



SOLDIER

MAGAZINE OF THE BRITISH ARMY

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JUNE 2019

TIFF Preview

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SO YOU WANT TO BE A GENERAL?

The secrets of Sandhurst's two-star course

D-DAY VOYAGE

Veterans journey back 75 years

GRUB'S UP

How raw aggression and an insect-based diet could save you in the wild

While you're committed to your military career



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Spotlight on...

Ripon Training Area

Ripon Training Area is made up of six sub divisional training areas. At 275 hectares the area provides a variety of terrains for training. It can support all Platoon training packages and is one of the few sites in the region that permits digging to stage 3.

**Location**

Harrogate, North Yorkshire

Size

275 hectares

Training facilities

- Orienteering
- Defence Training up to Coy level
- Individual and Section level battle drills
- Watermanship training
- Harbour drills
- Mine warfare, laying & breaching drills

Bed spaces

None

“ The sites at Ripon offer units the facilities to plan and train in a realistic, demanding and challenging environment, limited only by the individual's imagination **”**
Infantry Platoon

UNIQUE TRAINING FEATURES

The site has a mixture of pasture and arable land, with a quantity of large wooded areas and a number of troop shelters on the site. Ripon Training Area is ideal for a wide variety of training and orienteering. There are opportunities to carry out Watermanship training and harbour drills at Laver Banks and Ellington Banks.

Ellington Banks Training Area has five sub divisional training areas consisting of forestry blocks with vehicle tracks running through them. The area can support training on earth-moving equipment and other combat engineering tasks such as bridging and cross-country driver training. There is an Off-Road Driver Training circuit and Engineer Plant Vehicle training area. The site also has three large vehicle sheds and a vehicle wash down facility.



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“

He is a huge talisman for this team

”

Boladau steers Reds to glory – p72

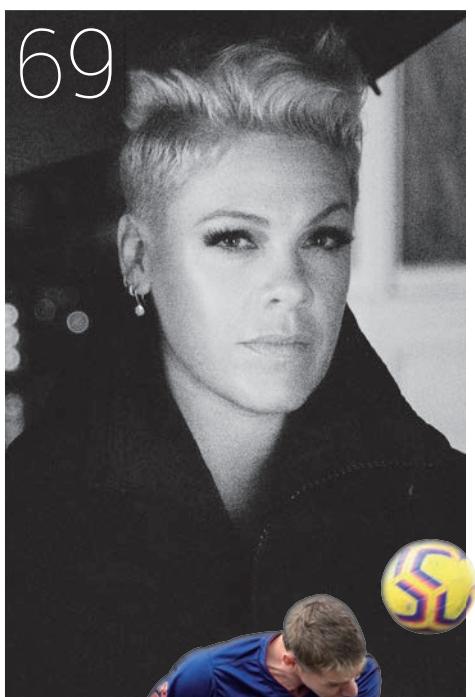
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When we landed some 30 minutes after the initial assault, bullets and debris were flying in all directions

”



Two veterans recall the chaos of conflict – p44



Voyage of discovery



ONE of the highlights of this job is getting to interview some truly remarkable people about their actions in unthinkable circumstances.

So this month it was a privilege to spend time with D-Day soldier Arthur Bailey (page 38) along with two other veterans of the conflict (page 44).

Over the last 75 years the stories of men like these have been brought to life in an array of interviews, books, films and displays.

But with the heroes now in their nineties, we aren't going to be hearing the first-person accounts for too much longer, which makes this month's anniversary as significant as ever.

I hope you take something from the tales in this issue. And we wish Arthur and his comrades well as they embark on their special voyage of remembrance this month.

In other news, it's great to see common sense prevailing with the launch of an Army initiative to improve the way things are being done in barracks (page 7).

Let's hope efforts like this are kept up to cut admin and boost morale.

Sarah Goldthorpe • Editor

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► Printed copies

THESE are distributed to every Army site at the start of each month.

► Facebook, Twitter and Instagram

ALONG with news and glimpses behind the scenes at *Soldier*, we publish a link to the latest magazine at www.facebook.com/soldiermagazine and on Twitter (@soldiermagazine).

► Online

DIGITAL versions of current and past editions are available on the Army website at www.soldiermagazine.co.uk. Just click on the "read it now" tab.

► Purchase

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Chris Hopwood
Cotswold Outdoor Expert

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Let's go somewhere

Picture: Graeme Main



Common sense prevails

Top brass goes to war on pointless Army admin

FROM tedious exercise admin to reams of transport paperwork, the Army is waging war on everything that is wasting troops' time in barracks.

A Field Army initiative is asking personnel to call out pointless tasks – and the result, it hopes, will be a more efficient Service with happier soldiers.

"This is about making it easier to get things done," explained Col John Musgrave, deputy assistant chief of staff for the empowerment project.

"The Army is fantastic in the field and on operations, but in barracks frustrating restrictions can stop things from happening."

"It's time to apply the commonsense check to everything we do."

Questioning orders from the chain of command may sound dubious, but units are already selecting troops to train as "change agents" and do just that. The NCOs and officers look at a formation's peacetime procedures then help them form a plan to improve.

Peeves can either be tackled by units directly, or referred up to Col Musgrave's team who can push for wider rule change if needed.

"We have to tackle this stuff," the officer continued. "It isn't always a great lived experience in the Army, and that's because it can be really difficult to believe in some of the things we spend our time on."

"The people who know where the frustrations exist are the soldiers."

Over the coming months the empowerment project will set up a permanent training facility – most likely in Larkhill. But wins have already been made during its pilot.

Change agent SSgt Chris Jacks (REME, pictured below) helped to eliminate a stack of admin for troops in the 1st Battalion, Scots Guards Light Aid Detachment.

"Paperwork for vehicle examinations was a big issue for us – it was being sent round the unit and adding no value," he explained.

"So we managed to get the recording process down from tens of pages to a single sheet."

He said one problem was a lack of trust in online systems, meaning things were being duplicated on paper.

"There's this idea that things can't be changed because 'that's just the way it's done'," he said.

"But this is about being prepared to have uncomfortable conversations."

Maj Ben Hawes (RA) agreed.

As one of the Army's lead change agents, he has helped spread the word to personnel from the ranks of private to general.

"Empowerment teaches us to

● continued page 11

SOLDIER

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It's difficult
to believe in
some of the
things we do
”



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GLOBAL SITREP



Want to know more?

The Arctic Mountaineer team are available for speaking engagements. To enquire email paul.ukpae616@mod.gov.uk



1. CANADA

MAKING FRESH TRACKS

MEMBERS of a groundbreaking Army expedition to Baffin Island have been reflecting on their experiences.

The Arctic Mountaineer team – the first British soldiers to explore the remote Auyittuq National Park Reserve – had brought their trip forward by two weeks on the advice of Inuit guides, who had observed sea ice melting earlier each year.

"It was lucky we moved it," said exped leader WO2 Will Brant (RAPTC). "The snow levels were very low and that made movement quite difficult."

"We ended up having to ski out rather than get picked up by snowmobile as planned.

"But it still went better than I could have hoped. We had good weather and we summited three peaks.

"I was really pleased with how the team came together – I'm not sure I've properly taken it all in yet."



2. FINLAND

RECCE REASSURANCE

A LIVE-FIRE session alongside US and Finnish allies was part of the programme for members of D Squadron, The Royal Lancers during a multinational package.

Stryker and CV90 armoured vehicles, and the Leopard 2 tank, were among the assets deployed on Exercise Arrow, which tested the interoperability of British, American and Estonian units, along with the Finnish Defence Force.

Mounted in their CVRTs,

the UK troops acted as the reconnaissance element of the battlegroup, taking on an opposition played by the US Marine Corps.

The package, which also included a Tes phase, was an opportunity for the hosts to develop their military capabilities in high intensity engagements.



“

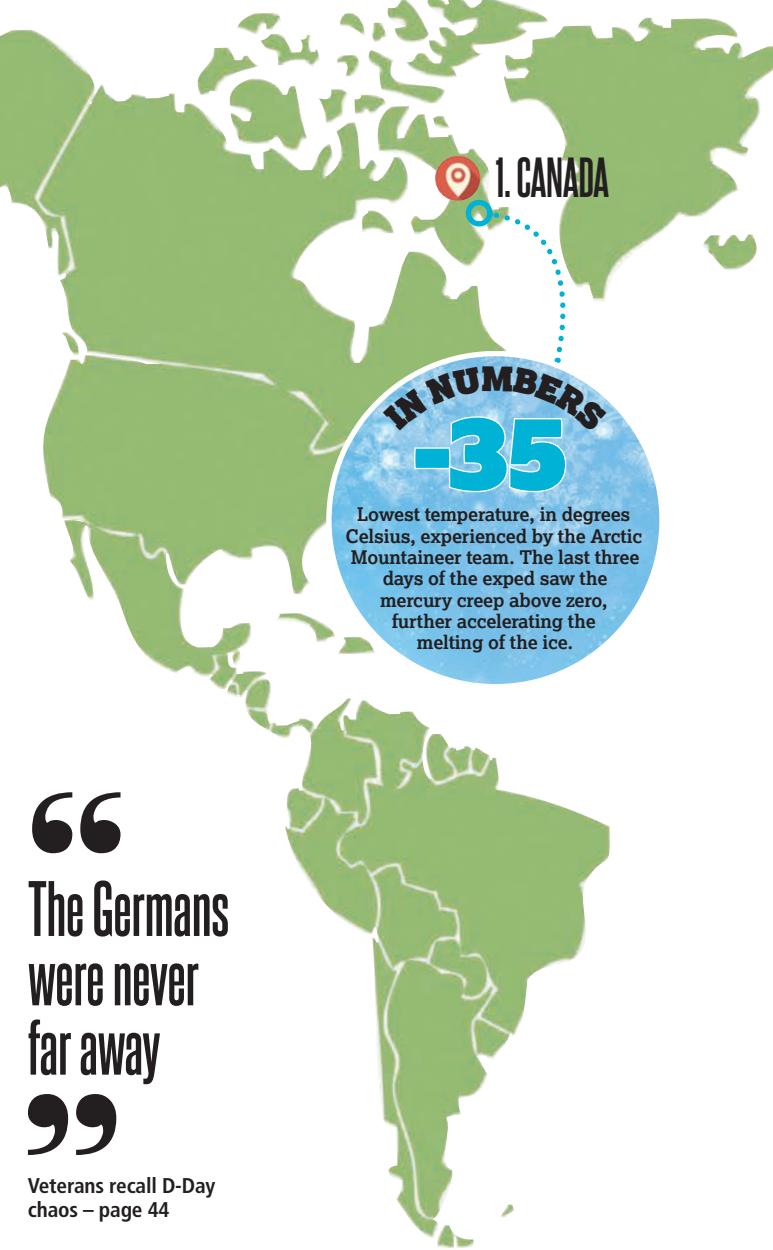
The Germans
were never
far away

”

Veterans recall D-Day
chaos – page 44

Lowest temperature, in degrees Celsius, experienced by the Arctic Mountaineer team. The last three days of the exped saw the mercury creep above zero, further accelerating the melting of the ice.

IN NUMBERS
-35



3. ZAMBIA

‘AWE-INSPIRING’ EXPERIENCE

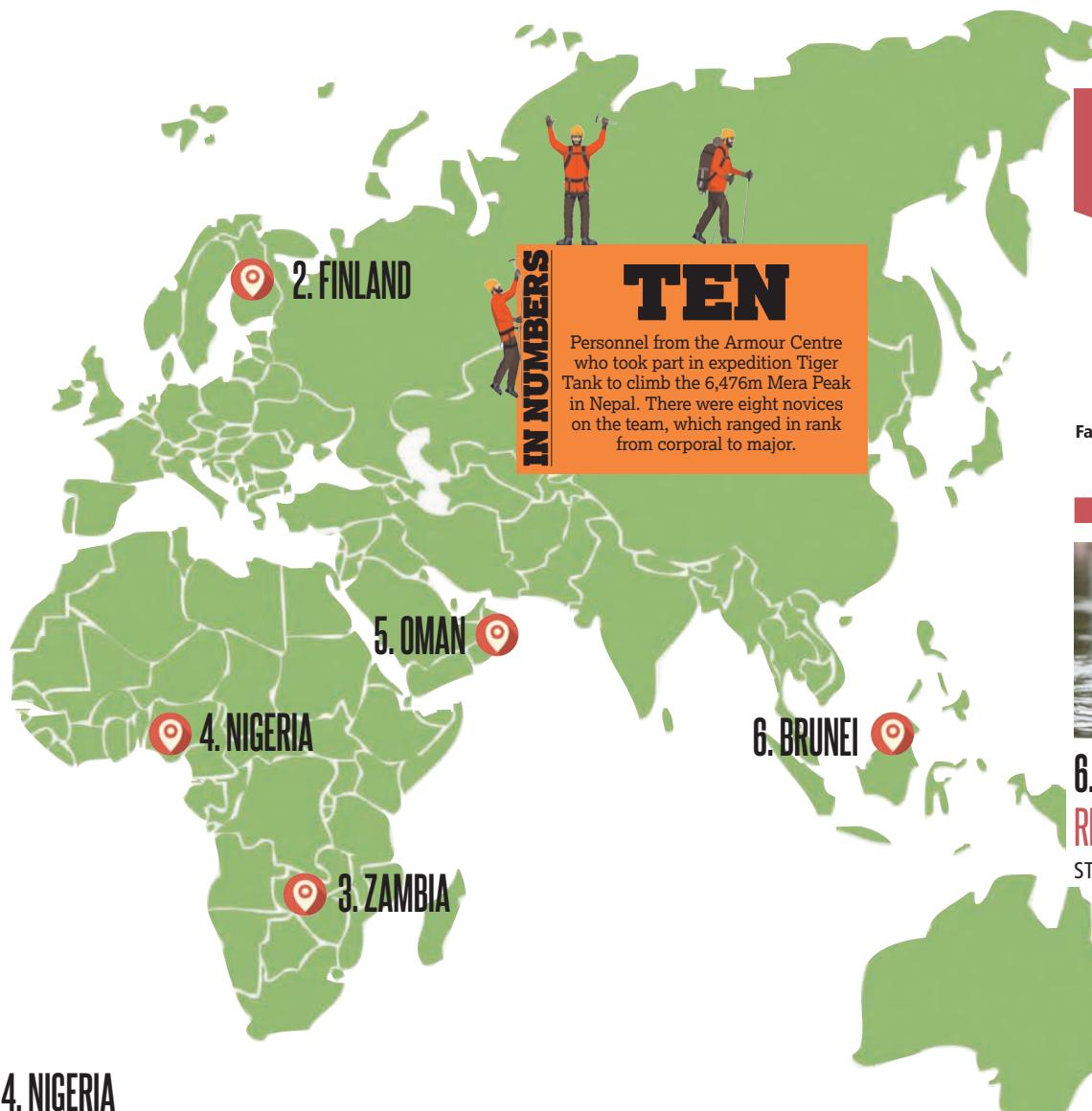
A ROYAL Military Policewoman has been helping counterparts from the Zambian Defence Forces Battlegroup prepare for peacekeeping operations.

Sgt Kirsty Lewis taught skills such as statement writing and evidence capture, as well as building troops' awareness of conflict-related sexual violence ahead of their deployment to the Central African Republic.



"I will bring back a wealth of experiences that I have no doubt will develop me, not only professionally as an RMP senior NCO but also as a soldier," said Sgt Lewis.

"Africa is a wonderful environment to operate in – at once harsh and dangerous but by the same token beautiful and awe-inspiring."



4. NIGERIA

HIGH SPEC

PERSONNEL from the Specialised Infantry Group have been continuing to show their mettle – passing on their extensive military experience to their counterparts in East Africa.

A team of soldiers from 1st Battalion, The Royal Regiment of Scotland as well as 2nd Battalion, The Duke of Lancaster's Regiment delivered planning and analysis training in Nigeria.

The troops took officers through the package at the country's command and staff college.

As previously reported, there are now four outfits taking on the specialised infantry role.

As well as the two in Nigeria, members of 4th Battalion, The Rifles and 2nd Battalion, The Princess of Wales's Royal Regiment are geared up for ops around the world.

A new third battalion of the Royal Gurkha Rifles is also due to join the group this year.

5. OMAN

DESERT SAFARI

WOUNDED veterans successfully crossed the world's largest sand desert in a fleet of Jeeps.

The journey through Oman's Empty Quarter, as the region is known, was staged by VetRun180, which helps ex-soldiers overcome physical and psychological injuries through adventurous challenges.

Among the ten participants was John Clark (ex-Scots), who has battled PTSD for seven years. The self-taught mechanic used his skills to get a number of damaged vehicles back up and running.

"It was immense fun," he said. "Something happens. Crack on, get things done, everything sorted. Plus, all the belting up and down the dunes was very good for me."

Further trips are now planned to northern Spain, the Pyrenees and the Sahara. To get involved visit vetrun180.org



INTELLIGENCE FOR THE ATLAS?

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6. BRUNEI

REPTILE RECOGNITION

STUDENTS on the jungle warfare instructors' course became acquainted with Brunei's local wildlife during a classroom session.

Handlers brought in a variety of native species including constrictor and venomous snakes, young saltwater crocodiles, lizards, insects and spiders, all of which troops could encounter in the field.

"It gives them the chance to learn about some of the fauna that they might see and what types of hazards they present," explained Maj Sam Boudet-Fenouillet (Mercian), officer commanding of the Jungle Warfare Division.

A total of 56 soldiers from all three Services are taking part in the latest eight-week package – finishing this month – which teaches them to train others to survive and fight in the rainforest environment.





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EMPOWERING SOLDIERS

continued from page 7

■ ...manage people's time as we would money," he said.

With all the Army's senior leaders supporting the effort, Col Musgrave is confident it will have an impact, despite cynicism from some.

"We are a smaller organisation now so we must be more effective," he said.

"We have to make sure this isn't just another initiative."

The project will be rolled out across the Field Army over the next two years, before extending to the rest of the British Army and defence.

It is one of Commander Field Army Lt Gen Ivan Jones' highest priorities, and formations already involved include 1st The Queen's Dragoon Guards and 1st Battalion, The Royal Regiment of Scotland.

Search the Army Knowledge Exchange for more information.

Ideas for change can also be submitted through the Army's recently overhauled Gems scheme, via def-ideas.wazoku.com

Picture: Sgt Paul Randall, RLC



Concern over soar in marriage helpline calls

THE Army Families Federation is probing the reasons behind an "alarming" rise in calls about marital breakdowns, the organisation's chief executive has confirmed.

Speaking after the release of new figures, Sara Baade said there had been a 56 per cent hike in enquiries relating to relationship issues in 2018 compared to the year before.

She stressed that the AFF was now looking at why the numbers of calls had rocketed.

Baade added: "There is a bit more work to do to find out why we have this rise, which could be due to a number of factors.

"We simply don't have the evidence to explain at this stage.

"But this is an alarming statistic and one that we are monitoring closely."

The *Families' Concerns* report notes that divorcing couples were worried about access to accommodation – with the AFF suggesting they may need better support from local authorities.

The cost of breaking up was also an issue, with enquiries about rights to a soldier's pension and to the universal credit payment also being fielded.

Elsewhere, Baade admitted she had been struck by the sharp rise in calls to the AFF overall – by nearly 40 per cent, which is the largest hike the federation had recorded in nearly four decades.

The report noted there had been 31 per cent more approaches relating to family matters than in 2017, with work-life balance and communication of Army policy among the areas flagged up.

For better or
worse

IN NUMBERS:

Total calls to AFF last year

12,563

Those relating to relationship breakdown

422

THIRTY-SEVEN

Per cent more calls overall than in the previous year

“This is an alarming statistic”

”



We asked...

What gets you down about Army admin?

Soldiers are micromanaged too much these days. I believe if they're allowed to make mistakes it will encourage them to think for themselves.



Sgt Andy Salter,
AGC (SPS)

I used to be a teacher and taking 30 schoolchildren away on a trip was easier than taking a group of soldiers. Even the simplest outing requires an in-depth risk assessment and information like date of birth and blood group, which all has to be checked.



Capt Aidan
Wearnouth, AGC
(ETS)

GUNNER LOTTERY

■ A DRAW has been launched to raise funds for military causes.

The Gunnery Lottery is open to the general public and has a weekly jackpot of £25,000 plus several smaller cash prizes.

It costs £1 to play, with 50 pence of each entry going directly to the Royal Artillery Charities.

To sign up for the draw go to unity.charitypayments.co.uk/play

CARROT CAKE ANYONE?

■ SWEET-TOOTHED troops are most partial to carrot cake, a new study has found.

Research carried out by YouGov for Help for Heroes found that the snack was the best loved by soldiers – while lemon drizzle cake is the preference of the Royal Navy and Royal Air Force.



The marines break ranks with their love of chocolate treats.

The tongue-in-cheek poll was launched ahead of a new campaign encouraging people to switch on the oven to raise money for veterans.

See www.bakeforheroes.org.uk for more info.

NORTHERN IRELAND HELP

■ VETERANS suffering physical and psychological injuries now have a new point of contact in Northern Ireland.

The Brooke House Health and Wellbeing Centre at Colebrooke Park in Fermanagh offers support – including a range of therapies and respite care – to ex-personnel who served after 2008.

