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Gary Jamieson, former Scots Guardsman, injured in Afghanistan in 2010, Charity Beneficiary. © Malcolm Cochrane



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“
We are
hungry for
success
”

Cricketers conquer
– p75



Keeping you in the know



WELCOME to our September issue, in which we launch our brand new *Need to Know* section (page 20).

This one-stop-shop is designed to keep readers up-to-date on all the most vital elements of Service life, from skills and drills to fitness tips, mental health news, money management and stories from the front line.

Let us know what you think, and if you have anything worthy of inclusion the team would love to hear from you using the details listed on page 7.

Also inside, don't miss the stunning success stories of Army triathletes (page 70) and cricketers (page 75), plus outdoor action in the Rockies (page 40) and some startling thoughts on what the future holds for the Army Air Corps, which is celebrating its 60th anniversary year (page 30).

And check page 16 to be in with a chance of winning a £190 daysack.

Sarah Goldthorpe • Editor

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Sexual harassment: Army continues its crackdown

EFFORTS to tackle sexual harassment have stepped up a gear, with the launch of a new survey to discover more about the experiences of soldiers and officers.

Some 22,000 troops in the Regular and Reserve – including all Servicewomen – have been sent a questionnaire by post.

It asks them to describe any inappropriate behaviour they have experienced, and follows a similar survey in 2014 which found that just three per cent report such incidents.

The latest review will try to discover if new policies that the Service has put in place – such as last year's controversial poster campaign (shown) – have helped to address the problem.

Lt Col Victoria McNeill (AGC (RMP)), the staff officer in the Directorate of Manning who is responsible for tackling bullying, harassment and discrimination, said the message to troops was clear.

"The Army takes sexual harassment very seriously and we will listen to and act on what you say," she said.

"We are conducting the survey to understand the reality of people's experience now and it is important

that we hear from as many individuals as possible.

"Even if personnel feel they have nothing to report, their perspective and feedback is important."

Responses in the 2014 study found that 13 per cent of females and three per cent of males had received an unwelcome comment about their appearance, body or sexual activity.

One issue identified was that perpetrators did not always realise when banter had gone too far – especially if drinking alcohol.

Most incidents of harassment were one-offs, and reasons for not reporting them included the concern that any complaint might affect the victim's career or mean they were labelled a troublemaker.

This year's survey closes on September 29 and all answers will be treated as confidential.

They won't be seen by any military staff; analysis is instead carried out by civilian occupational therapists.

For more details read **ABN 98/17**.

“
The Army
will act on
what you
say
”



SOLDIER

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A taste of Army events across the world

GLOBAL SITREP



Picture: Cpl Jonathan Lee van Zyl, RLC

1. USA

READY TO STRIKE

RESERVISTS from 3rd Battalion, The Princess of Wales's Royal Regiment were among the 6,000 troops to take part in the US military's largest multinational live-fire exercise – Northern Strike.

It was the first time a UK regiment has been involved in the test and the two-week deployment saw personnel develop their infantry skills in a range of scenarios, including advancing in wooded terrain and attacks in an urban environment.

"The air assault with the Black Hawks was the most enjoyable element," said Capt Connor Bowdidge, the 2iC of A Company.

"For British soldiers that is rare so the buzz was just amazing."



Pictures: Cpl Dave Blackburn, RAF



2. THE FALKLANDS

ALL SYSTEMS GO

THE Falklands continues to be a hive of activity with infantry and engineering skills both being tested in recent weeks.

Personnel from 3rd Battalion, The Parachute Regiment have completed a series of exercises involving their counterparts from the Royal Artillery, along with Chinooks and Typhoons from the Royal Air Force and naval support from HMS *Clyde*.

Elsewhere, sappers from 39 Engineer Regiment have continued a construction task to replace accommodation at three remote sites.

Working alongside attachments from across the Royal Engineers, the troops have now entered the final phase of the project which will see the buildings fitted with bedrooms, kitchens, gyms and communal areas.



“
The buzz
was just
amazing
”

3. UKRAINE

SCOTS ON TOUR

WHEN faced with the prospect of examining past conflicts across Europe, troops from 4th Battalion, The Royal Regiment of Scotland took on the task with adventure in mind.

Having deployed to the Ukraine as part of Operation Orbital, a 20-strong contingent from D Company elected to make their way back to the UK in a fleet of locally purchased Ladas.

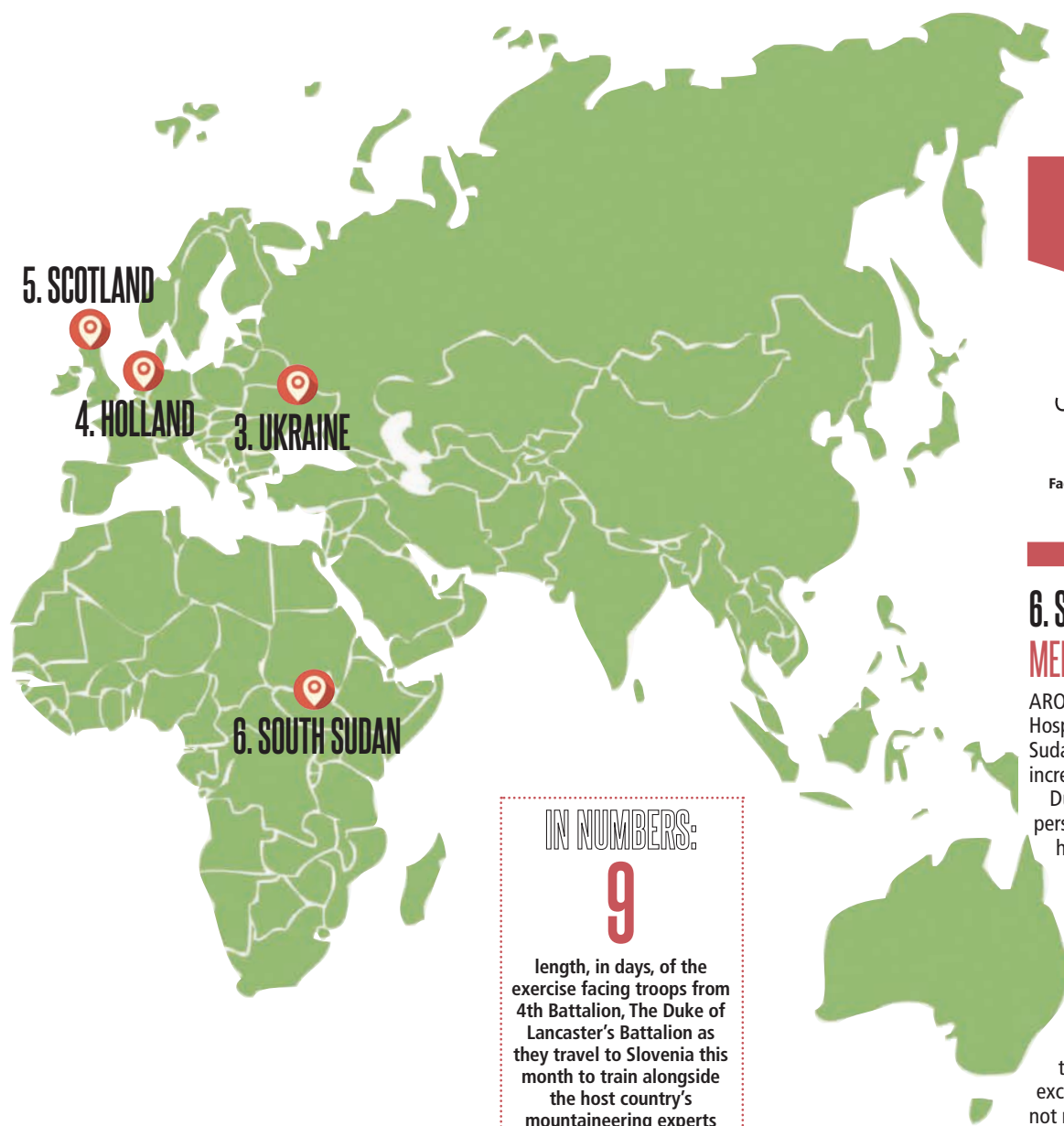
Along the route they visited a host of key military locations as they sought to learn more about the Army's



involvement in different wars.

Included among the points of interest were Krakow, where they gained an insight into the horrors of Auschwitz, Prague and Nuremberg.

They also stopped at Arnhem to reflect on the Service's role in the Second World War before returning to Catterick after nine days on the road.



INTELLIGENCE FOR THE ATLAS?

Brief the team now:



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6. SOUTH SUDAN MEDICS FLY OUT

AROUND 50 soldiers from 33 Field Hospital have deployed to South Sudan as part of the UN mission to increase stability in the country.

During their six-month tour the personnel will man a tented field hospital built by 16 Medical Regiment (pictured below), where they will offer care for around 1,800 peacekeepers in the region.

"I've served in Afghanistan but this is far more unique," said Maj John Lord. "The opportunity to deploy with the UN is exciting and is something that not many people have experienced in their careers."

The hospital is based in the town of Bentiu.

IN NUMBERS:

9

length, in days, of the exercise facing troops from 4th Battalion, The Duke of Lancaster's Battalion as they travel to Slovenia this month to train alongside the host country's mountaineering experts

4. HOLLAND MARCHING MISSION

SOLDIERS from 103 Regiment, Royal Artillery were among 700 UK troops to take part in the 101st Nijmegen Marches.

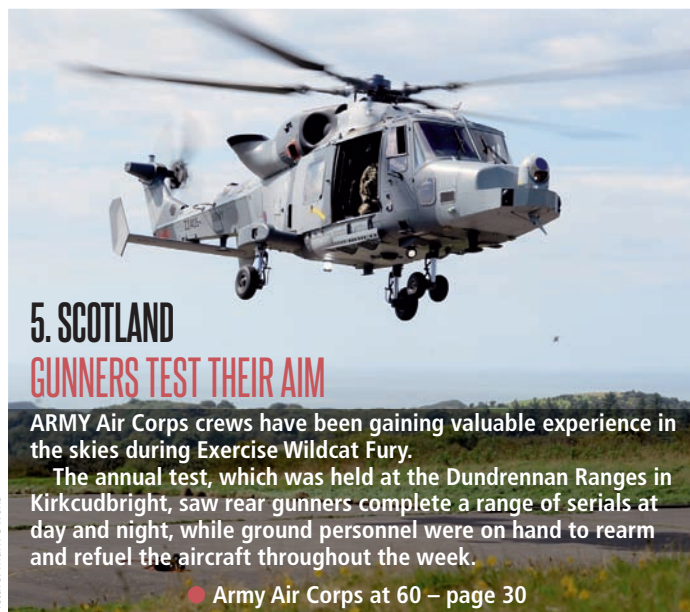
The 13-strong team, made up mostly of Reservists from the formation's 210 and 208 Batteries, covered 100 miles in four days.

"The challenge wasn't over when the walking finished," said Sgt Nina Kitajewski.

"Despite being physically fit, robust and well prepared, it really took a toll on our bodies, especially the feet, so evenings were dedicated to recovery."

A total of 6,500 military personnel from 34 different countries marched in this year's event alongside 47,000 civilians.

Picture: Mark Owens



5. SCOTLAND GUNNERS TEST THEIR AIM

ARMY Air Corps crews have been gaining valuable experience in the skies during Exercise Wildcat Fury.

The annual test, which was held at the Dundrennan Ranges in Kirkcudbright, saw rear gunners complete a range of serials at day and night, while ground personnel were on hand to rearm and refuel the aircraft throughout the week.

● Army Air Corps at 60 – page 30



Britain's got talent

Paras tested alongside Georgian counterparts – page 26



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Picture: Duncan Elliott

Battlefield trauma spurs sculpture project

HAVING attempted suicide seven years ago Army veteran Graham Limb has turned to the world of sculpture to win his battle with post-traumatic stress disorder.

The former soldier, who served as a gunner in the Royal Artillery, was among 12 rookie sculptors to join The Royal British Legion's Bravo 22 project, which uses art to aid recovery from complex post-conflict conditions.

Participants worked under expert guidance from professional sculptor Al Johnson and the resulting work

enjoyed a two-week run in an exhibition at Salford's Lowry Hotel.

"My sculpture shows me feeling broken, sitting with my head in my hands, hood up, not being able to take any more of what is going on in my head," explained Limb, who later joined the Croatian Army in Bosnia and saw his best friend shot.

"Inside are representations of myself of old – a proud soldier, a firefighter, me trying to comfort myself and wake up to what I've achieved and where I am now."

EMBRACING THE ARTS, FROM NORTH TO SOUTH...

■ A TEAM of loggies are hoping to star on the big screen at Colchester Film Festival this month. Amateur moviemakers are being encouraged to showcase their skills in a film challenge and the soldiers from 13 Air Assault Support Regiment, Royal Logistic Corps have added their names to the roll call. They will be given 60 hours to write, produce, edit and deliver a five-minute film.

"This is seen as a low-cost junior NCO development exercise that will enhance participants' organisation and leadership skills," said Capt Anthony Kinsella, the officer driving the project.

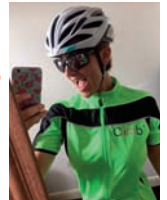
It follows the success of the Service's first ever venue at the Edinburgh Fringe festival last month. The Army Reserve Centre in East Claremont Street hosted various dance and theatre performances.



“
It shows
me feeling
broken
”

FEARLESS FUNDRAISING

Battle on a bike



A RESERVIST

gunner from 103 Regiment, Royal Artillery, completed a 46-mile bike ride in aid of children with metabolic disorders. LBdr Kate Jenkins' one-year-old son suffers from a serious genetic condition in which the body has trouble breaking down fat. She took on the challenge to raise funds for those in a similar position and to boost her fitness after maternity leave.

Money raised
£1,612
For: Climb

Grinning and bearing it



In aid of: Zoe's Place Baby Hospice

ENDURANCE runner LCpl Matthew Balding (AGC (MPGS)) is attempting to run a variety of Spartan races dressed in a bear suit. He has already completed events in the UK, France, Spain and Poland, and was inspired to wear the costume by his chosen charity's mascot. Help him reach his £2,500 target at www.justgiving.com/matthew-balding3

Peak fitness

COMBAT medics LCpl James Irving and LCpl Ross Titcombe (both RAMC) are attempting the Three Peaks Challenge with the extra task of cycling between mountains. Donate to their mission at www.justgiving.com/fundraising/rossandjames

Target
£1,000
For: Blesma



“They are definitely in the running for the Inter-Services”

– On a rugby league mission, page 76

VOYAGE VENTURE

■ A CONCIERGE and chauffeuring company that employs former Service personnel has launched a new venture to provide tailor-made cruises to the military.

TriExForces has teamed up with Norwegian Cruise Line to create TriCruising, which offers voyages from the UK to the Baltic ports aboard *Norwegian Jade*.

For details visit www.tricruising.com

GET MULTICULTURAL

■ UNITS across the Army are being encouraged to organise events as part National Inclusion Week, which runs from September 25 to October 1.

The initiative is aimed at promoting diversity within the workplace and suggested ideas include cultural days and talks by role models.

Visit www.nationalinclusionweek.co.uk

CAREER MANAGER COURSE

■ A STREAMLINED refresher course for unit career managers is being launched to reduce the time they have to spend at the Army Personnel Centre in Glasgow.

The new programme will run for one or two days, depending on exact roles, and more details can be found in **ABN 86/17**.

ARCHDEACON ANNOUNCED

■ THE Archbishop of Canterbury has anointed Rev Clinton Langston as the new Archdeacon to the Army.

Located at Army HQ, he will be on hand to all soldiers and their families as well as providing spiritual support to chaplains.

NEW DIRECTION

■ A CAREERS fair will take place at Plymouth Guildhall on September 19.

Around 50 employers will be there to talk to veterans and families, with workshops on CV-writing and interviews.



Trials on the treadmill

A NOVEL new therapy could see veterans overcoming post-traumatic stress disorder by taking to the treadmill.

Known as 3MDR (military motion memory desensitisation and reprocessing), the technique works by getting patients to look at images relating to their trauma on a large screen while pacing along and listening to music.

The idea is that by walking through disturbing memories – literally – they will begin to deal with them.

And thanks to funding from the Forces in Mind Trust, boffins at Cardiff University will spend the next two years testing the process on ex-Service personnel in Wales.

It is thought any future therapy may prove especially useful for those who have not responded to other treatments – an issue known as cognitive avoidance.

“This could offer new hope for veterans with PTSD,” said Prof Jonathan Bisson, who is leading the study in a specially-designed facility at the institution’s School of Medicine.

