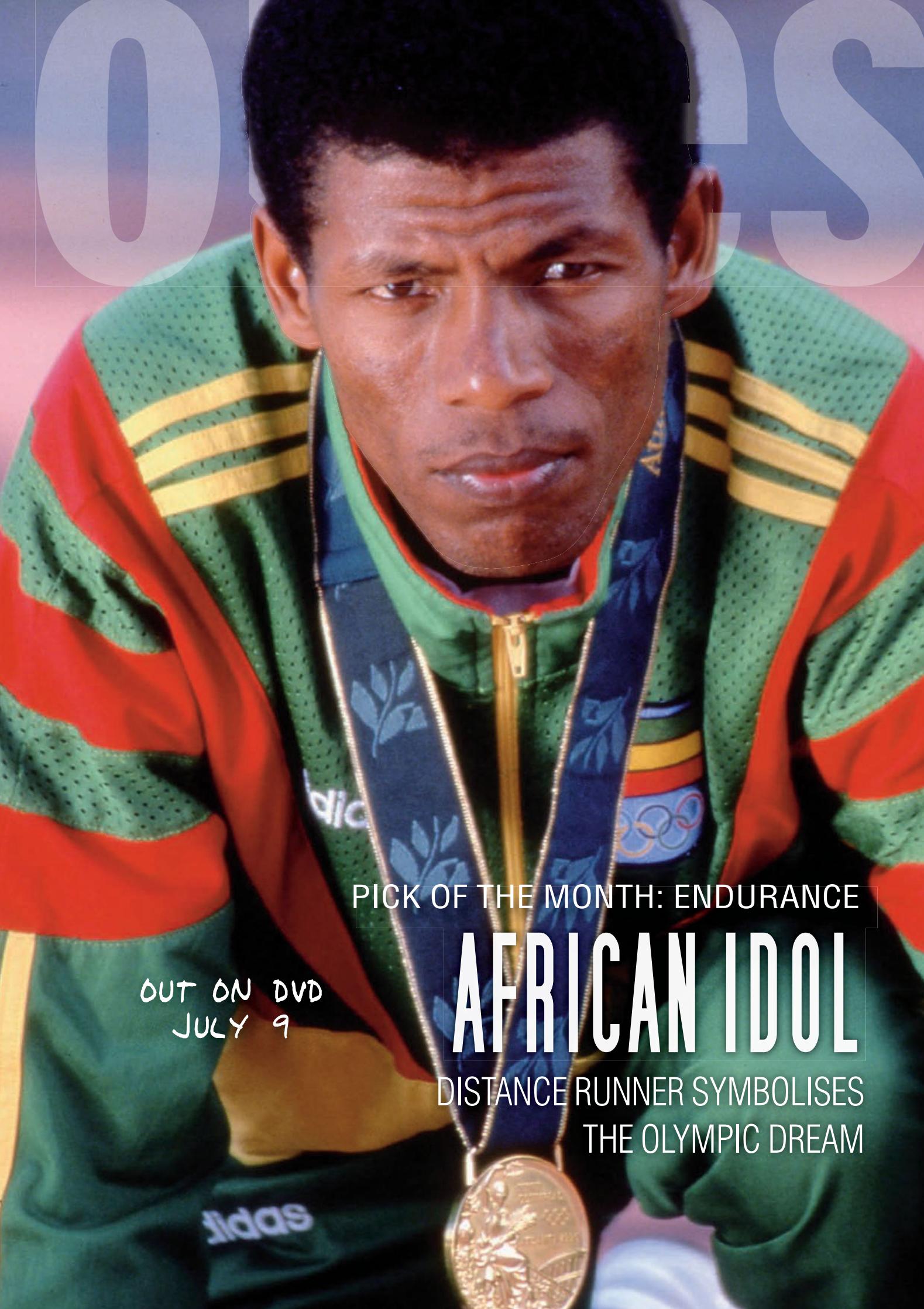
We are shown that school attendance required running 40 kilometres and affording food meant hard labour. It puts the athlete's various achievements into real perspective.

The camera takes us to the streets of Addis Ababa where some sleep at the kerbside or eat from refuse skips and juxtaposes this with the Atlanta running track, where a man from that same area breaks the Olympic record in a time of 27.07.35.

As our protagonist kicks on for victory, images of him as a child working the fields with his mother flash up as a reminder of his heritage.

It's spine-tingling stuff and the pictures of proud supporters crammed in front of a small TV in Ethiopia are a real tear-jerker.

For the UK residents moaning about slower commutes as a result of Olympic traffic, this compelling story might just give a flavour of what the Games are all about. ■



PICK OF THE MONTH: ENDURANCE

AFRICAN IDOL

DISTANCE RUNNER SYMBOLISES
THE OLYMPIC DREAM

OUT ON DVD
JULY 9

adidas

gammes

JULY'S
CONSOLE DELIGHTS

PICK OF THE MONTH:

VERTICAL VISION

FUTURISTIC TANK TITLE BRINGS SERIOUS GAMEPLAY
TO THE WORLD OF XBOX KINECT

WITH the Xbox Kinect being heavily geared towards family fun and light-hearted entertainment, there has been a lack of hard-hitting titles to satisfy the needs of the more serious gamers.

Developers From Software have attempted to fill this void with the release of *Steel Battalion Heavy Armor*, a futuristic combat offering that combines a first-person shooter with the interactive elements that this technology provides.

Set in 2082, the title depicts a world where war is waged with rudimentary weapon systems as emerging superpowers struggle for global dominance.

The US has been forced to begin landing operations on what was once its own soil and in this low-tech era there is only one weapon that prevails – the vertical tank.

The concept sees players marry traditional joystick control with sensor technology and Dan Perry, who served with the 9/12 Royal Lancers in Iraq, has been pleased to report positive results.

Having reached the rank of corporal, he now works as an events manager at Spy Games and was heavily involved in the title's launch last month.

"Compared to other Kinect offerings on the market, this is much more of a gamer's game," Perry told *Soldier*.

"The other releases seem to be a bit childish, whereas this is hardcore. It has been very well received and it already has a cult following."

"I think a few fans were slightly concerned about this, but the graphics are stunning and the gameplay is superb."

"There was some scepticism, the Kinect hasn't been as successful as the main Xbox console, but the serious players have really enjoyed it."

"However, it is extremely tough and hard to play, but that just adds to the enjoyment."

Playing as pilot Sgt Powers, the action shifts from North American battlefields to war-torn streets across the globe.

Tank movement, aiming and firing of the main weapons are conducted via the Xbox controller, while other crucial actions such as operating the scope and manning the turret-mounted machine gun come via the Kinect.

At first this is difficult to grasp and can be quite confusing, but with time and practise the marriage works very well.

The story unravels inside the claustrophobic atmosphere of the tank and commanders have the option of reprimanding cowardly crew members if they try to run, which comes as a nice touch.

The graphics and presentation are superb but persistence is required as the combat missions prove difficult to master.

A plethora of online options also exist and the cooperative multi-player allows teams of four to wreak havoc on numerous battlefields in a bid to achieve the best possible score.

The Xbox Kinect has been screaming out for a hard-edged title to rival the watered-down offerings that have flooded the market.

From Software have delivered just that in the shape of *Steel Battalion Heavy Armor*. ■

VIRTUAL PLAYGROUND

MUD – FIM WORLD MOTOCROSS

for Xbox 360/PS3/PC

DESPITE not being a huge fan of motocross, I found *Mud* to be an entertaining title. However, it does have some drawbacks. It comes as a one-player game, which limits



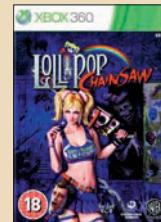
the fun, and the graphics fall short at times. The screen shots are dark and difficult to see properly and there is a distinct lack of customisable options. You can choose a difficulty level, randomise the order of tracks, decide whether to qualify or not and opt for one or two races per round, but that is pretty much it. This is an okay first attempt but it could do with a lot of improvement.