Backed by British government funding, the facility also provides treatment for those living south of the border.

Email info@brookehouse.co.uk for more information.

500
FORMER Service personnel helped into stable accommodation thanks to the Veterans' Nomination Scheme, set up by military housing charity Stoll to place vulnerable ex-soldiers in affordable homes in their community.

IN NUMBERS

BOOK OF THE YEAR

■ A KEEN-EYED judging panel of soldiers and officers is taking on the tough task of judging this year's British Army Book of the Year.

The 12-strong group – ranging from trooper to colonel – are examining seven shortlisted titles for this year's competition, including Prof Patrick Porter's controversial offering on Britain's involvement in Iraq and a new study of the Vietnam conflict by ex-war correspondent Max Hastings.

Organiser and historian WO2 Barney Barnes (AGC (SPS)) said a strong field of titles would make picking the winner a challenge.

"There is something on the shortlist that everyone will want to read – so it will be interesting," he added.

The winner is set to be named in September with the prizegiving shortly before Christmas.



“
The Navy
aren't too
happy
about it
”



Great guns
Soldiers eye naval prize...again

Picture: Cpl Jamie Hart, RLC

ARMY aviation engineers have been preparing to beat the Royal Navy at their own game.

The Field Gun Competition was due to take place as this issue went to press, and members of 7 Aviation Support Battalion, Royal Electrical and Mechanical Engineers will be among the 18-man teams hauling a 2,000lb weapon over an 85-yard course before firing six rounds and returning in the shortest possible time.

The REME team has a proud record

in the event having won it four times before, and the final phase of their training took place at Wattisham Flying Station ahead of the big day at HMS Collingwood in Portsmouth.

"Doing it well is massively reliant on teamwork, controlled aggression and physical and mental robustness," said trainer SSgt Louie Munton (REME).

"We were the first Army team to compete in 2002 but now there are other crews. We've always done well, which the Navy aren't happy about."

In memoriam

COLLEAGUES of a gifted young soldier who lost his life while mentoring counter-poaching teams have paid tribute to his commitment.

Gdsm Mathew Talbot, 22, was killed by an elephant in Malawi.

The soldier had stepped up for the role after impressing commanders on exercise in Kenya, and he had quickly taken to the task in hand.

"Mathew was loved by his brothers in arms," his CO Lt Col Ed Launders said. "He was hugely proud of his work and died doing great good."

"He was a determined and big-hearted Coldstreamer who dedicated his life to serving his country – it was typical of his character that he

volunteered for such a vital role.

"My deepest condolences go to his parents, family and loved ones."

Having joined as a teenager in 2013, Gdsm Talbot passed through the Army Foundation College Harrogate before arriving at the Infantry Training Centre Catterick.

Platoon commander Lt Hugo Cazalet said the Serviceman "worked hard for his mates and was a constant source of morale, even in the direst situations".

LSgt Louis Bolton added: "I can honestly say that no matter what the time of day or situation, he was always laughing and cracking jokes."

"We loved him for it."



GDSM MATHEW TALBOT
1ST BATTALION,
COLDSTREAM GUARDS
DIED MAY 5
LIWONDE NATIONAL
PARK, MALAWI



The Folio Society

THE LONGEST DAY

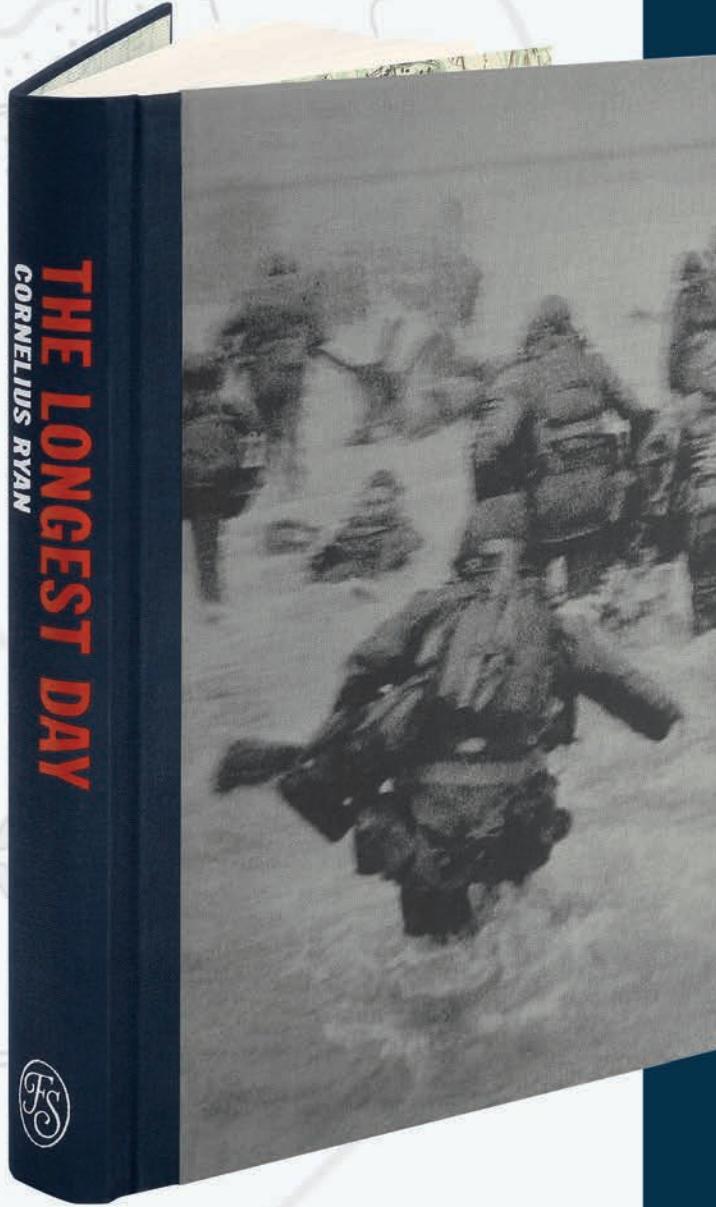
The D-Day Story, June 6, 1944

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SERVICE STATION STOPS

REFUELING at motorway service stations has been banned for all green and white fleet vehicles or hire cars.

Instead, personnel must go to mechanical transport fuel installations (MTFIs) – formerly known as POL points – or cheaper forecourts.

Maj Jon Ottaway (RLC) from Directorate Support at Army HQ said the rule had been introduced to save money.

"The cost fluctuates but on average it's around 28p per litre more on the motorway," he explained.

"You wouldn't fill up your own car for that price. And currently we spend more than £7 million a year on fuel cards. But if people plan ahead we can reduce that."

Booklets have been sent to units containing maps of all MTFIs in the UK.

European fuel cards can still be used on motorways, but premium fuel should not be purchased anywhere.

Read **ABN 43/19** for more details.

SUMMER OF MOVES

MOVES to withdraw thousands of troops from Germany are entering their final phase.

A wave of 11,500 personnel, civvies and dependents are returning to the UK over the summer as the drawdown reaches its conclusion.

Top brass are confident that preparations will pay off.

Those heading back will have some 917 new homes – as well as existing accommodation.

Col Andrew Devey, assistant head of infrastructure at Army HQ, said a rehearsal exercise had been held and everyone was expected to be back by late autumn.

The move – dubbed Op Faran – will see the majority of the returning units rehomed around Larkhill, Bulford, Tidworth and elsewhere across Salisbury Plain.

As previously reported, the Army's major deployment in Germany will finish at the end of the year.

"The moves will take place in three different lines of operation," Col Devey said. "Vehicles are being returned first and this is already under way."

"The majority of families will move in the summer, while units will have allocated windows."

He continued: "Preparations have been going well and we will be ready for those coming back to the UK."

"We will have the accommodation prepared although the Army basing programme will continue to deliver facilities over the next two years."



Pictures: Freepik

New direction for pre-para course

Pictures: Peter Davies

PERSONNEL are now being given a recovery period after completing the all-arms pre-parachute selection course before they are put through their paces for real on the P Company test.

Participants head back to their units for a week of rest following the demanding fortnight-long programme of phys, to help them prepare for the rigours to come.

In another change, the course is now staged at the newly refurbished Crowborough base in East Sussex having moved from its previous venues at Colchester and Woodbridge earlier in the year.

Sgt Alex Walsh (RE), who looks after the pre-para process for 16 Air Assault Brigade, told *Soldier*: "The experience is designed to best prepare troops for what's to come so they can expect intensive PT sessions every day – the new venue also has some demanding terrain. But there is now a recovery week too."

"The candidates find this system beneficial – people who have already gone forward have told us they feel



physically and mentally ready when they arrive for the final selection process at Catterick."

It's designed to prepare troops for what's to come



Picture: L/Cpl Jonathan Adams, RLC

HARDENED Nepalese troops have been showing off their fearsome reputation in Australia.

Soldiers from the Brunei-based 2nd Battalion, The Royal Gurkha Rifles headed to Rockhampton, Queensland where they were put through their paces on Exercise Pacific Kukri.

The six-week package was aimed at certifying the riflemen to operate as part of a large battlegroup. Read our July issue for more on the action-packed exercise.

The Big Picture – page 22



FEARLESS FUNDRAISING



Cash hike

ENTHUSIASTIC walkers donned their boots in aid of ex-personnel suffering sight loss. The inaugural March for Veterans saw participants of all ages and fitness levels take on the tough terrain of North Wales – pounding out a healthy sum in the process. Those taking part included Mark Hollis, who completed the event blindfolded with six friends, each with a hand on a comrade in front to recreate a striking First World War image. Hollis said the event – which is now being held annually – had been a particularly memorable occasion. “The walk is challenging with all its hills but so worth it,” he added.



Free Spanish breaks

SERVING and former soldiers and their families could soon enjoy free breaks in Spain thanks to an initiative to set up a retreat in Marbella. The Holidays for Forces programme is the brainchild of civilians Darren Cooper and David Johnson, who want to show their gratitude to the military community and are now aiming to crowd fund the project. To support them visit www.justgiving.com/crowdfunding/holidays-for-our-forces



Soldiers shine in new-

OME 800 soldiers from the Adjutant General's Corps have taken part in a revamped military skills competition.

Organisers of the annual Triple Crown Challenge say the event was redesigned to reflect the Army's new physical training system.

A total of 182 teams entered this year's contest at Worthy Down camp, which put personnel through a series of soldiering tasks, including a medical stand and casualty extraction, an obstacle course and a ten-mile march and shoot.

WO2 Daz Farrugia (RAPTC), who helped devise the course, said the activities had been brought in-line with the soldier athlete concept.

“The military skills part is more specific to what they would face on the ground and the obstacle course replicates the new fitness

assessments,” he explained.

“So there are jerry-can carries, a fire and manoeuvre part where they're up and down on their belt buckles, as well as a crawl through a tunnel.

“The march and shoot is shorter than in previous years but that doesn't make it easier because the intensity is much greater.

“Plus they are doing all this in fighting order, with daysacks, helmets, rifles and belt kit – instead of just running around with Bergans alone, which is unrealistic.”

The winning outfits included the troops attached to 7th Parachute Regiment, Royal Horse Artillery, who took the prize for best overall team.

According to the officer in charge of the event, Maj Ian McLeish (AGC (ETS)), the competition was not only about providing soldiers with a rigorous challenge, but building



Worthy Down troops take on doko test

TROOPS faced a testing time as they took on a demanding Himalayan-style challenge in rural Hampshire.

Seven members of the Personnel Administration Training Wing at Worthy Down braved the five-kilometre Gurkha Doko Challenge, heaving baskets of up to 15kg round Queen Elizabeth Country Park in Petersfield.

Nepalese troops face a similar task during the final stage of their selection.

Participant Sgt Pramod Rai (GSPS) said the event, which raised cash for under-privileged youngsters in the Asian country, had been “painful for a noble cause”.





RECRUITMENT CALL

■ NEW troops are being called up to serve on the recruitment front line.

The Army wants soldiers fresh out of training to volunteer for a short tour with an Army Recruitment Centre close to their home town, and help bring fresh blood into the ranks.

Those signing up for the satisfied soldier scheme, as it is known, can expect benefits such as a month spent living in the same area as family and friends.

Lt Col Fiona Scotter (RE), who helps run the initiative in Aldershot-based Home Command, said a number of troops had come forward but more were needed.

"We want personnel who have just come through training, so when potential recruits walk through the door they see somebody who looks a bit like them," she said.

"We send troops to their home town so they have the same accent and may even have gone to the same school."

Anyone interested in applying should speak to one of their NCOs, who can take the application forward.

Picture: Peter Davies



look skills competition

esprit de corps among the formation, whose personnel often serve in small detachments all over the world.

He added: "Everyone takes it really seriously – many of the teams have been training since last year.

"The standard is very good – there are soldiers who can compete with the best of the rest of the Army in terms of military skills, athleticism and fitness."



Up for a challenge?

■ THERE'S still time for British teams to register for the International Moenchengladbach Military Skills Competition in Germany on July 6.

Open to squads of four, it's the longest-running event of its kind in Europe and pits outfits from 20 Nato nations against each other.

Visit www.imm-bundeswehr.de

“Everyone takes it really seriously”

AFCAS FIGURES ON THE UP

■ THE feedback detailed in the latest Armed Forces continuous attitude survey contains some encouraging trends for the Army.

Just under half of personnel are satisfied with Service life, an increase of five per cent since last year, while more than a third are satisfied with their basic pay, a rise of four per cent over the same period.

However, these figures, and many more, still lag well behind the peak levels recorded a decade ago. Look out for our full report in July.

LIFESAVING MOVE

■ SERIOUSLY injured soldiers could have their lives saved by a new piece of kit.

The TXA autoinjector, which lets troops jab themselves with a powerful clotting agent if they are wounded, is being developed by military doctors.

Health chiefs believe it could save a third of personnel facing death from severe blood loss.

It may also be used to stabilise stab and crash victims on civvy street, as well as women suffering blood loss during childbirth in poor countries.

The government has given £5 million to bolster the project, but an in-service date had not been announced as this issue went to press.

Army trauma surgeon Col Nigel Tai said the kit must be used quickly to give patients the best chance.

"The prospect is that, by packaging the drug in a pre-filled autoinjector, injured soldiers can self-treat as part of first-aid drills," he added. "They won't have to wait for evacuation or specialist help."

IN NUMBERS

22 Years the Triple Crown Challenge has been running



DIE-HARD petrolheads are being given a rare opportunity to see a private collection of some of the world's most exclusive cars – while raising cash to help veterans in need.

Tanya and Robert Lewis are opening the doors of their Surrey display on August 10, with scoff, bars and entertainment all being laid on to help enthusiasts enjoy the day.

The collection of dozens of vehicles includes Ferraris, Jaguars and Koenigsegg supercars (pictured).

The couple have been running the event in support of the military for several years.

Tanya said: "We had 3,000 people last time out and we're hoping for 5,000 in the summer."

Visit www.farnhamhams.org.uk for more.

DRIVING FORCE



SPINE LINE COMPETITION



THE clues on the spine of last month's magazine may have been recognised by military book fans. (Geoff) Nordass, (Jake) Olafsen, (Chris) Terrill and (George) Thomsen are Royal Marine commandos who wrote books about their experiences.

This month we have teamed up with Cotswold Outdoor (www.cotswoldoutdoor.com) to offer one lucky reader a rugged Lowe Alpine rucksack.

The AirZone Pro 35:45 features a system that provides a range of back-length options as well as an adaptive hip-belt and harness to help you set up with ease.

With a 45-litre capacity it provides enough storage for a great day out and an integrated raincover will help keep the bag and its contents dry.

To be in with a chance of winning, tell us what links the words on the side of this month's magazine.

Answers – including a daytime telephone number – to the usual postal address or comps@soldiermagazine.co.uk by June 28. Good luck.

WIN
a Lowe Alpine
rucksack



I was surprised to see HMS Queen Elizabeth has shrunk in the rain

Spotters' corner

TALKBACK
PAGE 53

TRAINING THE BRAIN

MENTAL resilience training will be made available to all Army personnel following a successful trial at the Infantry Training Centre Catterick.

The package, which is based on cognitive behavioural and mindfulness principles, was effective at improving stress regulation and confidence among students and will now be incorporated into routine courses such as Matts over the coming months.

A further package on mental health awareness will be introduced in late 2019.



Picture: Peter Davies

'It's an extraordinary facility'

Defence rehab centre Stanford Hall keeps new kit coming

THE Defence Medical Rehabilitation Centre (DMRC) at Stanford Hall has received a new MRI scanner – the latest investment from the £300 million fund created by private donors for the facility to replace Headley Court.

The complex has received a range of kit since opening last June, including a 30-metre-long biomechanics performance lab with three times as many 3D motion capture cameras as the last centre.

The upgrades mean that rehab programmes can be tailored better while the data can be linked to a new £1.8 million virtual reality-style trainer with a treadmill that can tilt to recreate different environments.

It's one of just six such machines in the world and the only one in Europe.

"This centre has been built around the bespoke needs of our patient group," DMRC's commanding officer, Grp Capt Teresa Griffiths, told *Soldier*.

"The MRI scanner is something we didn't have at Headley Court, so we have increased radiology capability, but more importantly the site has been designed from scratch so everything is linked and undercover."

"Previously, patients often had to go outside in the wind and rain to move to another treatment area and some buildings were listed so we couldn't modify them."

"Patients appreciate this is

an extraordinary facility and they say that's already making them feel more valued, which is a second order effect we hadn't considered."

SSgt Steve Sampher (LD, pictured above right) is one of the service users feeling the benefit.

The Afghanistan veteran, who featured in April's *SoldierSport*, was blown up by an IED in his Scimitar vehicle in 2012, which meant his right leg was badly wounded and later had to be amputated in the UK.

He was also shot in the head during the attack and suffered hearing loss and a brain injury, so he's required a suite of different treatments ever since.

"The facilities here are fantastic, and bigger than at Headley," he said.

"The different clinical areas are integrated now so it's a lot more convenient to move around, which is great for someone in a wheelchair."

"Overall, I just feel very lucky to get a level of care that civilians simply don't have," he added.

Plans are in place for a similar NHS facility nearby, however, after a £70 million government grant was announced last year.

It is scheduled to be completed in around four years, when the complexes will pair up to become the Defence National Rehabilitation Centre.





We Salute You

TAX REFUNDS FOR THE ARMED FORCES

Serving with the Armed Forces and using your own vehicle or public transport to travel from your home to base, means you could be entitled to a tax refund.

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ABF

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CHARITY

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75TH ANNIVERSARY
1944-2019

We were formed in 1944 to care for the soldiers and families of those who fought in the Second World War.

75 years on, our purpose has not changed: we exist to ensure that all soldiers, veterans and their families are afforded the independence and dignity they deserve.

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www.soldierscharity.org

Help us be here for their tomorrow.

Contact us for information on how you can apply for help, find out more, or get involved in one of our fundraising challenges:

Tel: 020 7901 8900

Email: info@soldierscharity.org

ABF The Soldiers' Charity is a registered charity in England and Wales (1146420) and Scotland (039189)

Registered Office:
Mountbarrow House
12 Elizabeth Street
London SW1W 9RB





Ground view

Army Sergeant Major, WO1 Gav Paton, offers his take on Service life...

AHIGHLIGHT of recent weeks was the Army-Navy rugby union match at Twickenham (page 72).

This event is one of the biggest amateur sporting fixtures in Europe, and I am pleased to say I didn't witness any trouble on what was my first outing to the event.

It was great to see people having a good time, with many treating the day as a reunion, and the game was fantastic. Well done to all involved.

It's great that soldiers are approaching me at events like this to chat. Please stop me if you see me around.

One thing I'm getting quizzed on is social media, and why I engaged with Alfie Usher's Fill Your Boots Facebook page earlier this year.

Like it or not, his site has a huge following. And so it was important to do.

Social media is not a crime, but what you do on there can be. So caution is needed.

I encourage personnel to lean into the digital world and learn from units like the Grenadier Guards, who are streets ahead with how they promote themselves online.

Another topic to come to light recently is the large rise in enquiries about

marital issues to the Army Families Federation (page 11).

Life in the military means never quite knowing what's around the corner, and obviously that puts an extra strain on relationships.

So the issue has gone to the very top of defence, and in the meantime please continue to answer surveys about family life honestly.

In other news, I was relieved to complete the London Marathon in one piece at the end of April. I wanted to finish in under four hours, but hit a wall at 20 miles and couldn't quite manage it.

A huge thank you for your help raising £3,000 for ABF The Soldiers' Charity.

And finally, congratulations to all those who received their Meritorious Service Medal at the Royal Military Academy Sandhurst last month.



Twickers delight

Navy rue the day again – page 72



“
Soldiers are the ones who suffer under bonkers policies
”

A loss to us all

 Tweet Gav @ArmySgtMajor

War on wasted time...

IS STUFF at work getting you down?

Then make sure you read up on the Field Army's empowerment project on page 7.

It's all about changing the way we do things in barracks – from pointless paperwork to wasted time – which is good news because doing things as they've always been done is the worst thing anyone can do in a fast-paced world.

