

SOLDIER

MAGAZINE OF THE BRITISH ARMY

JANUARY 2018

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Business as usual in corps finals



“ I remember going to my first cardiac arrest ”

Troops answer 999 calls – page 28



“
There was a lot of pressure on me with this being my third title defence

“
Chez crowned king – page 78

Happy New Year



THE start of a new year is a great point at which to set fresh goals – and kid yourself that you might just meet them. But if the words of performance nutritionist Gareth Nicholas are to be believed, it is a good sense of proportion that is the key to getting healthy.

On page 21 the adviser to the Army Triathlon Association offers his top tips for a battle-winning diet. And it is refreshing to see that his advice is as much about planning and preparation as it is about cutting out the finer things in life.

Turn to page 18 to read our fitness special in full. From workout hacks (page 18) to affordable training kit (page 25), there is plenty of inspiration to be found.

And finally, thank you to boxing stars Spr Ebonie Jones (RE) and LCpl John Marvin (PWRR), whose fighting physiques adorn the front cover.

Turn to page 78 to see how their fellow boxers got on at the latest ITC Catterick showdown.

From all the team at *Soldier*, we wish you a happy, healthy and adventure-filled 2018

Sarah Goldthorpe • Editor

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► Online

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Thrown in at the deep end

Rookie Army sailors praised for saving lives in choppy water

COURAGEOUS gunners on a sailing expedition showed "skill and resilience beyond their experience" when they saved the lives of a stricken crew in gale force winds.

The troops had been on a routine leg of Exercise Mediterranean Ubique on-board the Royal Artillery Yacht Club vessel *St Barbara V* (shown above) when they pulled five Swiss sailors from the water.

Club commodore Col Neil Wilson was skippering the boat. He recalled how the drama had unfolded at Punta Rasca, close to the tip of Tenerife.

The Army crew (above right) watched in horror as the nearby vessel, *Tyger of London*, barrelled into the water and capsized, throwing her crew overboard (near right).

"It had been obvious that something was seriously wrong – the mast crashed down into the water with the wind around Force 7," Col Wilson told *Soldier*.

"I called for my second-in-command to get up on deck and we sent a Mayday. As we circled we saw four people fall from the boat into the sea.



"Their lifejackets inflated – but one of the crew took his off and dived under the vessel.

"He had gone to help a fifth member who was trapped inside."

With the engine of the *St Barbara* started, and all eight soldiers on-board helping with the rescue, Col Wilson moved in and the sailors were pulled from the water.

The four men and one woman were taken below, given dry clothes and transported to the nearby port of Las Galletas, where they received medical attention.

The yacht had been on an adventurous training outing sponsored by Royal Artillery regiments and designed to give troops a taste of sailing life.

Col Wilson continued: "The soldiers on-board during the rescue were from 29 Commando Regiment.

"Their actions were impressive given the fact that only one or two of them have ever sailed before – they showed skill and resilience beyond their experience.

"They performed well during the emergency but their care for the sailors afterwards was great to see. They showed real compassion."



“
The mast
crashed
down
”

SOLDIER

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GLOBAL SITREP

1. BERMUDA

LONG-DISTANCE SERVICE

A BERMUDA-based Reservist is continuing his service with the British Army despite living some 3,500 miles from his unit.

Cpl Geoff Byrne, a member of the newly formed 8th Battalion, The Rifles, moved to the Atlantic island nine months ago, where he works as a butcher.

The 48-year-old fulfills his Reserve commitments by training with the Royal Bermuda Regiment and visiting his company in Durham when he is in the UK.

A Regular until 1996, in 2007 he joined D Company, 5th Battalion, The Royal Regiment of Fusiliers, which became part of 8 Rifles upon its formation last month.

"It's great to know I can still keep up training while I'm living here," he said.



2. FALKLAND ISLANDS

LET'S YOMP AGAIN...

A GROUP of veterans have successfully completed their retrace of the 1982 yomp to Port Stanley – paying tribute to fallen comrades along the way.

Organised by the Not Forgotten Association, the Falklands Trek Challenge saw a team made up of Army cap badges, plus the Royal Navy and Royal Marines, embark on the 60-mile journey.

The event – coinciding with the 35th anniversary of the war – took in battlefield sites including Two Sisters and Tumbledown.

Tweeting during the trip, association CEO James Stopford said: "The company is brilliant and the banter is flying".



Footballers on tour in the Middle East
– page 75

“
Women’s
sport is
growing out
there
”



3. UK

HIGH FIVE

SOLDIERS from the Royal Gibraltar Regiment have completed a five-week exercise at Otterburn training area.

Reservists and Regulars joined up for a live-firing package, practising fire and manoeuvre skills as well as day and night navigation.

The full-time troops then deployed on two exercises, the first being a week-long test for privates and lance corporals in various command roles to assess their readiness for promotion.

The focus was on section-level tasks that went through various stages of offensive operations in a conventional war-fighting setting.

A final exercise tested platoon-level tactics, with troops conducting nightly reconnaissance patrols and launching an early morning clearance operation.



4. GERMANY

END OF AN ERA

BRITISH Forces Germany newspaper *Sixth Sense* has rolled off the press for the last time – concluding a publishing run of just under four decades.

Originally launched for the 6th Armoured Brigade in 1970, the weekly tabloid later expanded to cover the wider British community's news and sport.

Editor Phil Welsh, who worked on the paper for nearly 25 years, said: "I am very glad we have been able to serve our people here for so long."

INTELLIGENCE FOR THE ATLAS?

Brief the team now:



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5. KENYA COMMUNITY COOPERATION

SOLDIERS from 3rd Battalion, The Parachute Regiment took time out from training on the African savannah to improve the infrastructure for pupils at a school in Laikipia.

Troops installed a 5,000-litre water tank, constructed fences, redecorated outside areas and reinforced a pathway at the Bridge Academy in Likii.

Meanwhile, personnel from British Army Training Unit Kenya have been helping local people rebuild a vitally important dam in the Rift Valley.

The station supplied specialist engineering equipment, manpower and expertise to repair the structure, ensuring fresh water for the rural community of Dol Dol.



“
People pay
thousands to
come here
”

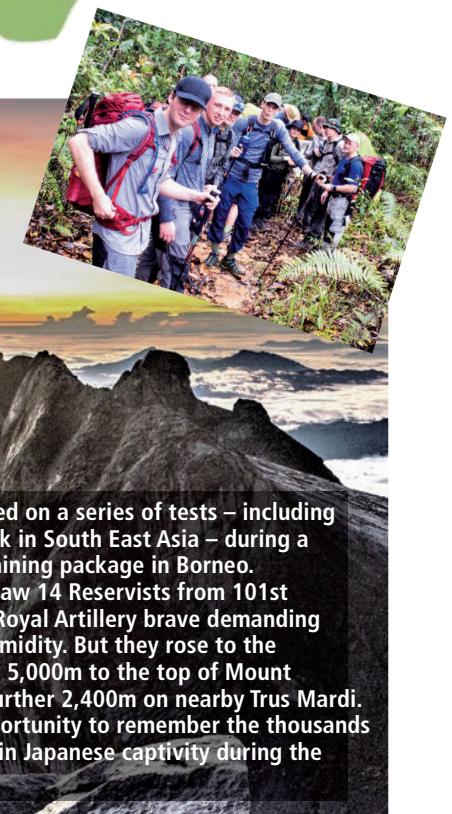
Africa assignment
impresses troops
– page 33

6. BORNEO GUNNERS GO APE

RESOLUTE gunners embarked on a series of tests – including conquering the highest peak in South East Asia – during a demanding adventurous training package in Borneo.

Exercise Jungle Monkey saw 14 Reservists from 101st (Northumbrian) Regiment, Royal Artillery brave demanding terrain and 100 per cent humidity. But they rose to the challenge, ascending nearly 5,000m to the top of Mount Kinabalu (pictured) and a further 2,400m on nearby Trus Mardi.

The trek provided an opportunity to remember the thousands of Allied soldiers who died in Japanese captivity during the Second World War.



FIRST TO STAY ALERT

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Picture: Steve Dock

New system to help Reserves advance

FRESH promotion rules aimed at making career progression fairer for Army Reservists will be rolled out this year.

In a move to bring personnel in-line with Regular colleagues, a Reserve promotion board is being introduced to consider majors aspiring to the rank of lieutenant colonel.

Currently, cap badge pre-selection boards score candidates and those achieving more than 30 points are ratified and published on the so-called pink list.

But the five Reserve brigadiers on the new board will now carry out their own assessment and scoring before finalising which individuals should go forward.

Army Personnel Centre spokesman Maj Ali Hempennall (Scots) said the pre-selection process would still take place but the extra scrutiny would bring more consistency as scores between cap badges can vary.

The board will mirror the procedures of its Regular cousin.

"It will allow us to compare apples with apples," Maj Hempennall told *Soldier*. "The board will sit for the first time in February and will provide a pan-Army score for Reservists, bringing their career management in line with the Regulars."

Under the current system the numbers of Reservists being added

to the promotable list had been increasing year-on-year, with more candidates than available jobs.

"This is not good career management because it falsely raises expectations, which is not in the interests of either the individual or the Army," the officer added.

"The new board will ensure scores are truly comparable. It is in keeping with policy to integrate Reserve practice and procedure with its Regular counterpart."



THIS bizarre cake would be enough to stop Paul Hollywood in his tracks. Recreating a scene from Stephen Spielberg's *War Horse* movie, it was cooked up by civilian Emma Morris for a display at Birmingham's NEC. Her husband Owain, a fitness instructor at the Infantry Battle School in Brecon, told *Soldier* the cereal and marshmallow creation had "brought many to a standstill".



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

THE SHAPE OF THINGS TO COME

AFTER a busy 2017, the coming year is set to continue in the same vein with some exciting projects.

We have been awarded £194,000 of Libor funding, which will enable us to develop an online information hub to better inform Forces families about future postings in terms of housing, education, employment and infrastructure.

This tri-Service project will give soldiers and their loved ones more decision-making power and leave them better prepared for the military journey.

I am also keen to continue improving the employability of Army partners and, to that end, we are working with Warwick University to carry out research in this area.

For those who want to work or train, we will do everything we can to improve access to supportive employers and realistic opportunities. Look out for a survey on this soon.

We will also be assessing the Army "offer" and whether it represents a fair deal for the modern family.

Many of you have taken part in our recent questionnaire about this, and we hope to gain some meaningful insights to continue effecting policy change.

The future accommodation model pilots are also expected to begin in 2018. We still have many questions around this, as do families, but in the meantime we continue to ensure that you are properly considered in the process.

www.aff.org.uk

CADET FORCE FIRST

■ THE Queen has approved a new commission for Cadet Force volunteers.

From now on it will replace the current Land Forces commission and personnel will no longer be classed as Army Reservists unless they serve in the Reserve separately.

Existing ACF officers have been transferred to the new commission unless the appointment board decided otherwise.

RAPID REACTION TEST

■ THE expertise of Royal Electrical and Mechanical Engineers serving with 16 Air Assault Brigade was put to the test in two days of intense competition to celebrate the corps' patron saint St Eligius.

Exercise Pegasus Bluebell saw the soldiers taking on tasks ranging from shooting to radio procedure and battlefield first aid.

8 Parachute Field Company were declared the winners.



HORSE HEALING

■ UK veterans facing mental health problems have undergone a therapy session with a difference under the guidance of American horse whisperer Monty Roberts.

A three-day workshop at the Royal Armoured Corps Saddle Club in Bovington saw the 82-year-old equine behavioural expert teach seven ex-Service personnel how to gain a horse's trust through body language and by lowering their heart rate and breathing.

Famous in equine circles for his training techniques, Roberts has already helped hundreds of former US soldiers suffering from PTSD, depression and anxiety.



Picture: Greene Main

“
It offers
greater
control
”

TOOPS are being issued with lozenges to relieve pain on the battlefield, which MoD officials say will be more effective than the current morphine shot.

The new "lollipops", which use the synthetic substance fentanyl, are thought to be both faster acting and easier to administer than the existing drug.

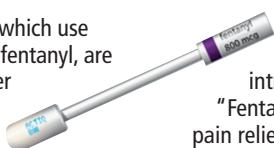
They will replace the single use auto-injectors used for severe pain.

An MoD spokeswoman told *Soldier* that the sticks, or oral trans-mucosal lozenges, are being phased in.

They will ensure personnel on operations and overseas exercises

(shown above) have the best possible medical support.

She added: "The principal benefit is the way the drug is administered – absorption through the inside of the mouth is more reliable than an intramuscular injection.



"Fentanyl is faster acting, enabling pain relief to be achieved more quickly. It offers greater control as it can be removed from the patient's mouth if needed."

The spokeswoman also highlighted that as fentanyl is a commercially available product, the MoD will be able to draw on existing research into its benefits.

Guard changes... for a day



Picture: PO Aron Hoare, RN

■ ROYAL Navy sailors have performed the Changing of the Guard ceremony outside Buckingham Palace for the first time. The sailors' new skills were taught by drill instructors from 1st Battalion, Coldstream Guards. One soldier told the *London Evening Standard*: "They could be better. They won't ever be able to do it like the Grenadiers can." Another joked: "We've been doing it for 300 years so it's about time we let them have a turn!"



Looking for underwater adventure?

SERVICE personnel are being sought to get involved with the biggest underwater excavation since the *Mary Rose*.

HMS Invincible was captured from the French in 1747 and sank in the Solent in 1758, but not before it revolutionised British warship design.

Army divers have already retrieved artefacts from the wreck (shown), but the Maritime Archaeology Sea Trust now wants soldiers and veterans to help with conserving and recording the finds, as well as with next year's dive season.

No experience is necessary and the centre is accessible to anyone with a disability.

To register interest contact Kevin Stratford on 07793 559 405 or kstratford@bournemouth.ac.uk



Picture: Michael Pitts



Picture: Simon Buxton

LEVISION'S LESSONS

■ EXPLORER Levison Wood will share his experience with Service personnel as part of an impressive line-up of speakers by the Centre for Army Leadership.

The former Parachute Regiment officer and Reservist will deliver sessions on "leadership in the field" at the Royal Military Academy Sandhurst on February 21, and the Harman Lecture Theatre in Catterick on March 22.

For more details on the events, which are open to all personnel, visit the Centre for Army Leadership Moss site on DII or alternatively www.sandhursttrust.org

GENERAL SERVICE MEDAL DELAY

TROOPS will have to wait slightly longer to receive the new incarnation of the General Service Medal (GSM) while a new contract to supply it is finalised, the MoD has said.