LCpl John Murphy, QARANC

LOLLIPOP CHAINSAW

for Xbox 360/PS3

THIS chainsaw-based blood-fest is unlikely to win any awards for good taste and decency. The bizarre scenario sees overly sexualised lead character Juliet Starling battle a succession of punk zombies as they run riot in her home town. The action is gory and gruesome as our heroine uses her cheerleading skills to soften up her foes before unleashing her lethal main weapon. Unfortunately, the presentation and graphics fall short in places and the length of the story is disappointing, but once you come to terms with the bizarre concept there is fun to be had.



Richard Long, Soldier

SBK GENERATIONS

for Xbox 360/PS3/PC

I AM happy to admit that when it comes to superbike games I'm a complete virgin. And after playing *SBK Generations*, I wished I'd kept it that way. This title has an interesting premise and allows petrol-heads to indulge in some knee-scraping fun while tinkering with their bikes in some *Forza*-style realism. But the outcome is less than complete as this offering falters in every area. The graphics are terrible, the sound is basic and the pit mode is drawn out and frustrating. *SBK* could have been great but instead it seems to be far from finished.



David McDougall, JHQ Rheindahlen

SPELLFORCE 2: FAITH IN DESTINY

for PC

THE latest incarnation in the *SpellForce* series delves into the world of dragons, science and magic to bring the storylines from previous titles neatly together. The game offers a successful merging of the role-playing and strategy genres, while new multi-player modes and maps deliver endless on and offline possibilities. It is very strong visually and the engaging music and sound effects create superb atmospherics. If you like mystical escapism and the thrill of flying high on fire-breathing beasts, this release is definitely worth considering.

Joe Clapson, Soldier

GAME OF THRONES

for Xbox 360/PS3/PC

I LOVE *Game of Thrones*. I've watched the series and am now hitting the books, so I opened this game with huge excitement, despite knowing that such spin-offs rarely work. As a role-player, this is designed for people who roll dice to decide the outcome of a battle. The presentation isn't brilliant and the very long cut scenes don't get things moving quickly, but these titles are about the storyline. It's not as exciting or as easy to play as *Assassin's Creed*, but if you like this kind of thing it is a lot of fun. However, be warned, the graphics are pretty poor.

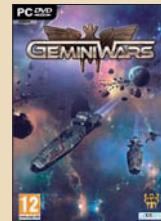
Capt Nick Mazzei, AGC (ETS)

GEMINI WARS

for PC

SET amongst the backdrop of a long-running intergalactic conflict, *Gemini Wars* sees three factions battling for supremacy of the stars. Gamers start their quest by controlling a small group of frigates before progressing to battleships, carriers and planetary bases as they engage in vast campaigns and boarding actions. The single-player mode boasts an epic 16 missions and you can take control of any of the three forces for added variety. There are some gremlins hidden in the game and it needs polishing in places, but this is a pleasing addition to the sci-fi market.

Richard Long, Soldier



IN THIS

JULY'S
SUMMER SIZZLERS

PICK OF THE MONTH:

LEADING LIGHT

POP PRINCESS CALLS ON PRODUCING TALENT TO
CEMENT HER PLACE IN MUSIC'S MAINSTREAM

Review: Richard Long

HAVING forged a successful solo career in the wake of Girls Aloud's musical hiatus, it is little surprise to see the Cheryl Cole pop juggernaut rumble on with the release of a third studio album.

The former WAG could have easily been distracted given last year's *X-Factor* fallout and the endless press speculation surrounding her private life, but music is what originally brought her to the mainstream and she has been determined to push on.

As part of the progression she has dropped the Cole to be known simply as Cheryl and *A Million Lights* adopts the dance vibe that has spawned numerous hits in recent times.

"I've grown as a person and an artist, you can hear that in my music. I feel brand new," the singer said.

"On the first album I was quite nervous after seven years with Girls Aloud, I had to step forward on my own and prove myself.

"But with *Three Words* and *Messy Little Raindrops* I have had two number one albums so I feel I know what I'm doing.

"I fit into my own shoes now and I'm simply not worried any more."

While Cheryl claims to have evolved as an artist, the reality is that the vast bulk of material was penned and produced by an array of guest collaborators.

Calvin Harris, Taio Cruz, Alex Da Kid and Naughty Boy are among the many contributors, but the headline act has no qualms about calling on such support.

"I don't care if people know I wrote six songs on the first album or not," she explained. "It can take a lifetime to master your craft and for me that's getting on stage and performing, entertaining the crowd with a song. I live for that.

"This album feels like a match made in heaven and I've been able to work with some amazing talent."

Ultimately, *A Million Lights* is another pop by numbers affair that builds on the musical genres that have defined success in the here and now.

Lead single *Call My Name* is a solid radio-friendly dance offering and the upbeat tempo continues on *Under The Sun* and *Mechanics of the Heart*.

Cheryl has also spoken of a dubstep influence, which is evident on *Screw You* and *Love Killer*.

While being far from groundbreaking, this delivers exactly what is expected and will ensure the commercial success continues. ■

TUNES FOR THE TROOPS

New Tradition by Dark New Day

THIS is the follow-up to **Dark New Day's** debut release which saw light in 2005. The band fuses manpower from **Evanescence** and **Sevendust** to produce an archetypal rock-by-numbers outfit. *Fist From The Sky* defiantly sets out their stall and signals an intent to engage with body blows from the off. The title track epitomises the essence of the group – traditional US rock with a nu-metal flavour, luring you in then kicking you in the teeth. The album may appeal to a variety of palettes; I'm just not sure if I've tasted it before. Still, Dark New Day has the punch to rival a number of hard rock's brand names.



Maj Matt Walpole, PWRR

Souvenir by Kaiser Chiefs

SOUVENIR is a 16-song retrograde providing an eclectic mix of **Kaiser Chiefs** singles. Two previously unreleased tracks – *On The Run* and *Listen To Your Head* – are also included but what is really worth mentioning is the fact this incorporates no fewer than six top ten hits. However, I found the entire album rather disappointing and the band's finest efforts have been completely slaughtered by pumping up the volume to create an unrelenting and static range. That said, this will appeal to any newcomers to the material and should provide a welcome boost to the group's fan base.



Sgt Brian Morris, AGC (SPS)

Break the Silence by Gun

THIS artistic arrangement of 80s-esque rock with a contemporary twist has put Scottish outfit **Gun** back on the map after years of inactivity. Whether they have maintained their swagger or not will depend on if you like one, all or none of these components. **Dante Gizzi**, as the new vocalist, brings a real old school, LA sound with reminiscences of **Guns N' Roses** or **The Cure**. Opener *Butcher Man*, along with *14 Stations* and *Bad Things*, leave you feeling that this Gun is smoking, whereas others have a distinctly indie feel which could scream misfire. For me the blend is palatable and well worth turning up to ten.



Maj Matt Walpole, PWRR

Generation Freakshow by Feeder

THE eighth album from Welsh rockers **Feeder** boasts 12 new tracks that are awash with the band's unmistakable sound. The trademark diligent guitar riffs are immediately recognisable on opener *Oh My*, while *Idaho* will hold its own during the upcoming summer gigs thanks to its massive chorus. But fans should not expect another *Buck Rogers*, as it simply isn't here. *Generation Freakshow* is like a best of compilation, amalgamating the various incarnations that have defined Feeder as an energetic and passionate group. Who would believe they're two decades in the making?



Ray Kalaker, ex-RE

Do Nothing by Buster Shuffle

AFTER seeing **Buster Shuffle** provide an accomplished warm-up to London legends **Chas and Dave** last year, I awaited their new album with eager ears. This latest self-produced studio offering from the former pub band is a highly inventive and expertly constructed piece of work that brings the pop/ska genre up to date. With impressive collaborations with the likes of **Mickey Gallagher** from **The Blockheads** and **Roddy Radiation** from **The Specials** this release should turn even more heads in the direction of what is a very talented outfit. Soon everybody will be, ahem, shufflin'.