Ray Lock, chief executive of the Forces in Mind Trust, added: “This is an exciting and innovative approach justifying further exploration, which we are very pleased to support.”

In January 2013 *Soldier* reported how another method known as eye movement desensitisation and reprocessing is helping to tackle post-traumatic stress disorder.

“It’s important to develop new treatments”

Q&A

SOLDIER’S QUESTIONS, PUT TO THE EXPERTS

Study leader Prof Jonathan Bisson (shown) answers our questions on the treadmill trial...

Is 3MDR already being used elsewhere?

It was developed in the Netherlands and research is now being undertaken or planned in Canada and the USA, among others.

Isn’t revisiting certain images very distressing for those involved?

It can be, but it has been shown that psychological treatments that focus on traumatic events are more effective than ones that do not.

Do patients get worse first?

Some, but not all, people report a slight worsening of symptoms before they get better. We prepare individuals for this and carefully monitor their symptoms to make sure any increase is properly managed with the right support available.

What sort of music is played?

Participants select two pieces; the first aims to take them back to the time of their military service (usually something that was played a lot at that time) and the second to the “here and now”.

Isn’t it risky to carry out tests on such ill veterans?

Treatment-resistant PTSD is often disabling so it’s important to develop new effective treatments. The only way to do this is through careful research with veterans for whom other things haven’t worked. Our study has been designed to minimise risk to participants and has been approved by a NHS research ethics committee.



BIKERS BOW OUT

■ THE Royal Signals motorbike display team, the White Helmets, will take to the saddle for the final time this month. After more than 90 years of displays the outfit is being disbanded. Riders will bid a fond farewell during their last show in Blandford Market Place on September 27.



"Your assistance has helped me close off an irritation that's been bugging me since I left the Service. And I'm now £9,000 better off."



FIGHTING FOR THE FORCES
AND THEIR FAMILIES

Jon Gower, FPS Member



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“He’s out now but I still go to him for advice”

–Which soldier inspires you? page 82



A personal view from Sara Baade, Chief Executive of the Army Families Federation...

NO ROOM FOR BAD COMMS

OUR role as the voice of the Army community was put to good use this summer, when we stepped in on behalf of those inhabiting Service family accommodation (SFA).

They were told by the Defence Infrastructure Organisation (DIO) that their combined accommodation assessment scheme (CAAS) band was to rise unexpectedly.

Some saw their final housing charge jump by more than one band, despite a planned transition to the new system.

This change was based on recent location reviews and surveys, but families had not been given appropriate information or a fair chance to appeal the results.

We asked DIO to review their processes, and I am happy to say that they listened.

They have agreed to improve their contact with families, and refunded extra charges where the correct process was not followed.

Better communication with those affected would have prevented weeks of worry.

Thankfully, families will not see any increase relating to location before April 1, 2018, with no backdated charges.

And as for the future of CAAS, DIO plans to review its location data more accurately.

I hope all of this will help to rebuild the sometimes-strained relationship SFA families have with those who manage their housing.



www.aff.org.uk

ARMY PARTNERS IN NUMBERS

82%

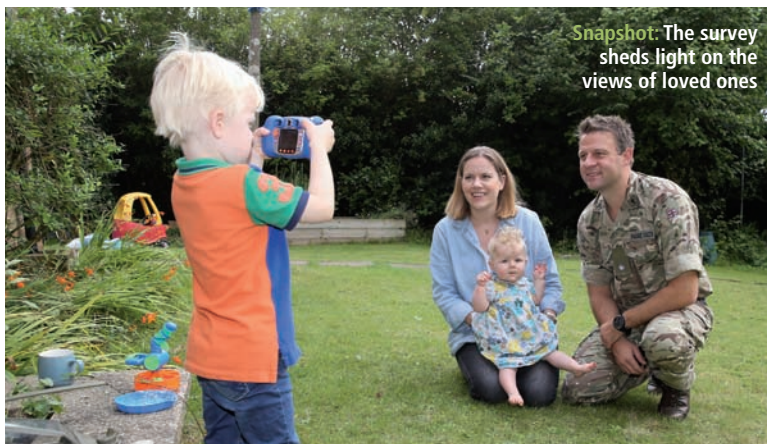
are proud of their partner serving in the British Army

37

per cent had encouraged their spouse to stay in

one third

would be happier if their partner left the Service



Snapshot: The survey sheds light on the views of loved ones

Picture: Peter Davies

Mixed feelings from families

ALMOST 60 per cent of Army spouses are happy with their quality of life but one third would be happier if their partner left the military, according to the latest families continuous attitude survey.

Some 7,000 partners from all three Services responded to this year's questionnaire, down slightly on last year.

The proportion of Army wives, husbands or civil partners who felt that military life had an adverse effect

on their own career prospects was 56 per cent and 47 per cent of those with children said having a parent in the military was a negative thing – a five point increase on 2015.

However, 60 per cent of Army spouses reported being satisfied with their Service accommodation – up six per cent on last year and significantly higher than their Navy and RAF counterparts.

Of the 12,084 surveys sent to Regular troops, just 2,926 were returned.

Army horses struck in road incident



Picture: Steve Dock

THREE people have been arrested after Army horses were released from their field in Melton Mowbray in the middle of the night.

Around 21 animals from the Defence Animal Training Regiment escaped in the incident on August 4 and galloped onto a nearby road, where some were involved in minor traffic collisions.

None were seriously injured and no people were hurt. Three male teenagers – two aged 18 and one aged 16 – were arrested on suspicion of causing public nuisance and dangerous driving, and released pending further enquiries.



A PROUD MOMENT...

■ HISTORY was made at the Infantry Training Centre when the first soldiers from the newly created Scottish, Welsh and Irish Division completed their passing out parade. Some 56 troops were involved in the ceremony at Catterick Garrison. The new division was formed back in April.

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"If you don't do it yourself, no one will"

—Experience, page 22

TIME TO TELL EMPLOYERS

■ THE window for completing Army Reserve employer notifications has been widened to February 28, 2018.

As part of the process, commanding officers are required to write to employers to tell them that they have a serving Reservist on the payroll, and to reveal details of upcoming training.

They must also provide an update on any skills and qualifications their soldier has gained during the previous year, and ensure managers understand their rights and obligations.

For further details read [ABN 87/17](#).

SPINE LINE COMPETITION

LAST month's spine line clues were inspired by our feature on the iconic Spitfire aircraft.

(Douglas) Bader, (Alex) Henshaw, (Johnnie) Johnson and (Adrian) Warburton were all flying aces of the Second World War.

This month *Soldier* has teamed up with First Tactical (www.firsttactical.co.uk) to offer two lucky readers this sleek Tactix three-day backpack.

To be in with a chance of winning this top bit of kit – which comes in a choice of black, coyote or green with Lynx laser-cut platform compatible with Molle/Pals – tell us what links the words on the side of this issue.

Answers to the usual address or comps@soldiermagazine.co.uk by September 29. Good luck!



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daysack



Urban test for future fighters

AIRBORNE Reservists from across the country have been honing their rapid reaction skills on Salisbury Plain.

Exercise Black Panther saw approximately 90 members of 4th Battalion, The Parachute Regiment put to the test in Copehill Down's urban training complex.

From reconnaissance and planning skills to room clearance, company attacks and casualty extraction, the serials gave troops the chance to deploy the same techniques as their full-time counterparts.

"For our personnel on the high

readiness Reserve commitment, it is crucial that they are ready to integrate with the Regular battalions at very short notice," said executive officer Maj Pat Kearse.

"This package, as one of five battalion annual training weekends, will enable them to deploy anywhere in the world and conduct this kind of complex operation."

Members of 4 Para provide the Reservist component to 16 Air Assault Brigade, which has the core role of maintaining the Army's Air Assault Task Force – a battlegroup held at high readiness to deploy worldwide.



Picture: Peter Davies

MPGS cuts begin

PLANS to reduce the Military Provost Guard Service by 30 per cent are under way. The cuts will take place in two phases, the first of which will see its manpower go from 1,438 posts to 1,136 by April 2019. Troops whose jobs are affected will be offered positions in other stations. Further reductions will also be achieved through site closures. The changes stem from the Strategic Defence and Security Review of 2015 and are expected to save £122 million by 2026.

IN THIS MONTH'S REVIEWS



"Some trial and error is required, but this watch is overall a good buy"



PAGE 61

JAGUAR F-PACE

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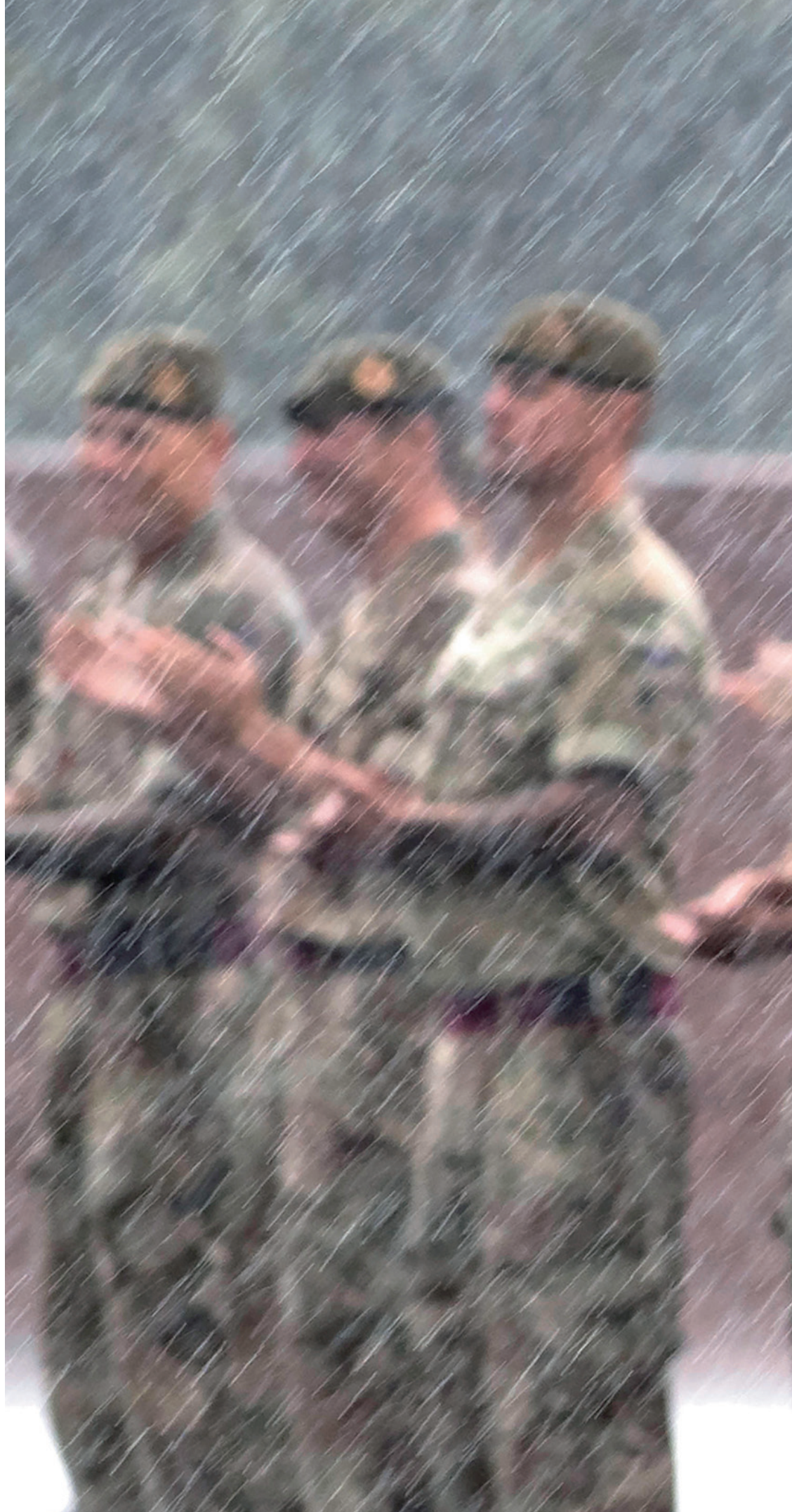
THE BIG PICTURE

WEETON BARRACKS, LANCASHIRE

IT'S GOOD TO BE HOME

A TRADITIONAL summer's day welcomed personnel from 2nd Battalion, The Duke of Lancaster's Regiment back to the UK after six months of deployments across three continents, including Op Shader in Iraq. A total of 250 soldiers lined up for the parade at Weeton Barracks, near Blackpool, but when the heavens opened their friends and family members were forced to huddle for cover under tents and umbrellas.

Picture: Sgt Jamie Peters, RLC





NEED TO

WALK

FITNESS / SKILLS & DRILLS / EXPERIENCE / KITBAG / HEALTH / CASH CLINIC

FITNESS

So you want to be a triathlete?

The Army triathlon squad share their top tips for getting started...



■ Army claim Inter-Services double
– page 70

Quality not quantity

Decide how many sessions you can do in a week and break them up into swim, bike, run and strength. Perhaps 30 to 90 minutes long each, but there is no set rule.

Time before money

Don't buy all the gear straight away. A road bike, wetsuit and tri-suit are the big investments, but it's fun to upgrade kit as you improve. Ask your corps if there is anything you can borrow or hire.

No perceptions

Try not to be put off by more experienced athletes. They will often dress in a certain way and have the lingo, but you don't need to look the part to be competitive.

Help is at hand

The Army Triathlon Association stages regular training weekends that can really help with performance. Coaches and other athletes are happy to help and support is also available on the organisation's Facebook page.



Take aim

Want to raise your shooting game to the next level?

► Follow these tips from Capt Neil Whitewick (RLC) and WO1 Mike Johns (SASC), part of the team behind the Force Troops Command operational shooting competition

Fitness first

Modern day shooting is all about operational training. You have to couple the theory with putting yourself outside your comfort zone. The concentration and running with all your kit on is hard work, so by the time you operate the trigger your body isn't in the condition it would be just lying in the prone position. That's why fitness matters.

Get out

A number of things – from wind to humidity – affect the flight of the bullet and in time shooting in different conditions will become second nature. A well-trained soldier will be able to see the swirl where the round displaces the air and aim off according to the strength of the wind at different ranges. But you don't learn that by sitting in a classroom.

Coach yourself

The bullet may land somewhere different to where you want it to, but a good shot will always observe and analyse what's gone wrong.

Relax

Don't fear the ranges. Attack them with confidence, enjoy yourself and try to avoid self-induced pressure.

Go back to basics

Make sure you understand the theory of shooting – marksmanship principles in particular. Position and hold will become part of your muscle memory eventually but it's vital to understand sighting, breathing and trigger operation as well.

Practise, practise, practise

The average soldier might not do much training other than to pass their annual test because it's hard for units to commit to time on the ranges. So get involved in your regimental-, brigade- and divisional-level shooting teams and competitions. With enough time to practise and decent coaching, there's a good shot within anybody.

'I don't blag, so I said I was struggling'



When LCpl Sony Assuon (R Signals) joined the Army ten years ago he could barely read and write. This month he begins a degree. Here, the soldier explains how he turned things around

I AM from a very remote village in Ghana; my school was under a tree. If it was too hot or the weather was bad there would be no classes.

I joined the British Army because it offered education, qualifications and travel.

But I never thought I'd be doing a bachelor's degree. I just wouldn't have had those opportunities back home.

When I got to basic training my written and spoken English wasn't good. I had to put in a lot of extra time to catch up.

The NVQ assessors really motivated me and my troop commanders were very helpful too. They pointed me to courses I could do.

I started in the Royal Logistic Corps but I wanted to do IT because computers are the way forward, so after five years I asked to transfer to the Royal Signals.

To begin with it was tough. I'd never touched servers or routers in my life but I don't blag, so I said I was struggling and was given the support I needed to get up to speed.

People should use the opportunities the Army gives them.

Standard learning credits are worth £175 per year and are there for every soldier to claim. I used mine to improve

my English and do IT courses.

And under enhanced learning credits you can get £2,000, three times in your career. That's helping me to finance my degree course. It's a bargain!

Whenever I go home I want to weep because I see my former classmates and how hard life is for them.

I needed to give something back to the community I was born in, so I set up an education charity to raise money for a library so they have access to books and IT facilities.

Education helps combat poverty.

With a bit of dedication and motivation you can achieve what you want. But if you don't do it yourself, no one will do it for you.



■ LCpl Assuon is studying communications engineering at the University of Stafford and has received a deputy commander's commendation for his charity work. To find out more visit www.assuonfoundationtrust.org.uk

Mountaineering

6 essential items not to be without on your next high-altitude mission

► WO1 Si Naylor (RAPTC), chief instructor at Trail's End Camp and 2015 Everest expedition leader, shares his advice.