The award is due to be ready in the coming weeks, although a small supply is available now for urgent requirements.

The decoration was created at the end of the First World War and revised back in 1962.

Reflecting operations from the beginning of 2008, the latest version of the GSM was drawn up two years ago – with a new ribbon plus five clasps to

recognise deployments.

Eligible serving soldiers do not need to apply; they will be flagged on JPA and the medal sent via unit admin staff.

However, veterans will need to contact the MoD Medals Office.

Any troops with questions should contact their unit HR staff.

Meanwhile, Regular officers have been assessed for entitlement to the Long Service and Good Conduct Medal after it was announced that the decoration would be extended to this cohort.

An assessment process for veteran officers has now begun.



MISSION RECOGNITION

■ AROUND 100 soldiers from the 32 Engineer Regiment-led task force serving with the United Nations mission in South Sudan have received medals in recognition of their service to the war-torn country.

The troops, shown above, are due to return home this month and have been carrying out infrastructure work in Malakal, including camp construction and drainage-system building.

In Bentiu the contingent built a new permanent hospital for UN personnel and provided clinical training to local medical staff at the state hospital.

They also helped repair Rubkona airfield.

GOING ON EXERCISE?

01252 787096

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CARPING ON

■ THE annual Forces Carp Classic competition provided the perfect catch for charity – netting £8,000 for Blesma and Great Ormond Street Hospital.

The week-long event at Abbey Lakes in France attracted some 100 serving personnel, veterans and blue light workers.

WELSH WONDERS

■ SOLDIERS have been recognised at the Armed Forces in Wales Awards.

Capt Glenn Hall (RLC) was among those to be honoured at a ceremony at Cardiff City Stadium. The officer was praised for his work to grow the Reserves in his role as recruitment officer for 157 Regiment, RLC.

UNLOCK SCHOOL CASH

■ ARMY parents and carers are being urged to tell teachers that their child has a military connection before January 18 to unlock extra education cash.

State and free schools, as well as academies, are granted £300 per youngster under the so-called Service pupil premium.

The money, from the Department for Education, is used to provide support during testing times such as a parent being away. Children from reception class to year 11 are eligible.

FEARLESS FUNDRAISING



Aiming high

AN injured veteran battled his disability and intense altitude sickness to climb Everest base camp. Anil Gurung (ex-RGR), who lost his right leg after he stepped on an IED in Afghanistan in 2009, reached the height of 17,600 feet, raising money for Royal British Legion Industries in the process. Help him meet his target by visiting <https://uk.virginmoneygiving.com/AnilGurung>



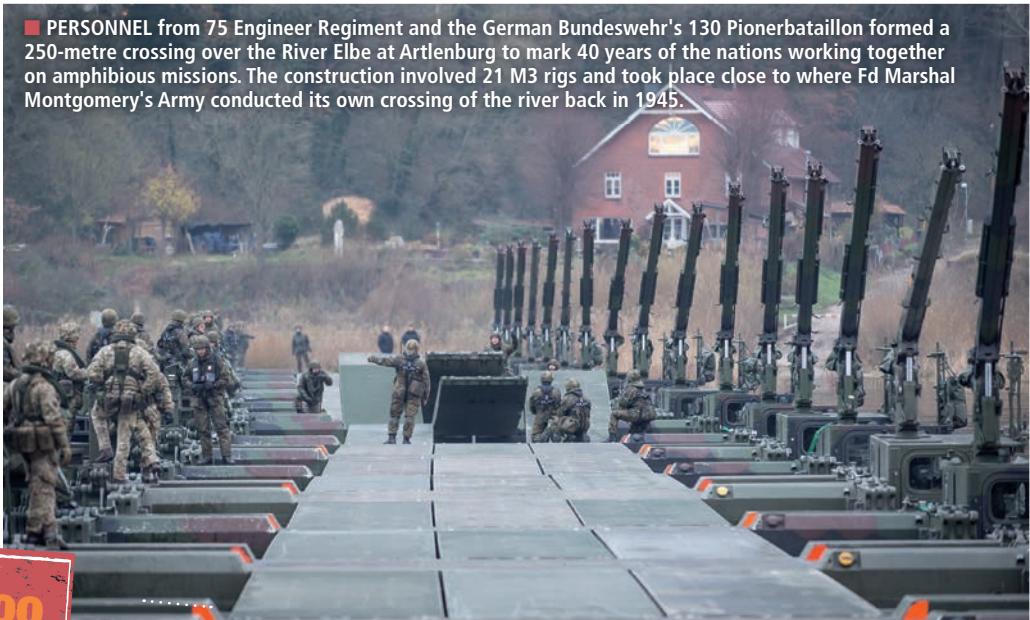
Marathon task

A SUPER-FIT former Army officer is preparing to run a marathon a day for 15 days along the Western Front to commemorate the 100th anniversary of the end of the First World War. Lizzie Rosewell (ex-RA) will run some 360 miles, starting with the Paris Marathon before returning to London via Amiens, Thiepval, Arras and other major battlefield sites,

carrying her own kit and camping most evenings. To support her visit www.lizzierunning.wordpress.com



■ PERSONNEL from 75 Engineer Regiment and the German Bundeswehr's 130 Pionerbataillon formed a 250-metre crossing over the River Elbe at Artlenburg to mark 40 years of the nations working together on amphibious missions. The construction involved 21 M3 rigs and took place close to where Fd Marshal Montgomery's Army conducted its own crossing of the river back in 1945.



“
I want to
thank them
for their work
”



Really wild...

What to expect from an
African adventure
– page 33

Families to be the focus in 2018

THE well-being of soldiers, their families and the veteran community will be among the priorities for government in the coming year, the defence secretary has said.

Reflecting on the past 12 months and looking ahead, Gavin Williamson saluted the work of Service personnel and the support they get at home.

“Over the next 12 months I look forward to publishing our transition strategy for those exiting the Armed Forces as well as furthering our good work on our mental health and well-being,” he added.

“Alongside this, we will publish a new strategy to build on our initiatives to end domestic abuse.”

The politician said a pilot for the future accommodation model, an overhaul of military housing, would begin at the end of 2018.

But he stressed that it remained a long-term project, adding: “It will run for a number of years before we decide whether we might roll it out across the country so we can listen to your views.

“We will be moving to an accommodation model based on need, not rank or marriage. I believe this is the right thing to do.

“There are better ways to reward seniority than through housing that not everybody wants.”

● **Home Truths – page 11**



■ THE MoD has awarded a £250 million contract to build more than 900 new homes near Salisbury Plain, which will accommodate troops relocating from Germany.

Lovell will begin constructing the housing in Bulford, Larkhill and Ludgershall in the coming weeks, with the scheme due to

complete by May 2020.

New office, catering, retail and leisure facilities are included in the plans, while health and education centres are to be created for military and civilian use.

A complex of new single living accommodation units – providing 378 additional bed spaces – has also been completed at Larkhill.



Antarctic heroes honoured

THE first all-British Armed Forces team to complete an unsupported, 1,100-mile coast-to-coast crossing of Antarctica was among the Army winners at *The Sun's* Military Awards, the Millies.

Known as Spear 17, the outfit was led by Capt Lou Rudd (Para) and featured five Reservists. They completed their quest in January after a 67-day battle in the polar wilderness.

Their achievement saw them presented with the "inspiring others" award during the annual ceremony at London's Banqueting House.

Lt Jared Bambridge (Yorks) received the "hero at home" individual

accolade in recognition of his actions in the immediate aftermath of the London Bridge terror attack.

The off-duty officer gave vital first aid at the scene, helping 12 victims.

And Cpl Philip Keogh (RAMC) was named best Reservist for the efforts he made in treating casualties of the Manchester Arena explosion in May.

Further recognition to medically-minded personnel was given in the "hero at home" unit category, where military co-responders were shortlisted for their work with South Central Ambulance Service.

Read more about their work on page 28.



AFGHANISTAN ACADEMY'S WINNING WOMAN

THE Afghan National Army Officer Academy (ANAOA) has held its 10th graduation ceremony and passed the century mark for the number of female officer cadets who have been commissioned.

This year brought another milestone as the academy awarded the Duntroon Sword, for the best overall officer cadet to commission, to a female for the first time. Somaiya (above), 24, will be travelling to the UK next year to further her officer training.

Since September 2014 more than 3,000 cadets have passed through ANAOA, where around 30 British soldiers are working with other mentors from Australia, New Zealand and Denmark.

SPINE LINE COMPETITION

WIN
a £165 pair of
AKU books



ANY personnel with a love of travel may well have guessed the clues to last month's spine lines competition.

Haapsalu, Parnu, Rakvere and Valga are all places in Estonia – the mission we spilled the beans on in the same issue.

This month, *Soldier* has teamed up with our friends at AKU (www.aku.it) to offer one lucky reader a pair of Slope GTX hiking boots worth £165.

With a comfortable fit, this lightweight and breathable footwear is perfect for treks on easy or medium terrain.

It also features full Gore-Tex lining for superior waterproofing.

To be in with a chance of winning this smart prize – perfect for those who like to explore the great outdoors at any time of the year – tell us what links the words on the side of this issue.

Send your answers to the usual address or comps@soldiermagazine.co.uk by January 31. Good luck!

(AKU)
trekking & outdoor footwear



FACTFILE

AS90 TURRET TRAINER

The training aid hits a major milestone next month

50,000

Simulated
rounds fired

3
2
Crew positions simulated – commander, gunner and loader
Turret trainers available – in Tidworth and Gutersloh

Savings on
ammunition

£125M

GUARDSMEN REMEMBERED

TWO courageous Second World War troops now have a final resting place after their remains were formally identified in light of DNA evidence.

Joseph Goulden, 31, and 19-year-old Raymond Rose were serving with the Coldstream Guards when they were killed during the Battle of Salerno in Italy on September 25, 1943.

Discoveries by two Italian military history groups and research by the MoD Joint Casualty and Compassionate Centre confirmed the identities of the guardsmen.

Relatives of the soldiers attended a rededication service at the Salerno War Cemetery, where the Commonwealth War Graves Commission has provided new headstones for the Servicemen.





THE BIG PICTURE

Mahajan Field Firing Range, India

FAN-TASH-TIC

MAJ Dave Granfield (R Anglian) shares a hairy experience with Vijay Modi, a local legend in the moustache-growing fraternity of Bikaner, India, during Exercise Ajeya Warrior. The aim of the biennial exchange was to improve understanding between 1st Battalion, The Royal Anglian Regiment and the 20th Battalion of the Rajputana Rifles, India's oldest unit.

Picture: Lt Col Simon de Labilliere, AAC

NEED TO KNOW

FITNESS / NUTRITION / EXPERIENCE / RULES & REGS / KITBAG



Spr Sam Webster, RE
Boxing weight: 60kg

Aim to burn more calories than you're eating. Our nutritionist told us about the app My Fitness Pal, so I use that to log everything I eat. It tells you exactly how many calories you're consuming, your macros – carbs, fats and proteins – and everything else. It's easy to snack without thinking but with the app you're more conscious of what you're taking in. It helps massively. It's hard when I go home because my mum's a feeder, but I make sure I don't snack too much and maybe swap a chocolate bar for some fruit.

Spr Ebonie Jones, RE
Boxing weight: 51kg

Add some extra fat-burning runs, either in the morning when you've fasted or in the evening so you're running off what you've eaten. Strength and conditioning also helps with weight loss but for me it's the extra miles. I'll do some four- to six-kilometre steady-state runs in addition to our usual boxing training. I try and avoid carbs in the evening and only use them to fuel a session. We work with a nutritionist and diet safely, aiming for 0.5 to one kilogram weight loss per week. I believe in everything in moderation but I try and avoid alcohol because it really makes my weight go up.

MEAN



Clothes feeling tight after the festive season? These Army boxers have to stay within five per cent of their fighting weight, so they know a thing or two about burning fat. Here are their top tips for dropping the pounds in 2018...



**Fus Sean Eng, Scots
Boxing weight: 69kg**

Don't go in at the deep end if you need to lose weight, ease yourself into it instead. Start doing a few slow runs and pick it up from there, upping the intensity as you go on. After leave my weight usually goes up to 71 or 72kg but as soon as I start training and bringing my calories down it drops off again. I've got a sweet tooth and like chocolate, so I cut that out because it's just useless calories and stick to my three specific meals per day. Definitely avoid crash diets and those fad eating plans. Take it gradually and eventually you'll see results.

**Gnr Karriss Artingstall, RA
Boxing weight: 57kg**

Focus on your training rather than what you weigh, and the pounds should fall off naturally. It's easy to become obsessed with the scales otherwise. When I'm at my target weight I usually treat myself at the weekends but if I need to drop some weight I'll cut out the Nando's and chocolate and stick to three meals a day. I put in some extra runs, or jump on a watt bike for 20 minutes after a training session too. Also, doing lots of repetitions on light weights is a good way to lose fat.

**LCpl John Marvin, PWRR
Boxing weight: 81kg**

Drink plenty of water to flush out your system and keep hydrated. People massively overlook that. I'm quite lucky because I naturally sit quite close to my fighting weight but if I need to drop a few pounds I'll watch the portion sizes and I don't eat carbs unless I know I'll be burning them off. We do a lot of training anyway and I particularly like bag work – practising movement and power variation – but I'll also fit in some runs. It all helps.

● Speak to your PTI before embarking on any new exercise and diet regime



Could e-cigs be your best shot at quitting smoking this year?

► WITH the experts still disagreeing over whether vaping is completely safe, and with many public places banning it, you could be forgiven for thinking that e-cigs are a bit of a no-go.

But with at least 2.8 million users in the UK, the devices can't be ignored. In fact, they are now the most popular tool to

quit. And according to the NHS Smokefree website (www.nhs.uk/smokefree), they only carry a fraction of the risk of the real thing.

Vapes produce neither tar nor carbon monoxide – two of the most harmful elements in tobacco smoke – so for those struggling to quit on willpower alone, they might be worth a glance.

What's inside?