Joe Clapson, Soldier

Magic Hour by Scissor Sisters

HAVING produced a number of huge hits in recent years, I certainly wasn't prepared for the ear assault that comes from the **Scissor Sisters**' fourth album. From start to finish this is just boring and the major problems stem from the vast array of guest artists who have been invited to add substance. **The Neptunes**, **Calvin Harris** and **Azaelia Banks** all feature, but instead of offering anything worthwhile they provide a mash-up of mixed music that leaves the group's definitive tones struggling in the background. This is a disappointing effort from a band who have done themselves no favours whatsoever.



Rodge Tappy, ex-RE

RECONNOITRING READING

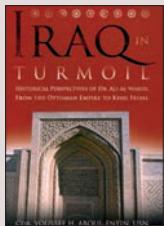
Iraq in Turmoil

by Cdr Aboul-Enein

BASED on a collection of 11 essays originally published in an American military magazine, this title presents a history of Iraq as told by an Iraqi – **Dr Ali Al-Wardi**.

The unedited work filled around 2,400 pages and this book boasts just 170, so **Cdr Youssef Aboul-Enein** is reduced to summarising the relevant points. Designed to educate US soldiers deploying to Iraq, its aims are laudable but it seems a little late. Anyone with a time machine could perhaps drop it off at the Pentagon and Whitehall in around 2002, otherwise its moment has passed.

Capt Douglas Searle, RLC

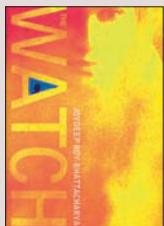


The Watch

by Roy-Bhattacharya

OSTENSIBLY a reinterpretation of **Sophocles'** classical Theban tragedy *Antigone*, **Joydeep Roy-Bhattacharya** draws on influences as diverse as **Kipling** and **Conrad** to weave a claustrophobic allegory of cultural misunderstanding. Set in a US patrol base on the edge of the Hindu Kush, *The Watch* recounts events following an insurgent attack. The juxtaposition of a sympathetic view of Pashtun society with the juggernaut of America is reminiscent of Gandhi's epithet that Western civilisation would be a good thing.

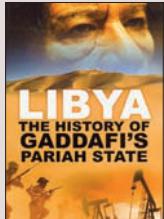
SSgt Paul Barnes, AGC (SPS)



Libya: The History of Gaddafi's Pariah State

JOHN Oakes

manages to skilfully cram more than 2,000 years of Libyan history into this slim volume, which doesn't do this fascinating subject justice. The author's main effort is to put the uprising of 2011 into the context of Libya's troubled and complex past and examines Romano-Greco imperialism and the country's support for the IRA, by way of Ottoman and Italian despotic rule. If you want to understand the Arab Spring, especially its deep-rooted origins, then reach for a copy of this deceptively straightforward book.



Tpr Dominic Kirby, R Wx Y

Pathfinder

by David Blakeley

OFFERING a glimpse into the highly-secretive role of one of the Army's most unique units, *Pathfinder* delivers a fascinating tale of a reconnaissance mission deep

inside enemy territory during the 2003 invasion of Iraq. This first-hand account is distinguished from the many others of its kind by the explanatory way **David Blakeley** communicates events. The book has all of the background, history, training, bravado and war photos one might expect but you are left understanding why these make the unit special and highly regarded.

Capt Jim Vincent, RLC



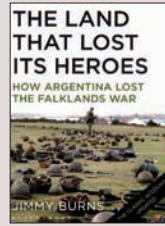
DAVID BLAKELEY

The Land That Lost Its Heroes

by Jimmy Burns

A DETAILED study of Argentina's role in the Falklands War, *The Land That Lost Its Heroes* is an absolute must for anyone interested in the conflict or military history in general. Written by **Jimmy Burns**, the only full-time British foreign correspondent to be based in Buenos Aires in April 1982, it details the planning and hidden motives behind the invasion and how UK intelligence reacted. Not a title to go for if you are in search of a bit of light reading, but a great way to gain knowledge of such an important historical crisis.

Gdsm Michael McMurtry, 1 IG



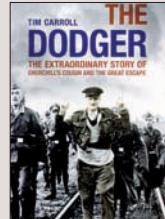
JIMMY BURNS

The Dodger

by Tim Carroll

AFTER a slow start covering the First World War and inter-war years of gentleman adventurer Johnny Dodge, **Tim Carroll**'s book warms-up to be an excellent and authoritative account of the "Great Escape" from Stalag Luft III. The title recounts the work behind the tunnels of Tom, Dick and Harry and its chief protagonist's part in numerous attempts to break for freedom. In one of many twists, the recaptured Dodge, being a close relation of Clementine Churchill, is sent back to the UK late in the war to convey informal German peace terms. Intriguing.

Lt Col Andy Gladen, RE



Interview: Sarah Goldthorpe

WHEN staff at Amazon introduced *"Chin Up, Head Down"* to the online bookseller's expansive catalogue last month, something of a dilemma presented itself.

With a raw and uninhibited honesty fit to floor the consumers of more lightweight non-fiction, no part of the retailer's directory seemed suitable to accommodate the title.

For that reason, Helena Tym's devastating account of her life following the death of son Rfn Cyrus Thatcher (2 Rifles) on Op Herrick found its way into the "Living with cancer and other illnesses" category – something the author finds puzzling but unsurprising.

"I think it has taken three years to come to terms with the fact that other people just don't understand what we [bereaved Service families] are going through," she explains.

"I am not sure there is another book out there like this."

The private feelings that Tym once scribbled down to keep herself sane during sleepless, grief-stricken nights have been painstakingly redrafted – with the help of her partner, Rob – for public consumption.

And although the title is unlikely to appeal to those seeking a boost on operations, such brave insights will undoubtedly provide a reassuring voice to the 419 Service families and countless military personnel whose lives have been shattered by loss on the battlefields of Helmand province.

"Apart from Cyrus's death, I think this book has been the single most difficult thing we have experienced," Tym tells *Soldier* at the family home in Berkshire – the very place the couple and their two other sons learnt of Rfn Thatcher's loss in an IED blast in 2009.

"We thought we might desensitise to the detail of what happened as we went on with the project but we absolutely didn't."

"Sometimes it would take us a whole weekend just to edit a single page."

As the author's despair starts to unfold, her 19-year-old son's adoration for Service life is brought into focus, as is the considerable talent he displayed on the battlefield.

"Amazing the change the Army made," Tym reflects in the title.

"How brave are these men? How wonderful and caring?"

"I will love them all for the rest of my days."

This accidental author has skilfully committed to paper an experience that, to most, seems indefinable and hopeless.

Her inspiration was her son's determination and, to that end, Rfn Thatcher's comrades can be assured that his spirit will live on via the bookshelves of those brave enough to read *"Chin Up, Head Down"*.

"I wish I never had to write this," Tym adds. "But I think Cyrus would be proud and like the fact that this will keep his memory alive."

A man, she says, who never believed there was a place for him in the world until the day he joined the British Army. ■

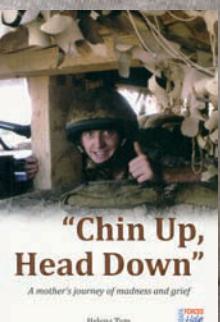
● Helena Tym's *"Chin Up, Head Down"*, published by FireStep and priced £8.95, is out now. For each copy sold, a donation will be made to SSAFA Forces Help.

books

PICK OF THE MONTH: DEDICATED TO DUTY

MOTHER'S MEMOIRS REVEAL FALLEN SOLDIER'S
ADORATION OF BRITISH ARMY LIFE

Helena Tym



**"Chin Up,
Head Down"**

A mother's journey of madness and grief

Helena Tym



Above, Parental tribute:
Out now, "*Chin Up, Head
Down*" is Helena Tym's
salute to her son, Rfn
Cyrus Thatcher (2 Rifles)

Main picture, SSAFA
Forces Help supporter:
The author at the family
home in Reading
Picture: Steve Dock

KICK UP THE APP

FIVE MOTIVATING PALMTOP FITNESS PROGRAMMES...



SPORTS TRACKER

FREE

FREE to download, this app tracks and analyses workout performances and stores all training data in a personal diary. It can be used to record everything from calories burnt to average speed and altitude. Data and photos can also be shared via Facebook and Twitter.