1



Hestra Army gloves

Your gloves should be just warm enough – not so thick that you can't feel anything. You will need to be able to work in them, set up your tent and so on.

2



Millet Everest GTX 8,000m boots

The thermal properties, lightweight materials and stiffness of these boots make them an excellent option for high-altitude climbs. You should have already used them in cold environments on different surfaces, and make sure you find the right sock thickness too. You wouldn't go out on patrol without having tried out all your kit beforehand. It's the same with climbing.

3



DMM Raptor 55cm T-rated mountaineering axe

Opt for a sturdy general mountaineering axe, not a technical climbing model. You will use it for building snow anchors, crevasse rescue techniques and for stopping yourself if you fall. So avoid the flimsy, lightweight ones and go for an alloy shaft, rubberised handle and steel head; not too long and not too short.

4



Merino base layer

Tried and tested base layers are a must. You'll eat, sleep and move in them and after three weeks of not showering they become part of you. So you need something non-smelly and non-synthetic, such as merino wool – with zips for venting when you're in your tent or climbing at lower altitudes.

5



Your mental logbook

You won't actually carry your logbook, but you do carry your experience. In other words, you need the right skills and knowledge for the ascent you're doing. If you're climbing Everest you should ideally have done another 8,000m peak, or had significant experience at 7,000 and 6,000m.

6



Game of Thrones box sets

In 2015 I led the British Army expedition to the north-east ridge of Everest and we took series one to five with us. When you're above 5,500m you're basically dying on a cellular level. You feel sick, you can't eat and it's easy to hide yourself away in your tent. But if someone comes along and says, "right, time for *Game of Thrones*", it gives you something else to think about.

Picture: Mark Owens

The wet stuff



► **DEHYDRATION** – it's one of the surest ways to bring your workout or mission to a halt. Potentially a life-threatening one.

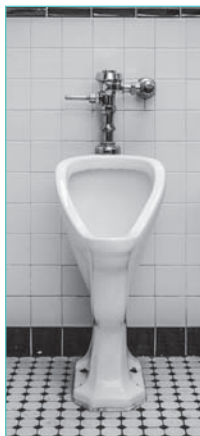
Heat injury, which can be exacerbated by a lack of water, has been the cause of more than one Armed Forces death on training. Desert environments, high intensity exercise and protective clothing do not exactly help the situation, but soldiers can hardly avoid these. So taking on enough of the wet stuff is vital.

When exercising in the heat make sure you drink water before, during and after. And if you

are exposed to heat continually in somewhere like Kenya or Jordan, be aware that your daily requirement could go up from two-to-four litres to as much as 12.

This must be taken on gradually, though. According to **JSP 539**, hourly intakes should usually be limited to 1.5 litres.

As a guide, try taking on 500ml – about half a water bottle – two hours before your task, a good few swigs 15 minutes before, and a full litre of water between one and two hours afterwards.



Taking the...

■ How do you know if you're well hydrated? Thirst is not always a good indicator, but the colour of your urine forms a decent guide. Make sure it remains pale yellow (as shown) and avoid letting it get too dark, such as what you might experience after a heavy drinking session. If you notice blood in your urine, see the doc. It could be the sign of an infection or more serious problem.



3

Things that
increase the risk
of heat injury

1

BEING HUNGOVER

Might sound obvious, but even if the session was a day-and-a-half ago, you could still be at increased risk. Lay off the booze close to any training.

2

PUSHING BEYOND WHAT IS SAFE

If you feel that you or others are at risk, or that things are going too far, speak up. Let someone know if you start to feel unwell.

3

BEING OVERWEIGHT, UNFIT OR A SMOKER

Any of the above can have an impact. For advice and support speak to the doc or visit www.nhs.uk/smokefree

Skint?

The experts at **MoneySavingExpert.com** have the following advice to get your finances back on the straight and narrow...

Prioritise

If you haven't got enough income to pay for everything you want to, you've got to work out what's most important to you. First should come all necessary bills – rent or mortgage, food, heat and clothing – but after that there's wriggle-room for making your own decisions.

Make pain-free savings...

This means getting a better deal on everything you need. We call it this because it shouldn't impact your lifestyle. If you pay for any of your household bills, do a comparison to see if you can save. Typical savings for energy can be £300 a year. And you should be able to save on broadband and mobile phone bills too by looking at what you use it for, and getting the best deal to suit.

If you've sorted your bills do a direct debit audit. Rake through your bank account for any that you're no longer using. Gym memberships, streaming services and dating sites are good examples, and can often go unnoticed.

...then the painful ones

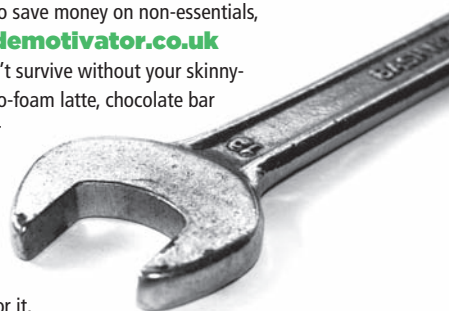
The next step is to curtail your lifestyle and stop spending on the non-essentials. It's all about self-discipline.

Not sure what to cut back on, or whether to fork out for something you want? If you're skint, ask yourself whether you need it and whether you can afford it. Even if you're not skint, ask yourself whether you will use it and whether it is worth the money. ■



Online tool

■ For a fun way to try to save money on non-essentials, log on to www.thedemotivator.co.uk. You might think you can't survive without your skinny-double-shot-extra-hot-no-foam latte, chocolate bar or magazine, but regular spends like this can soon rack up. Try this tool to see how much your habit is costing you and how long you are working for to pay for it.



3
things
to do
before
you
cough-
up



SLEEP ON IT

You might find it doesn't seem as attractive the next day



FOCUS ON YOUR DEBT/SAVINGS

How much longer will it take you to pay off your debt or save if you buy this? If you're saving for a holiday, for example, think "that costs one day in Miami"



LEAVE DEBIT/CREDIT CARDS AT HOME

Only take cash you absolutely need with you to resist any temptation



BRITAIN'S GOT

SOLDIERS SHOWCASE THEIR SKILLS IN THE HEAT OF GEORGIA





TALENT



Report: Gareth Palmer and Sarah Goldthorpe Pictures: Sgt Shiloh Capers, Sgt Kalie Jones, 55th Combat Camera, US Army and Cpl Pete Brown, RLC

LOCATED at a symbolic crossroads where Europe meets Asia, the country of Georgia could be seen as the ideal location for a multinational exercise.

And with temperatures in the Vaziani ranges soaring to 38 degrees Celsius, it proved to be a familiar training environment for members of 2nd Battalion, The Parachute Regiment who deployed there recently to showcase their soldiering excellence.

The host nation is keen to join Nato, so Exercise Noble Partner was also a good opportunity for the 160-odd Brits to consider how their skills may one day be required as part of a bigger joint force.

"Georgia is a hot and dry environment that's a test of physical resilience, while working as part of a multinational exercise on this scale really broadens soldiers' military and cultural horizons," said Maj Mark Bush, officer commanding C (Bruneval) Company.

The UK was one of eight countries and 2,800 personnel to take part in the two-week package, which was intended to validate a Georgian infantry company to serve with the Nato Response Force.

And with a joint training session on stabilisation operations testing everything from stop-and-search tactics to vehicle checkpoint procedures, the size of the exercise certainly didn't come at the expense of detail.

Cpl Caz Laycock (Para) was one of those responsible for explaining the British way of doing things to the foreign contingent.

"This is not about us teaching them; it's about finding middle ground between us," he explained.

"As paratroopers we're keen to get across to the Georgians the professionalism that we operate with, knowing exactly what we've got to do and when.

"There's a language barrier to work through, but there's a lot of interest and questions on both sides.

"Getting the best understanding of each other means we'll be better placed to work together in more complex scenarios later."

For two personnel in particular there was more familiarity to proceedings than expected.

Col Grigol Chelidze (shown left), commander of the Nato-Georgia Joint Training and Evaluation Centre, came face-to-face with an old colleague from his training days.

The Georgian officer studied at the Royal Military Academy Sandhurst back in 2002, where an instructor with a strong focus on tactical soldiering made a lasting impression on him.

Fast-forward 15 years and he was stunned to meet





‘FIND MIDDLE GROUND’ – the secret to working with other nations

ACCORDING to Cpl Caz Laycock (Para, pictured below), this is vital when it comes to operating with other troops whose tactics and ways of doing things may be unfamiliar.

“I gave a lesson to the Georgians about vehicle checkpoints and they were engaged and asked lots of questions, then they demonstrated their techniques to us,” he said.

“It’s about each of us looking at our slightly different tactics to deal with the same situation and learning from each other.”

Pte Kieran Ainsworth (Para) agreed. Describing his work with the Americans, he added: “We’ve talked to them seriously, and had a laugh, about things we can all relate to from slightly different directions.”



➔ CSgt – now Maj – Curt Vines once again, who is now officer commanding the battalion’s Support Company.

“When I saw Curt, all that had changed was his rank and the colour of his hair!” said Col Chelidze, who was only the fourth Georgian officer to attend Sandhurst.

“He was a very tough and physically demanding guy; some of the colour sergeants were all about drill but he was more focused on the tactical side.

“It’s a small world working in the military, and I’m always surprised by how many people I’ve run into over the years across the globe.”

Maj Vines, who commissioned in 2009, added: “Sandhurst is an international establishment, but Col Chelidze really stood out because he was the only Georgian among the intake.

“The language barrier put him on the back foot, but he took the course in his stride and always got stuck in.

“It’s great to catch up on how we’ve both progressed since then.”

For those further down the chain, the opportunity to work with members of the US airborne brotherhood was relished.

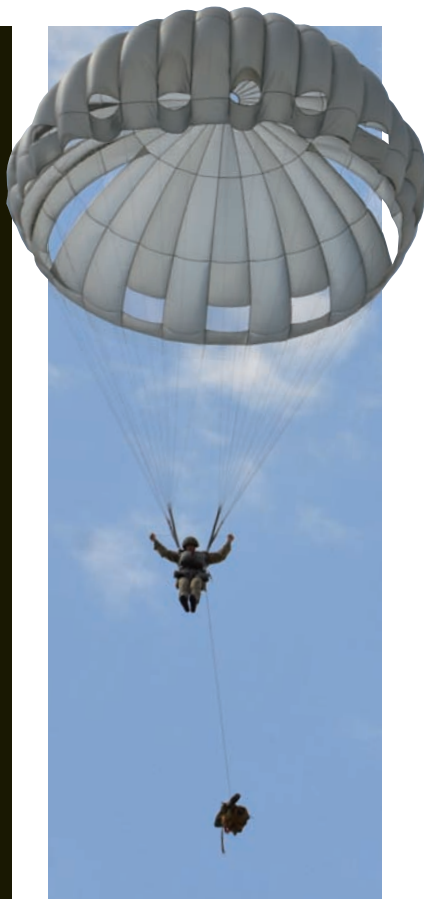




Did you know?

While Georgia is not a Nato member, it is a partner to the alliance and has also contributed troops to operations in Afghanistan.

“
The British
have a lot of
discipline,
take
instruction
well and
have been
shooting well
”



The relationship between C Coy and their brothers in Battle Company, 2nd Battalion (Airborne), 503rd Infantry Regiment began with a weapons familiarisation session.

US paratroopers fired the SA80 A2 and Sharpshooter and the British personnel got their fingers on the M4A1's trigger.

“Working with The Parachute Regiment is awesome, it's kind of like finding a long-lost brother,” said SFC Sean Sweeney.

“We have exactly the same background, skills and experience to work with.

“And if we know the capabilities of our Allies, we know how to properly employ each other if it comes to it on an operation.

“The British paratroopers have a lot of discipline, take instruction well and have been shooting well on a rifle that is completely new to them.”

Maj Bush is himself an example of the developing airborne brotherhood.

A US Army exchange officer, he arrived at 2 Para's Colchester barracks just three weeks before deploying to Georgia, where he got to see the Brits jumping under his home nation's MC-6 canopies.

“I'm excited to be with the battalion,” he said.


“There's something really special about paratroopers of any nationality.

“For an individual to volunteer to jump out of an aircraft demonstrates a selflessness and willingness to serve their country that you don't typically see.” ■

FLYING INTO THE FUTURE

The Army Air Corps has witnessed huge technological leaps since it was formed 60 years ago but the next few years could prove even more dramatic...





SWARMS of unmanned aerial vehicles seeking out and destroying hidden enemies might be the stuff of a fantasy sci-fi flick like *Terminator*, where the apocalyptic world of 2029 was ruled by laser-wielding drones. But according to Maj Andy White (AAC) this scenario could become a military reality well before then.

"There is stuff coming soon that will allow us to fully integrate these assets in a way we've not seen," the officer from the Air Manoeuvre Capability Directorate at Army Headquarters told *Soldier*.

Within the next decade British Army helicopter pilots will have the technology to tap into cameras, sensors and weapons systems on-board the latest generation of pilotless platforms.

Not only that, pilots will be able to fly into or close to the battlespace and use their on-the-spot situational awareness to coordinate attacks or reconnaissance missions by one or more of the UAVs.

"Quite what level of integration will be achieved or how we will use it is something we're still thinking about, but potentially we could, if we want, have our pilots taking over complete control of these platforms, even firing their weapons," said Maj White.

As it stands, there are four potential levels of assimilation currently under consideration by the Service.

The most basic stage is where the helicopter crew merely see what the UAV's sensors and cameras are picking up and use that to inform their own operation. The next level allows the personnel to take command of the drone's cameras and sensors. And the third allows all of that plus the pilots can fly the UAV to where they want, or even fire its weapons systems.

This groundbreaking capability is part of the software package included in the new Apache AH-64E helicopter.

The British Army has 50 of these assets on order and they are expected to enter operational service by 2024.

All of them will be equipped with a raft of improvements over the existing Apache AH-64Ds.

Upgraded radar and laser targeting technology will be complemented by a new tactical data link that displays all other air types in the area and can even tell pilots how many remaining weapons friendly aircraft

have on-board.

The impressive system can also indicate what laser codes Allied aircraft are using so projectiles can be fired at targets that other platforms are identifying.

But crucially, all Apache AH-64Es will be fitted with a piece of technology called manned-unmanned teaming, and it is this element that – for the first time – will allow Army Air Corps crews to control UAVs and create a video link with other helicopters and ground units.

"At the moment our helicopters can't transmit and receive video, only a stream of digital data," explained Maj White.

"But the Americans already have their hands on this equipment so we are closely consulting with them and looking at the lessons they're learning.

"We are working through some of the operational challenges such as the effective range in different conditions and we still have to develop our doctrine and tactics for its use."

The level of integration between helicopters and UAVs that would be suitable has yet to be decided, but Maj White believes pilot workload could be the most important factor.

"Studies are already under way on the art of the possible – the Americans are exploring the options now with their helicopters working with Shadow and Greyhawk UAVs," he said.


"We are embarking on a bit of a discovery mission ourselves as well, to evaluate how we can best operate alongside our unmanned aerial assets."

The officer added: "One of the most frustrating factors to emerge on recent operations was that you could only positively identify a target between a ground call sign and a helicopter through verbal communication, which could prove very challenging in certain landscapes.

"But this system has the potential to massively extend pilots' situational awareness and their firepower, as well as improving safety, decision making and mission effectiveness."

Whether the Army Air Corps will ever become a hybrid force controlling fleets of UAVs remains to be seen.

But the technology has an obvious potential as a force multiplier, and it is safe to assume that some level of airborne manned-unmanned interoperability will soon become the norm. ■



THE Army Air Corps was founded 60 years ago this month and back in its formative years the men may have been magnificent but their flying machines were underpowered, unarmed and unreliable. Yet, they still had to be flown in support of ground troops in hostile environments— something former officer Tony Markham experienced first-hand just weeks after graduating from flying school. Accompanying him on a visit to see the Apaches at the Army Aviation Centre in Middle Wallop was one of its top instructors and a veteran of Afghanistan and Iraq, WO2 Adam Nash. And there was plenty for them to compare...

Nash: I was grateful the Army took me on. I was a crewman on Royal Navy Sea Kings at Yeovilton and wanted to train as a pilot but they had an age limit of 24 and I was a bit too old. But the Army Air Corps' limit was higher so I decided to transfer over.

Markham: I got into flying while serving as a sergeant with the Royal Signals. In my day everybody had to already be serving in an Army regiment or corps as the idea was you had to be able to bring some military knowledge and experience with you.