Nicotine

Contained in the cartridges. E-liquids can be bought in anything from 0 to around 20 milligrams, depending on the habit. Reducing the strength of what you buy gradually dials down the addiction



Propylene glycol

A synthetic food additive that is also used in various edible items such as coffee-based drinks, liquid sweeteners and ice cream

Vegetable glycerine

A food additive, made from plant oils such as palm oil, soy, or coconut oil

Flavourings

E-cigarettes come in more than 1,500 different flavours

Anything else

A 2017 law change banned certain additives such as colourings and the stimulants caffeine and taurine. If in doubt about what's inside, ask the seller

E-cigs: **SIX** things to know



1

There are various models to choose from, but most are rechargeable with a refillable tank

2

They work by delivering nicotine through vapour rather than smoke

3

This is created by heating a solution inside the device

4

There is growing evidence they can help smokers to quit, with similar or better results than patches

5

They're not available on prescription but you can get advice from pharmacies or vape shops

6

As with all electrical items, they shouldn't be left to charge. They have been known to catch fire

New Year, new menu

► WITH more than half of New Year's resolutions revolving around healthy eating, losing weight or other body changes, *Soldier* sought some professional words of wisdom. Here, performance nutritionist Gareth Nicholas – an adviser to the Army Triathlon Association – gives his top tips on how to boost your exercise regime with a healthy diet.



Gareth Nicholas

Avoid free sugars

Many of the foods we eat contain sugar. Some naturally occur while other items such as cakes, biscuits and chocolate have added sugar known as free sugars. Don't be fooled, sugar is still sugar, but it shouldn't be totally avoided. Limiting free sugar helps you live healthily and manage weight.



Regular healthy snacking helps avoid junk

Eating little and often will keep your metabolism ticking over and fend off the cravings for unhealthy food. Try to add protein to every meal but don't go crazy – around five to 20 grams, depending on your goal. Try to eat every three to four hours and don't forget your three vegetable portions and two pieces of fruit to make up your all-important five-a-day.



Eat breakfast – skipping meals is an unhealthy way to lose weight

Breakfast is the most important meal of the day. During the hours of sleep your body has been on a forced fast and giving it energy in the morning is a perfect way to start the day. It has been scientifically proven that those who skip breakfast are more likely to make bad choices throughout the day and gain weight.



Give your portions proportion

Your daily diet should be balanced, with 60 per cent coming from carbohydrates such as pasta, vegetables, rice and potatoes. Protein should represent 20 per cent; this can be found in meats, dairy,



fish, beans and pulses. The remainder is from fats, ideally healthy fats like nuts, seeds and oily fish.



Plan, prepare and refine food choices

We've all been there; food shopping on an empty stomach or skipping lunch in favour of a double dinner. Bad preparation leads to bad decisions. Try cooking a little extra at dinner and taking that to work as lunch. Also, remember that just because it works for the fastest/strongest/fittest person in your unit doesn't necessarily mean it is right for you.

For more hints, tips and advice check out www.platformnutrition.com

'I was tired of being *that guy*'

Fed up of struggling in PT sessions, Pte Levi Walker (RLC) decided to get serious about his fitness. Now he's winning bodybuilding competitions. Here's how he did it...

I WAS pretty unfit, always at the back of the group on PT with the entire squadron having to wait for me. I was tired of being that guy.

In 2013, on the first day of Herrick 20, we had a unit photo taken and when I saw it I thought, 'right, I need to lose weight'.

I dropped about 11 kilograms and started to look skinny but I didn't like that either. So I began working out, and the whole thing went from there.

In 2015 a mate and I were in the gym in Canada and decided we needed a goal so we said we'd aim to compete in bodybuilding.

I did my first show in June and won that, which I didn't expect.

Since then I've done two more and come first in one and second in the other. Next year I want to go to the world championships.

Before a competition it takes me two or three weeks to get down to the right body fat – about three per cent. It can be a chore but the end goal drives me on.

My advice is to set yourself an objective and every time you want

to quit, think of that aim.

Someone said to me once that they don't go to the gym because people like me are there. But that's not how it should be.

Anyone can do this. People have different body shapes so it might take some more time than others, but it's possible for everyone. Those new to training don't need to be as strict as me to get results.

When I first started I just went to the gym to have fun and get fit without any knowledge of training and nutrition, but I still got in good shape.

Now I love it more than ever – despite the strict regime.

I hope more people get into this sport and broaden its profile within the Army.

On the last day of our Afghanistan tour everyone took a vote on who was going to be the first to give up on the fitness, and everyone said it would be me.

But I'm the only one still doing it, and people from my old unit don't recognise me now.

”



PROFILE

PTE LEVI WALKER

Age: 29

Height: 6ft 2in

Weight: 92kg

Body fat: 5.6%

Competition category:
Men's physique (tall)

Accolades:

- Ultimate Sports Nutrition Classic 2017 – 1st place
- UK Drug Free Body Building Association UK and International Championships 2017 – 1st place
- Rhinos Classic 2017 – 2nd place



TRAINING

I avoid too much running. I prefer low impact machines, especially the cross trainer, but as a by-product of losing weight and getting fitter I've actually cut my PFA time from 12min 48sec to 8min 59sec. Judges have said I need to improve my chest thickness, so I'm using heavy single arm exercises such as dumbbell bench presses, seated cable presses and decline presses. I've created a six-week programme for myself, after which I will review my progress and change if need be.

SESSIONS

10 per week, including

3-4 cardio sessions + 6X 1hr20min weight sessions

PRE-SHOW PROGRAMME

Up to 14 sessions per week

Including DAILY cardio and weight sessions

FOOD PHILOSOPHY

There's no magic pill that will help you lose weight - I think 70 per cent of your body comes from the kitchen and 30 from the gym. I don't believe in low-carb diets because the effect is temporary. I use protein shakes because it's a good way of incorporating more protein and meat is expensive. I try and have balance, though. At the weekend I might have a 15-inch pizza to myself.



Follow Pte Walker's training routine on Instagram @levi_jwalker

Walker's daily diet plan



130g of oats, one banana, scoop of Nutella



300g of potato, 70g of lean protein



125g basmati rice, 100g broccoli, 70g of meat - chicken or mince



100g oats, one banana



250g long grain rice, 70g of lean protein, 100g broccoli



(post-gym session) 300g potato, 70g of meat



protein bar

Bring your waist in-line

Are your vital stats a cause for concern?

► The UK has the highest level of obesity in Western Europe and, unfortunately, Army personnel are not immune.

Having a body mass index (BMI) of 30 or above puts troops into a category that means their health, career and operational effectiveness are at risk.

The problem may be worse among the civilian population, but the Ministry of Defence is still

taking it seriously.

PTI and medical staff now monitor troops using a combination of BMI and waist circumference measurement (see below), and offer tailored support to anyone who needs it.

But responsibility also lies with soldiers to make sure they nip weight gain in the bud.

Here's how to check whether you measure up...



1

Work out your BMI

Weight (kg) ÷ Height (m) =

..... ÷ Height (m) = BMI

5

Take action

Being overweight puts you at greater risk of health problems including cardiac arrest, muscular-skeletal injuries, depression and poorer mental health. The message to troops is to act early before it becomes an issue.

2

Measure your waist

Take a tape measure around your natural waistline – between your belly button and your ribcage – and take the measurement in centimetres.

4

Seek advice

Approach your PTI, who will assess whether you are at increased, high, or very high risk and help you to create a personalised diet and exercise plan.

3

Work out your risk

A BMI of higher than 25 is classed as **overweight**, higher than 30 is **obese**. If you fall into either of these categories AND your waist circumference is greater than 94cm (for men) or 80cm (for women) your health is at risk.

On the market

Looking for some new gear to kick-start the health regime? Here is a flavour of what your cash can buy you in 2018...



Activity tracker

£169.95

Nokia's new Steel HR activity tracker is designed to look as good at mess functions as it would the gym. It features an advanced heart-rate monitor and personalised coaching programmes, and is available at <https://health.nokia.com>

Pull-up bar

£9.99

If you fancy subjecting your abs to some serious punishment without the cost of gym membership, you could do worse than the Bodymax doorway pull-up and chin-up bar. Okay, it isn't portable like some of its contemporaries, but what it lacks in versatility it makes up for in sturdiness and price. At the time of going to press this bit of kit was on sale for £9.99 at www.powerhouse-fitness.co.uk



Gym wear

£19.99

This camo-design workout kit is helping to boost the coffers of The Royal British Legion as well as supporting your fitness plan. The lightweight, breathable wicking fabric comes in male/female designs with a choice of colours and sizes, and it won't cost the Earth. Buy at www.poppyshop.org.uk



Smart scales

Price TBC

Think Shazam for food. The NutriSmart is a set of scales that lets you check the nutritional content of your grub before it gets anywhere near your lips. Due to be released later this year, you can keep an eye out for it at www.terraillon.com

Cycling game

£8/
month

If you struggle to drag yourself away from the Xbox and you own a bike, check out Zwift. You'll need a turbo trainer, which hooks up to your TV via an Ant+ connection and USB so you can cycle across some stunning landscapes from the warmth of your digs. Ride with other athletes, and use the data to build a targeted training session. Sign up at www.zwift.com





Pictures: Dominic King, Graeme Main, Sgt Rupert Free, RLC, Cpl Paul Shaw, RLC, Cpl Pete Brown, RLC, Cpl Paul Timothy Jones, RLC

Army chief's New Year message to serving soldiers...

THE Army was remarkably active in 2017. On any given day around 25,000 soldiers were either deployed on operations, on standby or protecting the homeland and overseas territories.

This included deployments in support of allies in Estonia and Poland to provide deterrence and reassurance with Nato to ensure a secure Europe; expeditionary engineering in South Sudan to enable the UN; capacity building in Nigeria and Somalia to help partner militaries counter insurgency and extremism; enabling partner militaries in the fight against Daesh and the Taleban; anti-poaching in Gabon and Malawi to disrupt funding flows to extremist organisations.

Being prepared to fight in Europe is largely the focus of 3 (UK) Division.

Exercise Iron Resolve at the end of last year (page 42) was a good shake-out of our war-fighting skills.

The light units in 1 (UK) Division, together with appropriate specialist capabilities, are delivering first-rate results in what has to be a long-term defence engagement strategy.

Patiently and persistently building enduring relationships and growing insight and understanding equips us to "get left of the bang" and means we are better prepared should we be tasked to intervene.

The new Specialised Infantry battalions have made impressive progress and are increasingly recognised as important operational capability.

1 Armoured Infantry Brigade together with the Strike Experimentation Group have seized the opportunity to experiment and are discovering useful insights in to new ways of fighting.

At the unit level, I have been impressed with the imagination and enthusiasm that is being applied to improving our battlecraft.

This is important,

but fitness and well-being are also key ingredients of our fighting ability. And I have also been impressed by those units who are increasingly treating their soldiers as athletes by focusing on conditioning and nutrition as part of their physical training (page 18).

The British Army continues to prove its resilience and character. We are one of the nation's most popular and trusted institutions. That is down to the quality of our soldiers, both Regular and Reserve.

All good soldiers have courage, endurance, skill, adaptability and discipline. But the British Soldier blends these qualities together with compassion, humility and humour. No wonder the nation is proud of what you do.

2018 will bring both challenge and opportunity. Uncertainty about proposed changes to the provision of housing and other terms and conditions of service is unsettling. But no decisions have been taken and I shall ensure that the Army's particular interests are understood and accounted for as solutions are designed.

Your views are important and do make a difference. They provide me with the evidence I need to represent your needs. Please continue to engage with CGS' Briefing Team and the Armed Forces continuous attitude survey.

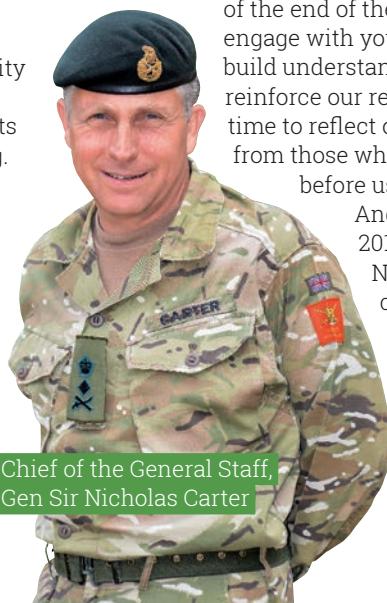
I would like to wish you and your families all a Happy New Year and thank you for your hard work and commitment in 2017.

I wish you a fulfilling 2018 that brings you the opportunity to further your ambitions.

You might use the opportunity presented by the hundredth anniversary of the end of the First World War to engage with your local communities, build understanding of the British Army, reinforce our reputation, and take the time to reflect on what we might learn from those who have worn our boots before us.

And remember that whilst 2017 was the Year of the Navy and 2018 is the centenary of the Royal Air Force, every year is the year of the Army. ■

Chief of the General Staff,
Gen Sir Nicholas Carter





NO
WONDER
THE
NATION
IS PROUD
OF WHAT
YOU DO

“
We are one of
the most popular and
trusted institutions
”



AFTER HOURS

Soldiers ditch their downtime to answer late-night 999 calls

Report: Sarah Goldthorpe Pictures: Graeme Main



IFE begins at the end of your comfort zone, so the saying goes.

And if that's true then LCpl Georgina Harvey (RAMC) and Maj Dai Tamplin (AGC (RMP)) must have more anecdotes to share over a pint than most.

But as I sit in the back of their first responder vehicle – scrunched between various bits of medical kit, some high-vis jackets and a rather tense-looking *Soldier* photographer – it is the concept of life ending that we are all preoccupied with.

The pair are on duty as military co-responders with South Central Ambulance Service, and just seconds after signing on for the 1600-2300 shift their first job comes through via an arresting dashboard alarm.

The blue lights come on, accelerator awakens, and within two seconds my heart is in my mouth.

The Ford Mondeo estate – not a car synonymous with high-octane adventure – wails and whines its way through the red

lights and roundabouts of Aldershot's rush-hour traffic, and as we reach the motorway I catch a glimpse of the speedometer's pin hovering menacingly over the 100mph mark.

The engine moans furiously as Maj Tamplin confines it to a low gear, and for a brief and horrifying moment I find myself lamenting the absence of Trimble to keep things in check.

But there is no time for superfluous braking now. Somewhere in Reading a life hangs in the balance, and the responsibility to save it has been handed to these two Regular soldiers, who are giving their time for free to answer that call.

Having volunteered as a military co-responder for six years now, Maj Tamplin is all too aware of the difference his team of 270 tri-Service personnel are making.

"I remember my first cardiac arrest," he tells me as he negotiates our congested route with a baffling combination of speed and calm.

"The guy was 'dead' when we arrived but we shocked him, did CPR and by the time our backup arrived we had got a return of spontaneous activity (heartbeat to the rest of us)."



"That's rare, and I don't know if he is still alive, but even if it gave his family time to say goodbye it was worthwhile.

"When you leave a job like that there is huge elation. But then you also get the ones that are unsuccessful."

His last words hang grimly in the air before he is forced to brake the car hard.

The officer's siren is sending some drivers into panic mode and they are making bad decisions in a bid to clear his path.