SMARTRUNNERS

FREE

THIS programme labels itself as the first fully customisable GPS sports tracking app. It precisely measures your speed, duration, distance and elevation difference and maps your route out as well. Users can compete in a world league.



MICOACH

FREE

TURN your phone into a personal coach with this technology. It uses GPS and delivers real-time voice coaching to your ears to pace you through easy-to-understand workout zones. Choose a plan designed for your particular sport and build speed and endurance.



CARDIO TRAINER

FREE

WHENEVER you pause on a run – at traffic lights for example – this fitness guide automatically halts your workout. It also lets you listen to your favourite music mix as you train, while comparing your performance to other users from around the world.



BRITISH MILITARY TRAINER

£2.99

THIS app caters for everyone – from troops aiming to get ripped to those who just want to feel healthier. Training sessions are fully voiced and produced automatically, meaning users can concentrate on fitness rather than making decisions. Exercises are put together from more than five million workout combinations.



WIN... THE PARA FITNESS APP

SOLDIER has teamed up with the makers of *Para Fitness* to give away the app to 30 readers. To be in with a chance of winning, tell us how much the programme costs to buy. Answers to the usual address or comps@soldiermagazine.co.uk before July 31.



Review: SSgt Aidi Bennett, R Signals

THOSE looking for handheld guidance when it comes to getting fit are not exactly short of places to turn – whether you are a dedicated ultra marathon runner or a couch potato wanting to fight the flab.

But determined to make its mark on an already booming market, the *Para Fitness* app by former officer commanding P Company, Maj (Retd) Sam McGrath, brings a military flavour to all levels of workout.

On opening the programme – which follows a published book of the same name – users are met with a very clear menu where they can browse numerous exercises, calculate their potential, view their daily routines and track progress made.

Fitness is assessed using good old Army tests; pull-ups, press-ups, sit-ups, the 1.5-mile run, a sit and reach test, body mass index and resting heart rate.

All of these go towards deciding whether you start as a civilian, recruit, soldier or the ultimate fitness level of a paratrooper.

After users enter their information and discover their ability, the software creates an eight-week programme that should, if completed correctly, lead to improvement in further tests.

Once into the schedule, anyone who has passed basic training of any sort will quickly recognise all the drills. For those without this knowledge, a clear description is given.

Very little, if any, equipment is needed for the exercises and tasks can be completed in a local park or on a gym floor.

You do, however, need to be very honest with yourself. It is quite easy to tap on the screen to confirm that something has been done but by lying you are only cheating yourself.

Users will either become obsessed with turning all the icons from red to green or – as I have found with many iOS apps – end up avoiding it altogether because they don't want to touch their screen with sweaty or dirty hands.

At £1.99, this aid is perfect if you need a PTI in your pocket and the para slant will no doubt get people interested and give civvies a good insight into military-style fitness.

But for me it was "more of the same".

The goals set are clear and simple, and it is worth a punt if you are self-motivated, but for troops who need the man in the vest shouting at them to get moving, stick to the gym. ■

COACH

EXERCISE
EXPERTISE



PICK OF THE MONTH:
POCKET PTI

NEW APP PROVES POOR SUBSTITUTE FOR MAN IN VEST

SPECIALIST LEGAL ADVICE AVAILABLE LOCALLY

- Police interview/courts martial
- Personal injury claims
- Family and children matters
- House purchase
- Employment issues
- Wills



Contact:

Nigel Burn and Tegan Butcher

Tel: 01522 512345

111-115 The Maltings, Brayford Wharf East,
Lincoln LN5 7TN

wilkin chapman llp
solicitors

www.wilkinchapman.co.uk

LEADING IN LAW IN LINCOLNSHIRE



Previously
Wilkin Chapman
Epton Blades



The British Army's Award Winning Station
Now in 15 UK locations & worldwide at
www.garrisonfm.com

- FIRST UK MILITARY BROADCASTER WITH AN IPHONE APP
- NATIONS & REGIONS 'BEST STATION' AWARD WINNER
- SONY RADIO ACADEMY UK RADIO STATION OF THE YEAR 2012 RUNNER UP

See more online...

GARRISONFM.COM

Guarantee your future today

Get the technical skills and the work experience to secure a well-paid job in I.T.

Professional Training and Recruitment services from the largest company of its kind in the UK.

Courses with Elcas funding include:

- CCNA
- Windows 7
- MCTS
- MCITP
- A+ Network +
- ITIL
- PRINCE2
- VMware

benefit from:

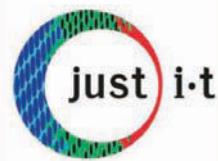
- Money back job guarantee
- Instructor led courses
- IT Jobs
- Flexible online courses
- CV and Interview workshops
- Pay as you earn option

Ask us about our commercial work placements

Call us NOW

Tel: 0207 426 9835

www.justit.co.uk/elcas



SOLDIERSPORT

Picture: Graeme Main

DOWN AND OUT: ARMY MADE TO SUFFER WITH DOUBLE DEFEAT IN TWENTY20 SHOWDOWN





Close call: Army batsmen Gnr Sherwin Govender (RA) and LCpl David Wade (R Signals) scramble two runs off the final ball to tie their clash with the Navy

Controversy clouds Lord's debacle

Report: Richard Long
Pictures: Graeme Main

ASPECTACULAR batting collapse at the home of English cricket saw the Army squad slip to another crushing defeat against their military rivals in the annual Inter-Services Twenty20 showdown.

Having failed to overhaul the Royal Navy's total of 132-4 in their opening match, the Reds posted a pitiful 44 all out in their clash with defending champions the Royal Air Force as they returned from Lord's empty handed for a third successive year.

However, the day was shrouded in controversy for the challengers as the top order mirrored the Senior Service's effort with the bat only to suffer an agonising defeat.

With the contest tied, the scores at the ten-over mark decided the outcome and as the Navy held a slender advantage they were able to celebrate an unlikely win.

The Army had a matter of minutes to put the setback behind them as they returned to the field to face the RAF.

But after winning the toss and electing to bat they made the worst possible start to their innings as skipper Lt James Hudson (RA) fell to the very first ball.

"TO BE TOLD WE HAD LOST WAS VERY TOUGH TO TAKE; IT LITERALLY DESTROYED THE LADS"

A sharp delivery from SAC Graeme Cessford took a thick edge and the ball ballooned to the slips where it was comfortably gathered by the grateful Cpl Tom Chapman.

Pte Brannon Varley (DMSTG) was caught behind off the bowling of Cpl Paul Turner in the following over before Cessford claimed the wicket of LCpl Jonathan Boynton (16 Regt, RA) for just two runs.

Sgt Dan Webb (HQ DIC) offered brief resistance with a knock of 13 before falling to Turner and Cessford completed a superb spell of 3-7 with the scalp of all-rounder LCpl David Wade (R Signals).

With the big guns emphatically blown away, the middle and lower order fared little better as spinners SAC Ash Watson and Fg Off Scott Edmend shared a further three wickets in a controlled spell.

Cfn Basil Rauwerda (2 PWRR) and Spr Jacques Prinsloo (RE) were both run out to complete the Army's misery.

With such a meagre total to defend,

the result was never in doubt as the RAF raced to 46-1 in the ninth over, with opener Flt Lt Tim Adcock unbeaten on 22.

The crushing nine-wicket defeat came on the back of a promising showing against the Navy in the tournament opener.

Having been asked to field by opposition skipper ET Matt Thompson the bowlers exerted early pressure on the top order.

Prinsloo and pace ace Wade produced a tight initial spell as the Senior Service batsmen failed to take advantage of the fielding restrictions.

A conservative 30-run stand between Thompson and Mne Lee Evans set the Navy on their way before the latter fell to fast bowler Sig Patrick Joseph (R Signals) for seven.

Sgt Steve Needham joined his captain at the crease to push the score to 75-1 but the introduction of Hudson brought their progress to a rapid halt.

The spinner claimed the prize wicket of Needham with his first ball as the right-hander tried to clear the inner circle but was caught by Wade.