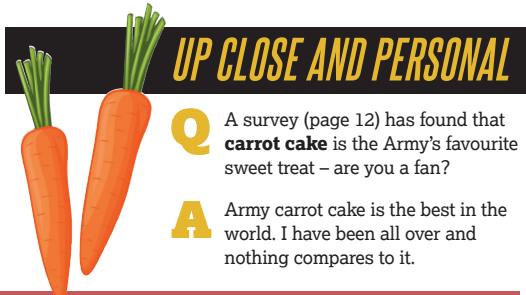
But this initiative will only be as good as the suggestions brought to the table, and it's people

at the coalface who must do this.

Soldiers are the ones who suffer under bonkers policies (and let's face it, some of the stuff we do in the Army *is* bonkers) so please get involved and help stop bad practice.

Speaking of change, it is great to see Army 7s rugby union taking off across the ranks.

A plea to units: please release players for these competitions. There are scouts there who will pick soldiers up and take them on to play across the world.



UP CLOSE AND PERSONAL

Q A survey (page 12) has found that **carrot cake** is the Army's favourite sweet treat – are you a fan?

A Army carrot cake is the best in the world. I have been all over and nothing compares to it.

■ IT IS fair to say that the loss of Gds Mathew Talbot (Coldm Gds, page 12) in Malawi last month sent shockwaves across the Service. When we lose somebody in the team, it affects every one of us. Regardless of rank, we are all soldiers. Our thoughts are with Gds Talbot's friends and family. Thank you to the first responders and the repatriation team for everything you did. It is such an important job.





THE BIG PICTURE

Queensland, Australia

Beachside battle

A SOLDIER from 2nd Battalion, The Royal Gurkha Rifles is put through his paces on the Shoalwater Training Area during Exercise Pacific Kukri. The serial, which tested troops from C Company and its supporting arms, included a live-firing package with colleagues from down under. Personnel took part in Anzac Day commemorations and were scuba diving on the Great Barrier Reef as this issue went to press.

Picture: Cpl Jonathan Adams, RLC

WEED TO

SKILLS & DRILLS / KIT BAG / MENTAL HEALTH

NEXT STEPS / HEALTH

Poker faces

Knowing the personalities in your pack will give you a strong hand as a leader

► TEAMS can be complicated beasts – and getting the best out of them isn't always easy.

Whether they are primed for the battlefield or sports pitch, management can seem a never-ending drama. Decisions are not going to please everyone all of the time.

But understanding the hand you have been dealt, what drives individuals and how they can impact each other's performance can help you shuffle the deck for the best results.

England cricketer-turned-psychologist Jeremy Snape, who has recently been imparting his experience to senior Army officers at the Royal Military Academy Sandhurst, outlines a few of the personality types you might encounter.

The maverick

These are people with very strong personalities and are fascinating characters in the sense that they can, at times, be 20 per cent better than their colleagues in terms of performance.

But they also have traits that negatively impact on others – overpowering personalities and a tendency to play politics are two that spring to mind.

These attributes can detract from the overall effort because they can negatively influence an entire team – a

manager has to weigh this up and decide whether to include them.

There are two approaches that might help. The first is imposing a regime across your outfit that is non-negotiable – this can help others in the team police negative behaviours themselves.

Otherwise you could adopt a more informal culture, tolerant of different behaviours. This can be more challenging but allows you to offer useful flexibility to individuals based on what they bring to the overall effort.



FACT FILE:
JEREMY SNAPE

Age: 46

Current role:
Owner, Sporting Edge consultancy

Experience:

- Nineteen years of professional cricket
- Coached in the sport's Indian Premier League
- Advised in top-flight rugby and football
- Speaker on Army generalship programme at RMAS

The underperformer

These individuals can present an interesting challenge – they tend to have either a skill or motivational issue.

A leader must establish which it is before getting them back up to standard. For example, there could be something in somebody's personal life causing them problems.

In the case of a skill deficiency, coaching and remedial training may be needed. But you must also concentrate on keeping the bar high and the team as a whole functioning at its optimum level.

Role clarity is also important for maintaining performance. In a sports arena, you can set standards for how far an individual is expected to run, or how many tackles they need to make, during each match.

Having this transparency allows you to lay expectations, and an individual accepting them can then enter into a social contract with the manager.

Teams will also use their individual game plans collaboratively to decide how to best operate together.

THE MAVERICK



PERFORMANCE: 100%
SKILL LEVEL: 80%
TEAMWORK: 70%

THE UNDERPERFORMER



PERF

PERFORMANCE
SKILL LEVEL
TEAMWORK

THE GLUE PLAYER



PERFORMANCE: 80%
SKILL LEVEL: 70%
TEAMWORK: 60%

THE JOKER



SKILLS & DRILLS

THE GLUE PLAYER



PERFORMANCE: 80%
SKILL LEVEL: 80%
TEAMWORK: 90%

THE JOKER



PERFORMANCE: 80%
SKILL LEVEL: 80%
TEAMWORK: 100%

The glue player

This term comes from football. These are your team members who consistently deliver 80 per cent all of the time – they can have a tendency to go under the radar but in reality they're the lifeblood of your outfit.

If you have eight of these individuals and a couple of mavericks on the pitch, then the team is going to give you 100 per cent on the best day. But even when you are not operating at peak performance, you will still be consistently strong.

You should not overlook the importance of these people – unlike the maverick they do not crave attention but are effectively the silent engine rooms of a team. Keeping them fully motivated is critical to your success.

The joker

These people are another component essential in both the military and top-level sport. In high pressure environments team members can become insular and burdened with self-doubt.

You should never underestimate humour in these situations. The joker helps relieve tension – when people have a laugh together it also makes them more rational.

Think, too, about how you help groups bond. When I was working with a cricket team in the Indian Premier League, our junior players preferred to live communally rather than staying in individual hotel rooms because it enabled them to mix and have fun.



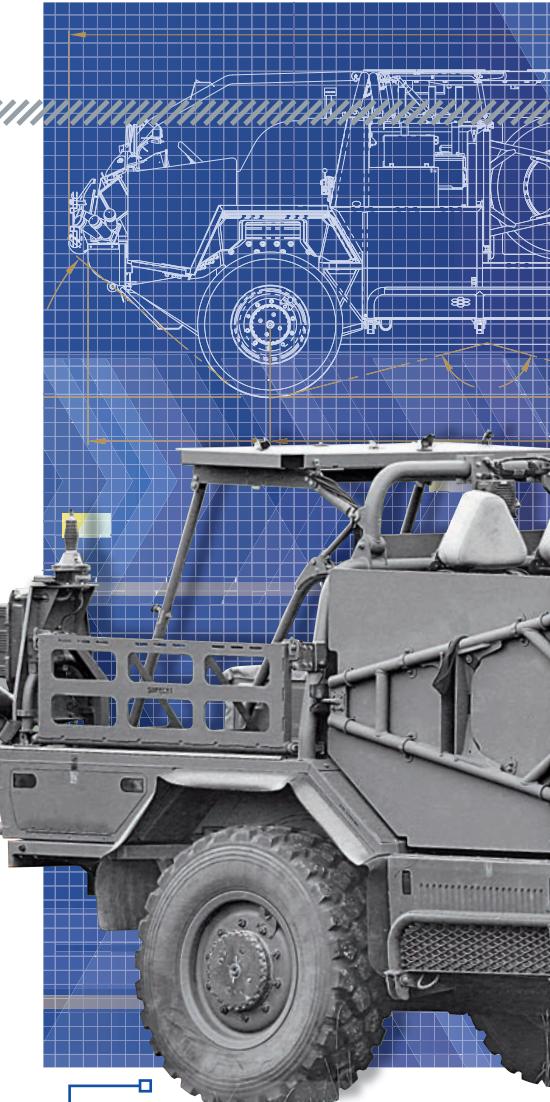
WE HAVE teamed up with Sporting Edge to offer one of our readers a place on *The Winning Mindset* – an online coaching programme to bolster your leadership acumen.

Starting in September, the 30-day initiative provides access to five

minutes of micro-learning each day, with tips and techniques from the likes of coaches and performance experts.

To stand a chance of winning, tell us the county side where Jeremy Snape started his cricketing career. Answers to the usual address or comps@soldiermagazine.co.uk by June 28.

Visit www.sportingedge.com for more information.



RECCE WITH CLAWS

How Jackal shapes up...

Engine: Diesel 5.9- or 6.7-litre – both deliver 185bhp

Top speed: 80kph

Suspension: Airbag system allows rapid movement, whatever the terrain

Armament: Either a grenade machine gun or heavy machine gun can be fitted as the main weapon in addition to a GPMG

Chassis: Beefed up to offer better blast protection on second generation



Jackal's journey

Recce vehicle test driver reflects on an Army icon



IT HAS been a mainstay of ops for more than a decade, has a formidable reputation for its speed and the ability to deliver

considerable firepower – Jackal's silhouette is instantly recognisable.

Having proved a potent player during the Herrick years in Afghanistan the vehicle, which is now in its second generation, is continuing to serve its soldier masters well.

Some units have traded in their WMIK Land Rovers for the platform, which was recently put to the test by recce crews during Nato's Exercise Trident Juncture in Norway.

Seeing the vehicle evolve to meet new challenges has delighted Lizzie Jones – operations director at Devon-based maker Supacat – who was a test driver when the prototype first appeared.

"We had started the whole design with a clean sheet," she recalls. "All we had in mind was that it had to be

transportable on a Chinook helicopter and be able to carry a payload of three tonnes, all while maintaining its excellent mobility.

"The finished 4x4 vehicle worked well – with the engine mounted in the middle and unique suspension system you could get across difficult terrain without being shaken to pieces."

Working with Jackal, and its six-wheeled Coyote stablemate that was introduced later, is certainly a labour of love for Jones. Both designs were penned by father Nick, who fired her interest in driving as a youngster.

A competitive motor racing participant in her spare time, she was comfortable behind the wheel from an early age and already an experienced hand when it came to taking on a military vehicle.

"I always remember how quickly drivers picked up confidence on Jackal," she says.

"The way it is configured means it soaks up the terrain – our team took it out for hundreds of thousands of kilometres in different conditions around

the clock and it still impressed.

"The assessment process we went through was really demanding – there was a team of 20 drivers working 24/7 so we could get as much work done as quickly as possible."

With the vehicle now in service overseas, in areas as far afield as Scandinavia and Australia, Jones said the techies at Supacat had been experimenting with other applications.

"From the outset we additionally wanted it to be fully modular; you can change the cab easily and it is a platform that you can potentially use for a number of different roles."

"We are looking at how we can take the design forward in the future."

Jones is pleased with the product's life so far – and that it continues to impress its crews.

"I'm really proud to be a part of Jackal," she concludes. "It's particularly rewarding when ex-Service personnel drop by our base in Devon and tell us about their memories of their time with the vehicle."

Mental planning will help tame the metaphorical monkey on your shoulder, says Maj Dan Kahn (Scots DG) from the Defence Leadership Centre

► IT IS a situation familiar for many soldiers – feeling the pulse racing on operations.

I remember my own experience; a horrible metallic, copper taste filling my mouth.

This is the telltale sign of an adrenalin dump. The primal brain is significantly faster and stronger than the prefrontal cortex, which is responsible for rational decision making.

In his book *The Chimp Paradox*, psychiatrist Steve Peters shows how this reaction was designed to stop primates being eaten alive by the likes of sabre-toothed tigers.

In Army terms today, it can kick in when stress hits – whether you're under fire or being sent demanding emails.

There are some basic steps you can take to calm the monkey – here are a few I have used myself...

Setting goals

Preparation is everything when it comes to mental resilience, just as in the physical world. After all, the last place to start preparing for a marathon is when you are on the start line.

Establishing your goals for a particular task should be your first port of call. In taking this step, you can cut out stuff you don't need and focus on what you are required to do at the moment of pressure

Mental rehearsals

Olympic athletes will routinely do this – visualising what they are going to do. In effect they are programming their brain. It makes your neurons fire, and the brain can't tell the difference between running through a task mentally and it happening for real.

From this perspective, your rehearsal is very important – you are working out your mental muscles, so it is important that both you and your team focus on what you need to do in your head

Wrestling

Inner voice control

You will always have a stream of words running through your mind – around 60,000 thoughts per day to be precise. It is important that you are able to recognise and dictate the script it is running.

Depending on your mindset your physiological response will be different. If you are thinking negatively and begin to stress your blood vessels constrict and cause you problems. If you recognise that your body is preparing itself for a challenge, they will dilate and embolden you

Anxiety regulation

You might not be able to bring down your heart rate, but what is known as box breathing will help you to calm down.

Hyperventilating will push carbon dioxide out of your system. You need a decent balance between oxygen and CO₂ to perform well.

Breathing through the diaphragm and your belly will help with this – inhale while counting to four – then hold for four before exhaling in the same way and repeating the process.

Research found that police firearms officers in the USA who practised this technique scored significantly more hits in a tactical exercise than those who did not



● The Defence Leadership Centre have developed an online **mental fitness and resilience fundamentals** course to help people understand how stress impacts on individual and team performance. It can be accessed via the Defence Learning Environment.

the ape



Brain training

Keeping the mind agile requires care – so you should always...

• **Stick to a sleep plan**

– aiming for at least six hours a night

• **Make time to think**

Failing to do so means your brain will wake you up at 0300 and make you do it



PROFILE: MAJ DAN KAHN

Age: 51

Regular Army service:

1991-1996;
Reservist since
2007

Current role:

Army trainer,
Intrinsic
Leadership
and Behaviour
Team, Defence
Leadership Centre

Operational experience:

Northern Ireland,
1992

Back to basic training

How a recent instructing stint brought this young officer full circle



JUST five years after walking through the gates of Army Training Regiment Winchester as a rookie soldier, Capt Adam Morris (RTR) returned as a commissioned officer to help the next generation of troops start their careers.

As well as ending up working alongside staff for whom he had once stood to attention, he was living a stone's throw from the digs he had shared with his fellow trainees.

"It was surreal," the 27-year-old, who has just rejoined his regiment in Tidworth, admitted.

"The reality hit home when I was in my office and heard a full screw telling a recruit that something was not up to standard – then realised that had been me just five years ago."

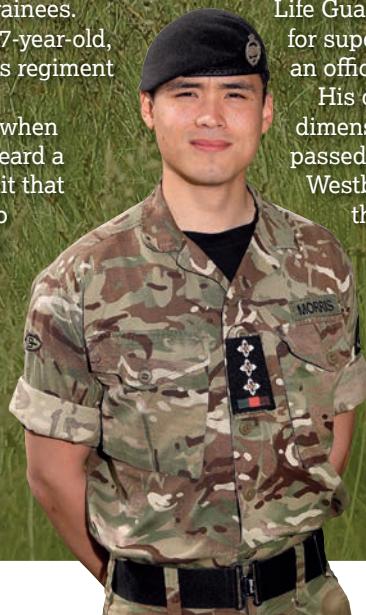
Capt Morris has certainly seen a rapid rise through the hierarchy since joining the Service.

Having worked throughout south-east Asia after leaving school, he had been studying for a chemistry degree in Canada when he set his sights on Army life. But not believing himself to be officer material, he decided to start at the bottom of the ladder.

After completing his phase one training at Winchester in 2014, the new soldier headed to Bovington to join the Life Guards. But it took just a month for superiors to recommend him as an officer.

His career then took on a new dimension after he successfully passed through selection at Westbury and he found himself at the Royal Military Academy Sandhurst.

"The whole experience was incredibly daunting and definitely a shock to the system," Capt Morris admitted. "Although I was used to military training, the expectations



are that much higher.

“Suddenly I had gone from being fully confident as a soldier into a new environment.

“Although my previous experience proved useful during the first term, everything had levelled out when we started the second – as officer cadets we were all at a similar standard.”

Despite the challenges, Capt Morris passed the course, electing to commission into the Royal Tank Regiment. He went on to serve as a troop leader on completion of phase two training but when a seven-month opportunity arose to sample a different aspect of Army life, he jumped at the chance to return to his past haunt.

“It’s been really fun to be a platoon commander and back with people I know,” he added.

“But the high point of being at Winchester was that I could see myself in the recruits there – and it was great to watch them steadily develop over the weeks.

“Having been in their position in the not-too-distant past made it easier to relate to them.”

Now, having taken on a new role as second-in-command 2 RTR’s Cyclops Squadron back at Bovington, Capt Morris firmly believes the instructor experience has helped develop his career.

“There are many things I take from my time at Winchester,” he said. “As a recruit I learned so much and my training continues to serve me well every day as an officer.

“And it was hugely rewarding for me to return and spend a few months there helping a new generation of troops.” ■

Want to know more?

Speak to your adjutant if you think you’ve got what it takes for a commission. The potential officers’ development programme can help prepare you for a shot at selection.

Bug wars

Banish those biting beasties



Deet

This effective repellent comes in concentrations of up to 50 per cent, which will cover you for up to 12 hours. Apply it to all exposed skin and repeat after sweating, washing or swimming. It’s safe to use but avoid inhaling or swallowing it and keep it away from your watch or glasses, for example, because it can damage synthetic materials.

Permethrin

Products containing this insecticide can be sprayed on untreated clothing and bed nets to deter insects. Some uniform comes pre-impregnated but if it has been washed more than 30 times you will need to retreat it.

Nets

These fit over your bed space to keep creepy crawlies away when sleeping. Tape up any holes and keep the zips closed even when you’re not using them.

Loose nets should be tucked in. Sand flies are small enough to fit through the mesh, however, and can spread the parasitic disease leishmaniasis, so nets should also be treated with permethrin every six months.



Got a bite?

Try not to scratch and speak to your medic if you think it might be infected

► MOZZIES, ticks, flies and fleas – they suck, in more ways than one.

In the UK and Europe they are mostly just a nuisance, but in certain parts of the world they can be life threatening.

Malaria, dengue fever and Zika are just some of the nasties they spread.

Depending on your location, the Army will issue you with appropriate medication and kit to ward off these pesky critters.

Worryingly though, vaccines and tablets are not 100 per cent effective and some diseases can’t be prevented at all, so the bottom line is to avoid being bitten in the first place.

Clothing

Wear long trousers and sleeves, and keep them tucked in. Some insects can bite through tight or light garments, though, so you might need repellent too.

Remember

Follow the region-specific advice given out by medics and speak to your med centre if you’re going abroad on leave. Cases of malaria have been reported among troops in Kenya, Nigeria and South Sudan, with personnel visiting friends and family in endemic areas most likely to be affected.



THE forest is an eerie place in the remnants of a storm thrashing its way across the moor.

With senses deadened amid the trees and the howl of occasional wind gusts above, the world has an alien quality. A near-luminous green moss coats the floor, encroaching on the toppled trunks and slippery rocks that lie beneath. Mud patches frequently suck at the boots.

When the gale ceases, there is near-silence. But an ever-present dripping and unidentifiable distant rustling suggest someone else is here. A return of the storm's dying breath drowns the sounds again, but a constant feeling of being watched remains.

And then, amid the lurid vegetation, there is a flicker of piercing eyes.

The soldiers are here.

They lie hidden in a harbour of fallen branches, clothes sodden, caked in dirt and cam cream. After two days on Bodmin Moor, the fatigue is written all over their faces. It is not only the fight against the elements they are enduring, but a cat-and-mouse game of outwitting a mock enemy.

In the final phase of this survive, evade, resist and extract (Sere) training, they have been pushed to their limits.

Operating with the minimum of equipment and constantly on edge, it has been a grim existence.

LCpl Lewis Smelt (AAC, pictured right) smiles fleetingly as he is asked if he has any advice for future candidates.

"Probably don't come," he says.

"Actually, definitely don't come."

The remarks are made in jest, but they will be familiar sentiment to most troops who have gone through this package, which is mandatory for some Armed Forces roles including front-line Army Air Corps personnel.

Most of those taking part hope there will never be a repeat performance.

But participation in this pass-or-fail training – bespoke versions of which can be held in extreme environments and urban settings – has saved lives and makes clear that isolated troops can expect to be rescued.

THE SURVIVAL GAME

Deep in enemy territory, troops are facing a battle to stay alive

Getting real

A team of instructors at the tri-Service Defence Sere Training Organisation – which is perched on the perimeter of Newquay Airport at RAF St Mawgan in Cornwall – has the responsibility of teaching the basics of survival should the worst happen.

"Nobody should be in doubt that the training is both physically and mentally demanding," stresses outgoing commanding officer Wg Cdr Andrew Malbon (RAF).

"We have even found that infantrymen find life difficult. Although they are adept at dealing with tough conditions, it's a different story when you take their weapons and equipment from them."

"I ask a lot of students and instructors about the experience – we must closely replicate the real environment if we are to be effective and sitting in a classroom alone is not going to do it."

Fighting dirty

Students embarking on the Sere course can expect a fortnight's tenure at St Mawgan. The first week is dedicated to learning the techniques needed to survive in the open, and moving to an extraction point. The second sees them put to the test on the moor.

The objectives might be simple but achieving them requires an iron resilience and raw aggression. In a real situation troops might have to fight the enemy at close quarters, using brutal techniques taught in a hangar two minutes from the CO's office.

A far cry from the finesse of combative sports, students are taught to improvise weapons from a variety of everyday objects – and attack with the simple aim of killing a foe.

"People might have done boxing or martial arts, but we aim to teach a few different kicks and punches, →



“Definitely one of those experiences you are never going to forget”

Getting back to basics

ALTHOUGH not everyone needs to do the demanding Sere course, individuals taking on roles where being isolated from civilisation is a risk might need a basic grounding in staying alive.