I drift my hand over my seatbelt briefly before enquiring about the casualty we are headed for.

An elderly lady has fallen over and has been on the floor for some time. LCpl Harvey explains that although the ambulance service has been trying to dispatch a vehicle, resources can get diverted to more life-threatening calls.

No sooner do we make our own approach to the address than the soldiers' dashboard device bleeps again.

The troops are needed on a more urgent job – a suspected heart attack in a 35-year-old man. The car does a U-turn and we head off in a new direction.

It goes quiet. As I watch blue lights bounce off the glass buildings I wonder how much longer that poor woman will have to wait.

"Obviously that's hard because we know she is still waiting for help," says LCpl Harvey, as if to read my mind.

The car edges through another set of red traffic lights, and Maj Tamplin spots a flashing speed camera.

I wonder how on earth he saw it at such high speed with so much rush-hour activity going on around us.

But travelling on a blue light means being on constant high alert, and the officer concedes that a busy shift can take its toll on the driver in particular.

No wonder, then, that the training course for rapid response vehicle drivers lasts three weeks. Perhaps not surprising in itself, but compare this to the four days of formal medical training these volunteers are given and it becomes clear where the risk lies.

I quiz the pair about the sorts of things

they have seen.

They explain that, like community first responders, their focus is on basic lifesaving skills such as defibrillator use and CPR.

The idea is that by answering calls very local to them, these personnel can arrive faster and help save more lives.

The cars cannot deliver patients to hospital and are stocked with limited medical supplies (first aid kit, a defibrillator, oxygen, gas and air and aspirin pretty much covers it).

So I am taken aback when I hear about the range of tasks they have encountered.

Choking babies, cardiac emergencies, strokes, assaults and elderly people living in isolation and squalor – you name it, these two have seen it.

And as the stories are told, it becomes increasingly hard not to make connections with my own loved ones.

We arrive at our destination, and the photographer and I edge nervously into the house behind LCpl Harvey, who is busy taking "obs".

The patient is conscious, and as we watch the Grenadier Guards medic hand over to arriving ambulance crews with the utmost professionalism, I cannot help but feel proud.

"People always ask why I would do something like this and not get paid for it," she tells me afterwards. "But I really enjoy it and for me it's also about experience."

"Army medics rarely treat elderly folk or children – and we generally work with people who are healthy – so seeing things like asthma and cardiac arrest lets me develop my skills."

She adds: "When my time in the Army is up I want to be a civilian paramedic so this also prepares me for that."

No sooner are they finishing their paperwork back in the car, when another call comes through – this time to a confusing domestic situation where someone appears to have been assaulted with a knife.

Police are on the scene.

"Best you stay in the car for this one," Maj Tamplin tells us as we pull up, before locking us in the vehicle.

After treating the patient for minor

On call: LCpl Georgina Harvey (RAMC), Maj Dai Tamplin (AGC (RMP)) and 268 other military co-responders helped South Central Ambulance Service by attending more than 2,000 patients between April and September last year





WANT TO GET INVOLVED?

To find out how to become a military co-responder contact cfr@scas.nhs.uk (for Hampshire, Berkshire, Oxfordshire or Buckinghamshire) or your local ambulance trust. The positions are open to military personnel and MoD civilians.



wounds and signing off the job, it's straight onto the next emergency – a three-year-old boy with breathing difficulties.

My stomach twists as the details are read out, and I think about my own two-year-old tucked up in bed at home.

LCpl Harvey says she has never been sent to three calls on the bounce. It's a busy night.

"This is the sort of job where I start to mentally run through all my training," she tells me, shifting restlessly in her seat as Maj Tamplin hits the gas.

We approach a large roundabout. "Clear right," she calls out.

Somewhere between the medical jargon and high-octane driving, it occurs to me why this role is so important.

Tonight might be an unusually demanding shift – with others involving hours of sitting around at standby points – but it is the presence of the co-responders that is as significant as their individual actions.

By providing extra cover, they are giving members of their community the best possible chance of survival.

"We do sometimes encounter suspicion," Maj Tamplin says of his full-time ambulance colleagues. "But it's up to us to break down those barriers."

And if there's one thing that can help in that department, it's a sense of humour.

"As you can imagine, military banter mixed in with emergency service humour can create some pretty interesting jokes," the officer adds.

South Central Ambulance Service – which covers Buckinghamshire, Berkshire, Oxfordshire and Hampshire – has the UK's biggest cohort of military co-responders.

But with troops usually committed to just one shift per week, the trust is keen for more to get involved.

The MoD has also thrown its weight behind the scheme, having recently overseen the purchase of five new rapid response vehicles through the Armed Forces Community Covenant grant scheme.

For Maj Tamplin, the benefits to defence are obvious.

"Experience in first aid can only be good in our line of work," he says. "But we are also putting people into difficult scenarios and asking them to assess risk, form a plan and act – all of that develops the individual."

With soldiers hungry for new challenges and ambulance services under increasing pressure, surely this fantastic scheme will be seen in every part of the UK before long. ■

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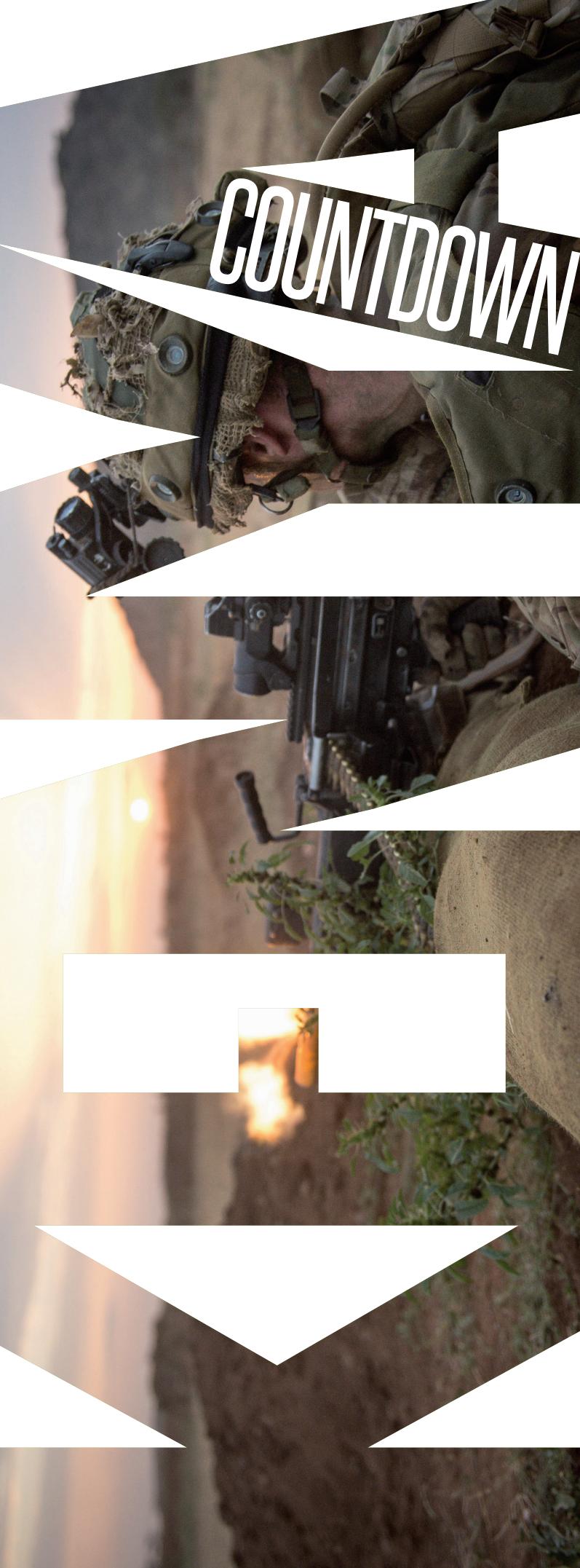
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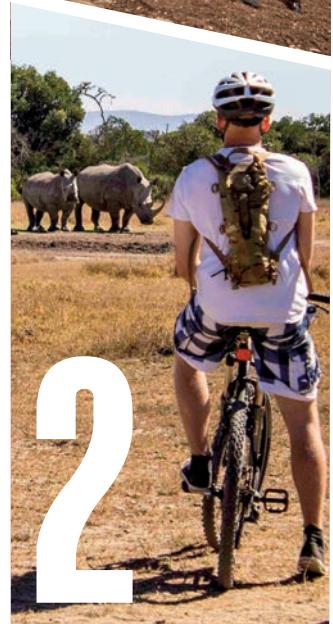
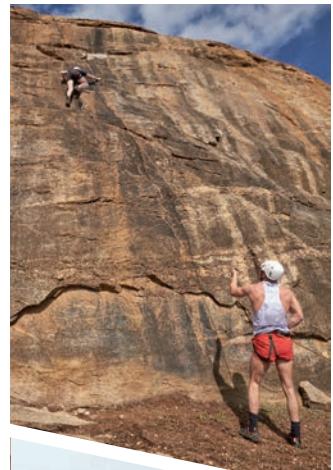
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COUNTDOWN

Deploying to the land of Masai warriors and wildebeest? Here are some of the things that could be in store...



2

African unions

Sharing expertise with local personnel is a key part of the experience at British Army Training Unit Kenya (Batu), and with the nation's troops deployed on a challenging peacekeeping mission in Somalia these exchanges could save lives. "The partnership is important," Maj Mark Stone (Para) said during the latest Askari Storm. "It works both ways. We're understanding their capabilities, equipment, and what they can achieve on the ground, and hopefully we can pass on some of our niche skills."

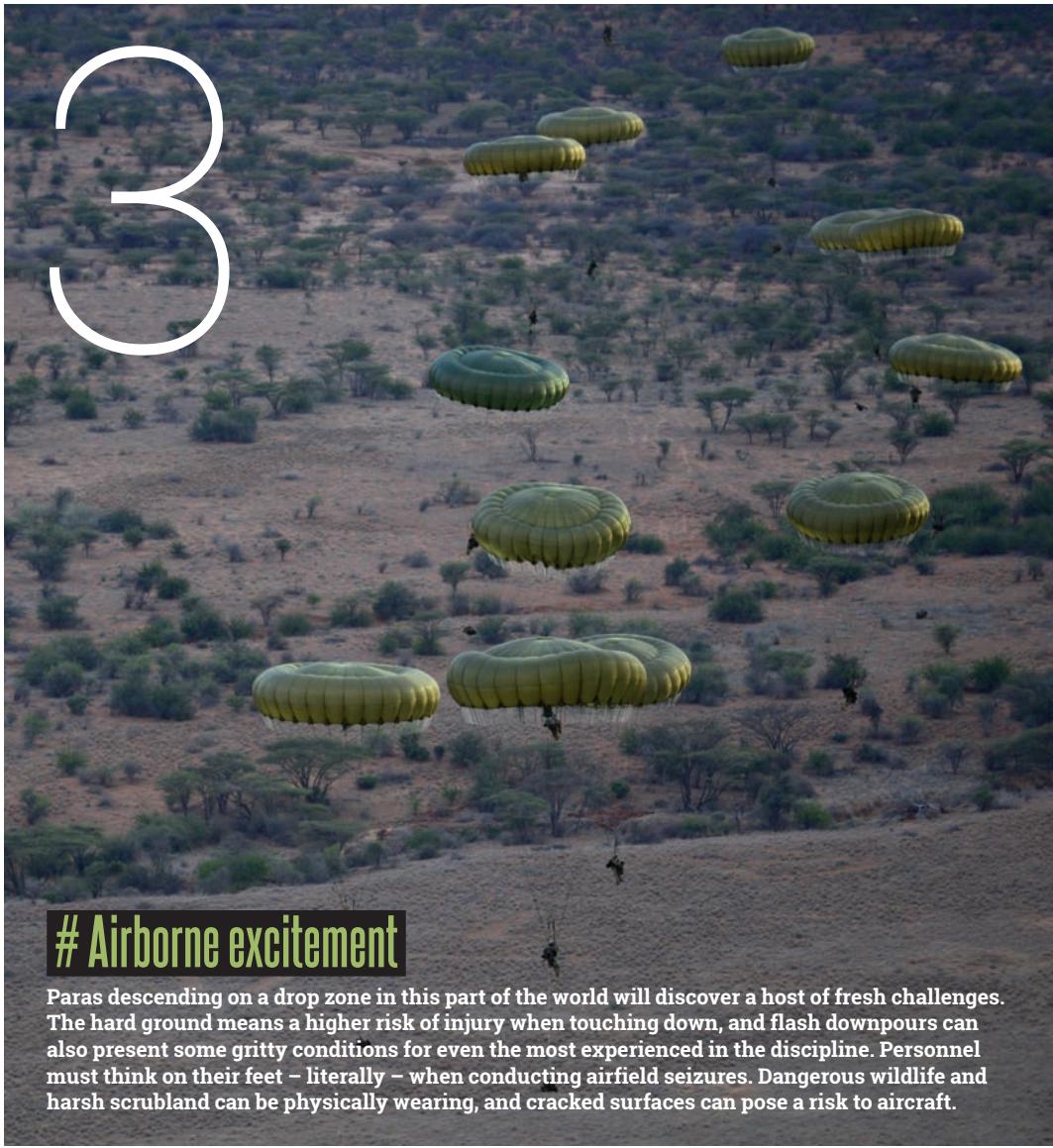
Outdoor adventure

From mountain biking and trekking to rock climbing and bushcraft, the opportunities for adventurous training and outdoor activities are plentiful in Kenya. After being on exercise many units take time out to enjoy this aspect of the country's culture, with many packages focused on the Mount Kenya region.





3



Airborne excitement

Paras descending on a drop zone in this part of the world will discover a host of fresh challenges. The hard ground means a higher risk of injury when touching down, and flash downpours can also present some gritty conditions for even the most experienced in the discipline. Personnel must think on their feet – literally – when conducting airfield seizures. Dangerous wildlife and harsh scrubland can be physically wearing, and cracked surfaces can pose a risk to aircraft.



5

Fierce wildlife

From scorpions and snakes to the so-called Big Five, Kenya's rich wildlife presents a threat to exercising troops as well as a spectacle. From encountering inquisitive hyenas on stag to herding game out of a training area, the experience is likely to be a memorable one. "People pay thousands to come to Africa and go on safari and we come here, work here, and have it for free," said Pte Mathew Haigh (Para) following the latest Exercise Askari Storm. But care must be taken. The black mamba, for example, is one of the fastest and deadliest snakes in the world.