And he repeated the feat with his next delivery as Thompson played on and was bowled for 27.

Mne Rob Urmann and AB Mike Green repaired the damage with a



Poor form: The Army suffered yet again at Lord's as a narrow loss to the Royal Navy was followed by an emphatic defeat at the hands of the Royal Air Force

43-run partnership before Green was stumped off the bowling of Hudson and the Navy finished on 132-4.

The Army run chase suffered an early setback as Boynton was trapped leg before by Cpl Alvin Pollard for a duck.

Hudson hit a booming six as the Reds picked up the run rate but the opener fell for 14 to give paceman Pollard his second victim.

Varley and Webb kept the scoreboard ticking in a solid third wicket stand but having played themselves in they failed to complete the job.

With the Army keeping in touch

distance of the required rate they needed 11 runs from the final over.

Wade and Gnr Sherwin Govender (RA) hit eight off the first five balls and with a scrambled two coming from the last delivery the match was tied.

Speaking at the end of a disappointing day, a deflated Hudson told *SoldierSport* the manner of defeat against the Navy set the tone for the chaos that followed.

“It is not an ideal way to finish a game but I could not argue with the performance of the team during the run chase.

“We were working off the Duckworth Lewis par score and when we got two runs from the final delivery we thought we had won.

“Going back to the ten-over score to be told we had lost was very tough to take; it literally destroyed the lads.

“A target of 150 would have been good to chase, especially when you consider the outfield here.

“But looking at the totals from the past three years at Lord's nobody has scored that well.

“We thought we had done it and when the decision came through it took everything away.

“We had to go from rock bottom to try and pick ourselves up for the challenge of facing the RAF.

“They are a phenomenal unit and Cessford bowled very well. I got out to the first ball and that set the tone.

“Our preparation ahead of the tournament went very well – it was so much better than last year and everything was right for us to come here and win.

“If we had got the rub of the green against the Navy the outcome could have been so different.

“But we are still a good side, despite what happened, and we will prove that once the 50-over competition starts.”

The RAF retained their Twenty20 crown with a six-wicket win over the Navy in the final.

The 50-over competition will be held at the Army Cricket Ground in Aldershot from July 24. ■



Ball eyes golfing glory

Interview: Richard Long
Picture: Graeme Main



GOLFER Capt Stuart Ball (RLC) will be stepping up to the tee for a unique sporting challenge this month as he attempts to play his way into the record books.

The determined officer is aiming to complete a minimum of 360 holes in the space of just five days in a bid to generate more than £20,000 for military charities Help for Heroes and Scotty's Little Soldiers. Ball started planning the event earlier this year and, if successful, could earn a place on the list of Guinness World Records for the most holes played within his designated time frame.

"I am still waiting for official confirmation but as far as I'm aware there are no other records like it," the 20-handicap player told *SoldierSport*.

"But the main aim is to raise as much money as possible for the charities. Help for Heroes do great work and Scotty's Little Soldiers is such a fantastic cause.

"They plan events and days out for the children of guys and girls who are killed while serving in the Armed Forces.

"There are around 45 families registered with the charity but there are hundreds of kids out there, this could be a huge boost for them."

While setting an initial target of 360 holes, Ball will be pushing for 450 – which is the equivalent of five rounds a day at five different courses.

Since announcing details of the challenge he has been inundated with messages of support and a number of possible celebrity playing partners – including Darren Clarke and Ian Wright – have been lined up.

'A lot of players have done 72 holes in a day, so I decided to multiply that by five'

Having had a five-year break from golf, Ball returned to the sport six months ago and immediately set his sights on a fund-raising quest.

"I used to play a lot of rugby but injured myself and couldn't take part any more," he explained.

"I deployed to Afghanistan last year and while I was there I watched Darren Clarke win The Open. That inspired me to get back into golf and I started playing again in February.

"I also wanted to do a charity event that was mentally and physically challenging, everyone runs marathons but I hoped to do something different.

"I looked at golf and thought it would be quite good. A lot of players have done 72 holes in a day for charity, so I decided to multiply it by five.

"I will be teeing off every day at first light and will do back-to-back rounds before breakfast to start.

"Fatigue will be a big factor and I have to make sure I'm in peak physical condition.

"I have also got to keep score: I need to be under 100 shots for each of the 18 holes so hacking my way round is not an option.

"My concentration levels have to be high and I'll be walking the course while pushing a trolley so my joints will be aching.

"I will cover around 160 miles in five days and some of the courses are quite undulating so it will be hard work, but it is the arduous challenge I wanted and I can't wait to get started."

Ball begins his record attempt at the Cams Hall Golf Club in Fareham on July 2.

He will also play the South Winchester Golf Club, Sherfield Oaks Golf Club, Blue Mountain Golf Centre and Hampton Court Palace Golf Club. ■

● To sponsor Ball's challenge visit www.bmycharity.com/StuartBall or www.bmycharity.com/Stuball79

SKODA**Octavia 2.0 TDi 170ps vRS BlackLine 5dr**

Full Leather, Colour Sat-Nav, 18" Black Alloys, Climate Control, Full vRS Bodykit & Metallic Paint.

£14,895 OTR Tax Free **ON BUYBACK**

Exclusive to Griffin – Skoda's No.1

**VAUXHALL****Astra GTC Sport 120ps**

Alloys, Air-Con, Sport Seats, Front Fogs & More. Make This A Fantastic Stock Offer. Grab One Quick.

£10,695 OTR Tax Free

Special Stock Offer – So Be Quick!

**CITROËN****DS3 120ps DStyle Plus**

17" Black Alloys, Black Roof, LED Running Lights, Cruise, Auto Air-Con, Sport Suspension & More.

£10,995 OTR Tax Free

ON BUYBACK

Limited Time Offer

**PEUGEOT****208 156ps Feline 3dr**

17" Alloys, SR1 Grill, Panoramic Glass Roof, Sport Seats, LEDs, Climate, Privacy & More.

£11,495 OTR Tax Free

Order Peugeot's New Star Now!

**Giulietta 235ps Cloverleaf**

Sport Suspension, 18" Spoke Alloys, LEDs, Fogs, Half Leather, Cruise, Climate & lots more too.

£15,995 OTR Tax Free

ON BUYBACK

Exclusive to Griffin – Alfa's No.1

**CX-5 SkyActiv 2.0 SE-L 2wd 165ps**

Climate, Bluetooth, Colour Screen, Alloys, Cruise, Trip Computer, Privacy, TPMS & More. Stunning!

£14,895 OTR Tax Free

Available to Order Now!



A TOTAL OF 21 MANUFACTURERS & THE BIGGEST MILITARY DISCOUNTS AVAILABLE ANYWHERE
SIMPLY VISIT OUR WEBSITE FOR OUR COMPLETE RANGE, FREE FINANCE APPLICATION, BUYBACKS & SPECIAL OFFERS

WWW.GRIFFINTAXFREE.COM



EUROPE'S No.1
GRIFFIN
Military & Diplomatic

UK Phone
01273 574000

German Freephone 08001 800 560 soldier@griffintaxfree.com



Let the Games begin: Capt Heather Stanning (RA, right) and Helen Glover are targeting Olympic glory after they were named in the GB team for London 2012

Stanning braced for medal run

Interview: Richard Long

ROWING star Capt Heather Stanning (32 Regt, RA) is targeting a golden run at this summer's Olympics after she was named in the Great Britain squad for the 2012 Games.

Her inclusion was widely expected within the sport's circles after the officer made a sensational start to the season with back-to-back wins at World Cup events in Belgrade and Lucerne.

The 27-year-old will compete in the women's pair alongside Helen Glover and the duo are now embroiled in a pre-Games training camp to fine tune

their preparations ahead of the regatta, which starts on July 28.

Despite facing such a hectic schedule, Stanning found time to speak to *SoldierSport* about her Olympic hopes and expectations and she believes medal success is a distinct possibility.

"We have had a really good season so far and it is nice to get the green light to actually go to the Games," she said.

"We are trying not to dwell on it too much, but realistically we are looking for a medal.