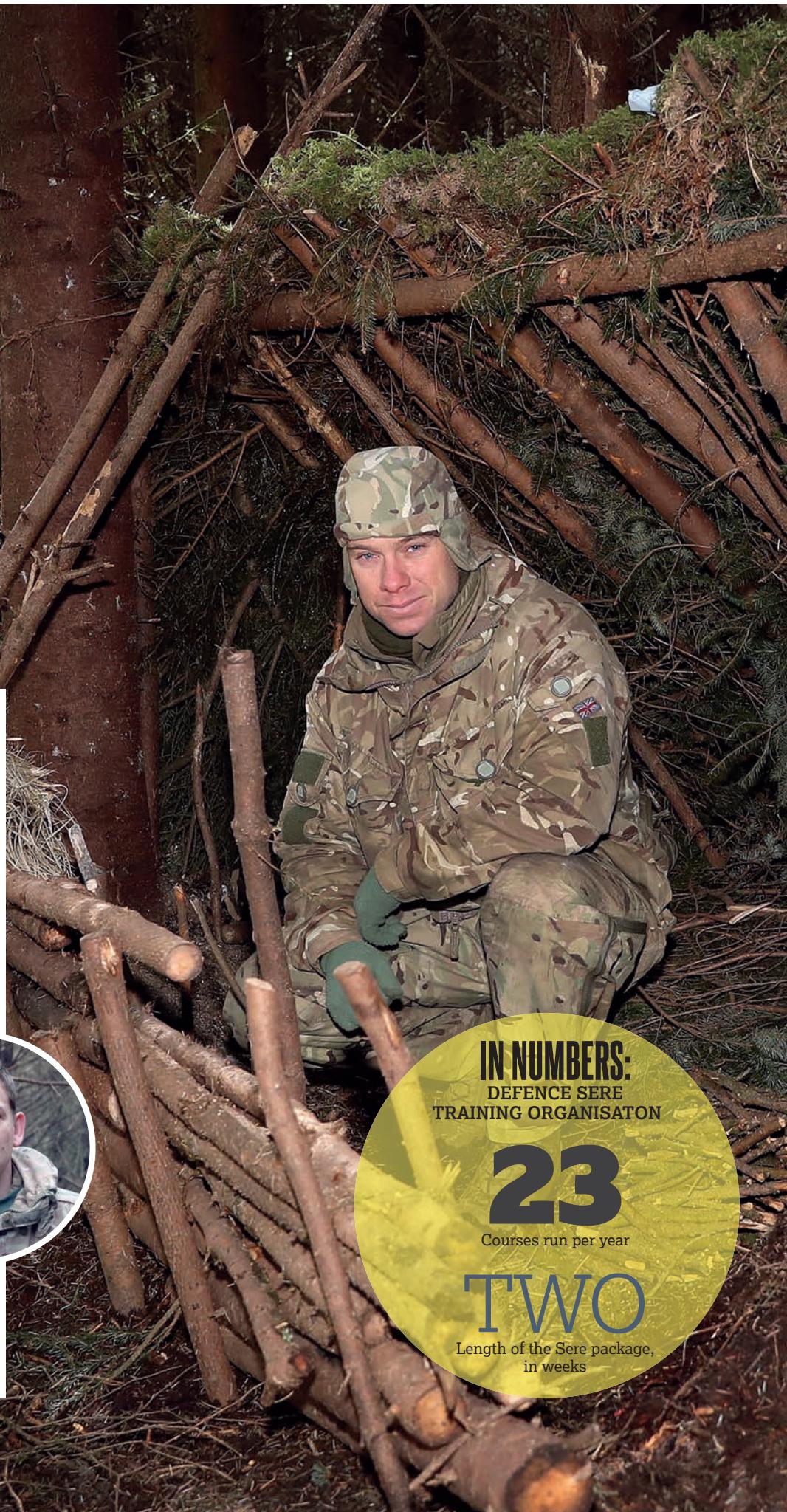
A package known as the permissive land survival course teaches the fundamentals – taking troops out into the field and showing them skills such as how to find shelter and forage for food.

Staff at RAF St Mawgan provide a wealth of knowledge in disciplines such as cooking meals, water storage and filtration. Maintaining a fire and setting up a camp are also on the syllabus.

The training forms the building blocks for other, more advanced courses, instructor SSgt Steve Aley (RE, pictured inset right) says.

He adds: “Essentially, we teach the priorities for survival here.

“We also give personnel the right mindset for the type of situations they could face – it can be intimidating when your webbing and Bergan is taken off you.”



IN NUMBERS:
DEFENCE SERE
TRAINING ORGANISATION

23

Courses run per year

TWO

Length of the Sere package,
in weeks



→ demonstrating how aggression builds," says instructor SSgt Phil Gidley (RL) as the troops line up to put their new fighting skills into practice.

"We show the students that anything can be a weapon – even a sock packed with stones – while getting them to focus their attacks on the most sensitive areas of the body."

Soldiers here are facing off to each other to rehearse.

There are demos of how to attack an assailant with a length of chain as well as how to choke them using their bare hands alone. It is sobering to watch.

"This is about fighting for your life, using whatever you can find, such as a chair leg or broken bottle for example," explains fellow instructor CSgt Wilbo Williams (Para).

He highlights that good preparation and confidence in techniques to stay alive are key to success.

"Next week these personnel are going to be on Bodmin Moor, away from society with 20-odd infantry dismounts proficient at target acquisition hunting them," he adds.

"The Sere course is one of those experiences you'll never forget."

Waiting out

At around 1400 the wind in the forest has died down to a rustling as troops in the improvised harbour area keep watch for activity.

Having found a place that is well hidden – but with a good view of the surroundings – the soldiers are resting.

The Army's old saying of "hurry up and wait" has rarely been loaded with so much tension.

LCpl Smelt encapsulates the feeling during the inactivity.

"You know that people are out looking for you," he adds. "This gives you a focus – there's a real edge."

Colleague LCpl Ben Hammond (AAC) sits on a log a few feet away, one of three people here. He is filthy and soaked. "This is a shock to the system," the

NCO admits. "Conditions are difficult – the winds were high last night and that's the only time we're moving."

"You need to be able to cope with the weather and be well aware you're being hunted."

The wind drops and the strange silence returns. There are some edgy moments as unidentifiable sounds resonate

from somewhere beyond. The forest stretches ahead in all directions, without horizon and seemingly without end. Extraction is still hours away.

Life on the run is harsh. Alone, armed with only a minimum of kit and in the domain of the enemy it is among the worst of situations in which soldiers can find themselves.

The techniques taught on this course are proven, but they are only part of the survival kit.

Mental and physical fitness, as well as determination, will be required if they are to be reunited with friendly forces. ■

Did you know?

● **SURVIVE, evade, resist and extract** has its roots in two Second World War events – the Battle of Britain and escapes from high-security German prison camps.

During the clash between the Royal Air Force and Luftwaffe in 1940, a stark disparity in the numbers of stricken pilots recovered after being downed at sea came to light.

With dedicated search and rescue teams, the Germans were managing to bring home six out of ten crews – some 90 per cent of their British equivalents, on the other hand, died.

Setting up a similar service by the Brits improved the odds of survival to nearly 50-50.

Colditz prisoner-of-war camp escapee Airey Neave (pictured) also had an influence on the wider escape and evasion picture – the Royal Artillery officer helped to embed the concepts after he returned to the UK from captivity.



STAYING ALIVE

IF YOU find yourself in isolated and potentially hostile territory, rescuers will aim to have you extracted within 72 hours. During that time you can live off your rations but if the situation becomes more prolonged, you may end up having to sustain yourself.

Going after larger animals that are harder to hunt should be a last resort – you need to conserve your energy where possible. Insects and fish are a rich source of protein and will help to stave off hunger pangs.

Here Cpl Dave Rayner (RLC, pictured right) – an instructor at Sere – gives some tips on dining in the field.



3 Then run the blade of your knife between the pectoral fins



2 Purging is the next step – to do this, cut fully along the belly

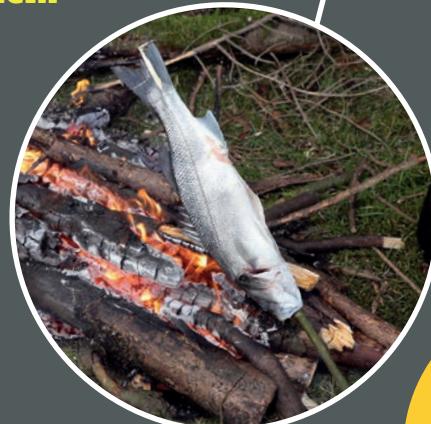
1 Descale the fish using your knife – simply run the blade up and down the side of the animal to get rid of them



4 Now you can open up the fish and remove all the innards. Before you dispose of them, consider whether they could help you for other things – as bait, for example



FISH are a quick and easy meal. A decent knife and fire are all you need to prepare them



5 With the fish empty, the last part of the preparation is removing the gills. Hook one of your fingers in and pull them straight out

WARNING SIGNS

AVOID FISH THAT...

- Puff
- Are brightly coloured
- Have sunken eyes or spines

Bug's life

● **SNACKING** on insects is quite common across the world although it is not something we have traditionally done in the West. But they contain more protein than beef, so we are likely to see them coming to the fore in future.

Brown crickets are a good start. Here's how to get them to your plate...



1: Start at the top

Remove the head by twisting and pulling – this will bring out all of the innards too

2: Lose the legs

You can simply pull these off. These have small spurs on them that you shouldn't eat

3: Ready to cook

Put the body of the insect on a stick



4: Fire up

Give your snack a quick flash over a flame – it's now ready to eat



IN NUMBERS
1,900

species of insect that can be consumed by humans, according to the United Nations' Food and Agriculture Organisation

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Fuel economy mpg (l/100km): Combined 40.4 (7.0). *CO₂ emissions 136g/km.

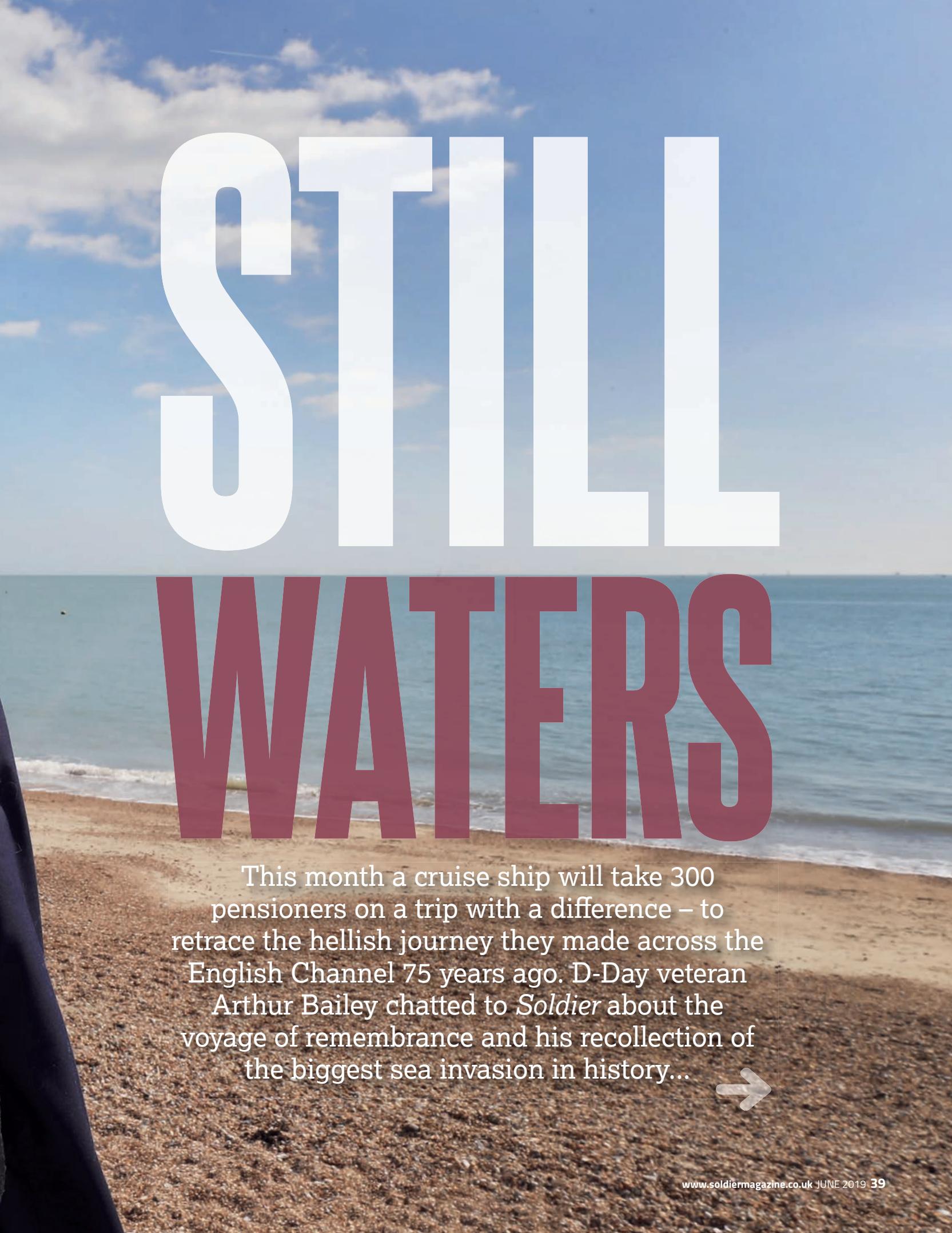
Figures shown are for comparability purposes; only compare fuel consumption and CO₂ figures with other cars tested to the same technical procedures. These figures may not reflect real life driving results, which will depend upon a number of factors including the accessories fitted (post-registration), variations in weather, driving styles and vehicle load.

*There is a new test used for fuel consumption and CO₂ figures. The CO₂ figures shown, however, are based on the outgoing test cycle and will be used to calculate vehicle tax on first registration.

“
I will probably
see more of
Normandy than
I did in 1944
”



STILL WATERS



This month a cruise ship will take 300 pensioners on a trip with a difference – to retrace the hellish journey they made across the English Channel 75 years ago. D-Day veteran Arthur Bailey chatted to *Soldier* about the voyage of remembrance and his recollection of the biggest sea invasion in history...



N

OW and again you meet someone whose words unsettle you for weeks – or months – to come.

And for me, D-Day veteran Arthur Bailey

turns out to be one such person.

At the age of 95, he seems pretty unfazed by life.

For a start, he happily resides in the same city he saw flattened as a teenager during the Blitz.

Naval base Portsmouth was a prime target for the Luftwaffe. And its bombs left the city ablaze, with thousands killed or injured.

How surreal it must be to regularly recount his wartime stories when the physical evidence of this horror has long since been concreted over.

But Arthur clearly thinks nothing of it, and as the sun shines down on a quiet Clarence Esplanade outside the D-Day Story museum where we have met, it's hard to imagine anything resembling the chaos of conflict.

We take a seat and I glimpse some passers-by mucking about outside the door. They're laughing; it seems inappropriate. And for a moment I feel a sense of the alienation so often described by veterans of war – time and people march on, seemingly unconcerned with the terrifying memories they store in their heads.

If these jokers knew of the first-hand account about to unravel, surely they too would pull up a chair with Arthur.

On June 6, 1944, the Royal Signals radio operator faced a stomach-churning trip across the sea from Southampton.

Separated from everyone in his regiment amid the dockside chaos, he would later find himself coming ashore on Gold Beach in the second wave of the Normandy landings.

We start at the beginning of his epic tale, and I try to hold back a million questions about what his 19-year-old self saw over the following hours, what he did, what he thought.

Then the veteran hits me with an utterance so peculiar I lose my line of questioning completely.

Operation Overlord: British troops land on the Normandy coast on June 6, 1944. This photograph by Sgt J Mapham, British Army Film Unit, was acclaimed by the American Press as the war's greatest picture



During a brief digression that sees us vent our spleens about Tesco's automated checkouts, he references the "happier days" of the wartime era.

A brief pause.

"Happier? Really?"

He smiles.

"Well, there weren't the restrictions that there are now.

"You could drive around without too many cars on the roads.

"You can't breathe today; the technology has got too great.

"It gets me down."

For Arthur – and countless others no doubt – the inevitable isolation of very old age has been cruelly intensified by gadgets and gizmos that are robbing

them of human contact.

And perhaps that is one of the reasons he is looking forward to this month's D-Day commemoration on-board the Fred Olson cruise ship, Boudicca.

Organised by The Royal British Legion, the event will see 300 veterans and their carers take to the open sea.

Hardly a chance to "get away from it all", but the journey will provide these heroes with the chance to talk and to have face-to-face contact with others who know – possibly for the last time.

In a strange irony, scores of students around us are gazing at the museum's impressive interactive screens and maps.

Absorbing the state-of-the-art learning materials, they obviously have no idea that I am listening to the real, unedited version of events on D-Day right before their eyes.

"Am I looking forward to the boat trip? Yes and no," Arthur tells me.



IN NUMBERS

156,000

Allied troops to land by sea and air on D-Day across five beachheads

"I worry about my health. But I will probably see more of Normandy than I did in 1944."

"Being on the water will certainly bring back memories."

"Many young people today don't seem to know the facts about D-Day, and that knocks me."

The voyage will depart Dover on June 2. Passengers will be taken to Dunkirk, before returning back across the Channel from Le Havre on June 6 in time for remembrance events at Poole and Portsmouth.

It will reunite a group of men whose experiences cannot be fathomed by most, and whose contribution ultimately helped to free Europe from Nazi grasp.

Arthur's own memories of that fateful day are summoned up with clarity.

"I left from Southampton and the sea was very, very rough," he recalls.

"The American Army were there in force; they gave us emergency rations with biscuits and things, and got us all on the boats.

"I got parted from my regiment – there were so many of us and they didn't care who was who."

"We knew very little but were told that this was an exercise – you got away with saying things like that in those days."

He describes how an armada of Allied ships were lined up in the docks like queues of buses.

"I was lucky that I got onto a big one," he says.

"We were pushed into the hold, down below, and off we went. All we had was

Following two direct hits soldiers plug shrapnel holes in their landing craft with waterproof compound during the channel crossing on D-Day



The Boudicca cruise ship will depart for Dunkirk on June 2



a couple of portholes to look out of."

With around 7,000 vessels involved, progress across the water over the ensuing hours was slow.

Headed for Gold Beach – one of five areas of the Allied invasion – Arthur still had no idea what was to come.

"In the end they told us we were invading France," he continues.

"Going along the coast, the hours went by. I can remember that we were all quite wet."

"It was rough as anything and lots of chaps were ill. Little did the Germans know, half the enemy force was seasick."

"I remember looking out the portholes and all you could make out was the tops of the waves."

"All of a sudden there was a big bump. The captain said 'everyone off'."

"Then I can remember hearing shots."

"I ran up the beach. All I could hear was 'get off the beach, take cover'."

"The Germans left a lot of snipers behind and they were in the trees, trying to pick us off."

Stumbling into an enemy trench,



the teenager found himself alone surrounded by unsettling reminders of the opposition's humanity.

"The walls were covered with carpets and there were piles and piles of grenades, and pictures of families having good times," he goes on.

"I remember thinking it was terrible.

"I mean, you can't paint the Germans with a broad brush. Quite a few Nazis wanted to get rid of us, but there were a lot of Germans who were glad the war was over when captured.

"I just wanted to get out of there.

"I will never forget it, and I often think back to that trench."

After being hoisted into a jeep by passing members of his regiment, Pte Bailey saw the gruesome reality of Operation Overlord.

"I remember there were Germans hanging from the trees, all of them dead," he says.

"I thought, my God."

The Serviceman would not see his family again for two years. After moving on to Bayeux, the first major town to be secured by the Allies, he travelled to Caen before volunteering to join The Parachute Regiment and serving in the Battle of Arnhem three months later.

When the war was over, he returned to the sight of his loved ones assembled at the front gate.

A sketch by Cpl Eric Earnshaw of 5th Battalion, The Royal Berkshire Regiment who was seconded to *Soldier* in the closing stages of the Second World War



But unlike Portsmouth's city streets, life never returned to complete normality for Arthur.

"I wake up in the morning and remember near-misses," he adds.

"There were so many but one sticks in my mind. We were in these woods in Normandy, dug in. I can't remember the village but there wasn't much left of it.

"We knew the enemy probably weren't far away because we could hear mortars going over.

"It all went quiet and we heard transport coming.

"I thought I was going to get captured. But to our surprise it was British jeeps

– they had been picking up people killed on the front line, putting one body on the front bonnet and another in the back.

"When they got to us they put them on the ground, alongside each other. They were leaving them there.

"I can't explain how I felt seeing our chaps like that.

"One of the sergeants came over, opened their collars, took their ID discs out and put them into his pocket.

"We had to leave them.

"If I had been in the infantry at that time I would probably have been laid there too."

He continues: "D-Day was the greatest battle that happened in our generation. And it took time to get over it.