Community kudos

Whether it's medics delivering healthcare to remote villages or an engineering project to repair wells and water supplies, Kenya allows UK personnel to see their skills put to lifesaving use. "Some of the communities are in real need of help," Sgt Thomas Nyanaro, a community health nurse in the Kenyan Defence Force, explained during Exercise Askari Serpent. "Medical facilities are very far away, so too are schools. Water and sanitation are also a problem for some. The soldiers have been very welcoming. It's been good to be part of a team and work hand-in-hand to improve people's lives."



6

Tough environment

With dusty savannahs and stifling temperatures, Kenya provides the perfect opportunity for personnel to hone their personal admin and fieldcraft skills in some of the most arduous conditions on Earth. Managing your water intake is vital; heat injury is a very real threat here. Moving tactically through dry scrub is challenging, as is digging-in when the ground is parched. Flash flooding can also be an issue. "People think there are safety nets but there aren't," Pte Mathew Haigh (Para), who has deployed to Kenya twice, explained. "It's just one of the things to deal with, but it prepares you for further operations."



Caught on camera:
Members of 3rd Battalion,
The Parachute Regiment
were the latest to hone their
fighting and fieldcraft skills
on Exercise Askari Storm

7

Intense live firing

Did you know that one of the Service's most important live-firing complexes is in Kenya? And with a £250,000 upgrade completed last year, it's a must-do for light infantry troops. Objective Silver at Archer's Post Training Area is a square-kilometre network of buildings and corridors sunk below ground level and members of 3 Para were the first to make use of the revamped site when they deployed on Exercise Askari Storm at the end of 2017. ■



FLYING



OPERATING a small drone may be as easy as riding a bike, but the two don't compare when it comes to abiding by rules and regulations.

While youngsters around the country were free to leap on their Christmas presses for a carefree ride around the park on Boxing Day,

all those sparkling new quad, hex and octocopters should have stayed in their boxes until the owners had thoroughly familiarised themselves with the Civilian Aviation Authority's (CAA) Air Navigation Order 2016.

This document sets out the law when it comes to endangering the safety of people or property with any small unmanned aircraft, including relatively cheap, commercially-available drones.

For instance, did you know that these craft cannot be flown over or within 150 metres of any congested area, and if they have a mass of more than seven kilograms (excluding fuel but including equipment like cameras) they must not be flown at a height of more than 120 metres except in prescribed airspace?

You can be prosecuted for breaking these rules – and many have been.

For further guidance look up the Drone Code, which is available to download at www.dronesafe.uk along with a handy app.

You should also be aware that UK law on flying drones will almost certainly be tightened up in the near future thanks to a bill currently going through Parliament.

It is calling for individuals to be banned from operating these platforms near airports and for police to have the power to order the owners to ground them.

Not only that, there is a proposal that all such devices should be controlled via an app rather than simple remote controls in order to ensure the new rules are incorporated into flight plans.

A mandatory registry for larger unmanned aerial vehicles is also on the cards.

If you wish to use a drone commercially you have to first attend an accredited CAA course that will train and assess your ability to safely operate one.

The package includes flying competence, knowledge of the law, risk assessments and decision-making and is designed to ensure those who wish to legitimately use them for business can do so safely and not expose the general public or aviation to unnecessary danger.

Further information can be found at www.caa.co.uk

Military personnel also need to be aware that if they use a drone for work – even for non-core requirements such as photography or surveys – the flights will be regulated by the Military Aviation Authority (MAA).

This organisation's requirements are similar to the CAA's but if your unit does not have any in-house aviation expertise you may wish to consult the MAA for advice, or read **DIN 2015DIN06-023**.

Also, make sure you read a very important DIN that is due to be published in early 2018.

It will detail a whole host of new requirements and restrictions related to the operation of drones by Armed Forces personnel and contractors on defence estate, some of which should have already been communicated down through the chain of command.

Check out future editions of *Soldier* for the full details.

Small drones are more popular than ever for work and play but there are lots of rules to consider

INTO TROUBLE

DRONE DOS AND DON'TS



- **Never fly a drone in the vicinity of manned aircraft** More than 50 near-misses were reported last year and in 2016 a Lynx missed a drone by nine metres
- **Always steer clear of airports or airfields**
- **Keep your UAV in sight and below 120 metres**
- **Don't operate it over congested areas** and never fly within 50 metres of a person, building or vehicle not under your control
- **Take care with altitude** With the exception of some small toys, most drones can climb several thousand feet into the air

- **To use a drone for commercial purposes you must obtain permission from the CAA**

- **Ensure any images you take don't break privacy laws**

- **Think about what to do if your drone fails** Is it going to fall far enough away from people, buildings and airfields?

- **Never drop an object from your drone that could endanger people or property**



REALITY BYTES

Authentic and virtual
combo provide full-on
casevac experience



Report Cliff Caswell Pictures: Peter Davies, Birmingham University, FreePik



IT was a flashback – a sudden plunge into a very different world and time.

I'm stooped over in a Chinook, barrelling through the patchwork of a landscape below, hands instinctively clutching for the webbing to stay upright.

The gunner and loadmaster are sitting near the dropped ramp and the wind-disturbed engine whine and clattering rotors reverberate as the aircraft claws its way back to base.

For a few seconds this is reality.

Caught off balance by the pitching and hypnotised by the ground flowing below me, I am sure we are flying over Bosnia in the 1990s – the feelings are those of a much younger me on an operation long gone.

The strange hallucination evaporates after removing my virtual reality headset. In its place is a mock-up of the helicopter cabin, complete with the objects that were around me before.

But the view is gone, along with the crews.



The nauseating sense of motion has disappeared but it takes a few seconds to return to sure footing even though the movement was an illusion.

"We're still missing the smell of aviation fuel in this experience," admits Prof Bob Stone, director of the Human Interface Technologies team at Birmingham University, which has put this simulator together.

"Everyone who tries it tells me this – we're working on it."

The distinctive smell of the Chinook might be missing, but the experience is still very real.

This is what is known as a mixed reality simulation – a speciality for Stone's department, which has had a raft of successes with similar products.

The immersive world is a combination of real objects in the cabin combined with computer-generated effects.

And the centrepiece is a mannequin of an injured soldier. In a virtual casevac it is the job for medical teams on pre-deployment training to bring him back to base alive.

Cash for these types of projects comes from a mixture of government and private sector backers.

Joint Medical Command – through the Royal Centre for Defence Medicine – funds the Chinook project, which is part of the university department's wider Medical Emergency Response Team initiative.

The helicopter cabin is set up in an inflatable tent, which provides the feeling of an enclosed space.

Real-world kit includes a mock M60 machine gun, realistic seats and other familiar equipment.

Exercise participants can manoeuvre their way around the cabin using paddles to manipulate the environment.

Touching the mannequin is really unnerving. It both looks and feels very credible.

A variety of situations can be recreated – including altering the casualty's heart rate to the point of cardiac arrest.

"Using this mixed reality approach with real-world objects is definitely the way ahead," asserts Stone.

"Although this is currently a 'proof of concept', there has been interest in it from all three Armed Forces as well as various ambulance services.

"The model allows us to simulate pretty much any vehicle."

"We have been given the go-ahead to look at an Army Mastiff very soon."

The Chinook package – which has been tested by teams including those at the Royal Air Force Tactical Medical Wing – joins an impressive line-up of products being developed in Birmingham (see overleaf).

The technology is certainly immersive and has a lot of potential for a variety of training and real-world applications.

Matched with the likes of drones and the latest mapping techniques, the way troops view the world around them could soon be very different. ■

Mixing it up

FROM operations to training exercises, academics at the cutting edge of mixed reality believe it could give soldiers a battle-winning edge. Far from perching troops in front of a screen with a console headset, they can physically interact with the world around them. Steve Barraclough of the Chartered Institute of Ergonomics and Human Factors believes these technologies can help to familiarise personnel with extreme situations. The CEO – whose organisation is a key supporter of Birmingham research – told *Soldier*. "We have a real opportunity in this work – it brings human factors into a situation and can allow troops to make mistakes and learn in a controlled environment."

Here is a taste of the other work in the university's research portfolio...



Tabletop ops

Resembling something akin to the old Xbox 360 real-time strategy game *End War*, the Future Mission Systems programme overlays virtual images onto real objects – in this case an area of operations is projected onto a table. Wearing virtual reality glasses, would-be commanders find themselves in a digital room with the landscape, military assets and other aids projected onto their map and on screens around them. Environment data mapped by drones is used to create the backdrop. Academics believe the technology could assist in dealing with incidents such as a multi-site terrorist attack – like the Charlie Hebdo atrocity – by keeping tabs on all locations.



Virtual village

A digital representation of an Afghan village has been helping soldiers recognise signs that insurgents are at work. Clever lighting effects and shadowing show the signs of IEDs such as command wires, disturbed earth and markers – spotting them can mean the difference between life and death.



Cutting edge

The Birmingham team have developed a simulation package that accurately recreates the dynamics of the Cutlass EOD robot. Matched with the asset's operating box, students can have the fully hands-on experience in a safe environment to supplement classroom training. With some trainees prone to pushing a complicated piece of kit beyond its limits – to the point of toppling it over – the simulation allows them to get to grips with it before taking to the controls for real. The UK Armed Forces have around 40 of the simulators available – they can replicate both outdoor and indoor situations.



Drone zone

According to Bob Stone, the concept of a "sacrificial drone" could be useful to future armies. The expendable device could be dropped from a mothership, uploading useful data before being hit by enemy fire.

Fighting fit

Casualties with limb injuries can use med cycles to do exercise around a virtual beauty spot. The Birmingham team have digitally mapped an area in Plymouth and, when linked to a cycle, patients can explore the scenery.



COUNTER-DRONE TECHNOLOGY



A sharp increase in IED attacks deployed from drones on the battlefield has created the urgent need for portable counter-drone technology. Level Peaks has partnered with PDA Electronics and MyDefence to offer a lightweight, single-man portable solution.

MYDEFENCE WINGMAN 101

Developed alongside military personnel and SOFs globally, Wingman is a an intuitive wearable personnel drone alarm, continuously scanning for and detecting remote controlled drones (uav, aus, rpas etc.) at long ranges - often before they have taken off.

It operates both as a standalone unit, or connected as a peripheral device to other equipment, such as a personal communication radio.

HANDHELD REPULSE

Using about the same power as a standard WIFI router the Handheld Repulse unit can repel all types of commercial drones at distances of over 1km. The unit creates an exclusion field on both the 2.4GHz and 5.8GHz bands which is over 160 degrees wide and 160 degrees



HANDHELD REPULSE



WINGMAN 101

vertically. Any drone encountering the electronic enforcement field will be immediately forced to return to its sender.

The 2458H Handheld unit features a tripod mount in the handle and runs off 12v 6800ah battery. Weighing only 1.5kg including the battery, the unit is extremely portable and simple to deploy in seconds - it's as simple as turning it on.

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ON THEIR

Personnel go back to basics



METtle

with Iron Resolve

Report Cliff Caswell Pictures: Graeme Main

WITH the sun climbing laboriously over the plains – heralding the slate-grey sky of a winter morning – troops are continuing to process the frenetic events of the past 24 hours.

Amid the silhouettes of farm buildings and dagger-like arrangements of aerials, the ambient buzz of the Army at work hangs over this improvised camp.

The drifting aroma of boiling ration packs and coffee, the flapping of canvas in a cutting wind and the hum of generators give the semblance of normality.

But this is an illusion.

A few hours ago an air-to-ground missile was fired at this makeshift base – the command post of HQ 3 (UK) Division.

It is time to move out – and quickly – before a further strike causes greater havoc.

This might be a mock attack, but Exercise Iron Resolve is bringing troops back to core business – a dust-off of war-fighting skills that have not been extensively rehearsed for two decades.

In this serial, the headquarters has been broken up and deployed across different locations on Salisbury Plain to avoid it being wiped out in one strike.

The command post also frequently changes location – or “chocs” – as a further precaution, to avoid contact with the enemy.

Although this three-week package, which encompasses assets including Warrior and Bulldog vehicles, represents a return to many of the tactics familiar to the Cold War generation, the world in which it is set has moved on considerably.

The communications revolution has opened up a new front in cyber warfare, while social media means the eyes of citizen journalists are on combatants.

Skill sets to deal with these new areas are critical.

As the command post prepares to move from the buildings it has requisitioned on New Zealand Farm, command sergeant major WO1 Jon Frith (Gren Gds) is in a confident mood.

He believes soldiers are rising to the challenge and working well alongside the many international partners embedded in the headquarters. Colleagues from Nato's HQ Allied Rapid Reaction Corps are also taking part in the manoeuvres.

“Past operations mean we have experience – including coordinating joint forces, which is a huge asset,” WO1 Frith tells *Soldier*. “Iraq and Afghanistan have provided us with strong and credible leadership at all levels.”



WO1 Jon Frith (Gren Gds)





With the "choc" under way, command has been transferred to a post rapidly established a few miles away. But there are developments on the battlefield.

Some 35,000 allied personnel are preparing for an offensive across a front spanning around 20 miles and a loss of leadership cannot be afforded.

Moving in a Warrior convoy to the new location is general officer commanding Maj Gen Nick Borton, who originally commissioned into the Royal Highland Fusiliers in 1989. He is pleased with the way his troops are adapting to large-scale peer-on-peer combat.

"It is fair to say we have been on a journey to rebuild the skill sets for war-fighting over the past few years – it is a long time since we have seen this type of exercise," he admits, adding that the use of "choc" has not been rehearsed for some time.

"The training is all about regrowing the right expertise, taking lessons from past campaigns and putting them into a new context as we live and operate together."

Service personnel at the sharp end of the HQ are impressed with the learning opportunities on offer.

"Life out here is quite a change from the likes of Iraq and Afghanistan," remarks LCpl Mitchell Lawrence (RE), who is in the Royal Engineer cell. "The situation is different, even around protocols such as evacuating the wounded."

"We are talking about high casualty situations and we won't be able to use Chinooks for extraction – ambulances will be needed for the numbers of wounded."

"And minefields, rather than improvised explosive devices, will be the problem."

Cpl James Duncan (Para) emphasises that building relationships with allies has also been a high point of Exercise Iron Resolve.

"I have served for the past 15 years and this is something that seems to be getting stronger and stronger," he adds.

"The package also represents a chance to see the bigger picture of command."

The opportunities are certainly rich.

In a changing world, the Army must keep pace with the environments it may face – particularly in the war-fighting arena – and plans are now being made for divisional troops to take part in a major serial in the USA this year. ■

IRON DIVISION FRONT LINE

We asked officers and soldiers how the exercise had panned out...