"We have been on the podium for the past two years and we will be going all-out for gold.

"If we can stay on form and work on

a few minor areas of improvement there is no reason to think it is not possible."

Rowing legend Sir Steve Redgrave is among those who have tipped the duo for glory on the waters at Eton Dorney, but Stanning is keeping her feet firmly on the ground.

"I am not taking anything for granted and every nation trains in different ways," she explained.

"We are thrilled with our winter and the way we have performed so far in the World Cup.

"We are very pleased to have come this far but realise there are some crews who peak just for the Olympics and we do not want to get caught off guard.

LONDON 2012 ROWING GUIDE

- The Olympic rowing regatta starts on Saturday, July 28 and is being staged on the world-class waters at Eton-Dorney.
- Stanning and Glover start their campaign on the opening day with the second round scheduled for Monday, July 30. The medal race will take place on Wednesday, August 1.
- Great Britain was the top rowing nation at the Beijing Games in 2008, winning two gold, two silver and two bronze medals.
- The competition will feature 14 medal events across the men's and women's disciplines, ranging from single sculls to the eight.
- Races will be held on a six-lane, 2,000-metre long course. A total of 550 athletes will be in action, with 353 men and 197 women taking part. Each country is limited to 48 entrants.
- Rowing has been staged at every Games since 1900. Women's events were added to the programme at the Montreal Olympics in 1976.





Pictures: Interport Images/GB Rowing Team

"We have raced against all our rivals. All the nations were there at the World Cup in Lucerne, apart from Romania, and we will have competed against the main crews ahead of London 2012.

"We roughly know how the competition is fairing but once they start their pre-Games training camps things can change."

The pairing has made rapid strides after being brought together in 2010, when they won an unexpected silver medal at the World Championships in New Zealand.

A second silver followed at the same event a year later and Stanning revealed the rowers formed an immediate bond from day one.

"When we first got in the boat it was fairly obvious that we had a good combination and we have been fortunate to maintain that," the Olympian said.

"We have not had the disruption of moving around different crews so we have been able to focus solely on what we are doing in the pair."

"We are both quite fresh to the set-up and still get excited about going away to different training camps."

"It's not as if we've been on the team for ten years, so everything is still quite new to us."

"Over the winter our focus was on what we were going to do this summer. We did a lot of work on ensuring we make the best of the here and now."

"It was really good, it was only our

second winter together and it was great to get through the programme without any injuries.

"Having an uninterrupted period of training has been really beneficial for us and we are ready to push on."

While her place in the Great Britain squad has come as no great surprise, the Servicewoman was still delighted to see her name included on the final team sheet.

She said: "I am thrilled with the selection and our focus now is making the most of our training over the coming weeks. I am sure there is a lot that can happen."

"I am very excited, especially as this is a home Olympics."

"The best thing about it is that our family and friends will be around; even if they don't have tickets it is a comfort to know they are close by."

The demands of full-time training have meant the officer has been away from unit life for some time, but there has been no shortage of backing from her Army colleagues and the wider military community.

Stanning said: "My regiment has allowed me to continue with my training and I am so grateful to them."

"I've not had any work commitments but they are really keen to find out how I'm doing. They are in regular contact with me and make sure I have the support I need."

"Knowing the Army is fully behind me has been a huge boost." ■



OLYMPIC PATHWAY

ARMY rower Capt Heather Stanning (RA) first achieved international recognition in 2007, when she won a gold medal in the women's pair at the World Under-23 Championships.

In 2010 she joined the World Cup series with partner Helen Glover and later won a silver medal at the World Championships in New Zealand.

Further success followed a year later with victories in Munich and Lucerne, along with a second silver at world level.

The 2012 season has started in spectacular style with gold medal performances in Belgrade and Lucerne ahead of this month's Olympics.



SPORT SHORTS

■ CYCLIST Maj Jon Cox (2 Para) is nearing the end of a 2,745-mile mountain bike race across North America to raise money for the Parachute Regiment Charity.

The energy-sapping quest started on June 8 and challenged the officer to cover 140 miles a day while carrying all the equipment needed for the journey.

His mission began at Banff, in Canada, and was due to finish in New Mexico as this issue went to press.

He said: "The route takes us through rainy forests; to snow-clad mountains; to temperate grasslands and finishes in the searing desert heat."

Donations can still be made online at www.justgiving.com/joncox1981

■ THE Royal Military Academy Sandhurst welcomed international athletes to its prestigious grounds for a modern pentathlon Olympic centenary competition.

Teams from Germany, the Czech Republic, Ireland, Great Britain and the Army took part in the event, which celebrated the introduction of the sport to the Games in 1912.

Several prospective Olympians were put through their paces in the contest, which was won by a strong Czech squad.

Service success came courtesy of Cfn Cory Hood (REME), who won in the pairs' event, and OCdt Ed Tusting (Cambridge UOTC), who took the individual ride title.

■ ENDURANCE athlete SSgt Gordon Campbell (R Signals) is racing along the historic site of Hadrian's Wall to help raise money for the Salvation Army.

The runner was due to compete in the 69-mile ultra-marathon event as this issue went to press.

To donate money to the cause visit www.justgiving.com/Gordon-Campbell2

■ TERRITORIAL Army soldier CSgt Sammy Kilpatrick (London) will compete in the Badwater Ultra-marathon this month to raise money for Help for Heroes.

The event is recognised as the toughest race of its kind and features a 135-mile course that stretches from California's Death Valley to Mount Whitney.

Kilpatrick is bracing himself for temperatures as high as 130 degrees Fahrenheit as he looks to complete the route in the 48-hour time limit.

The challenge starts on July 16 and the 54-year-old is hoping to raise £3,000. To donate, visit www.bmcharity.com/badwaterultra

■ POLO players from the Army and Royal Navy will go head-to-head in the annual Rundle Cup clash on July 14.

Set in the grounds of Tedworth House, the event is expected to attract more than 4,000 spectators as the Senior Service look to avenge their defeat from last season.

The day also features a celebrities versus jockeys match to raise money for the Salisbury-based charity Inspire.



Kings of the ring: Sig Oguaju (2 Sig Regt, red) defeated Pte McKinney (2 PWRR) in the 91kg category

Boxers shine in main event

Report: Richard Long

Picture: Graeme Main

THE boxing season enjoyed a breath-taking finale during a fierce evening of competition at the Army individuals championships.

Fighters from an array of units and cap badges took to the ring at Aldershot's Combat Sports Centre for the event, which was staged over four days and featured 68 bouts.

Cpl Cohoon (2 Lancs) was crowned fighter of the night after his triumph over Pte Kelly (1 Scots) in the 75kg category, while the 91kg clash between Sig Oguaju (2 Sig Regt) and Pte McKinney (2 PWRR) was awarded the title of best bout.

Boxers from 2nd Battalion, The Duke of Lancaster's Regiment emphatically retained their team trophy from last

season following a dominant display, while the Royal Signals squad won the corps competition.

Speaking at the end of a gruelling four days, Army Boxing Association secretary Nathan Pearce told *SoldierSport*: "The standard of boxing is improving and we are now attracting the best fighters to this competition.

"The Royal Signals winning the inter-corps trophy demonstrates the health of the sport among the corps and should impact on the smaller teams who believe the Infantry will always win so often do not take part.

"The preparation of the boxers has also been considerably better than previous years. The coaches ensured their athletes were competing at their natural weights and they worked very hard to guarantee they were fully fit for the tournament."