Nash: You can still transfer into the corps from other parts of the Army. As a minimum you have to be a lance corporal with a recommendation for being promoted to corporal. You are made sergeant as soon as you get your wings. There is currently a bit of a push to get more non-commissioned personnel through here. Obviously, you can still join the corps directly through Sandhurst though.

Markham: What's the training like now? We had about 180 hours of actual flying training back in the 1960s, covering about eight months. We had no simulators at all. Before we started flying we could practise starting the helicopter up – that was about it.

Nash: It's pretty intense now. They're restructuring it with the new military flying training system coming in and it'll consist of around 190 flying hours split between live aircraft and simulator. After that you have conversion-to-type training and then conversion-to-role on top of that.

Markham: I suppose there was a bit less training in our day because one big difference was that we were unarmed. But I did go straight into active service in the Borneo Confrontation, which kicked-off the year I qualified. I flew Scout helicopters, which had one pilot and no crew. It was hands-on flying and navigating, which in the jungle consisted of a dirty finger on a map that an artist had drawn from aerial photographs. And you would add to the map as you went, so you'd sketch on features like ridges or longhouses as you flew over them. I also had three radios to operate, one of which you had to turn your head upside down in order to be able to tune it properly, all while still flying the aircraft.

Nash: It's a bit different now. We can reduce our basic flying workload by setting the Apache to sit at a steady altitude. It isn't an autopilot as such, you still have to monitor the aircraft, but it will allow you to briefly focus on something else. Also, in a

FIGHTING TALK

Serving Apache pilot and veteran discover how Army aviation has evolved

“
It's marvellous to
see how much
things have moved on
”

Name: WO2 Adam Nash, AAC

Age: 37

About: Currently serving as an Apache flying instructor with 673 Squadron, based at Middle Wallop, WO2 Nash is a former member of the Army's Attack Helicopter Display Team

Name: Maj (Retd) Tony Markham, ex-AAC

Age: 79

About: An Army pilot from 1963 until 1993, the veteran served in Borneo, Germany and Northern Ireland flying Scouts, Gazelles and Lynx before becoming an instructor at the Central Flying School

→ firefight the crewman has responsibility for navigation and we have a situation display in the form of a digital map on a tablet, with satellite imagery available to us as well.

Markham: Reducing the workload on the pilot was one of the reasons two-man crews were first introduced. When Lynx entered service in the 1970s the mechanical and electronics systems were so complex they were shared by two crewmen, which really helped – especially during emergency descents.

Nash: I've been very lucky during my career not to have had any serious mishaps. One of the engines in my Sea King did fail while flying over the Alps, but we managed to land safely.

Markham: My worst incident was in Borneo. The fuel supply cut out and if my Scout had gone into the primary jungle there would have been no hope. The trees were about 300ft high with all the growth at

the top in the canopy and a straight drop below. Luckily, I saw a patch of secondary jungle where trees had been chopped down and plants like bamboo had sprung up, and I landed it tail-first in there, using the rear end like a giant shock absorber. It was a tactic all us pilots had discussed previously as the best means of surviving a crash out there. And all five of us on-board walked away from that incident without serious injury.

Nash: Tail-first crash landings are still recommended in certain situations, and they straighten you up a bit as you hit the ground. In fact, our pilots' course still includes many of the old drills you'd be familiar with. We still practise navigating without GPS, just using a paper map on our laps. You have to show you can do that.

Markham: The workload on pilots now is far greater, without a doubt. It did increase during my time. Scouts got fixed forward-firing guns from about 1967 and then had a tank-busting role after being fitted with four SS11 missiles on pylons in the 1970s. They were an early fly-by-wire design and hard to control because it was guided by eye through a sight by the number two crewman. It was tricky because he steered it with a joystick to the target and had to compensate for any wind while being in a moving aircraft. But we needed that deterrent back then to meet the threat of Soviet tanks.

Nash: Yeah, things have moved on

quite a bit from those days. You can fire the Apache's weapons systems from both cockpits and there are 19 rockets on each side that you can release one at a time or in multiples of four. We have different rocket variants for anti-personnel or light armour, plus missiles for destroying armour or buildings and a 30mm cannon that fires 625 rounds per minute and is accurate out to four kilometres.

Markham: That's incredible. When I was running the corps' trials and development squadron back in the 1980s we were working on the first night-vision goggles and thermal imaging equipment for helicopters, which were going to be brought in on the Lynx. Do you have that, or any other defensive suites?

Nash: Yes, we have that as well as anti-radar chaff dispensers, sensors and flares to defend against heat-seeking missiles, and they all deploy automatically.

Markham: It's good to see some of our development work in the trials squadron came to fruition. You're also lucky these days because you have more protection in the form of a titanium bathtub to sit in. We had to sit on flak jackets back in the 1960s. They thought about putting armour into the floor of the Scout but the

weight was always too much for the engine to cope with.

Nash: The Apache offers the crew a lot more protection than the Scout and some of the other systems we have offer superb defensive and offensive capabilities as well. Our head-up display unit can show targets as icons on our eyepiece and provide airspace de-confliction data. The night-vision camera moves around exactly as my head moves so if I look down it's like I can see right through the bottom of the aircraft. It provides superb situational awareness.

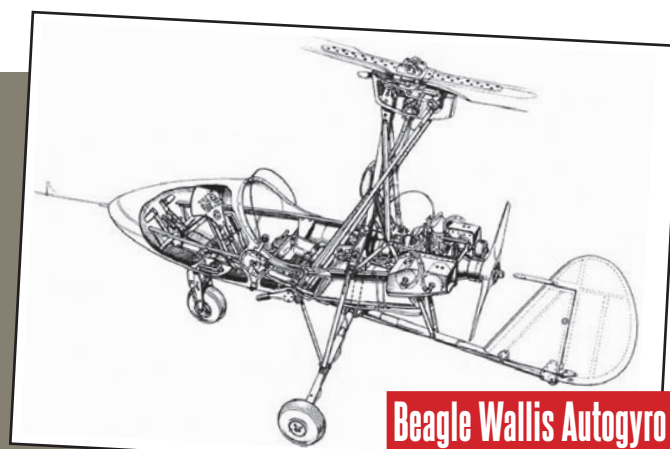
Markham: This is all *Star Wars* stuff compared to what we had, unfolding our crude paper maps and having to hold the controls with our knees. It's a completely different world now but it's also really marvellous to see just how much things have moved on. ■



CRAZY KITES

Through the years the Army Air Corps has been equipped with conventional aircraft, but its early aviators weren't afraid to try out some pretty radical alternatives...

» Developed by former Royal Air Force bomber pilot Ken Wallis, these were produced in a number of variants, one of which nicknamed Little Nellie was flown in the 1967 James Bond film *You Only Live Twice*. In 1962 three platforms were evaluated by the Army Air Corps and while they impressed with amazing agility, 100mph speeds, 130-mile ranges and a service ceiling of 10,000ft, it was felt that helicopters would better meet military requirements.



Beagle Wallis Autogyro



Hafner Rotabuggy

« During the Army Air Corps' initial incarnation in the Second World War the Service decided it needed to drop vehicles into the field for infantry soldiers. A Willys Jeep was modified by Raoul Hafner of the Airborne Forces Experimental Establishment. It was fitted with a 40ft rotor, streamlined tail fairing, twin rudderless fins, rotor controls for the pilot and a steering wheel for the driver, who took over after it landed. During trials the "flying Jeep" was towed by a powerful Bentley car and glided at 60mph. Later, an RAF Whitley bomber achieved an altitude of 400ft with it. The vehicle was improved but the idea was abandoned after gliders proved more effective.

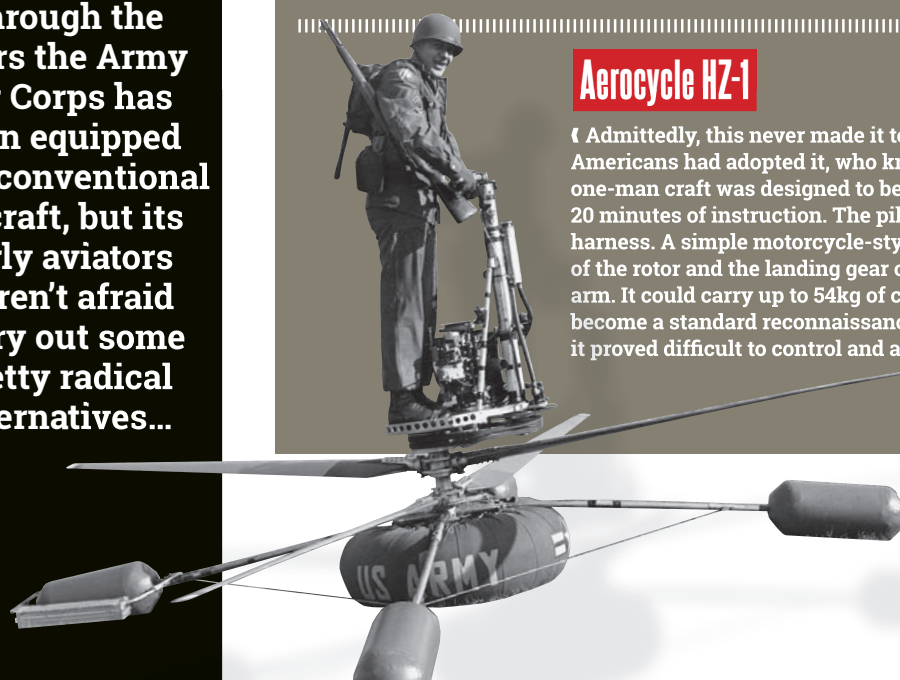
» Created in the late 1950s as a reconnaissance aircraft for company-size formations, this could be towed behind a vehicle, its undercarriage and gondola serving as a trailer and the wings inflated as needed. It had a 65hp pusher propeller engine and once airborne cruised at 50mph at an altitude of 700ft, carrying up to 180kgs (typically a pilot and passenger). The advent of helicopters to support ground units meant that the need for the Utility disappeared. A prototype is on display at the Museum of Army Flying in Middle Wallop.



ML Utility Mk 1

Aerocycle HZ-1

« Admittedly, this never made it to the Army Air Corps but if the Americans had adopted it, who knows. Developed in the mid-1950s, the one-man craft was designed to be operated by infantrymen after just 20 minutes of instruction. The pilot stood on a platform, secured by a harness. A simple motorcycle-style twist throttle controlled the speed of the rotor and the landing gear consisted of airbags at the end of each arm. It could carry up to 54kg of cargo for 50 miles and was expected to become a standard reconnaissance machine with the US Army. However, it proved difficult to control and after two serious crashes was abandoned.





BACK TO

W

HETHER it's at the sharp end of operations or supporting the raft of exercises the Army now finds itself on, the Apache attack helicopter is an asset in demand.

The fearsome platform has more than proved its worth in both settings and the hectic workload means pilots and ground crews have become experts in their fields.

While such high standards deliver obvious benefits for the Service they may come at a cost, with a decline in the front-line soldiering skills expected of all personnel a possible outcome.

But that is not the case for the ground crews of 663 Squadron, 3 Regiment, Army Air Corps.

The Wattisham-based troops have just completed the latest instalment in a series of packages aimed at ensuring they are as comfortable with a rifle in their hand as they are



Report: Richard Long Pictures: Andy Glover

BASICS

Ground crews leave their trade behind as soldiering skills come to the fore



with the tools needed to refuel and rearm a helicopter.

Set at Norfolk's Stanford Training Area (Stanta), Exercise Wild Stallion featured a variety of live-firing serials that escalated from individuals on the range to the defence of a forward operating base with Apaches in support.

Further aerial assistance was delivered via the American HH-60 Pave Hawk, while soldiers also perfected the art of calling in casualty evacuations.

"This is the cherry on the cake," squadron sergeant major WO2 Angharad Walkinshaw told *Soldier*.

"We've already done two other dry exercises with blank ammunition, working on things like FOB defence, anti-ambush skills and section attacks.

"But this is the pinnacle as the training we have done over the last ten months will be put into practice."

The programme was devised shortly after the senior NCO and two other colleagues arrived at the squadron and discovered that such drills had been lacking in recent times.

"We realised we needed to start from the beginning," she explained. "Concentrating on basic soldiering and ramping it up to where we are today.

"The main focus has always been on Afghanistan but when the Army pulled out skill fade became an issue.

"Everyone wants Apache on exercise but we only tend to do a day or two here or there.

"Here, the guys all started at the same level and have progressed at the same rate.

"We put them in sections, they have worked in those sections throughout, and this is the end product – we've got to the stage where we are out here doing live firing with Apaches in support.

"It is all about spending time out of camp. There aren't many operational tours at the moment so it's important we offer exercises like this."

With Stanta only an hour away it formed the perfect proving ground for the squadron and WO2 Walkinshaw was quick to highlight its benefits.

She said: "The facility is here so why not use it. There are harbour areas, recce opportunities; it is ideal.

"We could spend hours on the road travelling down to Salisbury Plain but coming here means we can do more training with the time available.

"The guys absolutely love it. They were heading down the ranges this morning with an American helicopter firing rounds above them; that really adds to the excitement levels."

Sgt Josh Mills was among those to talk positively about the exercise.

Having served as a rifleman on Operation Herrick back in 2008 he has seen action on the front line and believes soldiering skills should be maintained across the Army, regardless of cap badge.

"It is something we needed to brush up on," the Serviceman explained. ➔



"We are soldiers first and tradesmen second.

"For a lot of guys this is the first time they will have seen an Apache live firing overhead. That generally does not happen.

"They are here to support our exercise; usually we are supporting other people. Very rarely do we get an opportunity of this kind."

LCpl Mike Ings was another to speak about the unique nature of the training.

As a signals equipment manager he usually finds himself housed in the ops room while on exercise so he was pleased to be tested in the field.

"We don't normally see the practical elements on the ground but here we are at the business end of things," the junior NCO commented.

"I find it quite interesting but for others it can be a steep learning curve.

"The current climate is very turbulent and we don't know where we'll be going next so it's important that we do packages like this."

With experience levels ranging from those with



“Here we are at the business end of things”

LCpl Mike Ings, AAC

Herrick tours under their belts to a soldier fresh out of phase two training, the squadron currently boasts a wide mix of personnel.

Air Tpr Cameron Fields is a relative newcomer and while he feels confident in his ground crew role he admitted the last time he focused on soldiering skills was more than a year ago.

He has aspirations of becoming an Apache pilot and saw the trip to Stanta as an opportunity to prove himself to his colleagues.

"I want to show what I can do so people will trust me when we have to do this for real," he told *Soldier*.

"When you consider what is happening in the world exercises like this become very important.

"We could be called upon at any time so we need to have these skills and drills in place. If we are manning a forward arming and refuelling point in a different country we will be expected to defend ourselves if other people are not there to watch our back."

With senior NCOs showing a stern commitment to training the soldiering ability of 663 Squadron is not in doubt.

And with a return to Stanta in the pipeline for later this year they will be adding to their repertoire rather than seeing skills fade. ■

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“
You see their
skills come
on in leaps
and bounds
”



THIS IS NOT R'n'R

Personnel push the limits in the Rockies

EVERY year, some 1,750 troops escape the demanding exercise schedule at British Army Training Unit Suffield (Batus) for adventurous activity packages at Trail's End Camp (TEC).

Those lucky enough to get a slot can find themselves doing mountain biking, kayaking, climbing or horse riding, all set against the dramatic backdrop of the Canadian Rockies.

But far from being a chance to put their feet up, the centre promotes the mantra "training to the threshold of failure".

Chief instructor WO1 Si Naylor (RAPTC) explained how the philosophy is about pushing personnel out of their comfort zone to prepare them for the wider rigours of military service.

"It's as far away from R 'n' R as is conceptually possible," the senior NCO told *Soldier*.

"All troops who come here for AT are encouraged to develop aspects of the leadership code whilst exposed to a degree of hardship and carefully-enabled physical and mental risks.

"We have the unique advantage of utilising the Rocky Mountain range environment.

"The terrain is remote and wild, and the dangers from the activities themselves, and even animals, are significant, so strategies to minimise those hazards are constantly coached.

"We've adapted the concept from Army HQ of 'training to the threshold of failure' to ensure our courses deliver maximum value."

Seventeen members of staff are based at TEC during peak season.

Among them is SSgt Luke Spires (RAPTC), who as the battlegroup physical training instructor is the liaison between the centre and the exercising formations on the prairie.