I am here as an observer and seeing this exercise has been enlightening. The notion of distributed command – and how you do it – is very interesting. There are **different concepts here that we might introduce to French training**.

Capt Guillaume Barbe, French Army

It is interesting for somebody of my rank to have the GOC in the turret. You wouldn't normally have the chance to interact and would normally only see him on a formal visit. Exercise Iron Resolve has been **a good opportunity to see the bigger picture**.

LCpl Joshua Kenny, RRF



The package has been **a challenge** – it has been **very physically demanding** at times. It is the first time I have supported a mobile divisional HQ and the moves have been **particularly testing**.

LCpl Jack Keates, R Signals

It's a good way to test interoperability. The British and US militaries have been working closely together on operations for the past 15 years and **we have more similarities than differences**. But here we have **the opportunity to share ideas** – the value of being in a multinational environment is you learn from one another.

Brig Gen Douglas Crissman, US Army
Deputy Commanding General,
3 (UK) Division



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When recce commander Nathan Cumberland lost both legs to an IED blast his future seemed bleak. But in just a handful of years the determined Grenadier Guardsman has gone from wounded warrior to dedicated welfare worker. He tells *Soldier* his story...

IT turned out to be third time lucky for me," Nathan Cumberland says grimly of his Herrick tour in 2009.

The Serviceman was on patrol when he stepped on an IED, leaving him with catastrophic injuries that would see him become a double amputee.

"I sensed something wasn't right that day," he recalls of his final military mission.

"It had been quiet, like something was being planned. We'd all joke about whether it would be our turn next, and how we should have picked our wheelchairs out."

The dark humour turned out to be a terrible prophecy. Cumberland lost one leg in the blast, and in the chaos of the aftermath he had to apply tourniquets to himself while awaiting the Mert helicopter.

Thirteen pints of blood, 27 operations, two years of rehab and several bouts of MRSA later, something of a normal existence was starting to come into view for the Serviceman.

"My regiment was amazing," he recalls. "People visited daily and I had no issues with the support."

"I was more worried about my family and fiancee."

Following stints at both Headley Court and Tedworth House, Cumberland was eventually ready to enter civvy street.

He took up a job with Help for Heroes, coordinating the charity's ambassadors, and even went on to compete at the Invictus Games in shot put (pictured) and powerlifting.

"Your head is going at 1,000mph, trying to accept that things have changed," Cumberland explains.

"I was meeting all these charity people and the world of welfare just grabbed me.

"When you're serving you don't really think about that

side of things because you seem invincible."

But when a position was advertised at the Defence Medical Welfare Service last year, the ex-Serviceman made the move.

And – as is often the case with those leaving the military – his experiences at the sharp end would prove to be a vital asset to his new employer, which supports Armed Forces personnel and veterans undergoing medical treatment.

The 33-year-old is based in Nottinghamshire, where he spends a lot of time assisting the elderly.

"It appealed to me to work with guys over 65," he explains. "The sorts of stories you hear are fantastic."

"Often people just need our reassurance."

"It might be little things like telling them what's what, or how long they will be in hospital for."

"Sometimes the doctors are busy and welfare officers can act like go-betweens."

It doesn't sound like the easiest of full-time jobs for someone who has seen more than his fair share of medical procedures.

"I found the first few months a struggle," Cumberland concedes. "But I just got on with it."

"I think if you ask anyone you don't do this job for the money; it's a cliche but you just want to help."

He continues: "It can be hard to see people with fewer injuries than you not coping – at one point I did wonder if I was cut out for the welfare thing."

"But there's a lot of factors involved and over time I've learnt to see these."

"Someone may have lesser injuries, but their road to recovery could have been more difficult than mine."

"Perhaps they were on their own, maybe they don't have a big family like I do, or a fiancee whooping their arse."

"Until you're in someone else's shoes you never know."

The veteran's sympathetic yet no-nonsense approach is clearly one that many of his military patients appreciate."

He tells me: "Sometimes I do have to be quite blunt with people, but as they are ex-Forces they usually want that."

"I explain that no one likes asking for help but that amputees like me will have to do that for the rest of our lives."

"It goes from there, really."

It might not be the patrol-base banter he was wrenched away from, but Cumberland's



career has been a boost to him as well as his service users.

"You usually find that sense of humour is there," he says.

"An elderly veteran might not recognise their wife any more but I guarantee they will know their service number and be up for a laugh."

Having the strength of character to take on other people's problems is an admirable trait in anyone.

But to do so after sacrificing nearly a decade of your own life to the recovery and rehabilitation process is nothing short of remarkable.

He may be out of uniform, but Nathan Cumberland is just about the most positive embodiment of grit, determination and courage it's possible to imagine – and yet another example of how the Army's values and standards can make a positive impact long after discharge.

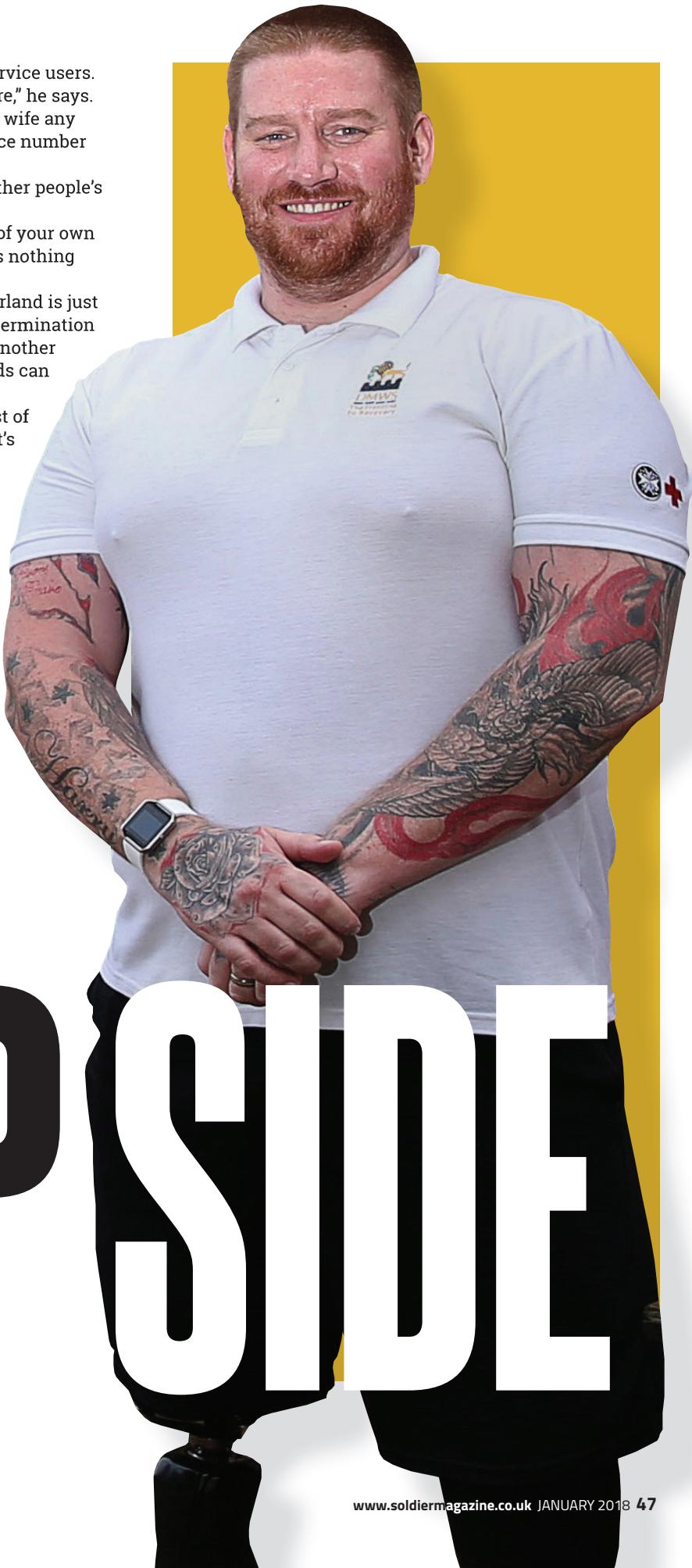
"I will be part of the welfare bubble for the rest of my life," says the veteran matter-of-factly. "That's just the way it goes."

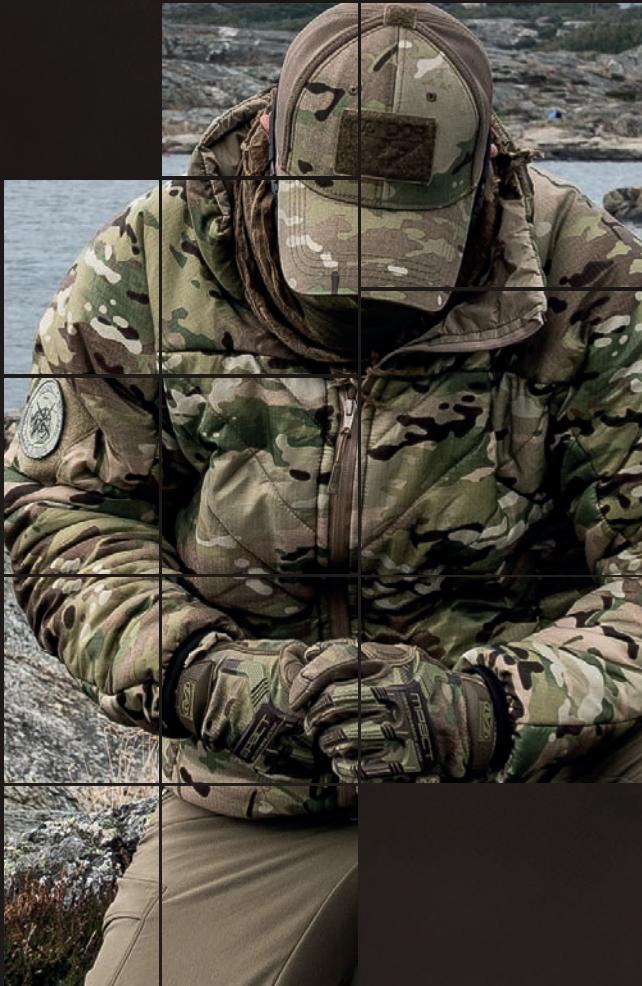
"No one can know what's coming if they get injured, and it comes down to how you want to deal with it."

"When I was in Selly Oak I decided I had two choices – blame everyone or accept that I am never going to be in the Army again and focus on the future."

If that sort of outlook doesn't inspire those he works with, nothing will. ■

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In his sights: A reader is aiming for better conditions for volunteers

'Reservist pay needs support'

MY Reserve battalion employs a number of personnel on voluntary training and other duties (VTOD) including as recruiters or in administrative roles.

These soldiers work 207 days a year and for the vast majority of them it is their sole form of income.

However, despite being part-time employees of the British Army they are not entitled to sick pay, or even paid compassionate leave when their kids are ill.

I recently found this out when one of my team, who is a single mother, had to take time out.

Should we, as a modern organisation, hire people on a zero-hour style contract with no employee benefits? — **Maj Pete Shergold, Mercian**

Lt Col Nigel Drayton, Senior Officer Policy, Directorate Manning (Army), replies: VTOD is entirely voluntary; the Reservist doesn't have to come in to work and the employer doesn't have to provide work.

The Army is able to employ members of the Army Reserve on part-time Reserve service VTOD and/or additional duties commitment (ADC), providing the aggregated total of both does not exceed 180 Reserve service days per year.

This is in addition to the Reserve's obligatory training requirement of 27 days per year for the regional Army Reserve, or 19 days per year for a national Reservist.

The employer and the individual can select either commitment exclusively or mix and match them to suit, but paid sick and compassionate leave are not part of

the conditions of service for VTOD as they are for ADC.

There are practical and legal reasons for this.

It follows that no agreement can be made to pay this individual on specific days if he or she does not attend for work on these days; the exception is maternity, which is covered in [2015DID01-167](#).

An ADC is different in that a formal written commitment is made between the employer and the Reservist for specific work to be conducted on certain days.

If the soldier is not able to work at any of these times, due to sickness and/or for compassionate reasons, they are paid for these days just as they would be if they were on full-time Reserve service or a Regular.

VTOD has an attractive allowance package, namely pay in lieu of annual leave, pension earning under Armed Forces pension scheme 15 and assistance with daily commuting costs.

ADC is slightly different in that it grants paid annual leave and terminal leave but doesn't include daily commute costs.

In both cases a five per cent X-factor is included in pay which increases with annual increments and promotion and, if linked to obligatory training, an annual bounty is paid with all service being reckonable for the award of the Volunteer Reserves Service Medal.

We consider that both the VTOD and ADC packages compare favourably with equivalents for civilian part-time employment.

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For the majority it is their sole employment
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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.

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RANT OF THE MONTH



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The article on officer cadets conducting public order training in the December issue caused a riot on Facebook...



Ged McMichael

Public order training is an indication that the Army is trained to be used against the very civilians it is supposed to protect. A sign that something is broken. Sad.



Steve Hancock

The Army is not sworn to protect those involved in public criminality, so by default if they are deployed against those involved in disorder they are being used to protect those civilians who are at risk.



Ant Sharman

Public order training is part of their core syllabus – not something new. It is an excellent environment in which to pressurise decision-making and prepare young leaders just a little for the moment that it is bullets and not potatoes incoming.



Stuart Nicholson

The British Army has always trained in public order and used it in Northern Ireland, Kosovo, Iraq and Cyprus.



Bryan Malyon

Did this back in '91 there at Longmoor, it was great fun

“
Am I not risking offence?
”



An unwelcome greeting

WITH the MoD correctly placing a lot of importance on various diversity, inclusion and gender-related issues, may I bring everyone's attention to the way we greet and speak to each other.

For example, when the telephone rings I must answer with the name of my department, my name, followed by "how can I help you sir?"

Presumably, we say "sir" because regimental sergeant majors and officers were once all male, harking back to a time when only men were allowed to serve in the military.

Secondly, when I see an officer walking through the barracks I must greet them with the word "sir" or "ma'am" but am I not risking offence here by assuming someone's gender or implying that they actually see themselves as having a gender?

Isn't it about time the Army considered abolishing these Victorian-style greetings?

I believe a new system should be looked at which is more up-to-date and lessens the risk of embarrassment or

offence to us all. – Name and address supplied

Col Steve Davies, Assistant Head Employment, Directorate Manning (Army) replies: The use of gendered terms when greeting officers as you walk around barracks reflects a convention that is used in many important sectors of British society, including the monarchy, judiciary and parliament.