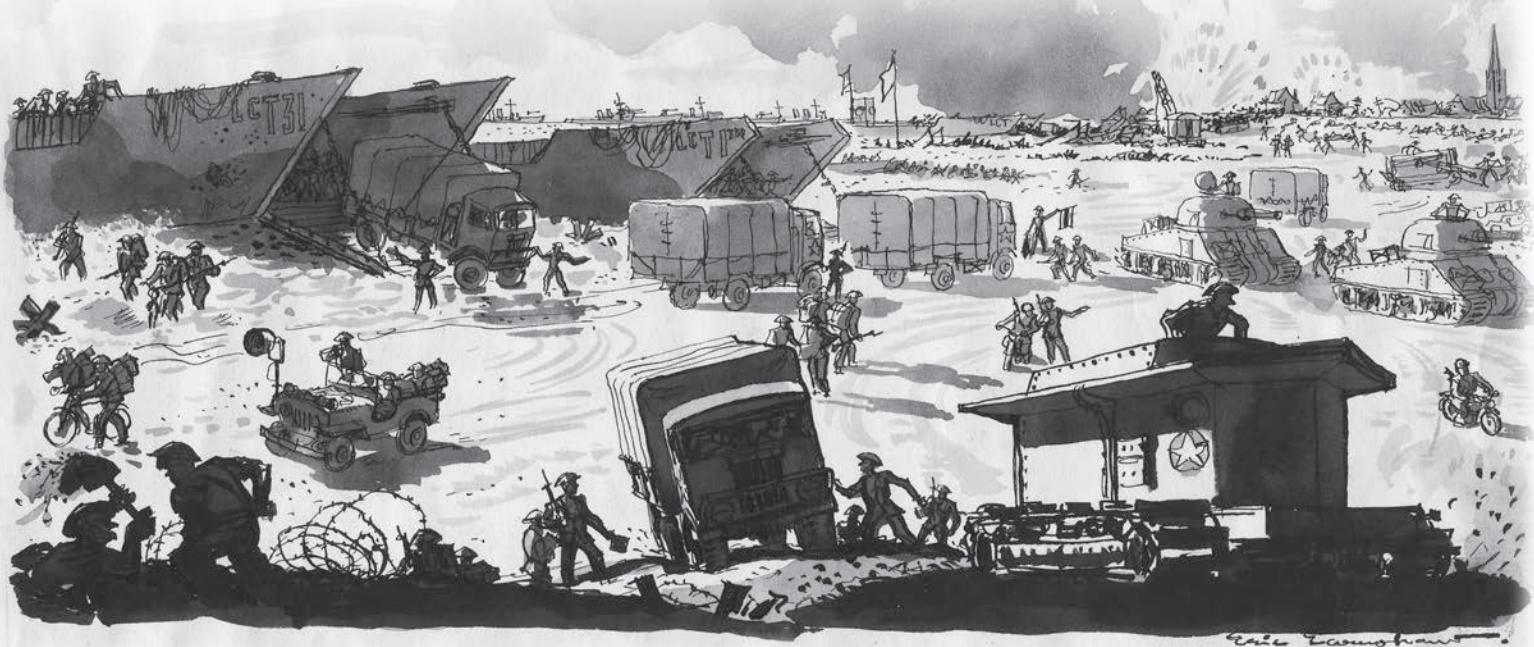
"The trouble was, I kept having flashbacks and couldn't settle down.

"I wasn't sleeping at night; I was a wreck really."

Today, the Legion d'Honneur holder rightly questions some of society's so-called advancements.

But one thing that has improved over the last 75 years is recognition of the mental impact of going to war.

Another is the brilliant imagination going into educating the next generation about D-Day, whether that is through hi-tech museum displays or head-turning commemoration events such as this month's voyage back in time. ■



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OPERATION Overlord, which took place 75 years ago this month, was an event that undoubtedly changed the course of the Second World War.

The largest assault of its kind ever undertaken, it combined naval, air and land forces and involved more than two million mainly American, British and Canadian troops.

On June 6, 1944 around 4,000 landing craft plus 3,000 supply vessels and warships transported Allied soldiers from the south coast of England to the Normandy beaches, together with thousands of tons of vehicles, tanks, supplies and ammunition.

Airborne forces also parachuted into northern France.

There were five assault beaches – Utah, Omaha, Gold, Juno and Sword – and within hours of the first troops setting foot on dry land the Allies had suffered at least 10,000 casualties. However, the operation was a success, with more than 160,000 personnel and 6,000 vehicles crossing the Channel that day to establish a vital foothold in France and initiate a gruelling 11-month campaign to defeat the Nazi forces and liberate Europe.

Here, two British veterans of the campaign recollect the historic invasion...

UTAH

OMAHA

GOLD

JUNO

SWORD

Len discovered this image at the Library and Archives Canada showing his unit gathering by the sea wall on D-Day



“ Our platoon was at the forefront of the landings on Juno Beach, tasked with clearing mines and obstacles.

My section had to carry a 25lb prepared charge – an explosive device for demolition tasks – and we held a ballot for someone to carry the device on their back. I drew the short straw.

My platoon sergeant checked me over, patted the charge perched atop my rucksack and cheerfully informed me that it was harmless until primed and even if hit by a bullet wouldn't detonate – unless, of course, it was a tracer, in which case I would 'save myself a shilling for a burial blanket'.

I won't repeat my reply.

I can still clearly recall the astonishing sights and sounds as we approached France.

We passed the battleships Warspite, Ramillies and Roberts, all of them engaging shore targets with their huge guns. The noise was deafening.

When we landed some 30 minutes after the initial assault, bullets and debris were flying in all directions.

My unit was told to gather by the sea wall and as I ran through the surf my only thought was 'I mustn't let my comrades down' – I kept repeating that to myself over and over. The camaraderie you find on the battlefield is second to none.

As we got down to clearing mines, we began to realise how lucky we'd

been. Casualties were strewn all over.

As well as wrecked tanks and landing craft, we discovered that all of our reconnaissance party were dead.

We worked in teams of three, each of us sweeping side by side to create a 30-foot wide strip of sand for infantry troops and vehicles to move up the beach. My work there lasted for a week and then we went inland to clear minefields.

We lost about eight or nine of our men – about a fifth of our unit – clearing devices during the first six weeks. My sergeant got blown up and my platoon officer was shot by a sniper. I was concussed twice by explosions – the first time, ironically, from a bomb dropped from a plane.

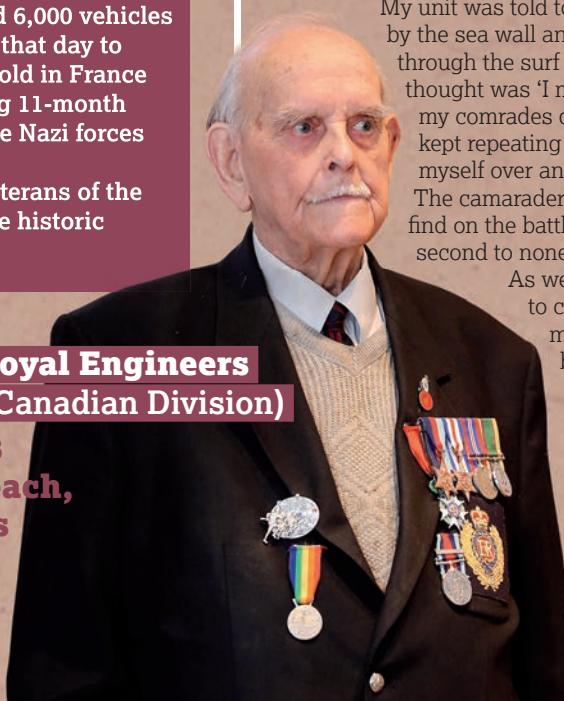
I was supposed to be evacuated but had no permanent injuries and pleaded to stay, so they kept me under observation for three days and allowed me to go back to my unit.

Three weeks later another clearance team set off a booby trap close to us and I was knocked unconscious for a second time.

I thought I'd got away with it, and again

Spr Len Butt, Royal Engineers
(attached to 3rd Canadian Division)

Age on D-Day: 18
Landed: Juno Beach,
D-Day + 30 mins



‘

WE REALISED HOW LUCKY

Two veterans recall the chaos and conflict of D-Day

WE'D BEEN

’



went back to my unit after a short stay in one of the first aid posts.

But a couple of months later, in Belgium, I was in the middle of a mine clearance operation when everything suddenly went black, just like that.

When I came around it was three days later and my whole body was shaking.

I was labelled as 'bomb happy'. It's what they now call post-traumatic stress disorder of course, and it affected me really badly for the next two or three years.

That was the end of the war for me.

’

Pte Joe Hodgson, Royal Pioneer Corps

Age on D-Day: **23**

Landed: **Gold Beach, D-Day + 4 days**

“

I remember crossing the Channel in an American transport ship before getting in a landing craft which held about 30 people.

Unfortunately, it suffered engine failure so instead of coming into the beach forwards and going down the bow ramp into knee-high water we drifted in sideways and had to go over the side of the craft into sea that was up to our necks – and we had all our kit and equipment on our backs.

We landed near Ryes and the Germans were still fighting at the far end of the beach so we quickly found cover in a copse.

After the enemy was pushed back, I was tasked with driving an officer to forward areas to review the logistics and equipment states, but it was a tense time and the Germans were never far away.

A few weeks later I'd been switched to dispatch riding, taking messages to front-line units, and one night my motorbike went into a fresh bomb crater close to a town called Douai.

I was knocked unconscious and

when I came to I found myself in a French farmhouse, tucked up in bed with clean sheets and my uniform washed, ironed and hung up.

A French couple had found me and luckily they were members of the local resistance.

I stopped with them for three days while they got in touch with my unit to arrange my safe return.

I discovered that Lucy and Andre had rescued 22 Allied airmen over the years, hiding them in their cellar until they could smuggle them out of the country – a process made easier by Andre's job as stationmaster at Lille's main train station.

I kept in touch with that family for more than 50 years, either visiting France every summer to see them or hosting them in the UK.

They were lovely people who literally put their lives on the line to save us.

”



A MODERN MAJOR GENERAL

Unlikely senior officer Cliff Caswell swaps his desk at *Soldier* for a commanding position at Sandhurst

MY FIRST experience of strategic leadership came in a long, dark, depressing winter. I can still feel the migraine-inducing glare of the monitor beaming on my face at the peak of this battle simulation – *Red Alert*, the ultimate in strategic PlayStation warfare at the time.

My old friend Jay – a wiry, fellow twentysomething student – is commanding the Soviets in this fictional Cold War game that demands juggling resources

to create an unstoppable military.

Infuriatingly smug, he is glued to a screen opposite and has launched a missile volley that smashes the power stations on my base with ominous synthesised explosions.

There is a seething anger between us. Another rocket descends, this time barrelling into the command centre. It is accompanied by a real projectile Jay has triumphantly thrown – a near empty Coke bottle that disgorges its contents in a series of inky spots on his mum's fluffy cream carpet.

I'm playing with the controller thumbsticks to mobilise a response.

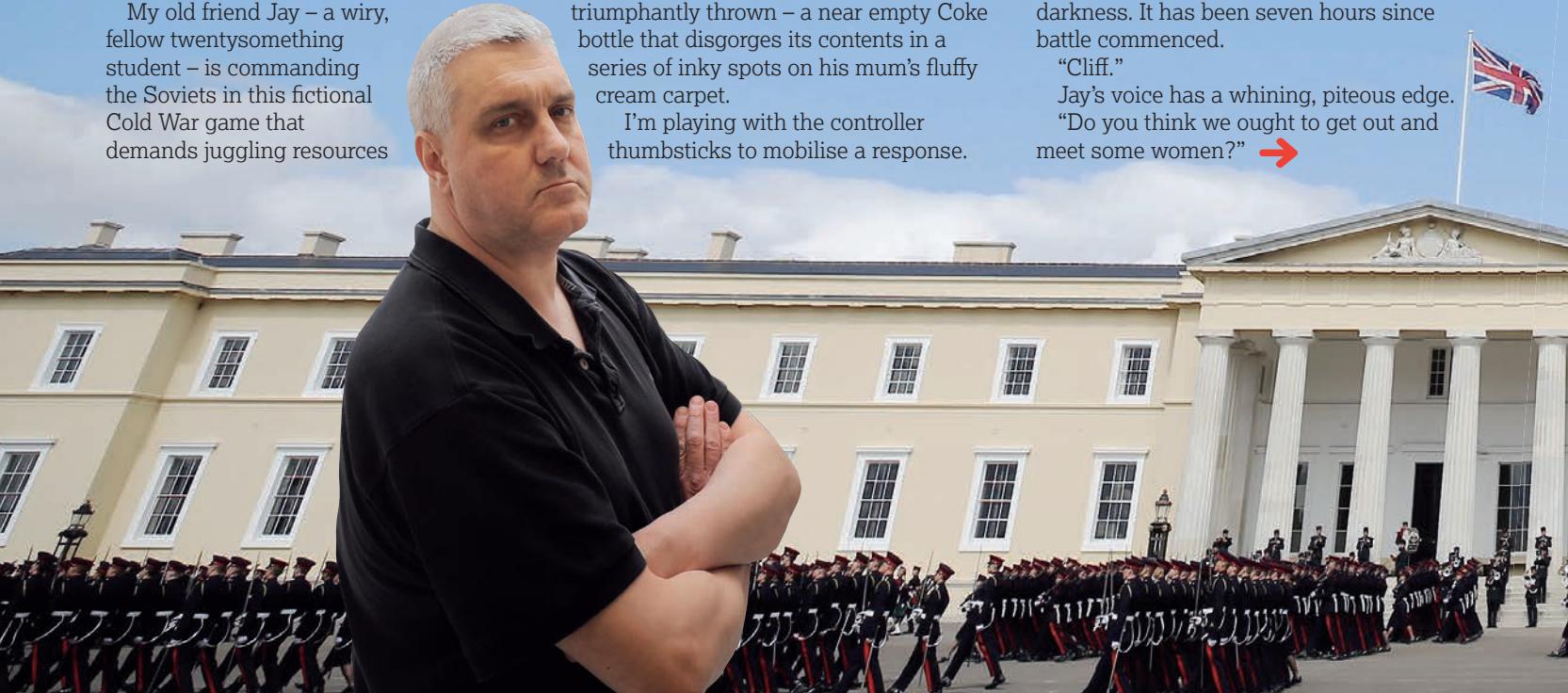
Enemy armour in the shape of T-27-esque monsters and infantry have now arrived, breaking through the lines in spectacular fashion.

Furious and humiliated in defeat, I poke the console reset button with one of my big toes.

Reality slowly hits in the growing silence. We've barely noticed a bright December afternoon turn into midwinter darkness. It has been seven hours since battle commenced.

"Cliff."

Jay's voice has a whining, piteous edge. "Do you think we ought to get out and meet some women?" →





→ Army recruiters might be courting the PlayStation generation in their current ad campaigns but I'd still be a hopeless case.

A long time has passed since my fights on the fictional, snow covered European plains. But even then my troops never ended a campaign victorious. Command – even on the virtual level – was simply never my forte.

So these memories have a curious resonance while walking past the portraits of real-life commanders at the Royal Military Academy Sandhurst en route to a course for future strategic leaders. As someone whose video game defeats led to Soviet invasions of the West, taking part in this endeavour feels very alien.

Held at the beginning of each year, the Army generalship programme is tailored for those newly promoted to the rank. Over three weeks, nine delegates will have the opportunity to hone their presentation skills at the Royal Academy of Dramatic Art, examine the psychology underpinning leadership and even take on some practical tips for staying healthy.

The packed syllabus also includes a foray into the corporate world to see an alternative way of doing business plus opportunities to discuss global geopolitics.

"All of those taking part have more than 30 years of service so there's already a lot of experience here," Lt Gen (Retd) Sir Simon Mayall, the senior mentor for the 2019 cohort tells me. "But in reality there is no template for what makes an officer a success at this level.

"Their potential will have been recognised throughout their career, they will have been tested under pressure in operational experience and have a feel for the political side too.

"A lot will also have served as military assistants, giving them a flavour of what is required."

Lt Gen Mayall – who is lending his expertise to this course for the second year – certainly has an impressive CV.

Having commissioned into the 1st Queen's Dragoon Guards four decades ago, he served on a number of deployments as well as holding a string of senior roles.

And he is just one of the heavyweights in the course HQ, which overlooks the academy's pristine lawns and tranquil lake. His former colleague Lt Gen Sir Bill Rollo is one of the guest speakers and Chief of the General Staff Gen Sir Mark Carleton-Smith has now turned up.

As the world's most unlikely strategist, I am surrounded by the largest array of senior officers I've ever seen – their alphabet soup of post-nominals is swirling through my head and I can feel the gnawing edge of heartburn.

But before I can reach for the Gaviscon we're taking our seats.

There are some words of reflection on what it means to be a general; the fact that people will speak of you differently and form certain perceptions – how do you adapt to manage these realities?

I've never been anything other than a humble hack, so a journey to the heights of command is hard to grasp. But the underpinnings of the course are all about getting back to basics. We have presentations bringing us up to speed with the current world order – including emerging threats – while refreshing our knowledge of times past.

"Early on I try to impart the depth of the Army's standing as an institution," says Niall Barr, a professor of military history at King's College London after a session sharing the benefits of his knowledge. "It has a long history and it changes so the major generals need to adapt too.

"Looking at the past gives you a sense of perspective for the future – it's important because those on this course are ultimately going to shape the Service as it moves forward."

The fact that the world is changing is a reoccurring theme. Just as *Red Alert* was focused on fictional fighting between nation states, so the real-life focus is now on this scenario.

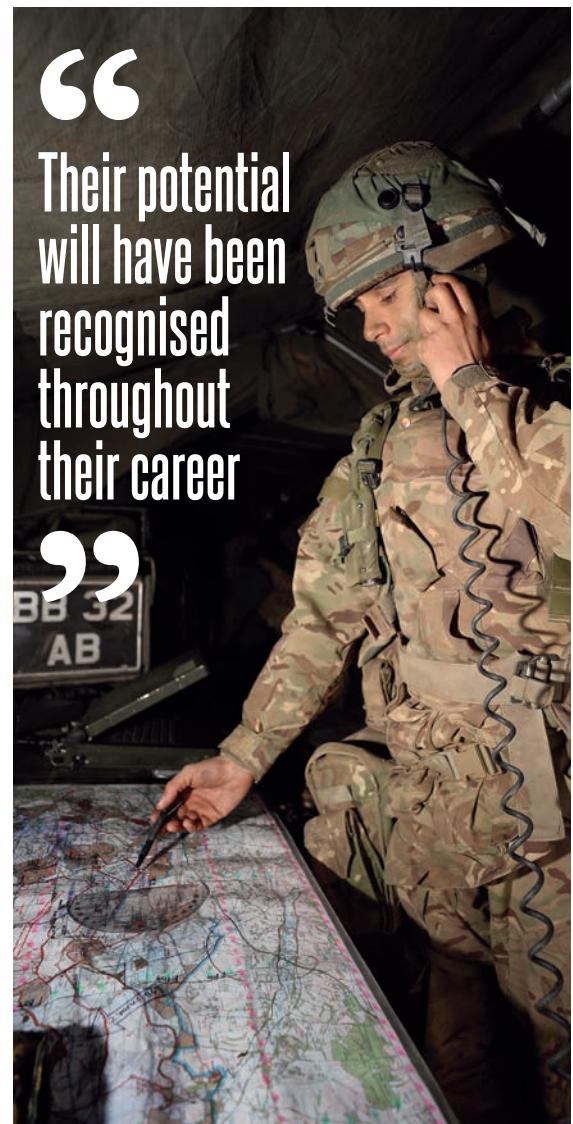
But while Jay's dirty tricks were confined to the distractions of flying Coke bottles, the opposition now has the likes of cyber attacks, fake news and other tactics up their sleeves.

The nine new generals – who are from a variety of military backgrounds ranging from the Infantry to the Royal Signals – will be future leaders against the backdrop of this reality.

In their new roles they will be using their formidable experience to focus on the issues of the day, but this will not make the situations they are being asked to face any less demanding.

Most of their endeavours, too, will be conducted out of sight from the bulk of the Army.

As the sessions break, there is time to reflect on the serious business to come – and, for an unlikely commander, an opportunity for a rare glimpse behind the mask of command...



“
Their potential will have been recognised throughout their career

”

The leadership SPECTRUM

How generals prepare for the demands of their top role

THE Mask of Command is a book written by military history heavyweight John Keegan – I discovered a dusty first edition lurking in the depths of the *Soldier* archives.

It's a weighty tome – but in short it illustrates how the personalities of leaders shape their decision making as well as how they are moulded by society.

With the book a discussion point for the nine newly promoted senior officers on the generalship programme, it has also – by default – become my new commute read.

"People are going to see you differently when you put on the red shoulder boards," Lt Gen Mayall tells the two-star line up at the Royal Military Academy Sandhurst.

"At first it will take a moment to realise that people are addressing you by your new rank.

"It is a great privilege being in your position but it also carries significant responsibility, so you need to reflect on your personality and how you are seen – your mask of command."

Keegan examines four personalities in his book – Ancient Greek king Alexander the Great, British stalwart the Duke of Wellington and the American

Civil War leader Ulysses S Grant. He concludes his work with a study of Adolf Hitler as an example of a vile leader whose decisions were informed by arrogance and self-delusion.