Having previously undergone training at Batus himself, he said it was vital for the troops to have time to decompress, even if the experience isn't exactly a relaxing one. ➔

Words: Becky Clark Pictures: Graeme Main

Picture: Sgt Donald Todd, RLC



Horse riding:

“Not many people can say they've been horse riding and cowboying it around the Rockies. It's amazing. It was my first time riding and when we were initially shown the animals I was a little petrified but once we got on it was great. I formed a bond with the horse, no shadow of a doubt – me and Leroy were good. We went into the mountains and saw scenery I'll probably never see again.”

SSgt Luke Spires, RAPTC



Life at Batus:

“Here you're surrounded by mountains and wildlife – we saw moose while we were out. It's been one of the best postings I've had since I've been in the Army. It's a totally different way of life.”

Sgt Ian Duncan, RLC

➔ “It's a good place for the guys to get away from everyday life in green kit,” he commented.

“But it's very physically demanding. You see them deteriorate throughout the course of the week.

“They start off all fresh-faced and on the first evening they're up and about until 2300, then it's 2200, then 2000; it gets earlier every day.

“They're all completely drained of energy. But you see their skills come on in leaps and bounds and that's great.”

However, it's not all work for the personnel based at TEC. As well as facilitating the packages, they also get to sample some of the sports on offer.

Here's what this year's team made of their assignment...





Climbing:

“I did rock climbing for two days and considering I’m scared of heights it was good. The instructors push you but they let you go at your own pace. It’s nerve-wracking but you’re thinking ‘I can’t let this rock face beat me.’ It took me about an hour to climb 20 metres. I was absolutely exhausted afterwards. You’re relying on the muscles in your fingers to hold you up.”

Pte Aaron Graham, RLC

Mountain biking:

“I’m a mountain bike leader and I probably get out on three or four trips per year in the UK but I’ve been itching to get out in the Rockies. There are some good inclines and declines, and the terrain is a bit more rough and ready than the purpose-built trails back home. It’s been amazing. I’ve seen sights I never thought I’d see and done things I never thought I’d do.”

SSgt Carl Jackson, RAPTC



NUMBER CRUNCHING

The stats behind the action at Trail’s End Camp...

10,000

training days delivered to personnel from battlegroups exercising in Batus each year

Twenty two

percentage of troops from an exercising formation who will take part in an AT package there

additional soldiers who use the facilities for unit expeditions and qualification courses annually

2,500

100%

personnel polled who thought time spent at the centre was positive for staff retention

343

Servicemen and women who take part in winter adventurous training packages, including ice climbing and skiing



From the
Himalayan
foothills to the
streets of the
North East

CULTURE SHOCK

“This is a
critical
part of the
training”

Report: Sarah Goldthorpe Pictures: Steve Dock and Graeme Main



HAT a difference a day makes, so the saying goes.

And few recruits at Gurkha Company Catterick are likely to disagree with that.

From that first day in February when they stepped into the arrivals hall of

Manchester Airport life has been full of new experiences.

But perhaps the most memorable has been a trip to... wait for it... Darlington.

The large market town may be the butt of a few withering jokes about life in the north of England.

But a day spent there during their 37-week training course represents the start of a new chapter for this year's cohort of Nepalese youngsters. And a very important learning curve.

Named Exercise Pahilo Kadam (meaning "first steps"), the trip sees the recruits pace the town's busy streets in order to familiarise themselves with everyday life in Britain, and in particular the North East.

The group congregates in the market square.

"This is their first day out of Catterick and they are really excited," training officer Capt Ganesh Rai (RGR) tells *Soldier*.

"They have been looking forward to it; after this they can go out independently."

Under the close watch of the establishment's instructors, the day's lessons cover everything from the use of pedestrian crossings to ordering that most British of foodstuffs, the Burger King meal.

It might sound trivial, but how confident the recruits become in these sorts of situations can spell the difference between a Serviceman who assimilates well into British life and one who doesn't.

"This is a critical part of the training," adds Capt Gyan Dhenga (RGR, shown below), Gurkha Company's outgoing 2iC.

"These blokes arrive from Nepal with one bag and the set of clothes they are wearing, and that's it.

"But we make them feel that they are part of the community, as well as the Nepali community.

"Without giving them this kind of guide to UK living and safety it would be dangerous for us to send them out."

As if to prove the point, an irate man smelling of alcohol approaches the group, demanding to know why they are there.

Soon afterwards, an elderly pensioner walks over to congratulate the impeccably dressed men on their appearance and the bravery of their military forefathers.

According to the instructors, it is these sorts of colourful exchanges the personnel need to be comfortable with – if nothing else, to hone their English skills.

"The recruits need to understand where some of the guys they will be fighting shoulder-to-shoulder with have come from," Capt Dhenga continues.

"It's all about education, and I think this package is perfect.

"We have to get them understanding the UK



Learning curve:

The recruits navigate a trip to Burger King for lunch and make purchases in the local market

because above anything else we must be able to operate with our counterparts. Speaking and reading is key."

Platoon sergeant Sgt Tilak Pun (QGE) smiles on as the suited and booted troops work their way through town, perusing the market stalls on what is their first opportunity to spend some hard-earned cash.

"I remember this day," he tells *Soldier*. "It's intimidating.

"Most of these guys have been in cities but this is their first time out in England.

"Sometimes they end up with different things to what they thought they'd ordered.

"But the public always seem to admire us."

Recruit Pritam Gurung explains that he is relishing all the package has to offer, including the opportunity to sample what he diplomatically describes as "interesting" British food.

"I'm excited to be here in the UK," he adds. "The training has been busy, but during weekends I get free time.

"My grandfather was in the Indian Army and always encouraged me to join the British Army.

"I wanted to sign up for the sake of my family, but also to continue the legacy of my forefathers."

With the challenge of having to absorb a vastly different country and culture alongside the demanding lessons of the combat infantryman's course, it is fair to say that these troops have already come a long way from their welcome brief on the tarmac at Manchester.

And with just a few more weeks of training left, there is nothing they won't be prepared for when they pass out.

Darlington might be thousands of miles from home, but for these men it is within touching distance of their dream to take the proud title of Gurkha soldier. ■



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Missing medal bar barrage

A LONG with other members of my unit, I have been entitled to the General Service Medal 08 with West Africa bar for more than two years now, since the release of the relevant DIN.

But we have yet to receive our medallic recognition.

Soldiers don't ask for much, but it seems to me utterly disgusting, disrespectful and disgraceful that we should have to wait so long for the decoration we are owed.

Many will have left the Service by now and so will never have been able to enjoy the privilege of wearing the medal to which they were entitled in front of their loved ones, in Service dress as a serving soldier. – **WO2 Stevie McConnell, R Irish**

Simon Palmer, MoD Medal Office, responds: When this award was announced, the MoD Medal Office let a contract to obtain a

small amount of stock with which to award recipients of the first presentation, and for any ill Service personnel or those who had died.

As you are no doubt aware, the tendering process takes a significant amount of time.

As such, in the very first instance we were extremely fortunate to receive authorisation to obtain a small quantity of the awards.

The Medal Office is close to finishing a tender to cover all stock, which will enable the issue of the cases currently on hold.

While I fully accept and understand your frustrations with having to wait, the commercial constraints and increased scrutiny on all spending have regrettably delayed this process and for this I offer my sincere apologies.

As soon as we are able to freely order and dispatch stock, the MoD Medal Office will ensure that the several hundred cases we have assessed will be completed without further delay.

Talkback

YOUR letters provide an insight into the issues at the top of soldiers' agendas... but please be brief. Emails 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.

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“
It seems
utterly
disgusting
”

BLOWN AWAY BY *DUNKIRK*

● I WAS so impressed with the film *Dunkirk* (Soldier, August). I'm amazed how the director managed to keep the gore to a level that gave the movie a 12A rating, which should enable a wider audience to appreciate it compared with other war flicks. Readers should go and see this epic monument to the heroes of Dunkirk on the biggest screen they can find, then retell the story of what occurred in 1940 before the Americans rewrite history and say it was them. – **Maj Neil Johnson, AAC**



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Martin - Advice and Information Officer - The Royal British Legion

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Use of interpreters is cumbersome and costly

TALKBACK



Language barrier? A British soldier greets an Afghan boy on patrol in 2012

Picture: Sgt Wes Calder, RLC

'No time to lose our voice'

I was with significant dismay that I read the email notification stating that proficiency in a second language is no longer a prerequisite for officers in order to assume sub-unit command.

Sat in a defence engagement seminar at Army HQ in 2013, hosted by the then Commander Land Forces Gen Adrian Bradshaw, I was excited to learn of the dynamic and forward-thinking approach to leadership.

Defence engagement, by its very fundamentals, requires the ability to interact with individuals across a social and cultural spectrum.

The use of interpreters is cumbersome, costly and, frankly, inconsiderate to the subject being spoken to.

How are we meant to influence and encourage someone without being able to speak with them directly in their mother tongue?

I have taken it upon myself to learn modern standard Arabic in my own time and at my own expense.

This is because I value my profession, believe I should set a strong example and, like Gen Bradshaw, consider languages to be vital.

The British Army of today is changing.

I may not be a 20-year military veteran but I certainly have seen a degradation in values and standards and a desire to professionalise.

Housing, feeding, working hours and gender awareness are all second-order considerations when we can't even speak with someone from another

country and then use that information to create an effect on the battlefield.

A shame of the very highest level.

– Capt Stephen Kinghan, Int Corps

Lt Col Mike Atkinson, SO1 Officer Policy, Individual Development Branch, Army Headquarters, responds: Since this policy was introduced in 2014 the Army's understanding of language and culture capability has matured.

This had included the evolution of the specialised infantry battalion concept.

In light of this, the requirement for majors to hold an appropriate language qualification was felt too blunt a tool to have an impact on improving operational effectiveness and has been rescinded.

Further work will consider what language and culture capability will create a more targeted effect.

Efforts continue with stakeholders and career field managers to develop a coherent approach that is aligned with the operational language priority list.

Direction is also being sought to identify which specific languages should be supported, to help prioritise the limited resources.

It is worth noting that the low-level language programme remains accessible via Army education centres, where personnel can join training courses (including Rosetta Stone ones) for free.

A SENSE OF ENTITLEMENT

● I AM on a full-time Reserve service (home commitment) contract, currently residing in surplus Service family accommodation (SFA) and paying the non-entitled market rate of about £830 per month.

This I don't mind, but why do single living-in warrant officers' and sergeants' mess members pay entitled rates and I the former?

– Name and address supplied

Col Nathan Sempala-Ntege, Assistant Head, Personal Services, Army HQ, replies: This issue is to do with the rules on entitlement to subsidised accommodation, and the difference between SFA and single living accommodation (SLA).

Regular personnel are entitled to subsidised housing on the basis that they are required to be mobile in accordance with the Army's needs.

But troops on the full-time Reserve service (home commitment) terms are not mobile so are not ordinarily entitled to this.

If you were provided with subsidised accommodation which afforded "independent living", as SFA does, without the justification of mobility, it would be seen by the Treasury as a benefit in kind and taxed accordingly.

That is why you are eligible to live in surplus SFA but must pay the non-entitled rates.

The case with SLA is, however, slightly different.

In April 2015 the MoD and Treasury agreed that this type of housing does not provide for "independent living" in the same way that SFA does, and so living there does not constitute a benefit in kind.

That means that full-time Reserve service (home commitment) personnel can apply for a one-star waiver which, if granted, would enable them to occupy SLA and pay the appropriate entitled rate.

A shame of the very highest level

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“Surely these rules must be reassessed?”

TALKBACK



So what do we call this? Well, it's definitely either a Union Jack or Flag...

PETTY OBSERVATION

● I WORK in a joint force unit and like to read *Soldier*, especially the *Talkback* pages for a laugh. There's nothing better than seeing soldiers have a whinge.

But imagine my absolute horror when reading the reply to the letter "Flying this flag was absurd".

In it, Commander Field Army Lt Gen Patrick Sanders refers to the Union Flag as the Union Jack.

He should know it is only referred to as the "Jack" when being flown from one of Her Majesty's Royal Navy vessels. – **PO Dave Bunting, RN**

The managing editor responds: Union Flag or Union Jack? It's not black and white.

In an article penned for the Flag Institute, the UK's national flag charity, Cdr (Retd) Bruce Nicolls says: "It is often stated that the Union Flag should only be described as the Union Jack when flown in the bows of a warship, but this is a relatively recent idea.

"From early in its life the Admiralty itself frequently referred to the flag as the Union Jack, whatever its use, and in 1902 an Admiralty circular announced that Their Lordships had decided that either name could be used officially.

"Such use was given Parliamentary approval in 1908 when it was stated that 'the Union Jack should be regarded as the national flag'."

“Imagine my absolute horror”



Picture: ABF The Soldiers' Charity

Charity must begin at home

COULD someone explain the rules around Forces charity events?

While attending The Cateran Yomp – a 54-mile, 24-hour walk in aid of ABF The Soldiers' Charity – I was told our Reservists could not use military transport. We also couldn't pay them during the event.

These personnel paid £60 out of their own pockets to enter, as well as £10 for a unit t-shirt, so I think they made enough of a contribution.

Surely, particularly as it was for the Army Benevolent Fund, these rules must be reassessed?

Anyone who benefits from the money raised belongs to the Army family; they are our own.

And if anything can be done to help them we should.

Navigation, fitness, personal development and leadership – some of the main components of Army Reserve training – were all tested over the course of this event.

So to tell troops that they weren't entitled to be paid when they had just walked up to 54 miles did not feel right.

– **SSgt John Gardiner, RLC**

Belinda Alexander, SO2 Regularity and Propriety, Army Corporate Governance, Army Resources, replies: I understand these Reserve training attributes also transfer directly to civilian activities such as The Cateran Yomp. Your point on this is well made.

However, the skills and training utilised that weekend were not specifically for a training commitment for either bounty under the Reserve Forces Act 1996, section 22(1) or "voluntary training other duties", section 27.

Whilst promoting such charitable activity, the Army has to ensure that public money is not used in support of it.

Staff who wish to help a charity should do so in their own time, using their own resources.

Your soldiers should be highly praised for their efforts, but I am afraid that travel and pay are inadmissible for such activity.

Public money must not be used for private benefit, no matter how worthy the cause.

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Boarding 8 to 19 years CEA

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This extremely low, termly, parental contribution of £895 means we rank as one of the most competitively priced schools for UK Forces. Childcare Vouchers also accepted.

➔ QE College is league table ranked as the 2nd best UK boarding school for academic results, our Faculty is 7th.

We accept a broad ability range. As one parent said "QE can turn a youngster into well above average academically and have them also turn out as happy and well-rounded." 95% of Year 13 go to University with majority to Oxbridge, Ivy League or Russell Group universities.

➔ Our boarding facilities are the best in Europe.

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2015 & 2016 QE win British Colleges Rugby Cup Final

2014-15-16 QE are ISA National Basketball Champions

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2016 QE win N Yorkshire Football League Cup Final

➔ More British Forces children than any other boarding school - because we care.

We understand the needs of service families with staff who are married to serving members of the Forces. With years of experience in ensuring our 320 + Forces children settle well, are confident and successful.

Dedicated, professional, friendly and helpful staff go the "extra mile" to ensure your child is happy and doing well. We have Forces families from all over the UK. Easy to get to by road, rail and air.



UK's 2016 Top 20 Independent Schools % A*/A A level (Sunday Times)

Ranking of Schools taking boarders

Nationally Ranking all type schools

%age A*/A at A level

1	St Paul's Girls' School	93.8
2	Magdalen College School	88.7
3	North London Collegiate	88.5
4	Westminster School	88.0
5	Queen Ethelburga's College	86.9
6	Winchester College	86.1
7	Wycombe Abbey School	86.0
8	King Edward's, Birmingham	85.6
9	Sevenoaks School	85.2
10	St Paul's School	84.7
11	Guildford High School Girls	84.3
12	Haberdashers' Aske's Girls	83.8
13	Faculty Queen Ethelburga's	83.7
14	James Allen's Girls' School	82.5
15	Eton College	81.9
16	Withington Girls' School	81.4
17	Godolphin & Latymer Sch	80.2
18	St John's College, Cardiff	80.2
19	Brighton College	79.8
20	Haberdashers' Aske's Boys'	79.6

➔ £100m invested in new facilities in the last 8 years.

Why choose an independent school education if you qualify for CEA?

If you made a list, the same reasons would keep appearing. We think the list might include: happy children, top ten academics a personalised approach, top quality teachers with specialised expertise, good discipline, latest technology and superb facilities, excellent pastoral care, amazing sport, first-class boarding accommodation, diverse experience, small classes, university success, excellent career prospects and first-class confidence and self assurance. If you want the best for your child, and to stand a chance of achieving most of this list, we believe you would need to pick one of the top 10 UK independent boarding schools as ranked by the Sunday Times. BUT, most importantly of all, we unashamedly also offer TLC - tender, loving care!