I would disagree that the British Army is somehow out of step with the community in this regard.

Saying "sir" or "ma'am" is both appropriate and polite.

However, I agree that the convention of answering the telephone using "sir" without knowing who one is speaking to is now considered outdated and arguably unnecessary.

The opening gambit of saying your rank and name followed by "how can I help you?" is both respectful and applicable to all callers and should be adopted.

WHERE IS SOLDIER'S SENSE OF OCCASION?

● AS a long-time reader I was struck by the lack of festive content in your December edition – what happened to the special Christmas competition?

In the past you published celebrity messages to the troops as well. Am I being cynical or have companies and public figures lost interest in the Armed Forces now that we are no longer involved in combat operations?

And while I enjoy the editor's letter on page five, I was looking forward to the traditional update from the chief of the general staff. – Name and address supplied

The managing editor responds: You are correct that the Army's relatively low profile compared to the Herrick era makes it more difficult to attract companies and celebrities to participate in special articles or competitions.

As for the Chief of the General Staff, Gen Sir Nicholas Carter, he opted to write a New Year message instead of a Christmas one (page 26).



“The outfit is obsolete”

‘Another bill for us to bear’

I AM serving with the King's Royal Hussars and am being forced to comply with the requirement for some regiments to change their mess dress due to females now being eligible to serve in the teeth arms.

While I welcome the introduction of women into the Royal Armoured Corps, should we be forced to purchase new mess dress without support?

Several colleagues of mine recently bought the old-style outfit with a grant

(this doesn't cover the whole cost).

However, they've been told the garments are obsolete and are expected to pay around £1,000 for new ones.

This is yet another bill soldiers have to bear and if a similar situation occurred in the civilian sector the cost would be covered by the company.

Most employees out there simply wouldn't accept being told to "suck it up and put it on a credit card".

A reasonable solution would be to

extend the grant to cover the price of the new mess dress, even if an individual has already taken advantage of the scheme to purchase the previous set of clothing.

– Name and address supplied

Lt Col (retd) Kestrel Simson, Ceremonial and Operational and Service Awards, Army Headquarters, replies: The Army Dress Committee first considered proposals to change the King's Royal Hussars' dress regulations in June 2017.

It then approved a modification to the design of the male senior NCO mess dress in order to make it more suited to females, but because this was a voluntary alteration there could be no additional grants or public funding to pay for existing members to update their outfits.

The committee also stated that there was to be no pressure for personnel to change their clothing.

However, the regiment voted that soldiers with more than 18 months left to serve should purchase the new jacket and bib.

In a similar vote, members of the corporals' club, who are under no obligation to purchase any form of mess dress and receive no grants at all, also agreed to change to the new design.

If you or any other member of the warrant officers' and sergeants' mess or the corporals' club are unhappy with this change to the rules, you should take up the matter with your regimental chain of command.

DOES TROUSER POLICY LEAVE TROOPS IN THE COLD?

I HAVE recently deployed to Eastern Europe where we've been told that wind is one of the primary factors when it comes to feeling the cold.

However, we have not been supplied with windproof trousers, so under what conditions is this piece of kit issued?

– Name and address supplied

Col Neil Llewellyn, Assistant Head of Logistic Support, Army Headquarters, replies: Our deployments are supported through a specific schedule of clothing items and ancillaries which are designed to cater for the full range of weather conditions.

This schedule is the responsibility of Support Branch, Headquarters Field Army who have endorsed the requirement and funded the solution.

The schedule itself was produced by Royal Marine mountain leader subject matter experts.

A layered system was developed that is designed to allow soldiers to survive and operate in Eastern Europe.

If individuals identify what they believe is a deficiency in the clothing schedule or a defect in the issued items, they are encouraged to raise a report through their chain of command that identifies the problem.

This will then be analysed by the Field Army's Support Branch to determine if a new requirement needs to be generated.

But thus far, no defect reports have been received relating to issued clothing for UK Armed Forces operating in this region.



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

→ **Our boarding facilities are the best in Europe.**

No one else even comes close.

All bedrooms have private bathroom plus phone, voice mail, large plasma TV/DVD player + gaming port (on timer), a Sony PS3, fridge, microwave, trouser press and hot drinks facilities. House staff are friendly and caring.

→ **A vast amount of fun filled activities and trips out.**

100+ weekly non-sports and sports activities = fun packed weekends.

→ **£30m Sports Village with 7 Astro-Turfs + 250,000 sq feet of indoor facilities**

QE is a UK leading school for Sport so it is not surprising that...

QE - North Yorks County Academy Centre in Partnership England Netball

QE is the Pennine Pumas Training Centre for England Hockey

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QE is a Nationally recognised Performance Training Centre for Elite Rugby

QE Cricket Academy - Official partner of Yorkshire County Cricket Club

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

We understand the needs of service families with staff who are married to serving members of the Forces. With years of experience in ensuring our 380 Forces children settle well, are confident and successful.

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

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

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

Other Schools Results

5	QE College	85%
17	Faculty of QE	77%
68	Christ's Hospital Sch	57%
81	Monmouth School	55%
85	Cheltenham College	55%
	Bromsgrove School	54%
	Dauntsey's School	50%
	Dean Close School	49%
114	Kingswood School	48%
143	Kingham Hill School	45%
	Monkton Combe	42%
	Gordon's School	36%
	King's School Bruton	34%
	Welbeck College	34%
239	King's Coll Taunton	31%
	Stamford School	30%
	Millfield School	25%
	Barnard Castle School	21%
271	Licensed Vict Ascot	16%

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



UK's Top 20 Independent Schools 2017 - % A*/A A-Level (Daily Telegraph)

Ranking of Schools taking boarders

Nationally Ranking all type schools

% A* / A A-Level

1	1	Cardiff Sixth Form College	91%
	2	Perse School, Cambridge	87%
2	3	Westminster School, London	86%
	4	King's College School (KCS)	86%
3	5	Queen Ethelburga's College	85%
	6	Guildford Girls High School	85%
4	7	Concord College, Shrewsbury	84%
	8	City of London Girls School	84%
	9	Haberdashers' Aske's Boys	84%
10	10	St John's College, Cardiff	83%
11	11	King Edward's Birmingham,	82%
12	12	Magdalen College, Oxford	80%
13	13	North London Collegiate Sch	79%
14	14	Royal Grammar, Guildford	78%
15	15	Alleyn's School, Dulwich	77%
16	16	Haberdashers' Aske's Girls	77%
5	17	Faculty Queen Ethelburga's	77%
6	18	Brighton College, Brighton	76%
7	19	St Mary's School Ascot, Ascot	75%
20	20	Hampton School, Hampton	73%

COMPETITIONS

Spine line winner: Michael Furlong, Allenby Barracks, Bovington Camp.

Churchill DVD winners: Graham Drew, Wendy Sparrow, Pete Rendall, Jayne Hawkes, Lisa Telford.

DIARY

January 15: Deadline for the British Army's first poetry competition. See page 17 of November 2017's *Soldier* for details.

February 1-6: *Soldiery: British Army Portraits* exhibition at the National Army Museum, Chelsea. The work of photographer Rory Lewis will be on display – he will give a talk with Gen Sir James Everard at 1800 on January 31, ahead of the opening. Further details at www.nam.ac.uk/whats-on/soldiery-preview

March 23: N Battery (The Eagle Troop), Royal Horse Artillery celebrate the **175th Hyderabad Day**. Open to all ex-members, the event comprises a black tie dinner in Newcastle-Upon-Tyne from 1900. For more information and to confirm attendance email hyderabad1843@gmail.com

March 17: Opening of the National Army Museum's *Special Forces – Out of the Shadows* exhibition. For further details visit www.nam.ac.uk

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www.afbs-uk.org

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Care After Combat:
www.careaftercombat.org

Career Transition Partnership:
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www.felixfund.org.uk

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Forces Pension Society:
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Help for Heroes:
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Joint Service Housing Advice Office: 01252 787574

Medal Office:
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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: 0131 557 2782;
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Regular Forces' Employment Association:
0121 236 0058;
www.rfea.org.uk

Remount:
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www.remount.net

Royal British Legion:
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www.britishlegion.org.uk

Royal British Legion Scotland:
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RBL Industries Vocational Assessment Centre:
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The Not Forgotten Association:
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The Poppy Factory:
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The Royal Star & Garter Homes:
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The Veterans Charity:
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Troop Aid:
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Veterans Welfare Service:
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0044 1253 866043 (from overseas)
www.gov.uk/government/groups/veterans-welfare-service

INTELLIGENCE

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

ABN 137/17: Defence employer recognition scheme directive 2018

ABN 135/17: The management of trade and employment competences on JPA

ABN 134/17: Introduction of the Cadet Forces Commission

ABN 133/17: Introduction of the Army Reserve promotion board (pink list) in 2018

ABN 132/17: The Centre for Army Leadership's 2018 speaker series

DIN 2017DIN01-190: MoD civilian medical practitioners pay award 2017

DIN 2017DIN01-189: MoD civilian dental practitioners 2017 pay award

DIN 2017DIN01-188: Health service support for personnel assigned to European Joint Support Unit locations

DIN 2017DIN01-187: Reimbursement of professional body fees for Regular Armed Forces allied health professionals

DIN 2017DIN01-186: Selection for the attendance on the intermediate command and staff course (Land Reserves) in 2018

DIN 2017DIN01-185: Launch of the payment of professional membership fees policy

DIN 2017DIN01-184: Hepatitis A and B vaccine shortage

DIN 2017DIN01-183: Service pupil premium details for 2017/18

DIN 2017DIN01-181: Recruitment – the introduction of new sift and selection tools and the removal of mandated minimum educational qualifications for generalist roles

DIN 2017DIN01-180: Volunteer Cadet Corps – change of status

DIN 2017DIN02-009: Army national security vetting clearance requirements

DIN 2017DIN03-019: Treatment of military terrain pattern uniform and mosquito nets with permethrin

Continued on page 54

Continued from page 53

DIN 2017DIN04-195: Amendment to Army command standing order 9015

DIN 2017DIN04-194: Return of serviceable A1/A2 STAS equipment to Qioptiq is to cease immediately

DIN 2017DIN04-193: Declaration of obsolescence: Clansman ground spike antenna NSN 5820-99-620-5950

DIN 2017DIN04-191: Removal from service of sample kit, dog training No 3

DIN 2017DIN04-190: Publication of deployed antibiotic policy

DIN 2017DIN04-188: Declaration of obsolescence of Sophie R and all associated spares

DIN 2017DIN04-187: Declaration of obsolete equipment – Rapiscan security screening equipment

DIN 2017DIN04-186: Back-loading of L81A2 cadet target rifle

DIN 2017DIN04-185: Identify Friend or Foe mode 5 platform identification numbers

DIN 2017DIN04-183: Removal from service of cartridge electrically operated fire extinguisher (Lynx Mk 7 and 8)

DIN 2017DIN05-019: Support to

non MoD-sponsored cadet units and organisations

DIN 2017DIN05-018: The Defence Medical Services Regulator initial operating capability structure, roles and responsibilities from December 1, 2017

DIN 2017DIN05-017: Contact with parliamentarians

DIN 2017DIN06-025: Publication of International Air Transport Association dangerous goods regulations 59th edition

DIN 2017DIN06-024: Container weighing verification

DIN 2017DIN06-023: Duty to consult with the Defence Fire Safety Regulator

DIN 2017DIN06-022: JSP 800, vol 4b, ed 2, management and detail of latest amendments

DIN 2017DIN07-139: Chainsaw training audience

DIN 2017DIN07-138: Adventurous training offshore sailing – planning expeditions to Cyprus in 2018

DIN 2017DIN07-137: Flotilla Express

DIN 2017DIN07-135: Recording foreign language proficiency and multi-level language assessments – independent candidates

DIN 2017DIN07-134: Joint Service adventurous training parachuting – planning expeditions to Cyprus in 2018

DIN 2017DIN07-133: Offshore sail training craft from Joint Services Adventurous Sail Training Centre for unit adventurous training exercises

DIN 2017DIN07-132: Defence Medical Services Reserves external course application process

DIN 2017DIN07-131: Defence information management passport

DIN 2017DIN07-130: Defence medic level 3 uplift course to level 4 associate ambulance practitioner – attendance criteria

DIN 2017DIN07-129: Adventurous training – mountain biking expeditions – Harz Mountains

DIN 2017DIN07-128: Defence recovery capability employment training courses. Schedule April 2018 until March 2019

DIN 2017DIN07-126: 2018 Senior signals intelligence adviser training course

DIN 2017DIN07-125: US Air Force advanced course in engineering cyber internship

DIN 2017DIN07-124: MoD managed learning service – procurement of external training for MoD personnel

DIN 2017DIN07-123: Joint operational planning course – FY 2018/19

DIN 2017DIN09-020: General Service Medal 2008 with Eastern Africa clasp for Operation Tanguam HQ British Peace Support Team (Eastern Africa)

DIN 2017DIN10-053: British Army motorsports event – Saxon Express 2018

DIN 2017DIN10-052: Army Support Command – South Climbing Competition

DIN 2017DIN10-051: The Army Indoor Tennis Championships 2018



ROADSHOWS

The Army Engagement Team wants to hear from members of the public who would like a personal invitation to its hi-tech roadshow. The event starts with a reception, is followed by a presentation, questions and culminates with refreshments.