As the generals discuss their approaches, I ponder how I might fit in the leadership spectrum. Before brilliant minds created the PlayStation, my youth was spent killing time on the board game *Risk* or painting miniature Space Marines to fight on galactic battlefields.

My armies, however, were usually wiped out first due to bad dice throws or early tactical blunders. Although I would love to boast the excellence of Erwin Rommel, my military leadership

style would probably have more in common with the cartoon dog Scooby Doo, whose default posture was to go into full retreat whenever possible.

Self-awareness and perception are, however, a serious business for commanders. Their mood can influence entire teams at the highest level and, even though a general may feel they are acting positively, performance can suffer if subordinates think otherwise.

This is the reason the issue is taken seriously on the course, with sessions designed to encourage generals to think about their own persona as well as ascertaining the likely views of others.

A more unusual outing for the senior officers on this programme involves a trip to the Royal Academy of Dramatic Art (Rada) in London. But far from being a lesson in acting, they are given an insight into how others might view them while learning new skills to project themselves better.

"The class looks at how you come across," says Lt Col Erica Bridge (RA), one of the programme organisers. "An individual might be perceived differently to how they expect.

"They might unwittingly show an expression that suggests a negative feeling, for example. Some people can appear to be critical when they are simply thinking intently."

Lt Col Bridge points out that public speaking can also present a problem for leaders occasionally.

"Some find their voice gets caught in their throat or becomes a bit shaky," she continues. "But these issues can be addressed with breathing techniques to calm and instil confidence.

"We reinforce all of this training the following day with a section on mental resilience – it's really important as a general that you have a keen awareness of yourself."

Sitting through the session on psychology is certainly an eye opener. The generals are given a whistle-stop tour of the workings of human thought, including how emotions are hardwired into decision-making and the role of the unconscious mind.

Crucially, it also provides an insight into how others might be thinking – giving leaders the opportunity to adapt their styles and mitigate potential conflict.

"My aim is to help people better understand how the brain functions and how we can apply that to work," remarks psychologist ➔



The Duke of Wellington participated in some 60 battles during his military career

→ Prof Karen Carr, an academic at Cranfield University.

"A lot of the session is about unconscious thinking – it's not something we very often consider, but it is fundamental."

Thinking skills are an important component of this course. In addition, with the senior officers taking time out of the churn of day-to-day business, they can reflect on their new roles, the wider state of play in the world and where the Army is headed in future.

But on a personal level, my tenure joining the generals at Sandhurst has also been an opportunity to see how they square up to the huge responsibilities they will carry in future.

Those further down the chain of command might perceive them as distant and remote, but these are highly motivated individuals with decades of service. They are interested in the details and highly sensitive to the needs of those they command.

Passing through the academy gates on leaving, I find myself again thinking of my *Red Alert* video game – facing off my friend Jay playing the Soviets.

But the pixels of the computer-generated theatre are suddenly replaced by another memory of the real, snow covered valleys of central Bosnia. It's 1999 and troops from The Queen's Royal Lancers are patrolling a village near Banja Luka in a country laid to waste by civil war.

The commanding officer – Lt Col Patrick Marriott – is presiding over troops handing out sweets and toys to the local children.

His leadership is marked by his compassion: later he will oversee a brigade in Iraq in very different circumstances before, as a major general, becoming a commandant of Sandhurst.

The masks of command are numerous; the versatility of those who lead one of the Army's greatest strengths. In a world of uncertainty, the fact that there are capable, experienced individuals – who are well prepared for any eventuality – is reassuring. ■



WO1 Gav Paton

COURSE VIEWS:

It is good to have the time and space for thought while on the programme at Sandhurst – it's important in this rank that you are able to listen to people and then reflect.

I am now director healthcare in the Joint Medical Group and there is definitely more complexity in what I'm doing compared to my last rank.

Seeing civilian businesses has been interesting – there is a lot of innovation going on.

Maj Gen Paul Cain

I addressed the course as Army sergeant major – it was great to be able to give my view.

Generals can seem a bit like ghosts – as soldiers you might never see them. But it is important for everyone to remember they are there to make things happen, and that they are human.

They don't get into their position through luck – they earn that right – and they want to know what troops think.

WO1 Gav Paton

I've just taken on the chief of staff role at HQ Allied Rapid Reaction Corps in Gloucestershire.

For me, the course has been a reminder of why the British Army is special, both to those who serve and the country. It has made us as a cohort feel both proud and humble to be in this position.

The Rada section was interesting – there were some good nuggets of information about how to present effectively.

Maj Gen Jez Bennett



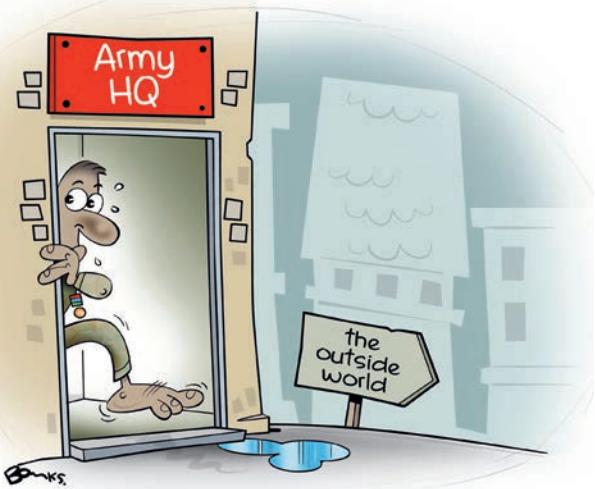


IN FOCUS: THE ARMY GENERALSHIP PROGRAMME

THE brainchild of former chief of the general staff Gen Sir Nicholas Carter, the course has been running for the last four years.

It was designed to give newly promoted two-star officers the opportunity to develop skills and reflect on new challenges.

A packed three-week syllabus sees the delegates visited by a number of speakers, including experts on military history, global geopolitics, management theory and psychology.



There are practical sessions on public speaking and presentation at Rada, as well as visits to outside businesses including Google. And they are also given some physical training tips appropriate for their busy schedules.

Col Lisa Keetley – who commands the General Staff Centre that runs the course – said senior officers benefitted from meeting colleagues from different military backgrounds.

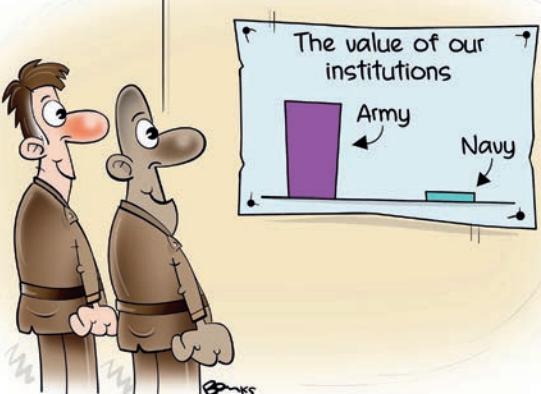
The last nine-strong intake included those from medicine, aviation and chaplaincy.



She added: "Strong leaders are able to transform an average team into a fantastic one."

"The joy of the British Army is that we have a diverse cross-section of generals – and with civil servants on the course too, the programme is an opportunity to take on different perspectives."

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Why drive up commuting costs?

THE Army is keen for soldiers to buy their own property and offer incentives like Forces Help to Buy, but why do they make soldiers who have the financial burden of owning a property worse off when compared with colleagues who live in married quarters?

If you own your own home and travel to work each day, you can only claim for mileage after the first nine miles – so if you live ten miles away you can only claim for two miles each day.

If you live on the patch you can claim after three miles, up to 55 miles.

This is what I've been told by my chain of command but I can't see any logical reason for this difference. – Name and address supplied

WE'RE IN THE DOCK...

ON page 12 of *Soldier's* May edition I was surprised to see HMS Queen Elizabeth had shrunk in the rain. The result of a photo mix-up I presume, but overall it was still a great magazine. Keep up the good work. – Glyn Coney, ex-RTR

The Managing Editor responds: You're correct, thanks for pointing out the mix-up. Boats are obviously not our strong point. Another reader informed us it is patrol vessel HMS Forth.



Col Phil Bassingham-Searle, Army Pay Colonel, responds: You are correct to point out that these provisions differ depending on whether you are in Service family accommodation (SFA) or your own property.

The home to duty travel (HDT) allowance provides a contribution towards costs when commuting daily between your home and your duty station up to 50 miles each way.

The average commuting distance in this country is nine miles (according to Department of Transport statistics), so those living in their own home make a personal contribution of the first nine miles.

As those Service personnel in SFA often do not choose where they live, their contribution is reduced to three miles.

I appreciate this may be perceived as unfair, but allowance provision must adhere to strict taxation rules set by Her Majesty's Revenue and Customs and often comes under scrutiny from the Treasury.

All allowances, including HDT, are routinely reviewed to ensure they are defendable while meeting the needs of Service personnel, and the balance of provision between those who live in their own home and those in SFA is being considered as part of an ongoing commuting review.

Additionally, the future accommodation model is proposing additional support for home ownership through a core accommodation payment.

However, family mobility will continue to be valued by the Army as accompanied service can have a hugely positive impact on Army life for soldiers and their families.

“
I can't see a logical reason
”

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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RANT OF THE MONTH

Get it off your chest and on social media



www.facebook.com/soldiermagazine

Our article on virtual reality training in the May issue sparked some debate on our Facebook page...

Andy Sutton

Great to see such high-tech capability being made available for training. The nature of warfare is becoming increasingly high-tech while the broader battlespace, including cyber, is completely different to "back in the day". This is also a great way to engage the tech-savvy youth as part of a broader military training regime.

James David Crouch

The only way to return fire without being hauled through courts 40 years later.

Rob Brownfield

I have built VR simulations for the military and for some training, it is perfect. None of it was shoot 'em ups. Most were based around conversion training. It's valid and gives soldiers the chance to familiarise themselves with equipment before getting their hands on the real stuff. It's cutting training time by up to 50% and allowing it to be conducted anywhere and at any time as well as in any weather condition.

John Smith

OP VR medal next?



“
Don't
training
evenings
count?
”

Reservist questions commitment

THE Army website says Reservists must commit a minimum of 27 days a year to the Service.

Yet we are being told by the chain of command that soldiers must complete a minimum of seven out of ten training weekends (that represents seven lots of 2.5 days, equalling 17.5 days in total), an annual training period of 15 days and all our Matts in order to qualify for the annual bounty.

This means we have to serve for a minimum of 32.5 days. Apparently, training evenings and extra weekend courses do not count towards the bounty.

Can you confirm whether this is correct, or should it be 27 days? Also, can training evenings count towards our total commitment? – **Name and address supplied**

Col Steve Davies, Assistant Head, Workforce Policy, responds: The Reserve bounty is linked to the commanding officer's certificate

VETERAN CHERISHES OLD SOLDIER

● MY grandfather, Fred Adamson (pictured below), fought in the Second World War with the King's Own Yorkshire Light Infantry, part of the 49th (West Riding) Division.

He still has a copy of *Soldier* from September 1945, detailing the exploits of "The Fighting 49th" in Normandy. Now aged 99, he's looking forward to returning there as part of The Royal British Legion's commemorative voyage on the MV Boudicca (page 38). – **Philip Knight, South Yorkshire**



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COMPETITIONS

Spine line winner: Malcolm Jones, Calbourne; John Kelly, Sevenoaks.



DIARY

June 2: Armed Forces community information day organised by Sheffield Mind at U-Mix Centre, 17 Asline Road, Sheffield from 1200 to 1500. A family fun day with free lunch to explain the local support available.

June 11: Vintage motor yacht Dorset Queen to tour Poole Harbour in one-off **D-Day commemoration event** in aid of homeless veterans. Cost £25 per person. Call 01202 844199 for more details or to book.

June 23: Bradford Bulls' annual **Armed Forces Day match** against Halifax RLFC at Odsal Stadium, Bradford. Featuring Bradford Bulls Women v UK Armed Forces Women as the curtain-raiser, and the Royal Logistic Corps Skydiving Display Team.

June 25: Royal Engineers **Historical Society study day** on counter-mobility, survivability and sustainability at Claro Barracks, Ripon. For details or to attend email nick.gunnell101@mod.gov.uk

June 26: Scotland – an evening of **Scottish military band music** at Kneller Hall, Twickenham. Performance starts 2000 with gates open 1800. Tickets £10, concessions £5. Tickets can be purchased in advance at www.skiddle.com

June 29: Armed Forces Day. For more information on events being staged across the country visit www.armedforcesday.org.uk

July 6: Stars and Stripes – featuring the Army Big Band and rock/pop group at Kneller Hall, Twickenham. Performance starts 1930 with gates open 1730. Tickets £10, concessions £5. Buy advance tickets at www.skiddle.com

July 20: CAMUS 25 Gala Concert, celebrating the anniversary of the Corps of Army Music, at Kneller Hall, Twickenham. Performance starts 2000 with gates open 1800. Tickets £10, concessions £5. Buy advance tickets at www.skiddle.com

July 27: The North East Military Ball from 1845 at The Hilton, Bottle Bank, Gateshead. An evening of

glamour, live entertainment and food in aid of The Royal British Legion, Veterans in Crisis and Grace House NE. Open to all tri-Service personnel, veterans, families and supporters. Visit www.nemb.co.uk

October 18: Royal Engineers **Historical Society study day** on the role of the Sappers in the Battle for Normandy in 1944, at Brompton Barracks, Chatham. For details or to attend email nick.gunnell101@mod.gov.uk

DIRECTORY

ABF The Soldiers' Charity:
020 7901 8900;
www.soldierscharity.org

Armed Forces Buddhist Society:
Chaplain 020 7414 3411;
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Armed Forces Christian Union:
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Big White Wall:
www.bigwhitewall.com

Blesma, The Limbless Veterans:
020 8590 1124;
www.blesma.org

Blind Veterans UK:
(formerly St Dunstan's)
020 7723 5021;
www.blindveterans.org.uk

Care After Combat:
www.careaftercombat.org

Career Transition Partnership:
020 7469 6661

Children's Education Advisory Service:
01980 618244;
dcyp-ceas-enquiries@mod.uk

Combat Stress:
01372 841600;
www.combatstress.org.uk

Defence Humanists:
www.defencehumanists.org.uk

Erskine:
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www.erskine.org.uk

Family Escort Service:
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Felix Fund – the bomb disposal charity:
07713 752901;
www.felixfund.org.uk

Forcesline:
UK – 0800 731 4880; Germany – 0800 1827 395; Cyprus – 080 91065; Falklands – #6111; from operational theatres – Paradigm Services *201; from anywhere in the world (CSL operator will call back) – 0044 1980 630854

Forces Pension Society:
020 7820 9988

Help for Heroes:
0845 673 1760 or 01980 846 459;
www.helpforheroes.org.uk

Heroes Welcome:
www.heroeswelcome.co.uk

HighGround:
www.highground-uk.org.uk

Joint Service Housing Advice Office: 01252 787574

Medal Office:
94561 3600 or 0141 224 3600

Mutual Support (multiple sclerosis group):
www.mutualsupport.org.uk

National Ex-Services Association:
www.nesa.org.uk

National Gulf Veterans' and Families' Association Office:
24-hour helpline 0845 257 4853;
www.ngvfa.org.uk

PoppyScotland:
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www.poppyScotland.org.uk

Regular Forces' Employment Assn:
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www.rfea.org.uk

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Single Persons Accommodation Centre for the Ex-Services:
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www.spaces.org.uk

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www.ssafa.org.uk

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www.nfassociation.org

The Poppy Factory:
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www.poppyfactory.org

The Royal Star and Garter Homes:
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www.starandgarter.org

The Veterans Charity:
01753 653772;
info@veteranscharity.org.uk

Troop Aid:
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uk4u Thanks!:
01798 812081;
www.uk4u.org

Veterans Welfare Service:
0808 1914 218 (from the UK);
0044 1253 866043 (from overseas);
www.gov.uk/government/groups/veterans-welfare-service



REUNIONS

85th Artillery Clerks' Association reunion and dinner in the Royal

Continued on page 58

Directory continued

Artillery sergeants' mess, Larkhill from June 7 to 9. Open to all members with strong attendance expected. For details visit www.artyclerkassn.org

Royal Pioneer Corps Association reunion, June 14 to 16 at The Royal Court Hotel, Coventry. Contact Norman Brown on 07868 757642 or alternatively email royalpioneerkorps@gmail.com

23/144 Parachute Field Ambulance Old Comrades Association remembrance and reunion dinner, June 21 to 23 at the National Memorial Arboretum and Bosworth Hall, Market Bosworth. All ranks past and present welcome. For further details contact Roy Hatch on 01926 812363.

Royal Green Jackets Regimental Association annual veterans' day at ATR(W) Sir John Moore Barracks,

Winchester on July 6. Attendance open to all past and present riflemen, with partners also encouraged to attend. Contact Maj (Retd) Roy Stanger on 01962 887916 or roy.stanger787@mod.gov.uk

8 Regiment, RASC/RCT/RLC 18th anniversary reunion weekend, October 18 to 19. A pre-reunion event will be held on Friday evening at a venue TBC with the main event at The Village on the Green Club, Aspull, Wigan. All past members, irrespective of cap badge, are invited along with a partner or guest. The cost is £30 per head or £10 for the pre-reunion event. For more information contact jimmyasp@hotmail.com

ROADSHOWS

The Army Engagement Group welcomes members of the public to its roadshows. For more information call 01276 412880 or log on to

www.army.mod.uk/engagement

June 20: Birmingham
July 3: Haverfordwest
July 8: Cambridge
July 9: Blackpool
July 10: Bolton
July 18: Stoke-on-Trent
July 24: Jersey

SEARCHLINE

An aspiring Scotland-based musical combo is appealing for donations to buy kit. **The Paisley Comrades Pipes and Drums**, which is starting from scratch, is hoping to deliver top-notch performances at ceremonial occasions. Contact Ronald Scobie at flightless.scotsman@hotmail.com

Former sergeant **Frank Tilburn Hodson (ex-REME)** is looking for information on craftsmen

Pete Boots and Jim Gascoigne, who served with him in Hong Kong from 1959 to 61. Contact carolmorgan2412@icloud.com

Author Mike Donovan wants to hear from anyone who served alongside former footballer **Alan Gilzean** during his national service in Aldershot/Farnborough around 1959. He is writing an official biography of the ex-Scotland, Dundee and Tottenham Hotspur player, who died in July 2018. Email mikedonovan333@gmail.com

4 Regiment, Royal Military Police will disband on November 1, 2019. If you have donated or gifted any property please contact SSgt Gary McCallum (AGC (RMP)) via gary.mccallum324@mod.gov.uk to arrange its return.

Anything left unclaimed will be donated to the RMP Museum.



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NO. 931 JUST HOW OBSERVANT ARE YOU?

TEN details have been changed in this picture of WO1 Lee Drinkwater (RM) chatting to veteran Clifford Coates about his experiences during the D-Day landings.

Circle all the differences in the left image and send the panel to **HOAY 931, Soldier, Ordnance**

Barracks, Government Road, Aldershot, Hampshire GU11 2DU with your full contact details, including email address, no later than June 28.

A photocopy is acceptable but only one entry per person may be submitted.

The first correct entry drawn after the closing date wins a Jetboil MicroMo Stove for outdoor cooking. The winner's name will be published in the August issue. All the usual rules apply.

April's winner: Sgt H Rai, Headquarters Aldershot Garrison.



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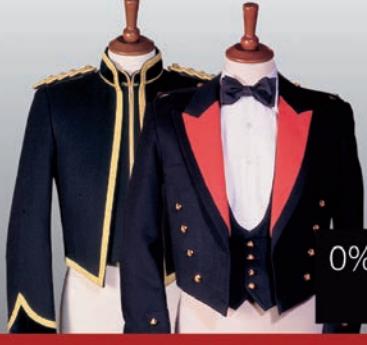


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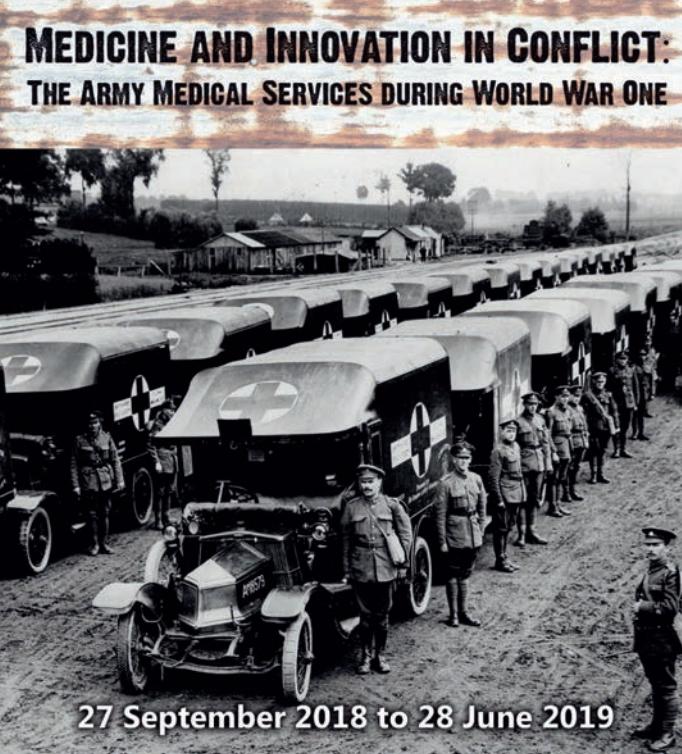


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REVIEWS



BOOKS

NORMANDY '44 AND SAND AND STEEL

History heavyweights go head to head

THE 75th anniversary of the Normandy landings is a milestone that has attracted significant public and media interest. As ever the publishing industry is well ahead of the game and a host of Operation Overlord titles have already been released. Most of the historical big hitters have dutifully produced a D-Day account – the standard varies dramatically and many offer the reader nothing new, rather simply recycling the accepted narrative.