Other Schools' Results % A*/A A level (Sunday Times)

5	QE College	87%
13	Faculty of QE	84%
76	Kingswood School	61%
94	Bromsgrove School	56%
136	Monmouth School	51%
n/a	Gordon's School	48%
171	Cheltenham College	47%
177	Dauntsey's School	47%
209	Kingham Hill School	44%
245	Dean Close School	41%
277	King's Sch Bruton	37%
288	Monkton Combe	36%
n/a	Welbeck College	34%
317	King's Coll Taunton	31%
328	Stamford School	30%
336	Millfield School	28%
349	Warminster School	26%
375	Royal Hospital Sch	21%
376	Licensed Vict Ascot	20%
378	Barnard Castle Sch	19%

BULLET POINTS

Bite-sized data to keep you in the know



COMPETITIONS

Spine line winner: Emma Teasdale, Horton-cum-Studley, Oxford and Sharon Jackson, Army Reserve Centre, Bedford.

Painting the Sand book: Terry Hissey, Whitehall, London; Lisa Telford, Chicksands and Neil Gliddon, Abbey Wood, London.



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INTELLIGENCE

The following Army Briefing Notes, Defence Internal Briefs and Defence Information Notices can be found online at www.armynet.mod.uk

ABN 98/17: Sexual harassment survey

ABN 97/17: Assurance of the Army recovery capability

ABN 96/17: National Inclusion Week, September 25–October 1

ABN 95/17: Publication of *Pulhheems* administrative pamphlet

ABN 94/17: The Army higher education pathway

ABN 93/17: Army Rifle Association annual general meeting 2017

ABN 92/17: Strategic Defence and Security Review 15 measure – reduction in Military Provost Guard Service

ABN 91/17: 2017 Families continuous attitude survey

ABN 90/17: LGBT inclusive policies and benefits

ABN 89/17: Chartered manager degree apprenticeship trial, calling notice for expression of interest

ABN 88/17: Stonewall workplace equality index 2018 employee survey

ABN 87/17: Army Reserve employer notification 2017/18

ABN 86/17: New Army Personnel Centre career manager course *CM Refresh (Unit)* administrative pamphlet

2017DIN01-138: Civilian attendance at dual workplaces and taxation

2017DIN01-137: Senior officer's course – Nato Defence College Rome

2017DIN01-136: Army Reserve direct entry officer commissioning process

2017DIN01-135: Branch transfer to medical technician (biomedical scientist) entry criteria

2017DIN01-134: Branch transfer to medical technician (radiographer) entry criteria

2017DIN01-133: Branch transfer to medical technician (operating department practitioner) entry criteria

2017DIN01-131: Investigatory Powers Act 2016 implementation and compliance (Service police)

2017DIN01-130: Application for appointment as a consultant in the Army Medical Services Reserve

2017DIN01-129: Revision of cost of living addition salary bands

2017DIN01-128: Civilian travel and subsistence – 2017 update

2017DIN01-126: Recording of defence operational nurse competencies on JPA

2017DIN01-125: The automation of medical incremental progression

Continued on page 54

Continued from page 53

2017DIN01-124: Education for bereaved Service children at The Duke of York's Royal Military School

2017DIN01-123: Participation in extremist organisations and proscription of the extreme right-wing group National Action

2017DIN01-122: 30 Hours' free childcare for working parents (Service personnel and entitled civilians) with children aged three and four years old

2017DIN01-121: Service police codes of practice

2017DIN01-120: Accommodation entitlement and charges for part-time volunteer Reserves undertaking obligatory training, voluntary training and other duties

2017DIN01-119: Combat medical technician code of conduct and scope of practice

2017DIN02-006: Guidance for MoD buyers – enforcing defence condition 658 (cyber)

2017DIN04-139: Notice of multiple

welding NSNs obsolescence

2017DIN04-138: Carpentry and metalworking machinery repairs

2017DIN04-137: Defence integrated pest management approved equipment and consumable items

2017DIN04-136: Declaration of obsolete commanders' hardened Rover group

2017DIN04-135: Declaration of obsolete Honda motorcycles consumables/spares

2017DIN04-134: Declaration of obsolete general motors – Tavern consumables

2017DIN04-132: Declaration of obsolete cable power electrical NSN 6145-99-225-1769

2017DIN04-131: Withdrawal from service of Colpro cam 6665-99-609-8640 associated consumable packs and spares

2017DIN05-009: Creation and use of names insignia and logos

2017DIN06-017: Release of Defence Land Safety Regulator publications DSA 02 *Fuel and Gas Safety and*

Environmental Regulations and DSA 03 Fuel and Gas Safety and Environmental Regulations – Defence Codes of Practice

2017DIN06-016: Temporary sleeping accommodation

2017DIN06-015: Illustrative guide to duty holding

2017DIN06-014: Update on the publication of DSA 01.2

2017DIN07-086: Commercial off-the-shelf remotely piloted air systems multi-rotor operations and remote pilot training

2017DIN07-084: Training in management accountancy

2017DIN07-083: Exercise Diamond Rock (offshore sailing)

2017DIN07-080: Information management courses for September 2017-August 2018 at the Defence Academy of the UK, Shrivenham

2017DIN08-009: Private use of MoD-provided vehicles by MoD personnel (including commuting journeys) – tax and NI liabilities

2017DIN08-008: Activities that

are not covered by the MoD's self-insurance arrangements – non-core MoD business activities

2017DIN10-040: British Army Motorsports Association event Autumn Leaves 2017

2017DIN10-039: British Army Motorsports Association event Mudmaster 2017

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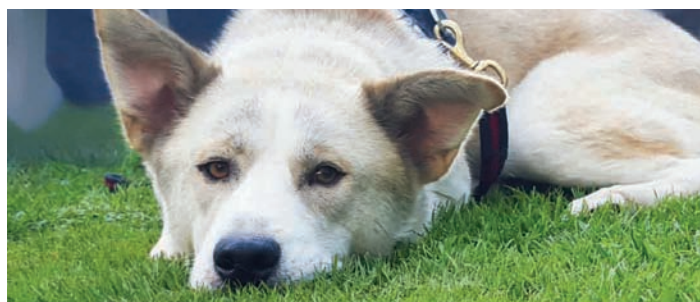
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TOP GEAR

MUSIC

LET CHAOS REIGN

Soldier pursues solo dream as productive spell continues

IN his day job Cpl Matt Hart (CAMUS) is a viola player with the Countess of Wessex's String Orchestra but his musical talents stretch much further than the military setting. Having performed with metal band **Concrete Lung** he has recorded a raft of solo material, with 2017 proving particularly productive. Latest offering *Chaos Rising* hints at dark, industrial themes and explores what Hart describes as the notion of "chaos rising around us" as we go about our daily lives and ponders how machines could take over in the future. »

MUSIC



But there are sombre elements as well, most notably in the shape of **John McCrae's** poem *In Flanders Fields*, which underpins the music 100 years after it was written on the battlefields of the First World War.

"I took 2017 as a year that I really wanted to push my product and this is the result of that," he told *Soldier*.

"It has been well received by those who've listened but trying to push new material is a difficult process when you are self-releasing, especially with so many people streaming music online these days."

A career in military music has delivered obvious benefits for Hart but with his personal ambitions continuing to grow he concedes his Army role remains the number one priority.

"Having a chain of command that understands the music process is great," he explained. "I also have a built-in rehearsal space, which is pretty awesome."

"However, the job comes first. I was asked to DJ at a festival in Canada this summer but due to work commitments I was unable to get out there. You win some, you lose some."

Hart now hopes to take his new material on the road and was due to play his debut solo performance while on leave in Toronto last month.

And with another EP to follow later in the year the chaos looks set to continue. ■

INTERVIEW: RICHARD LONG, *SOLDIER*

● Listen to *Chaos Rising* at www.matthart.bandcamp.com/album/chaos-rising-ep

MUSIC RELEASES

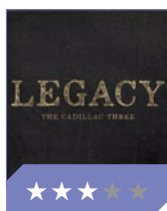


Just Love by Jocee

IF you think **Joss Stone** meets **Jocelyn Brown** at a jazz cafe in London, that will give you a good idea as to who

Jocee is and the sort of soulful sounds that emanate from her. Having placed her musical faith in vintage Motown and jazz from a young age, she carries and mixes this to produce her own contemporary sound. This compliments the beauty of her unique tone, which has an energetic eight-piece band and powerful backing vocals in support. *Just Love* takes you through her first-hand experiences as an unashamed optimist and journeys from heartache to happiness, with each track playing out her history with touching honesty. At first everything seemed a bit too familiar but you soon realise it is the way the music and Jocee's vocals flow that give the record a distinct feel.

Rodge Tapply, ex-RE

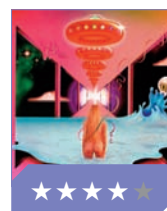


Legacy by The Cadillac Three

WITH the recent resurgence in country music thanks to the likes of **Taylor Swift** and **Carrie Underwood**

you could be forgiven for not noticing Nashville-based group **The Cadillac Three**. *Legacy* is everything you'd expect from a modern southern rock outfit, with steel lap slide guitars and contemporary drum thuds. All of the songs are easily relatable to your average American but at the same time are not mind-blowing. You still get the odd reference to religion but overall it's not half bad. Best of the bunch is the track *Long Hair Don't Care* with *Tennessee* not far behind. You probably won't find your next summer anthem here and it is definitely something out of the bland music market, but there is plenty to enjoy.

LCpl Scott Roberts, Rifles



Rainbow by Kesha

HAVING released two hugely popular albums in the early years of this decade **Kesha** seemed destined for the top

of pop's tree. But since 2014 she has been embroiled in a complicated legal battle with former producer and manager **Lukas "Dr Luke" Gottwald** that effectively prevented her from releasing new material. With a light apparently appearing at the end of the tunnel the artist has been able to return to the day job and *Rainbow* eases her effortlessly back into the mainstream. Predictably, the album is inspired by her recent struggles, none more so than on the single *Praying*. Empowering themes are explored on the country-inspired *Bastards* and rock-tinged *Let 'Em Talk*, while *Hymn* exclaims that it's okay to be a little screwed up. Despite being years in the making, this is a successful comeback.

Richard Long, *Soldier*

ALONE

Britain, Churchill, and Dunkirk: Defeat into Victory

MICHAEL KORDA



PICK OF THE MONTH:

ALONE

Author turns the clock back to Dunkirk

► THE early years of the Second World War seem to be providing plenty of fodder for film-makers at the moment, with **Christopher Nolan's** *Dunkirk* among recent cinematic offerings and **Brian Cox** and **Gary Oldman** both taking on the role of Winston Churchill in separate projects.

Continuing that trend in the literary sphere is *Alone*, by Michael Korda, published this month.

The book details events from the outbreak of hostilities up to and including the withdrawal of the British Expeditionary Force (BEF) through Dunkirk, as well paying a great deal of attention to Churchill's position back in London.

It also combines family stories. The author was a young boy at the time and he recalls his father's growing unease as the declaration of war approached, as well as his struggle to understand his own evacuation from Hampstead to previously unheard of towns and villages in the countryside.

Korda senior was a Hungarian film producer who still had vivid memories of the First World War and saw history dangerously repeating itself.

Throughout the narrative there are regular references to his frustrations at the effect the war was having on his film-producing endeavours, including movies such as *The Thief of Baghdad* and *That Hamilton Woman*, and there is also some superb name-dropping of all the top actors and actresses with whom he enjoyed rubbing shoulders.

His wartime suspicion of the French seems to have been passed on to his son and this shines through in the book.

Michael Korda reserves special disdain for the country's generals of the time – Billotte, Georges et al – whilst putting their British counterparts – Gort, Ironside and Pownall – up

VERDICT:

A very compelling account of how calamitous defeat somehow became a celebrated victory

★★★★★

on pedestals.

One thing he brings across very well indeed is the atmosphere amongst the ranks of the BEF as they were pushed inexorably back across Belgium into France.

His attention to detail when relating specific events is superb and will make the military reader feel as if they are there among the action.

The descriptions of some of the towns and roads, ruined and clogged with refugees fleeing the German attacks, are vivid and unrelenting.

Yet through all of this destruction and heartbreak he keeps the thread of hope and determination shining through, right up to and through the astonishing events on Dunkirk beach.

Whatever tragedies and successes are unfolding across the Channel, we are constantly reminded of Churchill's frustrations back in London – the King was against his appointment as prime minister and he absolutely did not want to ask for direct American involvement – juxtaposed with his ruthless determination to succeed.

Somehow, Korda has also found room for plenty of humour – much of it directed at the politicians of the time, which will no doubt amuse many serving readers as there are obvious parallels with today's soldiers' views of our political masters.

We must never forget about those who went before us; thankfully books like this will ensure that cannot happen. ■

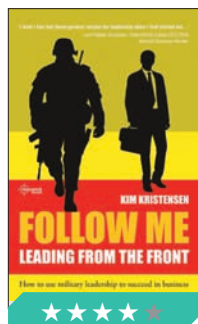
REVIEW: WO1 DAVE HENLEY, INT CORPS

● *Alone* by Michael Korda is published by Liveright and priced £23.99



Picture: Imperial War Museum

BOOK RELEASES

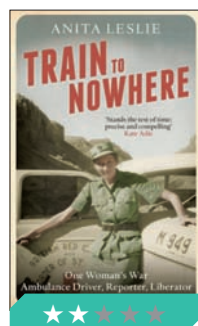


Follow Me: Leading from the Front by Kim Kristensen

TO some, Kim Kristensen's suggestions on leadership might seem a bit out there,

however, the principles he puts across have obviously worked for him. His ideas on leading from the front, having a unique strategy, training as you fight, establishing cohesion and trusting intuition are perhaps not revolutionary, but he puts them across in a convincing, easy-to-understand style. A former Danish Army colonel, he commanded Nato troops in Kosovo, Iraq and Afghanistan and while a philosophy formed in combat may not necessarily translate into the business world, the pressures, trials and tribulations almost certainly would. This is a top read for anyone leaving military service.

LCpl Scott Roberts, Rifles

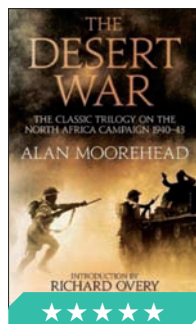


Train to Nowhere by Anita Leslie

THIS is the memoir of Anita Leslie, a Second World War ambulance driver for the British Army. There is no doubt that she was a

brave and resourceful woman, but she used her social standing as the daughter of a baronet to the full. The book is littered with references to dinner with Gen Alexander or Churchill, yet no soldier under colonel has a first name, all enlisted men are thick and local women are fat. The text is a good social history of the time but Leslie was a snob who came from a different world to those fighting the war and she made sure she stayed in that bubble.

Andy Kay, ex RS

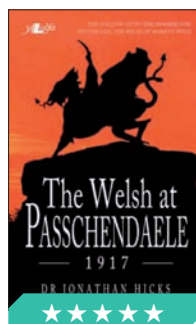


The Desert War by Alan Moorehead

REPUBLICED to mark the 75th anniversary of the battle of El Alamein, this classic trilogy has

a number of flaws when viewed through the microscope of 21st century hindsight. Not least, Alan Moorehead wrote it in 1944 without knowledge of Ultra intelligence and was physically immersed in the events he relates. But I thoroughly enjoyed revisiting this tome. The author was the first to describe tanks in the desert as resembling ships at sea, an eloquent metaphor typical of his work, and one that still resonates today. As a narrative history it effortlessly engages the reader. It is a timeless work and I can live with its weaknesses.

Mike Peters, ex-AAC



The Welsh at Passchendaele by Dr Jonathan Hicks

LIKE the author's previous title, *The Welsh at Mametz Wood*, this follow-up comprises the personal

experiences of the soldiers who fought in 1917 at Passchendaele, also known as the Third Battle of Ypres. What struck me most is the level of detail. By the end of the book I felt as if I was personally there and knew many of the brave young men who gave their lives for a small sector of Belgium. It is so realistic that I could almost smell the decomposing bodies and feel the squelch of the quagmire beneath my feet. This is an excellent example of historical military writing.

Tony David, ex-RE

MOVIES

PICK OF THE MONTH:

ROUGH NIGHT

Women go wild in debauched hen-night comedy

➤ AFTER the global success of romcom antidote *Bridesmaids* back in 2011 (yes, we can't believe it was that long ago either), it was only a matter of time before another director tried to hit the same mark in the female-fronted pre-wedding comedy stakes.