ARMY INDIVIDUAL BOXING CHAMPIONSHIPS 2012

- **57kg:** Kgn Burge (2 Lancs) beat Pte Ncube (7 Regt, RLC) 17-6 on points
- **60kg:** Kgn Leighton (2 Lancs) beat Kgn Rafferty (2 Lancs) 20-13 on points
- **63.5kg:** Pte Ratcliffe (2 PWRR) beat Kgn Booth (2 Lancs) 19-13 on points
- **67kg:** Pte Oliver (2 Para) beat Rfn Nevison (4 Rifles), fight stopped
- **71kg:** Hldr O'Neil (4 Scots) beat Kgn Cohoon courtesy of walkover
- **75kg:** Cpl Cohoon (2 Lancs) beat Pte Kelly (1 Scots) 18-10 on points
- **81kg:** LCpl Rees (13 AA Regt, RLC) beat 2nd Lt Collins (R Signals) 20-11 on points
- **86kg:** Rfn Trotter (4 Rifles) beat Kgn Fazackerly (2 Lancs) 19-10 on points
- **91kg:** Sig Oguaju (2 Sig Regt) beat Pte McKinney (2 PWRR) 28-20 on points
- **91kg+:** Spr Hunt (23 Engr Regt) beat Pte Davies (2 R Welsh), retired
- **Class B 67kg:** Spr Woods (22 Engr Regt) beat Pte Ainsworth (3 Para)
- **Class B 71kg:** Pte Barry (3 Para) beat LCpl Fertnig
- **Class B 75kg:** LCpl Griffiths (7 Regt RLC) beat LCpl Roberts (3 Para)
- **Female Class C 54kg:** Pte Ling (13 AA Regt, RLC) beat LCpl Symonds (21 Sig Regt), fight stopped



Picture: Chris Fowke

Winning start: The Army followed victory at the Rugby Rocks competition in Richmond with a successful defence of its crown at the Bournemouth Sevens

Sevens stars hit top form in season opener

Report: Richard Long

THE Army squad made a pulsating start to Rugby Union's sevens season with back-to-back victories in the opening tournaments of their summer campaign.

A try blitz from LCpl Samesa Rokoduguni (Scots DG) and LCpl Ben Seru (RE) helped the Reds run riot in Bournemouth as the team retained its title for a third successive year.

The triumph came hot on the heels of a comprehensive 42-12 win over French side Pyrenees in the final of the Rugby Rocks competition in Richmond, a result that avenged the defeat suffered at the same stage of the 2011 contest.

Having hit top form during a training camp at Marchwood, the Army travelled to London in confident mood.

A 28-0 victory against Loughborough University was followed by a 50-0 rout of the Help for Heroes Wolfpack side as the Service stars cruised through the pool stage without conceding a point.

Cpl Jerry Cataki (1 R Irish) gave the team a dream start in their quarter-final tie against the West Country Cavaliers by scoring after 24 seconds and an avalanche of points followed as they romped to a 47-0 win.

A Seru hat-trick was the highlight of a 17-7 success against Esher in the semi-final and the speedster repeated the feat in the final to emphatically end

"WE HAVE A FOCUS ON PLAYING FOR THE ARMY AND THOSE WHO ARE AWAY ON OPERATIONS"

the French challenge.

The Reds maintained their fine form in Bournemouth and emerged from the pool stage with victories against Loughborough, Rugby Tigers and Bath.

The Storm Sevens and Apache teams were disposed of in the knockout rounds before the military men locked horns with the Midwives invitational side in a nail-biting finale that was settled via a 27-19 scoreline.

Rokoduguni, Seru, LCpl Joe Kava (RLC), Spr Knoxy Laqaro (RE) and skipper LCpl Gerhard Wessels (RE) all excelled in what was a superb performance from the Army.

And the winning run continued at the West Country Sevens in Bristol, where the team secured its third title of the campaign.

After struggling to overcome the DS Smith Recycling side early on, the Reds cruised past the Mavericks and Sunset Warriors as they progressed through the pool stage unbeaten.

Seru crossed for three tries as French outfit Impact were brushed aside in the knockout round and St Paul's Pirates were crushed 22-0 in a one-sided semi-final showdown.

The UK Rugby Sevens All Stars formed the opposition in an energy-sapping final, which the Army won via a narrow 22-19 scoreline.

Team manager Capt John Voss (REME) has been delighted with the start to the season but told *SoldierSport* the main focus is on the international defence sevens competition in August.

He added: "The players have been outstanding so far and have embraced the changes we have made and the culture of playing for the shirt.

"We have a strong focus on playing for the Army and those who are away on operations.

"We are soldiers first, sportsmen second and everyone involved with the squad has deployed within the past three years.

"To win our first three tournaments is a fantastic achievement.

"We have beaten some of the UK's top players and the Midwives side we faced in Bournemouth was an international select team.

"We played in front of a 15,000-strong crowd and everyone seems to be really supportive of the Army and the work we do.

"Our goal is to go to the defence cup in Denver, Colorado and win.

"All the major forces will be taking part and it looks as though it will be a tough competition."

To follow the team's progress visit www.armyrugbyunion.org.uk ■



Rana wins Games bid

Injured soldier targets medal push as part of Team GB

Interview: Richard Long

Picture: Graeme Main

SITTING volleyball star LCpl Netra Rana (1 RGR) has been named in the Team GB squad for this summer's Paralympic Games.

The lower leg amputee, who was injured in an IED blast in Afghanistan in 2008, has made rapid progress in recent years thanks to the Battle Back scheme and is targeting medal success on home soil in London.

Rana was awarded the prize for most valuable player at the 2011 Continental Cup and is now busily preparing for the most important event of his sporting career.

"It is really exciting and I am so proud to be selected in the team," he told *SoldierSport*.

"It is a busy time for us, we have just competed in tournaments in Holland and Germany and we are training for more than 20 hours a week.

"This is a big step, we have been progressing steadily and the improvements are coming.

"When I first started playing I didn't think the Paralympics were a possibility.

"I have been training for one-and-a-half years and while I was not expecting to be selected I feel as though I deserve my place in the squad.

"I'm very proud of what I've achieved. The commitment and effort I have made, along with the help and support of my family and unit, has paid off.

'When I first started playing I didn't think the Paralympics were a possibility'

"This is the reward for one-and-a-half years of hard work."

Rana was named adaptive sportsman of the year at the Army Sports Awards in December and he hopes to add a further accolade to his collection when his Paralympic event gets under way on August 30.

"This is the first time Team GB has competed in sitting volleyball at the Games," the athlete explained.

"Our aim is to finish in the top five but if we can go forward and push for a medal place that would be great.

"We are competing on home soil, which can be a huge advantage, and I'm sure we'll hit our targets.

"From now on it is pretty much full-time training ahead of the Games, but I'm used to it.

"We cannot wait to get in front of the crowd and show them what a great sport sitting volleyball is."

The Team GB players will take part in a three-week training programme in Loughborough this month before moving to a holding camp ahead of the London Paralympics.

On announcing the squad for the competition, Lisa Wainwright, chief executive of Volleyball England, said: "The sitting volleyball programme was created following the award of the London Games and in that time we have built not only a fantastic group of athletes, but started the foundations to grow the sport for many years to come at all levels.

"Paralympic selection is something that every one of these players will remember forever and we look forward to demonstrating how fantastic sitting volleyball is." ■

Paralympic sitting volleyball

- Great Britain's sitting volleyball programme is relatively new. It was disbanded in 1991 but reinstated after London won the Games bid.

- Sitting volleyball was played as a demonstration sport at the Toronto Games in 1976 before achieving full status at the Arnhem Paralympics in 1980.

- China and Iran topped the sport's medal table at Beijing in 2008, with Bosnia-Herzegovina and the USA finishing third.

- Players have to maintain contact between their pelvis and the floor at all times.

- The sport features a smaller court than

volleyball, which measures ten metres by six metres. The net is also lower.

- Each team may field six players on court at any one time, although five reserves are allowed to take part.

- The first team to 25 points wins a set, but they must triumph by two clear points. The first team to take three sets is victorious.

- All athletes with physical impairments are eligible but most are amputees.

- The British women's team includes Martine Wiltshire, who was injured in the July 2007 terrorist attacks and then joined the sitting volleyball programme.





Picture: Steve Dicks

Helping hand: The Race2Recovery team will be offered advice and guidance from off-road experts Land Rover as preparations for the Dakar Rally continue

Rally stars revel in Rover's new role

Report: Richard Long

THE Race2Recovery team has been handed a major boost ahead of its Dakar Rally campaign by landing a lucrative sponsorship deal with motoring giants Land Rover.

As part of the agreement, the iconic manufacturer will offer vehicle and parts support along with invaluable training ahead of the event.