There are some high-quality exceptions, though, with two of the best coming from leading authors James Holland and Peter Caddick-Adams, both of whom I regularly work alongside as a battlefield guide.

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Turning to first impressions, the size and weight of *Sand and Steel* could physically intimidate the casual reader viewing it in an airport or high street bookshop.

There is no denying that this is a weighty tome. However, if you are familiar with Caddick-Adams' Ardennes history, *Snow and Steel*, you won't be surprised by more than a thousand pages of absorbing detail.

Primarily focused on the complexities of the preparations for D-Day and the events of June 6, 1944, this is a warts-and-all forensic examination of the Allied invasion, offering stacks of insight based on a decade of research, and all woven into a wide-ranging text linking every aspect of the operation.

The contrast between the writing styles of the two authors is almost equivalent to the much-discussed command styles of two well-known Normandy commanders, Monty and Patton.

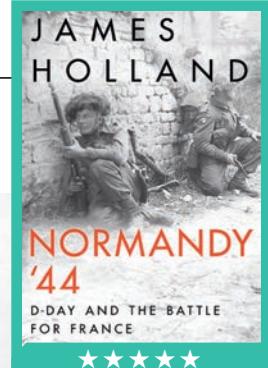
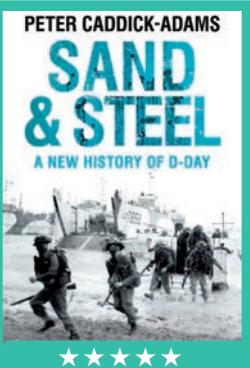
Both are exceptionally effective and good at what they do, but poles apart in their delivery.

Holland's *Normandy '44* is radically different in its scope, as are his choices of the significant moments from the campaign chronology that he uses to punctuate his refreshing account.

If you are looking to gain a broader understanding of the weeks and months that followed the initial landings, then you will probably be better served by Holland's relaxed, docudrama approach.

Both historians offer fresh perspectives and new information on the Normandy campaign and I would certainly single these offerings out from the literary pack.

It really is a question of which style suits you best and your level of interest. If you want to absolutely immerse yourself in an erudite narrative of D-Day itself, laced with insight,



● *Sand and Steel* by Peter Caddick-Adams is published by Random House Books and priced £35. *James Holland's Normandy '44* costs £25 and is published by Bantam Press



excellent maps and incredible detail, take a large wheelbarrow along and buy the authoritative volume that is *Sand and Steel*.

If you have less time and would prefer a sweeping, stimulating history that encompasses every dimension of the momentous campaign, then Holland's *Normandy '44* will be more up your street.

Both titles are very different but brilliantly written, capturing the drama, risks, frictions and the complexity and scale of the "Day of Days".

I unreservedly recommend them both. ■

REVIEW: MIKE PETERS, EX-AAC



BOOK RELEASES



A Time to Fight

by Robert D Anderson

THIS mini coffee-table book movingly combines portraits of Second World War veterans with their personal stories, alongside photos of historical re-enactors to represent what they would have looked like as young men and women. One of the privileges of working for *Soldier* is the opportunity to hear that generation's experiences first-hand, before it is too late, and this title captures that sense of preserving something precious as time slips away. It is a straightforward but effective piece of photojournalism and the author has clearly gone to great lengths to do his subjects justice.

Becky Clark, *Soldier*

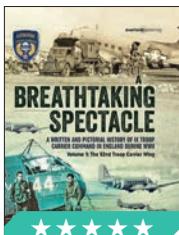


The Longest Day

by Cornelius Ryan

RELEASED to mark the 75th anniversary of D-Day, this is a Folio Society special edition of what is undoubtedly the definitive guide to the events of June 6, 1944. Cornelius Ryan was a journalist who travelled to Normandy to witness the invasion first-hand. His personal knowledge shows in the detail of the book, which also contains interviews with veterans from both sides and civilian witnesses, as well as German documents such as Rommel's war diaries. This is a must-have title that would take pride of place on any bookshelf. I, for one, have my fingers crossed that Ryan's *A Bridge too Far* is given the same treatment.

Sgt Adam Jackson, Para



Breathtaking Spectacle

by Adam G R Berry and Hans Den Brok

IF THERE is an aspect of Second World War history that justifies the overused description of being forgotten, perhaps the contribution of the Allies' troop carrying formations comes close. We tend to pay them lip service and focus on the actions of the more glamorous units they delivered into battle. This exceptional new offering goes a long way toward redressing the balance. The initial volume highlights the US Air Force's 52nd Troop Carrier Wing. It features a staggering amount of detail based on extensive research and is sure to be acclaimed as the benchmark work on the subject.

Mike Peters, ex-AAC

WIN

Planning a visit to Normandy? *Soldier* has teamed up with Rough Guides to give away a copy of *Travel the Liberation Route Europe* by Nick Inman and Joe Staine, out next month. To be in with a chance of winning tell us which senior officer is pictured left. Answers to the usual address or comps@soldiermagazine.co.uk by June 28. Good luck!



MOVIES



PICK OF THE MONTH:

THE COLD BLUE

Unearthed footage spawns worthy documentary

► NEXT month will see engaging Second World War documentary *The Cold Blue* hitting select cinemas across the UK.

With the country also marking the 75th anniversary of the D-Day landings, its release is certainly timely.

And although this isn't your usual glitzy, blockbuster offering, the title serves up a gripping story of the year preceding the Normandy invasion; one that deserves to be seen.

From acclaimed film-maker Erik Nelson, it features recently discovered colour footage of US forces in action over Europe.

Chronicling the heroic struggles of the Eighth Air Force, which was charged with taking the fight to the enemy in massed daylight bombing raids, its scenes certainly succeed in conveying the heroism, fear and comradeship of the ten-man crews operating the B-17 Flying Fortresses.

More than 12,000 of these bombers were produced, with around 5,000 lost in combat. And the human statistics were even worse.

At first crews were required to complete 25 missions before relief, but with only a 25 per cent chance of reaching that number, this was later increased to 35 missions.

Each phase of a typical raid is covered in fantastic detail, from the feverish and never-ending preparations of maintenance crews and loading of two tons of bombs, to the forming up of 1,100 aircraft in the sky.

Camera crews accompanied personnel to witness, first-hand, the -20 degree Celsius temperatures, airbursting flak, air-to-air duelling with German fighters and the devastation inflicted on Germany.

But *The Cold Blue* does not seek to glorify any of this, merely to capture the moment.

Interviews with nonagenarian former crewmen complement the footage, their voices narrating the harrowing summer of 1943.

To a man they are humble, and thankful their children did not have to repeat their appalling experiences.

And considering the era and rudimentary equipment on offer, the footage is littered with innovative and eye-catching camera angles.

The view of a crewman escaping by parachute from a distant stricken bomber really focused my attention in one particular scene.

As we mark D-Day, it is only right that we remember the preparatory strikes these selfless crews inflicted on a desperate Nazi regime in the build-up to the invasion of Fortress Europe. ■

REVIEW: MAJ NEIL JOHNSON, AAC

VERDICT:

Worth a watch, particularly in light of this month's commemorations

★★★★★

MOVIE RELEASES



Iron Sky: The Coming Race

Out now

IF REFERRING to *Iron Sky* (2012) as a cult hit is stretching the term, this latest instalment will further test its elastic properties. Its humour is in its sheer ridiculousness, which comes thick and fast. Set in 2047 there is some early 2000s nostalgia in the form of **Tom Green** (*Freddie Got Fingered*) and a Nokia 3310. This action/comedy tackles creationism, apocalyptic survival, grail mythology and the cult of Steve Jobs, but leaves more questions than it answers... the chief one being, why?

CSjt Chris Corby, Rifles

Destroyer

Out now

NICOLE Kidman normally plays the smoking hot female lead. In this gritty thriller, though, she's beyond haggard – top marks to the make-up department. As a former undercover cop, guilt-ridden for her involvement in a bungled robbery, she resolves to bring in the psychopathic ringleader, wrestling with a fractured home life, taking some serious beatings and employing unorthodox methods in her pursuit. Despite a clever final twist I found this overly long and monotone. Swipe left.

Maj Neil Johnson, AAC

WIN >>



LAST month's review of *303 Squadron* praised the movie's brilliant air combat sequences and strong acting. So this month we have teamed up with Dazzler Media to offer one reader a gift bundle featuring the title on DVD or Blu-ray, as well as the acclaimed 1942 book *Squadron 303* by Arkady Fiedler on which it is based. To be in with a chance of winning, tell us who directed the movie about Polish fighter pilots during the Battle of Britain. Answers to the usual address or comps@soldiermagazine.co.uk by June 28.

MUSIC

PICK OF THE MONTH:

HURTS 2B HUMAN

Familiarity to the fore as Pink returns

THE decision to honour pop queen **Pink** with the lifetime achievement accolade at this year's Brit Awards drew strong criticism in some quarters.

The fact that the singer hails from across the pond provided an obvious starting point, while others chose to champion the cause of home-grown talents, such as **Take That**, who have so far been ignored in the ceremony's most prestigious category.

But there are also strong arguments in her favour.

Pink's near 20-year career makes for impressive reading, with 42 million albums sold worldwide and 32 top 40 singles achieved in the UK.

These hits have addressed hard-hitting topics such as addiction and domestic abuse, themes that do not always sit easily within the confines of mainstream pop, and away from the recording studio she has been a proud champion for the LGBT community.

Now the artist looks to build on her impressive legacy with the release of an eighth studio offering, *Hurts 2B Human*.

Like much of the material that has gone before, her latest collection is fuelled by the issues impacting on her life – in this case the pressures that come with being a grown-up and a parental figure.

Stomping opener *Hustle* ensures proceedings start on a high and lead single *Walk Me Home* boasts her accustomed pop-rock sound.

There's also a healthy dose of ballads thrown into the mix and these tracks allow the 39-year-old to showcase her underrated vocal abilities, none more so than on the album's title track.

The *Last Song of Your Life* and *Circle Game* highlight the reflective tone, with notions of love and loss featuring prominently as the album draws to a close.

On the whole, this is far from groundbreaking and in many ways it is a continuation of what has gone before.

While immense credit can stem from such consistency the lack of innovation may only serve to strengthen the hand of the doubters who questioned her elevation to greatness earlier in the year.

However, *Hurts 2B Human* has its highpoints and will prove popular with the legion of fans who have faithfully supported the star for the best part of two decades. ■

REVIEW: RICHARD LONG, SOLDIER



● *Hurts 2B Human*, by Pink, is available now

VERDICT:

More of the same but not without merit



MUSIC RELEASES



Starve
by Blood Youth

HIGHLY anticipated following a successful debut, the new release from British hardcore metal outfit **Blood Youth** is an album of quality musicianship and production. The band, who formed in Harrogate, follow a tried and tested formula of angry, thrash and metal sounds punctuated with pockets of melody which prove, albeit briefly, that there is more to the vocalist's talents than just enthusiastic, demented barking. This is represented across the songs, all of which feature a heavy and, at times, chaotic sound which sits just on the right side of mindlessness. The standout tracks are *Keep You Alive*, *Starve* and *Reason to Stay*, all of which have an air of **Korn** meets **Slipknot**, but with the vocals cranked to eleven for each verse. All in all, this is a consistently good album and would make a great gym accompaniment for those who like to match their heavy sets with heavy sounds.

Maj Fraser Dowling, AGC (ETS)



Divinely Uninspired to a Hellish Extent
by Lewis Capaldi

SCOTTISH singer-songwriter **Lewis Capaldi** is the latest one-man-band to arrive on the musical scene with hopes of emulating the likes of **Ed Sheeran** and **George Ezra**. Judging by the 22-year-old's amusing offerings on social media it would be reasonable to assume that, despite its title, debut offering *Divinely Uninspired to a Hellish Extent* would be an uplifting affair. But his efforts here offer a stark contrast to the public persona as a succession of emotional piano ballads fuelled by the heartache of a relationship breakdown underpin what proves to be a heavy-going affair. Number one single *Someone You Loved* sets the tone and the likes of *Forever*, *One* and *Lost On You* continue the far from jovial journey. This approach provokes a real sense of disappointment as Capaldi is clearly armed with a strong voice and no shortage of talent. Let's hope for better next time out.

Richard Long, Soldier



GAMES



PICK OF THE MONTH:

TOM CLANCY'S THE DIVISION 2

For PS4, Xbox One and PC

LET'S get the obvious stuff out of the way: as a Ubisoft title developed by Massive Entertainment, the sequel to *The Division* is a visually stunning game.

The detail involved in making each environment look degraded and windswept is really quite impressive.

Washington DC provides the backdrop for this iteration and it's been masterfully recreated in digital form. That being said, it lacks the eerie, haunting atmosphere of New York that was captured last time out.

In terms of the story, we start several months after the events of the previous chapter and with a different Division agent at the fore.

After diverting to assist in the defence of the White House, the plot unravels and you face off against familiar circumstances – namely numerous competing militias and a city in desperate need of liberation.

See where I'm going here? It's a slightly more refined version of the first game, with a new setting and a fresh coat of paint.

That's not an overtly critical viewpoint. Like many other titles out there, such as *Fifa* and *Call of Duty*, it carries forward the functions and gameplay of the original, with a few twists here and there.

But it's in the story that this follow-up falls down.

It's hard to connect with any of the characters because they're all so stereotyped. It's like they've been mass-produced instead of created on an individual basis, with their own issues and concerns.

On the plus side, the premise is uncomplicated – millions have died and chaos has ensued.

Each mission has its own distinct personality and helps make it stand out far more than in the original, which removes some of the monotony when replaying tasks.

The gameplay itself, though, remains the Division's main, reliable, tried and tested highlight. The gunplay is smooth and the cover system works well.

When playing online with friends you can coordinate your attack or defence to make things really difficult for the enemy AI, which sometimes doesn't respond in the most cohesive manner.

Other improvements are the addition of more dark zones for an enhanced player on player experience and a significant twist in the campaign.

Overall, this is a fun if slightly disjointed game. ■

REVIEW: DAVID McDougall, CIVVY

GAMES RELEASES



Mortal Kombat 11

For Nintendo Switch, PS4, Xbox One and PC

UNLIKE some beat 'em ups, *Mortal Kombat 11* provides a suitable stomping ground to entertain both experts and newcomers alike. That's not to say the game is easy but tutorials allow players to learn and practise their craft, while also mastering how to dish out the much-loved "fatality" moves. But it's the combos and well-timed attacks that often prove key. This isn't as rapid as some fighting games, it's more considered than simple button bashing, meaning character spacing and positioning can result in a well-delivered blow or a missed opportunity. But there are drawbacks, such as the inevitable grind to obtain new items and character variations. That said, it's still a fun title to play and doesn't try to be anything else.

David McDougall, civvy



World War Z

For PS4, Xbox One and PC

IF YOU'RE not keen on long narratives and simply want to engage hordes of fast-moving zombies, *World War Z* is unashamedly your go-to game. The objectives are simple; survive by shooting hordes of zombies and move around, which often centres upon finding useful items such as security key cards to grant additional access to other areas. It's not complicated and it has its flaws, usually with the limited AI responses and the janky animations when the zombies are close. But if played with friends it's a fun-filled shooting-fest, allowing you to work as a team in order to survive. If played alone, however, it's not as entertaining, as your AI counterparts aren't quite as motivated, often leaving you to do all the grunt work.

David McDougall, civvy

SOLDIER SPORT



BACK ON TRACK »

THE Army rugby union team capped a stunning 2019 campaign with a 27-11 victory over the Royal Navy at Twickenham. The result saw the Reds regain the Inter-Services trophy following their earlier success against the Royal Air Force. Read more on page 72...



BOLADAU BLUDGEONS NAVY AS REDS TAKE CONTROL

HEAD coach Maj Burnie Burnard (REME) capped a stellar first season in charge of the Army rugby union team by regaining the coveted Inter-Services trophy at Twickenham.

A 27-11 victory over the Royal Navy came on the back of a 49-3 rout of the Royal Air Force in Gloucester and saw the Reds finish their 2019 campaign with an impressive record of six wins from seven matches.

A man-of-the-match display from forward Bdr Ifereimi Boladau (RA, pictured) was the catalyst for the soldiers' latest success at the home of English rugby, with the former Fijian sevens star a constant threat with ball in hand.

Boladau proved to be the difference between the sides in an absorbing first-half that was characterised by the traditional blood-and-thunder approach that has made the contest so compelling over the years.

Navy scrumhalf AB Gareth Rees opened the scoring with a successful penalty in the 14th minute but the capacity crowd had to wait until the half-hour mark for the first try of the day.

A scintillating break from the Army's star performer saw the soldiers gain valuable territory in their rivals' 22 and when they successfully gathered from a lineout Boladau was on hand to power home.

Rees converted again in the early stages of the second half as the Senior Service edged ahead before LCpl Dan Tooth (Rifles) converted a penalty of his own to restore the advantage.

With the Army forwards continuing to threaten it was no surprise to see the pack combine for a second score.

Boladau was once more in the thick of the action and when his surge to the line was blocked Cpl Lewis Bean (Rifles) was on hand to finish from close range.

Reds' stalwart Lsgt Matty

INTER-SERVICES RUGBY UNION

ARMY

27

NAVY

11



Dwyer (WG) successfully added the extras but Mne Jarrard Hayler reduced the arrears to 15-11 moments later.

However, the Navy's comeback hopes were dashed by the potency of their opposition's back line as fullback Pte Junior Bulumakau (Scots) and wing Pte Ratu Naulago (Yorks) added late tries to stretch the winning margin to 16 points.

Speaking at full-time, victorious skipper Capt Jamie Miller (AAC) praised his side's defensive efforts, particularly in the opening period.

"We stayed in the game," he said. "The first 40 minutes were really tough but we weathered the storm. We gathered our thoughts at half-time and came out fighting.

"Both teams defended fiercely throughout and I think the boys will feel it in the morning.

"Ifereimi Boladau was absolutely outstanding. He is a huge talisman for this team." ■

SPORT SHORTS



Picture: Alligin Photography

Pictures: Alligin Photography

FUTURE IN FOCUS AFTER SERVICES LOSS



**"IT IS
GREAT
FOR THE
SPORT
IF THESE
GAMES
ARE A
TEST"**

WOMEN'S head coach Maj Gemma Stonebridge-Smith (AGC (ETS)) has insisted her team is moving in the right direction despite seeing the Army lose their first Inter-Services game in two decades.

A 23-14 defeat to eventual champions the Royal Air Force in Gloucester saw the Reds fall at the first hurdle in 2019 but the players ensured their campaign ended on a high when they downed the Royal Navy 48-3 seven days later.

"This is my first year in charge and it has been all change," the officer told *SoldierSport*. "It is not nice to lose but we are focusing on performance, rather than results, and in the latter stages of our match with the RAF we produced the type of rugby we are trying to move towards.

"In the space of a week we managed to turn things around and put in a performance against the Navy that was full of flair and passion.

"We have got some really exciting players coming

through. One of our goals for this season was to develop a talent pathway and it has been working well."

Stonebridge-Smith introduced an A team at the start of the year and the system has already reaped dividends, with six members graduating to the full squad for the Inter-Services.

"From that there were three new caps across both fixtures," the coach added.

"We lost two of our starting line-up on the eve of the RAF game but still fielded a strong team, which is a real positive moving forward."

Despite suffering defeat in her debut campaign, Stonebridge-Smith believes the result is good for the competition as a whole and she is relishing the opportunity to regain the trophy in 2020.

"We have been the leaders for 20 years but nobody wants to keep seeing a whitewash," she explained. "It is great for the sport and the spectators if these games are a real test for the players." ■

Masters march on

THE Army masters' rugby union team added another Inter-Services title to their haul following back-to-back wins over their rivals in 2019.

A 38-24 victory over the Royal Air Force Vultures saw the soldiers start their campaign in style and the points flowed a week later as they locked horns with the Royal Navy Mariners.

The Reds were in dominant form at HMS Excellent and recorded an impressive 69-22 win to secure a fourth successive Forces crown.



Students offer final test

ARMY stars Pte Kieron Roche (RAMC) and Pte Micky Hoyle (RLC) were among the scorers as the UK Armed Forces rugby league team recorded a 22-0 win over the GB Teachers in the Presidents Cup.

The victory in Siddal came hot on the heels of the side's success against the GB Police in the opening round and the military outfit now face England Universities in the tournament decider on June 5.

"It was a physical game in tough conditions," skipper SSgt Jordan Kerman (RAPTC) said afterwards. "But our defence was ruthless."