Enter **Lucia Aniello** who, along with co-writer **Paul Downs**, has brought *Rough Night* to the big screen.

The title tells the now-rather-familiar story of an over-the-top hen party gone wrong.

But according to the director, her female interpretation of the genre offers something quite new.

"I think it's obvious that there has been a dearth of stories told from the perspective of women, especially in the comedy world," Aniello explained.

"Nothing against the R-rated comedies directed by men, but it does feel like the authenticity of a woman's point of view can only make the female characters feel that much more authentic."

The chaos centres on Jess (**Scarlett Johansson**), whose bachelorette party goes grimly wrong when her friends end up killing a stripper.

Perhaps nothing hugely original in terms of plot, but Aniello says it is the title's portrayal of female friendships that sets it apart.

"I absolutely hope that it makes the audience think a little bit more about the people in their lives, maybe from the past that they're not as close with anymore," she added.

"*Rough Night* is more about those friendships than it is about a dead body."

Out now in cinemas, with some very lively scenes, the movie is certainly set to get its audiences talking... for better or worse. ■

PREVIEW: SARAH GOLDTHORPE, *SOLDIER*

WIN

LAST Man Club tells the heart-warming tale of a Second World

War veteran's cross-country journey to find the last surviving members of his B-17 crew. *Soldier*

has teamed up with Freestyle Digital Media to give away five copies of the title on DVD. To be in in with a chance of winning one, tell us which company manufactured the famous bomber.

Answers on a postcard to the usual address or by email to comps@soldiermagazine.co.uk by September 29.



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DVD/DIGITAL RELEASES



Their Finest

Out now

FULL of humour, romance and drama, this title tells the story of a film being made while the Blitz raged around its cast and crew. As someone who is particularly interested in this genre, I was intrigued to discover how this happened in the Second World War when funding was scarce. The movie includes a great British cast, featuring **Jeremy Irons**, **Richard E Grant** and **Bill Nighy**. **Gemma Arterton** plays extremely well a newly-appointed female propaganda screenwriter within a male-dominated society. Nighy also puts on an entertaining and funny performance.

Julie Jessup, civvy



The Promise

Out September 4

BASED on actual events that took place during the Armenian genocide at the onset of the First World War, this is an epic story of courage and resistance, starring **Christian Bale**, **Oscar Isaac** and **Charlotte Le Bon**. A fantastically shot, gripping and very controversial film from start to finish, it brings to life the almost-unheard-of desperate struggle for survival of the Armenians, who suddenly found themselves pitted against the might of the Ottoman Empire. The title certainly does not hold back, but proves to be brilliant in the way it exposes a horrific but all-too-familiar time in history.

Rodge Tapply, ex-RE



Pilgrimage

Out now

I COULDN'T recommend this film any higher. It is one of the best I've seen this year, and without doubt the best historical action I've watched in a long time. The title follows a group of monks entrusted with the delivery of their monastery's holiest relic and their escort as they travel across Ireland in the year 1209. Starring **Tom Holland** (*Spider-Man: Homecoming*), **Jon Bernthal** (*The Walking Dead*) and **Richard Armitage** (*The Hobbit*), the fight scenes are bloody and furious. This is a must-see for anybody who enjoys sword fighting and period action.

Cpl Adam Jackson, Para



Unlocked

Out now

Alice Racine (Noomi Rapace) is an ex-CIA interrogator living undercover as a London caseworker whilst feeding intel back to the security services. Unwittingly, she divulges critical information after being recalled to "unlock" a jihadi courier. This thriller has a high-profile, experienced cast including **Orlando Bloom**, **Toni Collette**, **Michael Douglas** and **John Malkovich**, who gel together nicely to create a slick offering. Fast-paced with betrayal at every turn, it is a highly watchable and thoroughly enjoyable drama about a battle to save London. **Janet Dorman, ex-R Signals**



The Bleeder

Out now

CHARLES "Chuck" Wepner is reportedly the boxing inspiration behind **Sylvester Stallone's** leading character in the *Rocky* series, and this film centres on his roller-coaster lifestyle. Nicknamed "The Bayonne Bleeder" for a propensity to discharge blood from his head whilst fighting, the story is one of Wepner nibbling at success, snorting cocaine and serving time for dealing. You don't need to be a boxing fan to like this film; it is watchable, gritty and reminiscent of the TV series *Cheers*. It is far from a polished production – many scenes are evidently shot on a handheld camera – but is enjoyable, informative and worth a watch. **Sqn Ldr Paul Merry, RAF**

GAMES



Blackhole Complete Edition PC, PS4 and Xbox One

ORIGINALLY released on PC in 2015, this title

from Czech studio FialaSoft has now arrived on console. Set in 2121, a group of astronauts are tasked to neutralise black holes, which goes well until the ship is swallowed by one and crashes. It's up to you (the vessel's coffee maker) to repair the damage and find the rest of the crew. 2D platform games such as this are making a comeback and some have been genuinely great to play, offering a welcome alternative to releases such as *Call of Duty* or *Battlefield*. Each level is filled with challenges, puzzles and unusual gravity platforms, which alters the world around the player. It also sports some impressive dialogue and voice acting to add to the overall experience. With good writing, colourful and intriguing characters, sound level design and great gameplay, *Blackhole* is a superb addition to anyone's collection.

David McDougall, civvy



Agents of Mayhem PC, PS4 and Xbox One

SOMEWHAT of a diversion from the usual

run of *Saints Row* games, *Agents of Mayhem* places you in the same fictional universe, albeit in a more cartoonish and sometimes repetitive spin-off. But despite the colourful appearance this isn't for kids. It's an open-world adventure where you and your fellow agents have to take on Legion, a super villain organisation hell-bent on destroying different nations. Each hero has a unique playing style – complete with signature special moves and weapons – that can be used to take down the enemy piecemeal in a futuristic-looking Seoul. The main complaint is in the repetition of the boss battles, which seem to consist of almost identical triggers, not to mention the ever familiar metallic setting that looks like it was taken straight out of a *Halo* game. It's fun to play but you might tire from doing the same stuff again and again.

David McDougall, civvy

TOP GEAR



PICK OF THE MONTH:

PRACTICALLY PERFECT

First Tactical watch gets the Soldier treatment

> COMING from the generation that is happy with a cracked Casio as its go-to duty watch, I am always sceptical of the drive by young soldiers to buy the latest GPS-enabled, electronic compass models for hundreds of pounds.

First Tactical's foray into this market is the Canyon Digital Compass, available for £124.95 in either black or green.

At first look, this is a substantial piece of kit when compared with its peers.

Its electronics are encased in a rugged rubber shell with an equally tough silicone strap that is long enough to wear over base layers. And it even comes complete with a ruler and Morse-code reader on the inside.

The case boasts raised edges to protect the screen and a stainless case back that claims water resistance to a depth of ten metres.

The display is easy to read, and other handy features include world time with 48 cities, a countdown timer, a digital second hand and an electronic compass.

On an early morning run out to the training area I certainly found that the Canyon performed as advertised.

VERDICT:

Easy to use and up to the job, this watch is a sound purchase for on and off the training area

★★★★★

In low-light conditions and in a wood line the reverse-imaged display was plain to see with the backlight, and produced little in the way of glare.

The compass, with its magnetic direction sensor, gave accurate readings when compared with my Silva and can also be adjusted to take into account magnetic variation.

As the rain set in the five robust knurled buttons were easy to operate, even with gloves, and the screen was clear when wet.

Day-to-day use in a headquarters showed the watch to be lightweight enough to wear on a daily basis too.

However, there are a few elements I am dubious about.

The Morse-code primer is one. But, admittedly, the ruler could be useful.

The online instruction manual also loses a little in translation so learning to adjust its settings can be difficult; some trial and error is required. But if these are faults, they are minor.

With a mid-range price somewhere between G-Shock and the big guns of Suunto and Garmin, I would happily wear this on the ranges or on exercise.

Easy to operate – even for someone with limited technological ability – and up to the job in a mixture of conditions, this kit is a good overall buy.

Purchase online at www.firsttactical.co.uk ■

REVIEW: WO1 MICK DANNATT, AGC (MPGS)





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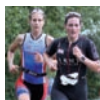
SOLDIER SPORT

Sports Editor: Richard Long
Photographer: Graeme Main



CAPTAIN MARVEL >>

SKIPPER Maj Storm Green (Coldm Gds) was the main man as the Army cricket team chased down a target of 220 to secure another Inter-Services win. Read about their latest success on page 75...



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GAME BRIEF

DATE: July 26, 2017

COMPETITION:

Inter-Services Triathlon Championships

VENUE: Cotswolds Water Park, Wiltshire



FURTHER team success was achieved by Army athletes in the male veterans' competition.

WO2 Phil Westoby (RE) took the individual title in a time of 2hr 6min 35sec, with teammate Brig John Mead in second.

The soldiers also occupied fourth and seventh places and went on to secure the collective crown by more than 15 minutes.

"WE HAVE BEEN A BIT MORE BRUTAL IN TERMS OF SELECTION. IF PEOPLE ARE NOT COMMITTED TO TRAINING THEY WILL NOT BE IN CONTENTION"



CONQUERORS OF THE COTSWOLDS

INTER-SERVICES
TRIATHLON
CHAMPIONSHIPS

MEN

ARMY

WOMEN

ARMY



STRENGTH in depth proved decisive for the Army as they regained the team titles at this season's Inter-Services Triathlon Championships.

Availability issues hampered the Reds in 2016 but there were no such problems in the latest Forces showdown as the soldiers featured heavily in the upper echelons of both the men's and women's races.

Royal Air Force sensation SAC Luke Pollard secured the men's individual prize for a third successive year but with Lt Henry Eaton (AAC) and Maj Ed Charlton-Weedy (RA) taking silver and bronze the soldiers were in the thick of the action.

The champions-elect went on to claim seven of the top-ten places and saw 13 competitors ranked among the first 20 finishers – an effort that helped them comfortably secure the collective honours.

"We now have so much depth in the squad," Eaton (pictured

right) told *SoldierSport*. "We managed to get a lot of guys out to Cyprus in the build-up to this race and that really helped.

"This year we have been a bit more brutal in terms of selection. If people are not committed to our training camps they will not be in contention.

"That helps with team bonding and it gives our coaches an opportunity to work closely with people and identify areas they need to improve."

With Pollard heading into the race as the odds-on favourite the Army had to sacrifice individual aspirations in favour of the squad's overall goal and Eaton was pivotal to their success.

"We knew we were in with a chance," he explained. "The RAF have a lot of top talent but they do not have the depth.

"For us, it was all about getting on Luke's shoulders and not letting him get too far ahead.

"He finished three-and-a-half minutes clear in the end. This event is decided on timings so

it was important to keep the gap close – that was my job."

Heavy rain also played a part in the race but the conditions did not stop Eaton from setting a new championship record in the cycle stage, where he posted a time of 59min 41sec.

It was a similar story in the women's race, where RAF ace Flt Lt Lucy Nell claimed her third individual title.

But with Capt Katrina Rye (RAMC) and Sgt Becky Hoare (REME, pictured bottom left) spearheading the Army's charge the team trophy slipped from the light blues' grasp.

Rye trailed her rival by just 19 seconds, while Hoare matched Eaton's effort in setting a new cycle record of 1hr 7min on her way to securing fourth place.

The soldiers also took three other top-ten spots.

"Katrina was in contention all the way round," Eaton said. "It was only during the last kilometre that Lucy got away.

"If she had dropped off at that point the RAF could well have been celebrating a team win.

"Becky was suffering with a stress fracture in her foot so the plan was for her to smash the swim and bike and then get round the run as best as she could. They did really well." ■



TRIATHLON IN NUMBERS

KILOMETRE
OPEN
WATER
SWIM TO
START

1.5

KILOMETRES
ON THE BIKE

41

KILOMETRE
RUN TO
FINISH THE
RACE

10

DAYS OF
TRAINING
IN CYPRUS
AHEAD OF
THE FORCES
EVENT

14

TEAM
TITLES WON
BY THE
ARMY

3



CYPRUS CAMP PAYS OFF

A GRUELLING warm-weather training camp in Cyprus formed the ideal preparation for the Army team ahead of this season's Inter-Services.

With temperatures regularly soaring past 25 degrees Celsius the athletes undertook a series of swim, bike and run sessions aimed at improving performances in the run-up to the key fixture.

The training was organised by the Army's professionally qualified triathlon coaches and pushed participants to the limit as they were in action for five to six hours a day.

In that time they completed up to 27 kilometres of swimming, a further 900 kilometres of cycling and 80 kilometres of running.

A series of time trials and races were also staged in a bid to assess ability levels in each discipline and monitor

progress and development.

"During such a challenging training environment it was essential to ensure our athletes were not overloaded in a negative way," squad member Lt Henry Eaton (AAC) told *SoldierSport*.

"The tests allowed for any noticeably large drops in performance to be quickly identified and an individual's training restructured to ensure they recover adequately enough and benefit from the camp.

"While challenging, this bespoke programme was about developing and building the capabilities of the Army's elite triathletes.

"It also served as an excellent opportunity for squad members to bond and discuss training. Given the team emphasis of the Inter-Services, fostering a team ethos was essential." ■



FESTIVAL TAKES OFF

UNITS from across Germany have been competing in a series of athletic disciplines in a bid to become the Festival of Sport champions for 2017.

Featuring seven events, the competition was designed to promote physical activity and reinvigorate the rivalry between those based in the country.

Soldiers from 1st Battalion, The Princess of Wales's Royal Regiment lifted the overall team trophy at the end of the four-week challenge, which included road cycling, volleyball and cricket.

Their rivals from 26 Regiment, Royal Artillery were second, while athletes from 3 Armoured Close Support Battalion, Royal Electrical and Mechanical Engineers claimed third spot following victories in the indoor rowing and squash.

Organiser Maj (Retd) Clyde White was delighted to see so many personnel taking part in what was a busy time for units.

He explained: "The ethos of sport has so many qualities that we expect to see in our soldiers: fitness, skill, teamwork, camaraderie and leadership."



Picture: @chrismeadsphoto

HARRIS JOINS GB RANKS



**"I WAS
COMING
INTO
FORM
AT THE
RIGHT
TIME"**

CYCLING star Capt Ejay Harris (RAMC) continued her remarkable rise on two wheels when she was called into the Great Britain team for last month's RideLondon race.

The 29-year-old only started riding competitively in 2013, when she won the Inter-Services Road Race in her debut performance, and has since made rapid strides in the sport's upper echelons.

This season she has been a mainstay of the Storey Racing team – fronted by Paralympic legend Sarah Storey – and a series of consistent displays saw the officer catch the eye of the national selectors.

Harris headed into the race in fine form and that was maintained in the early stages before mechanical issues cruelly ended her hopes.

"It was a bit of a heartbreaker really," the athlete told *SoldierSport*. "I had been racing

in Germany the week before and was coming into form at the right time.

"I did this race last season and was hanging out of the back but this year I was feeling pretty comfortable at the front.

"I thought I was on for a good result but then I got a puncture on the second lap.

"I was thinking 'these girls are not untouchable' and realised I deserved to be riding at this level."

Harris has enjoyed a superb campaign with Storey Racing – which is also home to Army teammate WO2 Chanel Mason (RAPTC) – and was victorious in the Otley stage of the National Women's Road Race Series.

"I have totally exceeded my expectations," she added. "This was supposed to be a reset season for me as I suffered with some ill health last year.

"The team manager and coaches seem to think I have a lot of untapped potential." ■

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47 Monthly Payments	£275.48
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Purchase Fee (included in monthly payments)	£10.00
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SMASH AND GRAB: TWENTY20 ACTION RETURNS THIS MONTH AS THE INTER-CORPS CHAMPIONSHIP WILL BE STAGED IN ALDERSHOT FROM SEPTEMBER 5 TO 7



STORM DAMAGE DENTS RAF BID

AN UNBEATEN knock of 91 from skipper Maj Storm Green (Coldm Gds, pictured above) guided the Army to glory in cricket's Inter-Services 50-over competition.

The left-hander's resolute innings – which included ten fours – formed the bedrock of a four-wicket win over the Royal Air Force in the final and ensured the Reds celebrated another double following their success at the Twenty20 showdown.

Having won the toss Green elected to field first and his bowlers made the most of the overcast conditions as scoring proved difficult early on.

But the RAF openers proved dogged opponents and the soldiers had to wait until the 15th over before finally making a breakthrough, when Tom Berzins was caught at slip off Fus Marlon Simon (R Welsh, pictured right).