The rally team, which is comprised predominantly of injured personnel, will compete in the arduous 9,000-kilometre race early next year to raise money for military charities and to inspire the

wider disabled community.

It is currently competing in the British Cross Country Championship and recently saw two cars complete the demanding Tuareg Rally in Morocco.

Land Rover will supply engines for the four QT Wildcats that Race2Recovery will use on the Dakar as well as Discovery support vehicles and a wide range of parts.

They will also provide bespoke desert training for team members to ensure they have the best chance of finishing their adventure.

Driver and charity co-founder Capt Tony Harris (RRF) said: "We are

incredibly proud that Land Rover has chosen to support our 2013 Dakar Rally campaign.

"To have the endorsement of one of the world's leading off-road brands, combined with the direct support in terms of vehicles, components and training, is invaluable to us as we work towards next year's event."

The Race2Recovery team enjoyed a further boost to its profile last month with appearances at the Cholmondeley Pageant of Power and the world-famous Goodwood Festival of Speed, where the QT Wildcats were put through their paces in a forest rally. ■

Racers hit top gear

THE British Army Motorsports Association has welcomed a new discipline to the starting line for the 2012 season.

Sports car racing sees drivers rewarded for lap time consistency, as opposed to being first to the chequered flag, and allows the grid to be made up of a staggering array of vehicles.

Maj Phil Robinson (REME) has been the Army's leading light in his Peugeot 306 S16 (pictured) and the officer is ranked 11th in the national Race Challenge series after three competitive opening rounds.

Events have already been staged at Lydden Hill and Rockingham Speedway and future legs include Donington Park, Snetterton, Mallory Park and Silverstone.

Despite being in its infancy the Service team is looking for new members. For more information contact WO1 Mark Saunders on 94222 2197.



final word



We asked British Army personnel about their role on Op Herrick 16 and whether life in theatre has met their expectations

INTERVIEWS: RICHARD LONG
PICTURES: GRAEME MAIN



LCpl Stuart Williams (R Signals)

I run the stores for The Royal Welsh regimental signals infantry support team. We hold the kit and issue it to the guys – radio, force protection, Bowman; we have everything they need and we're also responsible for the maintenance of equipment. This is my first tour with the Royal Signals as I was in the Infantry before. I'm now seeing a different side to things.



Gnr Gemma Quinn (RA)

I've only been here for a month and am covering a post during rest and recuperation. I was lined up for Op Olympics but it's good to be back with the lads at FOB Ouellette. I work in the command post taking down fire missions but it has been fairly quiet. I didn't know what to expect and the guns aren't really getting used, other than for firing illumination rounds.



LCpl Thomas Welbourne (3 Yorks)

We were manning a checkpoint south of FOB Ouellette but are now operating as a quick reaction force. The majority of locals are pro-Isaf; they can see we are doing a good job by manning checkpoints, searching people and getting rid of IEDs. This is my first tour and I was expecting it to be more kinetic. Most attacks are shoot and scoot – the enemy will take a few pot shots and run.



Cpl Michael O'Grady (3 Yorks)

We have done a number of roles. We started off manning a checkpoint and are now the quick reaction force attached to 1 R Welsh. We do 99 per cent of casevac and respond to any contacts or IED finds. I was expecting more contacts and the focus appears to be on bombs nowadays. It seems as though the enemy does not want to fight, so we must be deterring them.



Tpr Terry Hutchinson (LD)

This is my first tour. I was a bit apprehensive coming out of the gates for the first time and I was expecting more contacts. We are a wheeled troop but are now moving to a police advisory role, which should be good. I'm open minded and quite positive about it. The Afghan National Police guys seem very friendly and I think they are moving in the right direction.



LCpl Craig Popple (REME)

I've been working with the light aid detachment, covering guys on rest and recuperation. I'm involved in all the minor repairs on vehicles at FOB Ouellette. I like this job and it is a nice way to break up the tour. You get your hands on different kit and operating outside the wire is a test. There are only four or five of us here, so if you get a job it has to be completed.



LCpl Liam Keen (LD)

We've done some operations with the Afghan National Civil Order Police (ANCOP) and they are good blokes who are switched on. They've got the equipment they need and they know their drills. Police mentoring is a new role for us. The Afghan forces can have their ups and downs but we know the ANCOP are well prepared. We are looking forward to working with them.



Cpl Garvin Felix (LD)

We deployed on Op Herrick 10 and that was pretty kinetic in terms of the ground-holding and patrol tasks we were involved with. I started the tour with the formation reconnaissance squadron and I'm now looking forward to the challenge of working with the Afghan police. The patrols will be good and I think it will be interesting to see if what they are learning is being applied.

Drop Zone Supplies

The Helikon PCS clothing system is based upon the new MOD issue Personal Clothing System (PCS). Although the Camo pattern is different from the MOD issue it is an ideal match for replacement garments.

HK MTDP PCS Combat Uniforms £34.95



Altberg Sneeker
£144.95



Altberg Warrior Microlite
£154.95



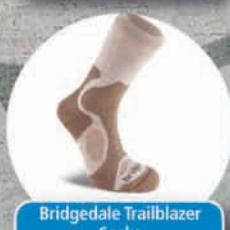
Bates Falcon
£84.95



Nyrex Folders A4 / A5 / A6
from £6.95



Mira Headtouch
Red / White Light
£9.95



Bridgedale Trailblazer
Socks
£13.95



Camelbak Motherlode
£164.95



Snugpak Sleeper Lite
£32.95



Disciple Extended Ops
Pack Mk II
£99.95



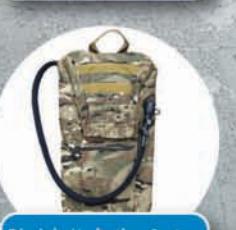
Disciple M3M Patrol Pack
£94.95



Disciple ABN Webbing
£114.95



Disciple L129A
Bungee Ammo
£14.95



Disciple Hydration System
£39.95



Disciple MTE-C Trop Hat
£7.95



MOD Protractor
£8.95



Small Crown Officers Beret
£14.95



MTP Velcro UBACS
Rank Patches
£3.50



Badges
Various

www.army-surplus.co.uk

T: 08456 44 50 60

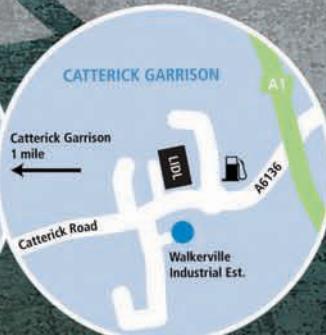
BFPO
TAX FREE
SHOPPING

RETAIL STORES AT:

CARTERTON OX18 3YJ

TIDWORTH SP9 7PS

CATTERICK DL9 4XB



TAX FREE & TAX PAID DEALS

VAUXHALL CORSA

UK BASED **FROM £9,599**
OVERSEAS BASED **FROM £7,445**



FORD FIESTA

UK BASED **FROM £8,990**
OVERSEAS BASED **FROM £6,999**



SUZUKI SWIFT

UK BASED **FROM £9,499**
OVERSEAS BASED **FROM £7,445**



SUZUKI



VOLKSWAGEN POLO

UK BASED **FROM £9,599**
OVERSEAS BASED **FROM £7,995**



NEW SEAT IBIZA

UK BASED **FROM £9,995!**
OVERSEAS BASED **FROM £8,399!**



SEAT



HYUNDAI i20

UK BASED **FROM £7,890**
OVERSEAS BASED **FROM £6,599**



HYUNDAI



HIGH ACCEPTANCE RATE AND LOW FINANCE RATE

We have over 200 used cars in stock now!

visit www.emcforcescars.co.uk to view them all



emc forces cars
www.emcforcescars.com

UK PHONE
01323 739675

GERMAN FREEPHONE
08001 860183 / 827633

UK Freepost (BR 1394), Cavendish Bridge, Eastbourne BN21 5TD



follow us on twitter
twitter
@emcforcescars

CARS SHOWN FOR ILLUSTRATION PURPOSES ONLY

0512