CREAMER STARS IN HISTORICAL WIN

A MAN-OF-THE-MATCH display from skipper LCpl Dominic Creamer fired 21 Engineer Regiment to glory in the 119th Army FA Cup final.

The striker scored twice as his side defeated 3 Regiment, Army Air Corps 4-2 in Aldershot to lift the prized trophy for the first time in the unit's history.

The Sappers made an electrifying start to the contest when Spr Jordan Irwin converted in the second minute after an initial shot from Spr Adam Gollings was blocked.

However, instead of capitalising on their advantage the champions-elect allowed their rivals to build some momentum, with their counter-attacking play proving particularly effective.

Winger LCpl Daniel Tewkesbury was thwarted by Engineers' goalkeeper Spr Ash Gotham following a swift break involving LCpl Adam Brown and LCpl Oliver Roberts, while Cpl Warren Smith came within

inches of converting at the far post moments later.

But after threatening an equaliser the airmen were dealt a double blow on the hour mark when defender Cpl Louis Clarke was sent off for handling a goal-bound shot on the line, with Spr Kyle Graham emphatically converting the spot kick.

Creamer (pictured right) delivered further punishment when he ghosted through a static defence before calmly finding the bottom corner and Spr Carl Matthews came close to a fourth when he fired narrowly over.

SSgt Mark Kidd reduced the arrears as the Sappers failed to clear a low cross from the left, but Creamer fired an immediate response as he raced onto a ball over the top and produced another clinical finish.

Tewkesbury had the final say with a consolation goal in injury time but it was a case of too little too late for the airmen as their rivals celebrated the win. ■

ARMY FA CUP FINAL

21 ENGR

4

3 AAC

2



GAME BRIEF

DATE: May 8, 2019

COMPETITION: 119th Army

FA Cup final – 21 Engineer

Regiment v 3 Regiment, Army

Air Corps

VENUE: Aldershot Military Stadium

21 ENGR REGT

Creamer (c)	8		
Ridley	10	Hutchinson	11
Sagar	6	Graham	17
Taylor	3	Irwin	8
Gollings	4	Davies	2
Gotham	1	Wilson	5

SUBS: Matthews, Cochrane, King, Lewis

■ VICTORY in the Army FA Cup final marked the continuation of an impressive unbeaten run for 21 Engineer Regiment.

The Ripon-based unit battled through some challenging earlier rounds and 3 Regiment, Army Air Corps provided a stern test in the showpiece fixture.

"After the early goal we stepped off the gas," skipper LCpl Dominic Creamer told *SoldierSport* at full-time. "We questioned ourselves at half-time but we knew that if we carried on playing the way we have all season we would get the result.

"We are the first team from the Royal Engineers to lift this cup in 16 years; there are not many people left in the corps who have won this."





SPORT SHORTS



Marathon mastered

ARMY athletes reigned supreme at this season's Inter-Services Marathon Championships.

The men sealed their respective title with a combined time of 7hr 31min 21sec from their top three finishers – an effort that saw them beat the Royal Air Force by just under eight minutes.

And the women's team – which included LCpl Roanna Vickers (RAMC, pictured) – completed an Army double as they dominated the field to finish 27 minutes clear of the Royal Navy.

The team also saw Pte Jessie Lutwyche (QARANC) crowned Inter-Services individual champion.



"THE GUYS WERE HUNGRY FOR IT"

THE Royal Signals ended a nine-year wait for honours at the Inter-Corps Hockey Championships as they recorded a narrow win over the Infantry in this season's final.

A first-half strike from Lt Hugo Bristol edged the Signallers ahead and they doubled their advantage midway through the second period when Maj John Hooker (pictured left) converted from a penalty corner.

The champions-elect were indebted to a string of superb reflex saves from goalkeeper Capt Dan Wall as the Infantry threatened at the other end and they reduced the arrears with a late penalty stroke. However, further chances failed to follow and the match ended 2-1.

"It was a terrific display," Hooker, who is about to leave the Army, said afterwards. "This is the most complete performance we have had as a Royal Signals team and we were up against a very good Infantry side."

"We've had some success indoors but it has been nine years since we last won this competition. The guys were hungry for it and I'm delighted we got the job done."

"We stuck to our game plan throughout the tournament."

"It was a case of going back to basics and moving the ball early – we managed to do that all the way through."

The Adjutant General's Corps defeated the Army Medical Services 3-1 in the women's final. ■



UKAF ace European test

THE UK Armed Forces celebrated success on the international stage as they topped the standings at the Netball Europe Open Challenge.

A strong Army contingent – which included Fijian sharpshooter Sgt Ellie Nawe and former Northern Ireland international Sgt Nordia Masters (both AGC (SPS)) helped the team win all six matches at the competition, which also featured the Cayman Islands, Republic of Ireland and Israel.

LCpl Dee Bolakoro (RE, pictured) was named player of the tournament.

• A TOTAL of 140 Army riders took to the saddle as the new military equestrian season got underway in Buckinghamshire.

The soldiers competed against their Royal Navy and Royal Air Force rivals in disciplines including dressage, show jumping and mounted skill at arms.

The Army produced an emphatic display to win the Inter-Services dressage, with LCpl Sarah Karim (AGC (RMP)) named top individual rider.

For more details visit www.armyequitation.org or search @ArmyEquiUK on social media



Picture: Jenny Naylor



SIGNALS DELIVER FINAL FLOURISH

FORWARD Sig Jamie Turner was the hero as the Royal Signals put a disappointing league campaign behind them to win this season's Woolwich Cup.

The striker's clinical second-half effort sealed a 2-1 win for the Signallers, who came from a goal down to defeat defending champions the Royal Engineers and lift the coveted trophy.

Such an outcome seemed unlikely as the Sappers made the brighter start and their early efforts were rewarded when skipper Spr Sam Atkinson found the bottom corner with a free kick from range.

But with further goals failing to follow the challengers established a foothold in the game.

Sgt Kevin Cameron came close to an equaliser when his shot at the far post was cleared on the line and LCpl Ryan Paddock then threatened with a header from the resulting corner.

The onslaught continued after the break and the Signals finally made a breakthrough in the 56th minute, when the unfortunate Atkinson deflected a low cross

from the left into his own goal.

Target man Cpl Rob Farkins was becoming increasingly influential and his looping header from a corner was tipped over by a fully stretched LCpl Luke Cairney in the Engineers' goal.

Sgt Jay Hubbard drew a smart save from Sig Tom Ross as the action switched to the other end before Turner took centre stage.

LCpl Lewis Bentley won possession in midfield and his driving run and pass saw the striker rifle the ball into the roof of Cairney's goal to give his team a deserved lead.

The outstanding Farkins had opportunities to extend the lead late on but his failure to convert did not prove costly as the Signals held firm to seal the win.

"It was a great performance," captain Paddock said afterwards. "We have had a lot of young lads coming through and we are now reaping the rewards of that."

"It is always good to win, but to do so as skipper makes me even more proud."

"This will push us on for the challenges of next season." ■

WOOLWICH CUP FINAL R SIGS

2

RE

1



PLAYERS NEEDED

A FINAL call for entries has been made ahead of this month's Army Tennis Championships.

The week-long tournament, which is open to Regulars and Reserves of all standards, gets under way on June 8 and features men's, women's, doubles and mixed doubles competitions.

The Aldershot event will also serve as a proving ground ahead of this season's Inter-Services Championships, with the top performers earning selection for the Army team.

This honour will have added significance as the tournament returns to Wimbledon in 2019 following a three-year hiatus.

"We are thrilled to be going back," team member 2Lt Reece Munnery (RTR) told *SoldierSport*. "The Army has done well since we've been away but we always feel a lot more comfortable at Wimbledon due to the atmosphere it creates."

For more details on how to enter the Army Tennis Championships visit www.armytennis.org/alta-summer-championships

The deadline for entries is June 3.



THIRD TITLE TICKED OFF

BANTAMWEIGHT star Cpl Kyle Morrison (RLC) celebrated a new high in his ring career as he claimed a third Welsh Amateur Boxing Association (ABA) senior title.

The 26-year-old outclassed rival Jordan Joseph to secure the silverware via a unanimous verdict and he told *SoldierSport* his latest success ranks as highly as his debut victory in 2015.

"Winning this competition was my main goal for the season," the Serviceman, who also tasted success in the 2017 championships, added.

"It is the biggest event I can compete in outside of the Olympic and Commonwealth Games.

"To win it with my family there cheering me on makes it just as special as that first title.

"If I had suffered a defeat it would have been a real downer for my season."

Morrison headed into the bout in confident mood, despite being limited to just six fights earlier in the campaign, and used his considerable ring craft to triumph over his inexperienced opponent.

"In a typical year I would have a lot of bouts in the build-up to the Combined Services and ABAs," the newly crowned champion explained.

"But I only entered the latter this season, which made it the top priority.

"I didn't even get to second gear in the final – I was too experienced for the boy.

"I felt him out early on, he was showboating inside the first 30 seconds but I soon put him in his place.

"I worked from my jab and was too strong for him. I took him up the hill and he couldn't handle it."

Morrison has since started a new job as a physical training instructor at Army Training Regiment Pirbright and victory in Cardiff saw him qualify for the end-of-season GB Three Nations Championships, which were being held as this issue went to press. ■



REID SAVOURS SCOTTISH REVENGE

THE Army boxing team enjoyed further success at elite level courtesy of LCpl Meg Reid (RLC), who was victorious in the light welterweight ranks at the Scottish national championships.

A second-round stoppage of Stacey Carr represented a first title win for the 29-year-old, who avenged the narrow loss she suffered in last season's final.

"I was over the moon," Reid told *SoldierSport*. "I had some really good preparation beforehand and I felt ready.

"I caught her with a back hand

in the second round, which forced a standing count. I caught her again straight after and the fight was over."

Success in Motherwell capped a superb season for the soldier, who represented Scotland at the World Championships in November and also travelled to the Ukraine to train alongside the country's national team.

"I'll be coming back next year," she added.

"It's all about taking one step at a time and seeing what happens from there."





SPORT SHORTS

Picture: Sgt Donald Todd, RLC



Gunners hit the try trail

■ A SPECTACULAR attacking display from the Royal Artillery was the highlight from the opening round of matches in rugby league's Lawson Cup.

The Gunners ran in 13 tries on their way to a commanding 78-6 win over the Royal Armoured Corps in Chester.

Elsewhere, the Spartans – a side comprised of players from units such as the Army Medical Services – upset the Royal Engineers 26-24 and there were also wins for the Royal Logistic Corps and defending champions the Royal Electrical and Mechanical Engineers.



Scott's sporting success

■ RUGBY league star Rfn Matty Scott (Rifles) was named sportsman of the year at the second annual Infantry Sports Awards.

His honour came on the back of some eye-catching performances for the Infantry team and he was also part of the Army squad that triumphed in last season's Inter-Services Championships.

The Infantry squash set-up claimed the team of the year accolade, while WO2 Mick Gibbons (Rifles) took the individual contribution prize thanks to his efforts in the world of swimming.

SQUAD CONFIRMED AS KEY DATES LOOM



THE Army karate team is gearing up for a crucial stage in their season, with the World and Inter-Services Championships looming on the horizon.

Preparations for these key fixtures began at a keenly contested selection camp in Fareham, where aspiring squad members were put through their paces in a three-day programme featuring physical and technical tests.

A total of five new athletes were welcomed onto the team, while a further 11 retained their places from last year, and spokesman Capt Karen Owen (AGC (ETS)) said they are now relishing the challenges to come.

"It is a competitive process and we have to make sure people are at the standard that is required," she told *SoldierSport*. "Some will be invited to our

training week ahead of the Inter-Services but others will go away, work hard at their clubs and come back to our next selection camp in October."

A five-strong contingent will compete at the World Championships later this month before heading to the Forces showdown in early July.

"We have three current world champions so we want them to retain their titles," Owen added.

"In terms of the Army team, our main target is the Inter-Services. The Royal Air Force were victorious last year and we want to win that trophy."

"Karate is thriving at the moment. We are selecting people who are good enough to compete at the Inter-Services but we are also picking those with the potential to do well in civilian events." ■

"WE
WANT
TO
RETAIN
OUR
TITLES"



● EX-SERVICEMAN and former professional boxer Ross Burkinshaw charts the devastating effect injuries had on his career as well as the high of winning a European title in his new autobiography, *Soldier On*.

The fighter, who served in The Rifles, was forced to retire in 2016 after he dislocated his shoulder and now organises white-collar boxing events in aid of the Sheffield charity Hallam FM Cash For Kids.

The book costs £13 and can be purchased at www.steelpcitypress.co.uk

MONTH IN SPORT

June's key fixtures...



WHAT: Army Individual Boxing Championships

WHEN:

June 2 to 6

WHERE:

Aldershot

NEED TO KNOW:

With the major team prizes decided for another year the spotlight falls on the individual competition, with a host of fighters looking to catch the eye across the weight divisions



WHAT: UK Armed Forces Ice Hockey Championships

WHEN: June 3 to 7

WHERE: Ice Sheffield

NEED TO KNOW: The Army will take to the ice as overwhelming favourites having won the trophy for a record-breaking sixth successive season in 2018. The Service's corps sides will also be pushing for silverware



WHAT: Inter-Corps, Unit and Individual Triathlon Championships

WHEN: June 26

WHERE:

Cotswold Water Park

NEED TO KNOW:

triathlon continuing to flourish the Army's top athletes will battle for honours as the season reaches its busy summer period

RYE IN NUMBERS

DISTANCE, IN KILOMETRES, OF THE OPENING SWIMMING LEG

1.9

KILOMETRES ON THE BIKE DURING THE RACE'S SECOND PHASE

90

KILOMETRES COVERED ON THE ROAD DURING THE FINAL RUN

21

WINNING MARGIN, IN MINUTES, ACHIEVED BY RYE IN HER AGE GROUP

15

DATE, IN JUNE, OF THE STAFFORD IRONMAN 70.3 RACE

9



RYE ON A HIGH IN CANARIA

TRIATHLON ace Capt Katrina Rye (RAMC) made a storming start to her 2019 campaign by topping the standings at the fourth edition of the Gloria Challenge Mogan Gran Canaria.

The officer completed the ironman 70.3 event in a time of 4hr 41min 13sec to win the 25-29 age group and the overall amateur title.

Her efforts saw her finish just five minutes behind Great Britain's Emma Pallant, the victor in the women's professional race, and she was the second ranked female in the entire field.

Such success was hard to predict given the challenging nature of the course but Rye's outstanding result has seen her gain a professional licence, meaning she can now go head to head with some of the sport's biggest names.

"The route is renowned for being very hilly," the 28-year-old told *SoldierSport*.

"As an amateur it is difficult to set yourself targets as you

don't know who you are going to be up against on the day, so it is all about your best effort.

"I actually ran slower than I had hoped. That was perhaps down to the fact I pushed a little too hard on the bike and it was very hot – I also lost some nutrition as I dropped one of my gels.

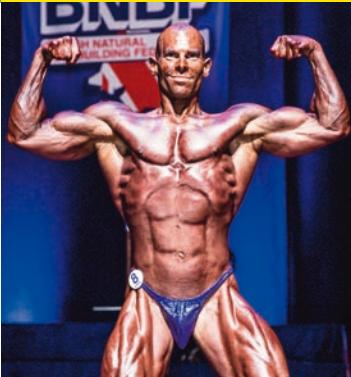
"So to achieve the result I did was a massive boost.

"To finish within five minutes of a world champion is a credible performance."

Rye had already booked her place in this year's World Championships as an amateur but taking a professional licence would mean she needs to qualify again – the first opportunity for which will come at this month's Staffordshire Ironman 70.3.

"The chances of me going there and winning are not very realistic," she explained.

"It is more about learning my trade and grounding myself in the professional field so come 2020 I can start to race at the elite level." ■



NATURAL TALENT

BODYBUILDER LSgt Peter Batai (CAMUS) is looking to make an impression on the global stage as he competes in this month's Hungarian Grand Prix.

The competition serves as a qualifying event for the International Natural Bodybuilding Association World Championships and the soldier is relishing the prospect of testing himself in the federation for the first time.

"Both contests are extremely challenging and very high level," he explained. "The fact I am a new contestant for the judges makes things even more difficult and they need to be wowed."

"They have never seen me in competition shape on stage, therefore I need to be in perfect condition to make a name for myself and achieve good results."

Batai's build up has included an hour-and-a-half of weight training five days a week, with the load increasing to three hours of gym time per day.

He has been competing in the sport for more than a decade and is a former British middleweight champion. He has also tasted success at the Drug Free Athletics Coalition Natural Bodybuilding World Championships.



PARAS' POWER PROVES TOO MUCH



FIGHTERS from 3rd Battalion, The Parachute Regiment have returned to the top of the Army boxing tree following a stunning display in the final of this season's Major Unit Championships.

The Paras defeated 13 Air Assault Support Regiment, Royal Logistic Corps 6-3 in front of a vocal home crowd in Colchester – a result that saw them claim a ninth title since 2003.

The all-airborne clash – a repeat of the 2017 showpiece that was won by the Loggies – saw all but one of the nine bouts go the distance, with light heavyweight LCpl Mick Quinn securing the honours in the night's sixth contest.

Bantamweight LCpl Aaron Langley gave the champions-elect the perfect start as he

defeated Pte Jason Humm on a split decision and they opened a 3-0 lead thanks to unanimous victories for Pte Liam Naish at lightweight and LCpl Rushane Shaw at light welterweight.

Pte Kai Carter halted the charge as he triumphed over Pte John Middlemiss in the welterweight ranks, but Pte Brendon Hendricks restored the Paras' advantage before Quinn delivered the decisive blow.

Cfn Martin Aduuri and LCpl Jake Truepenny then claimed late successes for their rivals, either side of a win for Pte Jack Child at heavyweight.

"I'm really made up for the whole team," skipper Child said afterwards. "Everyone has put so much effort in across the whole season and it's great to see the trophy come back to 3 Para." ■

● **ARMY rowers** will have the honour of representing the UK Armed Forces at the prestigious Henley Royal Regatta next month.

A four-strong contingent will bolster an eight-man mixed crew for the event, which will see the military outfit race against defence teams from seven other nations – including Australia, New Zealand, Canada and the USA – for the right to be crowned King's Cup champions.

The contest commemorates the 100th anniversary of the Peace Regatta, which brought six allied crews together and saw them go head-to-head on the water at the end of the First World War.



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Final Word



You can really make changes as a major general. I now have an opportunity to revolutionise Army communications. I miss flying and leading soldiers. One of my best tours was commanding an attack helicopter regiment.

**Neil Sexton, late AAC
Director Army Engagement
and Communications**



The daily enjoyment of working with soldiers is something I miss. As a major general my focus is going to be much broader. The challenge for me now is doing the very best for the Army and defence more broadly.

**Darrell Amison, late RLC
Designate Director,
Development, Concepts and
Doctrine Centre**



As a junior commander I had a great feeling when I helped young soldiers be the best they could be.

**Sharon Nesmith, late R Signals
Director Personnel**



Interviews: Cliff Caswell
One word from me about what I miss – soldiers. Working with the troops is what life is all about. Dealing with difficult problems is one of the lows of senior command. But you are still very much focused on doing what is right for our Service personnel.

**Gez Strickland, late RGR
Deputy Commanding General,
3 US Corps**



I really miss the everyday interaction with junior soldiers – they have both a fantastic enthusiasm and cynicism. It is great to go on exercises and operations with them. As you rise to more senior ranks you do not have this in quite the same way.

**Jez Bennett, late RA
Chief of Staff, HQ Allied Rapid
Reaction Corps**

Working with a smaller team is more immediate and personal. There's time to get to know people better and often things get done quicker. Today, I'm modernising healthcare. It's a much bigger challenge but still all about soldiers.

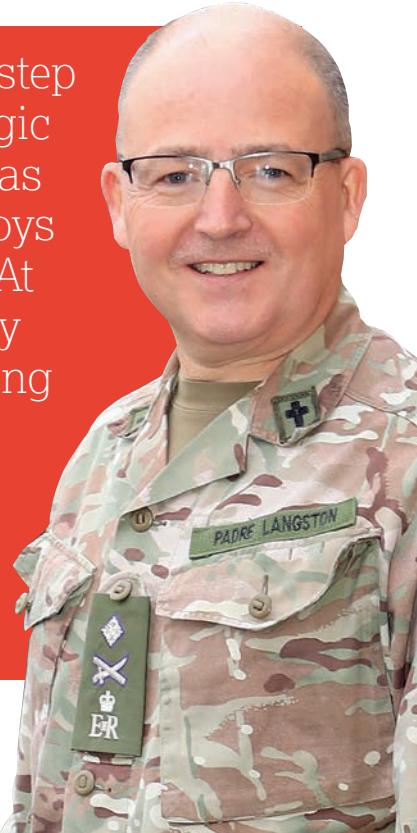
**Paul Cain, late RAMC
Director Healthcare,
Joint Medical Group**

Leaders of the pack

We asked new major generals what they miss from their more junior days, and what senior command is really like

It is a challenge to step up to a more strategic space, particularly as somebody that enjoys being with troops. At the beginning of my ministry I loved being a parish priest and a chaplain. You are focused on caring for people.

**Clinton Langston,
Army Chaplain General**





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