The paceman struck again moments later as Tom Shorthouse was trapped leg before and when Capt Dan Brown (Mercian) bowled Ross Diver for

44 the Army looked in control.

However, home captain Adam Fisher was in fine form and after bringing up his 50 from 62 deliveries he went on to finish 76 not out as his side posted 220-6.

In reply the Reds made an equally cautious start and battled their way to 50 without loss before Kieran Pearce rapidly halted their progress.

The left-arm seamer bowled Cfn Liam Fletcher (REME) for 22 and then had the dangerous Pte Tade Carmichael (RLC) caught behind off the next delivery.

With Inter-Services history beckoning the bowler dismissed Maj James Hudson (RA) to become the first player to claim a hat-trick in the competition.

But in LBdr Graeme Wiseman (RA) the Reds had the perfect counter-attacking weapon and he blasted a rapid-fire 51 before being caught on the boundary.

LBdr Sherwin Govender (RA) proved another useful ally for Green, and Brown had the honour of hitting the winning runs with two overs to spare. ■

**INTER-SERVICES
CRICKET**

RAF

220-6

ARMY

221-6



CRICKET

GAME BRIEF

DATE: August 1-3, 2017

COMPETITION: Inter-Services Cricket 50-Over Championships

VENUE: RAF Vine Lane, Uxbridge



RAIN played a part in this year's competition as the Army's clash with the Royal Navy on the second day was washed out with no result.

The Royal Air Force recorded a comfortable win in the tournament's opening fixture as a batting collapse from the Senior Service handed the initiative to their rivals.

CAPTAIN'S COMMENTS:

**"WE ARE
HUNGRY FOR
SUCCESS.
THIS IS A
DECENT
STANDARD
OF CRICKET
AND WE
ENJOY
WINNING"**



TEAM TALK: FOR MORE NEWS AND RESULTS FROM THE WORLD OF SERVICE RUGBY LEAGUE FOLLOW @ARMYRUGBYLEAGUE ON TWITTER



TAYLOR TARGETS TITLE TRIUMPH

THE Army's rugby league players return to Inter-Services action this month on a mission to reverse their recent poor form in the showpiece competition.

WO2 Ben Taylor (REME) will take charge for his first Forces showdown and with a new coaching structure, training schedule and game plan in place the future is looking bright.

A handful of fresh faces have also been added to the ranks, with the new head coach expecting big things of up-and-coming stars Cfn George Clarke (REME), Pte Kieran Roach (AMS) and Rfn Matt Scott (Rifles).

"I'm constantly looking for new talent," Taylor (pictured right) told *SoldierSport*.

"George has come in and been selected for the UK Armed Forces after playing only a handful of games for the Army.

"Kieran is a future star who has been linked to Newcastle Thunder and Matt is another who has impressed. They are definitely in the running for the Inter-Services.

"We have played some high-

level, competitive fixtures in the build-up and that puts our guys in the shop window.

"One of my aims is to see an Army player become a full-time professional. It has happened in rugby union and we have individuals with the potential to do the same."

Operational tours and other commitments have meant consistency in selection has been an issue in previous campaigns and Taylor has faced similar difficulties during his early months at the helm.

A number of players have been unavailable due to the UK Armed Forces participation in the Defence World Cup but the full squad assembled for a training camp last month.

"From a coaching point of view you want the guys playing regularly together," he added.

"I'm confident we have got the personnel to win the Inter-Services but it all comes down to what happens on the day.

"It's about who makes the fewest mistakes and who has the greater composure. As a coach, that is out of your hands." ■



"IT ALL COMES DOWN TO WHAT HAPPENS ON THE DAY"



Pictures: Peter Smith Photography

SUNK IN THE SHIELD

THERE was heartbreak for the Army women's team in the final of rugby league's Challenge Shield competition.

The Reds looked set to secure the silverware in a nail-biting encounter with the York City Knights but a last-gasp try in the dying seconds saw the title slip from their grasp.

With the scores tied at 10-10 at the interval the soldiers edged themselves into a winning position during the second half before eventually succumbing to a 26-24 defeat.

The players will be looking to put the disappointment behind them as they face their Forces rivals in this month's Inter-Services showdown.

The action has been hosted in rugby league's northern heartland in recent seasons but the men's and women's sides will face the Royal Air Force on home turf at the Army Rugby Stadium, in Aldershot, on September 22.

They start their campaigns against the Royal Navy in Portsmouth on September 15.





MAGIC MAN SPARKS LEAGUE WIN

A STUNNING solo try from Sig John Davetanivalu sealed a 20-14 win for the Royal Signals in rugby league's Lawson Cup final.

The centre's devastating burst capped a superb individual performance against defending champions the Royal Engineers and helped his side lift the coveted trophy for the first time.

The challengers signalled their intent from the outset and their early pressure was rewarded when Sgt James Young converted a simple penalty attempt in front of the posts.

The scrum half calmly slotted another kick to stretch the lead to 4-0 and they remained in control until the sappers finally sprang to life in the 24th minute.

A prolonged spell in opposition territory yielded maximum reward as Spr Ernest Petueli showed some slick footballing skills to control a wayward pass before cutting through the defence to touch down.

Spr Bobby Howdle added the

extras but Young maintained his accuracy from the tee to tie the contest at 6-6 at half-time.

The duo exchanged penalties shortly after the restart as the parity remained before the Signals gained a strong foothold by dominating possession.

However, the Engineers held firm in the face of the mounting pressure before a fifth penalty from Young finally edged their opponents ahead – and they never looked back.

Forward Cpl Shaun Allen punched a hole in the defence and when Howdle failed to gather a kick through the lines Young was on hand to crash over for a converted try.

Davetanivalu's moment of magic stretched the lead moments later as he gathered the ball inside his own half before expertly side-stepping the last defender to sprint to the line.

The sappers reduced the arrears at the death but it was the Royal Signals who were left to celebrate a famous win. ■

LAWSON CUP FINAL

R SIGS

20

RE

14



GAME BRIEF

DATE: July 26, 2017

COMPETITION: Rugby

League Lawson Cup Final

VENUE: Army Rugby Stadium, Aldershot

ROYAL SIGNALS

Allen 10	Holmes 9	Howley 8
Haigh 12		Bailey 11
	Harrison 13	
	Young 7	
	Baines (c) 6	
	Davetanivalu 4	
	Watkins 3	
MacNamee 5	Rush 1	Cheung 2

SUBS: Halmshaw, Weatherall, Kay, Morley

CAPTAIN'S COMMENTS:

"WE KNEW THE ROYAL ENGINEERS WOULD BE A TOUGH TEST AS THEY'VE WON THIS FOR THE PAST THREE YEARS. IT IS A HUGE HONOUR"

SPORT SHORTS



Squash players needed

ALDERSHOT Garrison Sports Centre will play host to the Infantry Squash Championships from October 2 to 5.

Any interested players should contact WO2 Michael Hay via itc-asbmdrummajor@mod.uk or WO2 Robert Beckett at rmas-gp-ac-oc-slimcoy-csm@mod.uk



Hard work is the key

LIGHT heavyweight fighter LCpl Chris Hobbs (R Signals) will look to put a disappointing loss to Anthony Yarde behind him when he challenges for the southern area title later this month.

The soldier faces Miles Shinkwin at London's York Hall on September 23 and believes the bout is an ideal opportunity to get back on track.

"I have no regrets in taking the fight with Yarde," Hobbs said. "For me it's about returning to the drawing board and working hard.

"I think Miles underestimates me but that has happened throughout my career and I have still done well."

Tickets are available directly from Hobbs by calling 07517 121544 or on Twitter via [@chrishobbsboxer](https://twitter.com/chrishobbsboxer)



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Pictures: Roger Thompson

HIGH SEAS ADVENTURE



"THEY WERE SUPERB FROM START TO FINISH"

THE *British Soldier* crew proved they were more than a match for their multimillion-pound rivals as they achieved a top third finish in the latest staging of sailing's Fastnet Race.

Skippered by Lt Col Andrew Britton (RTR), the Army outfit was in the thick of the action in a highly competitive fleet of 400 yachts that was comprised of more than 3,500 sailors from 29 different countries.

Setting off from Cowes, the personnel worked hard to achieve an early tactical advantage as they swept past Hurst Castle and the Needles before heading out into the English Channel.

From Lyme Bay it proved to be rough and tough progress along England's south coast and past Land's End before they eventually rounded the Fastnet Rock, which lies off Cork in south-west Ireland, with 25 other competitors in sight.

Having battled upwind

against the elements for more than 60 hours the crew then found themselves in a race for home and their efforts were fully rewarded when the final standings were calculated.

To finish 18th in international class two, against a raft of professional crews, proved to be a significant achievement and their time of four days and four hours saw them ranked 109th across the entire fleet.

The personnel also claimed the Culdrose and Inter-Regimental Cups, which are awarded to the fastest Services crew around the Fastnet Rock and overall respectively.

At the end of nearly 1,000 miles of challenging sailing Britton praised his crew's efforts in the build-up and during a gruelling race.

The officer, who spent most of his time on the helm, said: "The whole team worked fantastically well together.

"They were superb from start to finish." ■

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SPORT SHORTS



Reserves invited to court

NETBALL action returns to the Aldershot Garrison Sports Centre on October 8 as players line up for the Army Reserve Inter-Unit Championships.

With participation levels continuing to rise across the Reserve all units are being encouraged to include teams in the tournament.

The deadline for entries is September 25 and for more information email e_bowes_crick@hotmail.com



Rowland faces early exit

RUGBY union star Capt Gemma Rowland (RA) was part of the Wales team that suffered back-to-back defeats at the start of the women's World Cup.

The Army ace started at centre in her country's 44-12 loss to former champions New Zealand and was then part of the side that slipped to a 15-0 reverse against Canada – the runners-up in 2014.

Succumbing in two tough opening fixtures meant Wales were unable to qualify for the semi-finals and were aiming to secure a place in the play-offs to decide the fifth to eighth places.

TEAM TITLES MOUNT UP

ARAFT of titles were claimed by the Army's martial arts masters as they enjoyed a successful time on the mat at the Inter-Services Championships.

Having suffered a setback in 2016 the karate stars made a stunning return to form, claiming the collective honours in the men's and women's kumite team events.

Individual prizes also proved plentiful, with Sgt Kevin Hall (REME) winning the male dan grade ahead of teammates Pte Justin Ronald (Scots) and Pte Chris Rowan (Para).

Cpl David Johnston (AGC (RMP)) was victorious in the dan grade kata, with Pte Katie Godfrey (RLC) winning the female equivalent.

There was a further clean sweep in the kyu grade kumite, which was spearheaded by Cfn Sam Willis (REME), while Capt Karen Owen (AGC (ETS)) and Pte Kira Donaldson (AGC (SPS)) finished first and second in the women's ranks. They repeated the feat in the individual kata.

Elsewhere, the ITF and WTF tae kwon do set-ups celebrated victories and there were wins for the Brazilian jiu-jitsu and kendo squads.



"ALL RIDERS WENT ABOVE AND BEYOND THEIR EFFORTS FROM THE LAST ROUND"



Picture: Army Rugby Union

● **THE** Army rugby union set-up has celebrated further success on the field as its short-form stars secured the runners-up spot in the GB Super Sevens series.

Seen as the country's premier non-professional sevens competition, it boasts an array of the sport's developing talent as well as a number of specialist invitational teams.

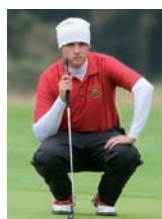
With the soldiers finishing fourth last season their efforts in 2017 represented a marked improvement and they pushed a highly polished Samurai outfit all the way in the final of their last tournament in Bath, before eventually losing.

However, an earlier win in Bury St Edmunds, along with a quarter-final place in Maidenhead and a bowl win in Worcester, meant they finished second in the standings.

The team were due to finish their campaign at the Rugby Town Sevens in Colorado, USA, as this issue went to press.

MONTH IN SPORT

September's key fixtures...



WHAT: Inter-Services Golf Championships
WHEN: September 11 to 13
WHERE: Saunton Golf Club
NEED TO KNOW:

With new sponsors on-board and a number of tough fixtures behind them, the Army team are primed to challenge on the greens



WHAT: Inter-Unit Netball Championships
WHEN: September 12 and 13
WHERE: Aldershot Garrison Sports Centre
NEED TO KNOW: The competition has gone from strength to strength in recent times and there are no guarantees when it comes to predicting a winner in the 2017 season



WHAT: Inter-Services Road Race
WHEN: September 20
WHERE: Hatherleigh, Devon

NEED TO KNOW: The Army won the men's and women's team titles in 2015 and 2016, and will take to the start line as firm favourites as they look to complete a hat-trick of wins

SPRINT IN NUMBERS

RIDERS ON
THE ARMY
TEAM

10

AGE OF THE
YOUNGEST
MEMBER

23

RACES
IN THE
SERVICES
SERIES

6

DATE, IN
OCTOBER,
OF THE
FINAL
ROUND

21

EVENTS
BEING
STAGED AT
DONNINGTON
PARK

2



Picture: Garry Fox

TOUGH TIMES ON THE GRID

HIGH-SPEED crashes and injuries to key riders were the headlines from the Army Sprint Road Race Team's endeavours in the latest leg of the Inter-Services Championships.

Reservist Capt Lara Small (RE) escaped with bruising when her bike was destroyed in a high-side incident that ended her season, while WO2 Mick Coxon (3 RHA) sustained a broken wrist during a separate spill at the Rockingham track.

However, the setbacks failed to deter the soldiers and they produced a string of inspired performances over the course of the weekend.

Cpl Stephen Thomas (AGC (RMP)) looked set to win his opening military race but a missed gear on the final lap meant he had to settle for second place.

Another podium was in sight during his second outing until a fall on the penultimate

bend ended his hopes.

In the Thundersport GB series, in which the Inter-Services is staged, Thomas secured a first, two seconds and a third place in the Pre-National 600 Freshman class to move up to third in the overall standings.

LCpl Adam Sanders (R Signals) gained further experience in what was only his second event by claiming tenth and seventh in his two rides, finishing behind teammate Sgt Jason Markham (1 RHA) in his second race.

"All riders in all Services went above and beyond their efforts from the last round," said team manager CSgt Danny Williams (Mercian). "There were some excellent battles all-round, particularly between the Army and Royal Air Force."

"Unfortunately, we had some bad luck in losing Lara and Mick and we wish them a speedy recovery." ■

Final Word

Interviews: Becky Clark
Pictures: Graeme Main



Sgt Ian Duncan, RLC

One of my old sergeant majors. Even to this day I speak to him and he still helps and guides me.

LCpl Roseanna Rowbotham, RAMC

There's a female medic who was a corporal when I was going through training. She'd done some cracking stuff and was awarded a bravery medal. You can see how well she's done but she's so modest about it.



2nd Lt Amy Cooper, RA

I had an excellent colour sergeant while I was at Sandhurst and my battery commander has been brilliant too, always answering any questions. I've been very lucky having great mentors.



Pte Jordan Sanderson, Yorks

You look up to different people in different ways. Some are good at clearing through villages and you think "wow, that's sick", but others are better at section attacks.

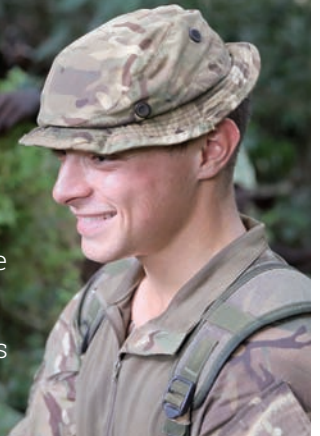


SSgt Luke Spires, RAPTC

An ex-sergeant major instructor who took me through training and was later my boss. He was very good at coaching and mentoring people, making them feel good about themselves at the right time but also giving criticism when needed. It was his professionalism and the way he treated individuals that inspired me, and I try and carry that on myself. He's out of the Army now but I still go to him for advice.

LCpl Sam Barrett, Rifles

My corporal at depot was the first soldier I met for real and just watching him do his thing, his skills and drills, was amazing. He was really keen and happy to do everything, which was good to see because you want to be following someone like that. If it's raining and snowing but you've got someone who's happy to crack on, you just crack on with them.



'Careerspiration'

We asked soldiers which colleagues have motivated them most

Capt Dan Lee, Scots DG

I think a lot of officers would say that their colour sergeant at Sandhurst had a huge impact. Mine was a real thinking soldier from The Yorkshire Regiment. One day our platoon was marching past a couple of young women when someone giggled. He halted us, made us do some press-ups and then explained that women all over the world are frightened of soldiers and that we must never ever do anything to propagate their fear. That will always stick with me.





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