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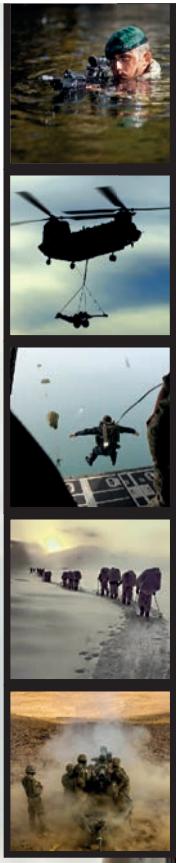
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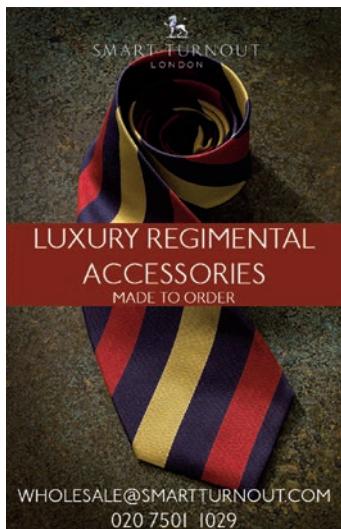
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ARMY SPORTS LOTTERY

11 November 2017

1st Prize (£10,000): Gnr H Davies, M Bty, 3 RHA, Newcastle-upon-Tyne. 2nd Prize (£5,000): Maj E Thompson, HQ RSME, Chatham. 3rd Prize (£4,000): WO2 G Osborne, LSP, Oman, BFPO 747. 4th Prize (£2,000): SSgt P Chamberlain, 244 Sqn, 30 Signal Regt, Nuneaton. 5th Prize (£1,000): Pte A Gurung, Sp Bty, 40 (AD) RA, Emsworth. 15 Consolation prizes (£200 each): Name withheld, RAF St Athan, Vale of Glamorgan; SSgt R Fawcett, HQ Sqn, LAD, RL, Catterick; Name withheld, HQ Hereford Garrison; LCpl S Christian, HQ Sqn, 1 AAC, Yeovilton; Cpl M Hill, 21 Sqn, 101 Engr Regt (EOD), Saffron Walden; LCpl M Atkinson, HQ Sqn, LD, Catterick Garrison; Bdr J Westall, 79 Bty, 29 Cdo Regt RA, Plymouth; Cpl T Millis, 25 MI Coy, BFPO 801; LCpl A Purvis, 228 Sqn, 3 Signal Regt, Bulford Camp; Pte A Lisle-Brown, B Coy, 1 Yorks, Warminster; Pte K Baptiste, 8 Bn REME, DSEME, Chippenham; Maj S Bowerbank, 151 Regt RLC, Croydon; WO2 C

Spence, NISGU HQ, BFPO 801; WO2 P Aling, WDSU, DSPA, Winchester; SSgt M May, 8 Sqn, 27 Regt RLC, Aldershot.

18 November 2017

1st Prize (£10,000): Spr D Bogle, 102 Sqn, 71 Engr Regt, Paisley. 2nd Prize (£5,000): WO1 D Rai, 10 QOGLR, Aldershot. 3rd Prize (£4,000): Capt G Main, 4 Scots, Catterick Garrison. 4th Prize (£2,000): Capt L Morgan, Regional Command, EHT, Cardiff. 5th Prize (£1,000): Col G Livesey, D Jt Cap, London. 15 Consolation prizes (£200 each): SSgt D Urbaniak, 60 Sqn, 39 Engr Regt, Kinloss; Capt D Weston, CJSU, BFPO 57; Sgt G Burke, Armour Centre, Warminster; Sgt J Hartland, Cbt CIS School, Bovington Camp; Cpl R Hanson, 105 Sqn, 1 MWD, BFPO 16; SSgt P Pagan-Skelley, 1 Bty, 14 Regt RA, Salisbury; Name withheld, HQ Hereford Garrison; CSgt N Watson, A Coy, 4 Scots, Catterick Garrison; Capt H Morton, PEW, 1 RSME, Chatham; Rfn C Penfold, C Coy, 5 Rifles, Salisbury; Cpl A Lund, HQ SIB, RMP (UK), Bulford; LCpl J Grainger, 71 Avn Coy, 7 AA Bn REME, Ipswich; LCpl H Lee, RSMS, Thatcham; LCpl D Tooth, B

Coy, 1 Rifles, Chepstow; CSgt K McGuigan, RG, BFPO 52.

25 November 2017

1st Prize (£10,000): Capt C Booth, HQ 12 Armd Inf Bde, Salisbury. 2nd Prize (£5,000): Cpl K Stockton, 34 Fd Hosp, Strencross. 3rd Prize (£4,000): Cpl L Tippett, 1 Rifles, Chepstow. 4th Prize (£2,000): Maj J Linegar, HQ Sqn, 5 Regt AA, BFPO 808. 5th Prize (£1,000): Tpr B Burgess, HQ Sqn, RL, Catterick. 15 Consolation prizes (£200 each): WO2 R McAulay, UKTI DSO/Estd (L), Salisbury; WO2 D Kirkpatrick, 4 Armd Med Regt, Aldershot; Sgt L Barker, Sp Coy, Mercian, Chester; Cpl K Nyalemegbe, Dental Centre, Lyneham, Chippenham; Capt D Brown, 1 ITB, Catterick Garrison; LCpl S Bain, DCHET, Lichfield; Lt M Cole, ATC (P), Woking; LCpl J Brooks, 22 Sqn, 14 Signal Regt (EW), Haverfordwest; LCpl B Lockeridge, 14 Signal Regt (EW), Haverfordwest; Gnr G Brown, C Bty, 3 RHA, Newcastle-upon-Tyne; Pte J Broadhead, 60 Sqn, 4 Regt RLC, Abingdon; Pte I Rogers, 3 Med Regt, Preston; Pte M Price, 8 Bn REME, DSEME, Chippenham; Lt Col J Watt, HQ DA, Swindon; Col M Lindsay, Smith, Fd Army HQ, Andover.

2 December 2017

1st Prize (£20,000): 2nd Lt A McCormack, B Coy, 2 Scots, Penicuik. 2nd Prize (£10,000): Maj S Robertson, 32 Signal Regt, Strathclyde. 3rd Prize (£8,000): Lt Col B Smith, D Pers Manning Team, Andover. 4th Prize (£4,000): Capt J Shipley, SPA, Ruislip. 5th Prize (£2,000): Pte A McKenzie, A Coy, 3 Para, Colchester. 15 Consolation prizes (£400 each): WO2 D Perryman, ATC(P), Woking; Capt A Hosking, 243 Sqn, 10 Signal Regt, Andover; Sgt G Lucas, 659 Sqn, 1 AAC, Yeovilton; SSgt G Lynch, QRH, BFPO 16; Sgt D Hawker, RMAS, Camberley; Pte T Le Sauteur, 28 Sqn, 1 Med Regt, BFPO 16; LCpl F St Rose, 1 IG, Hounslow; LCpl C Stronach, HQ Sqn, RDG, Catterick Garrison; Maj C Wooldridge, Dental Centre, Lyneham, Chippenham; Fus A Thorne, 1 R Welsh, Tidworth; Rgr D Baker, B Coy, 1 R Irish, Tern Hill; Cfn J McCaig, A Coy, LAD REME, 1 SG, Aldershot; Sig G Mole, 1 Nato Signal Bn, Blandford Forum; Spr A Gardiner, 53 Sqn, 39 Eng Regt, Kinloss; LCpl C Marshall, 174 Pro Coy RMP, BFPO 801.



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



REVIEWS



TOP GEAR

A FINE BALANCE

Whyte mountain bike gets *Soldier* treatment

THE Whyte 801 is a trail bike with a bit of cross-country pedigree.

And with a price tag of around £899 (the version I tested came courtesy of Edinburgh Bicycle Cooperative), it offers good value to boot.

The spec includes a Shimano Deore ten-speed drivetrain coupled with a 30-tooth front chain ring and 11-42 tooth rear cassette.

This helped me to climb the very steepest of hills as I put the bike to the test across North Yorkshire's countryside.



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MOVIES

TOP GEAR



Gear changes all proved to be smooth and precise.

In fact, in the eight or so weeks I have ridden the Whyte 801 there have been no issues with this kit at all.

The RockShox 30 forks smooth out the trail, but it is fair to say the bike struggles on very pebbly terrain where there is a rapid succession of big hits.

However, I was pleasantly surprised by the power of the Tektro Auriga hydraulic disc brakes.

I had no problems with these, despite the challenges thrown their way, and they certainly boost confidence when going downhill or tackling tricky terrain.

I mainly rode on rocks or hard-packed trail, where the Maxxis Ardent 27.5-inch tyres were equally up to the mission – although they struggled slightly with the traction in the deepest mud.

Generally, though, they roll over the ground easily and help soak up a lot of the heavy bumps.

The 801 can be chucked into corners and will track nicely.

The wheels are Whyte's own rims coupled with non-branded hubs and, again, these were perfectly functional and reasonably stiff, remaining true to the test.

All other components are own-branded but, again, they didn't give me any headaches.

As someone who mainly rides cross-country, this bike certainly served me well and, overall, I enjoyed riding it.

Its handling is good and the short stem makes for direct, poised steering.

The bike platform is stable, inspiring confidence over testing terrain, and when climbing its stiffness allows for effective power transfer.

Overall, the Whyte 801 is a well-balanced machine, as suited to new riders as it is to those looking for comfort on longer excursions. ■

REVIEW: WO1 JASON MARRIOTT, RIFLES

VERDICT:

A pleasure to ride, with a design that inspires confidence



DESIGN DOSSIER

A UK-based company, Whyte attributes its success to the fact its designs have pushed the front wheel of trail bikes further in front of riders at a slacker angle to the frame. The idea is that this helps the steering to self-correct, keeping riders on track over uneven surfaces. The Whyte 801 represents some significant upgrades from the 605 model – including a 66.5-degree head tube angle. Browse Whyte bikes online at www.edinburghcycle.com

BOOKS

PICK OF THE MONTH:

BREAKOUT AT STALINGRAD

The incredible story of a German PoW's lost manuscript

IT is rare that the appendix of a book proves as absorbing as the text itself. But that is very much the case with the afterword to Heinrich Gerlach's *Breakout at Stalingrad*, in which academic Carsten Gansel relates how this remarkable novel came to be published.

Gerlach was a lieutenant in the Wehrmacht's ill-fated Sixth Army. In November 1942, after months spent struggling to control the city on the Volga, a Russian counterattack encircled and trapped the 300,000-strong German force on the freezing steppe.

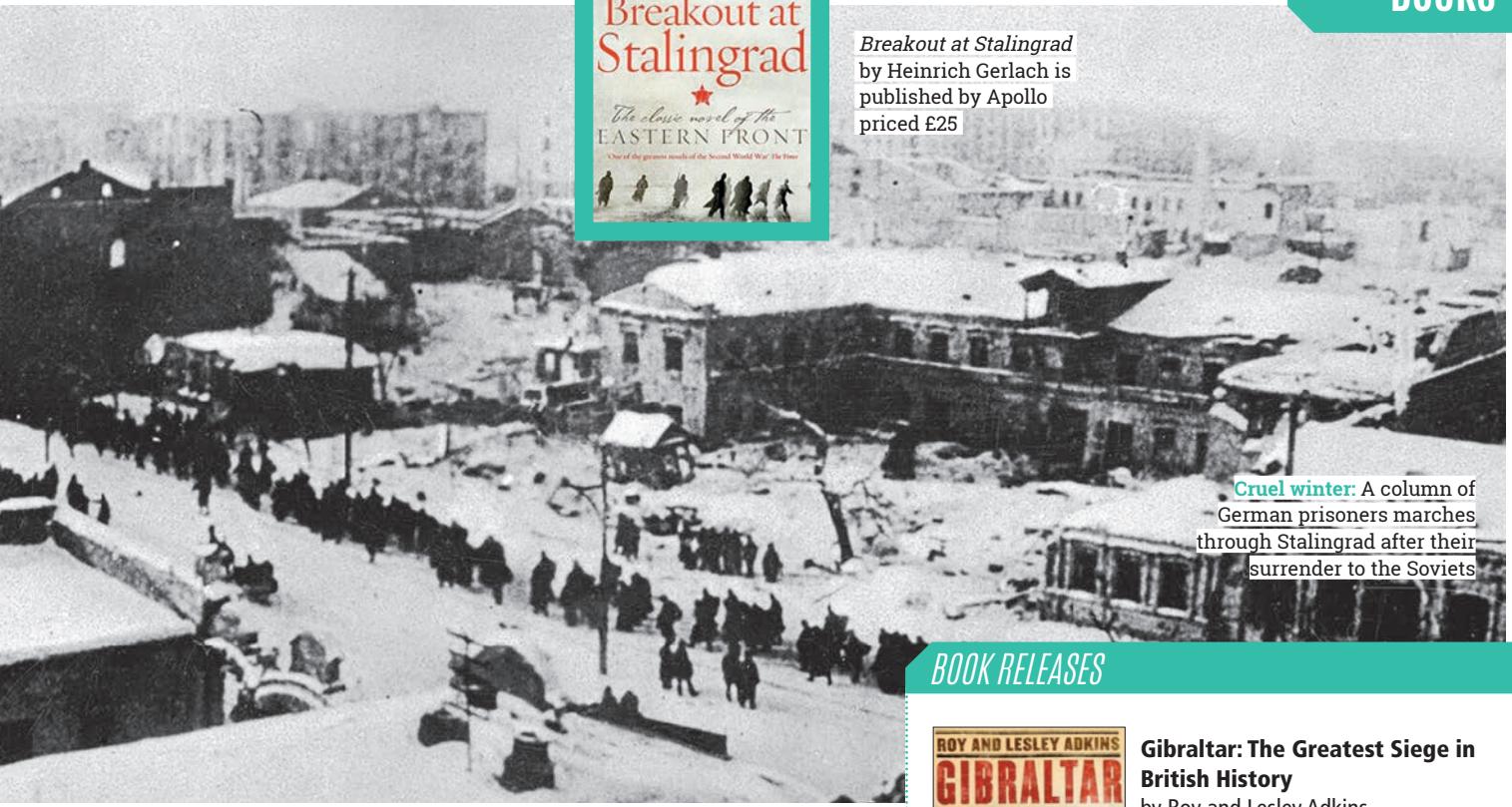
By the time Fd Marshal Paulus surrendered the following February, only 91,000 soldiers remained alive.

They were taken prisoner and during his seven years in captivity, Gerlach penned a semi-autobiographical account of his experiences.

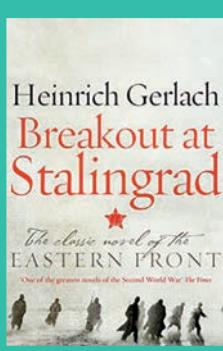
The manuscript was discovered and confiscated by the Soviet authorities, and after his eventual release the officer found he could no longer recall the detail and structure of his text.

However, thanks to multiple sessions with a hypnotist, he was able to rewrite his book and in 1957 it was published – to wide acclaim – under the title *The Forsaken Army*.

The story would have ended there but, incredibly, in 2012 Gansel



Picture: Imperial War Museum



Breakout at Stalingrad
by Heinrich Gerlach is
published by Apollo
priced £25

unearthed the original copy in a Moscow archive.

It is this version, along with his notes, which has now been translated into English for the first time.

The story follows Gerlach's alter ego, Lt Breuer, and his compatriots as they struggle to survive their ordeal in the so-called "cauldron" on the outskirts of Stalingrad.

Hitler effectively condemned his troops to death by refusing to allow a retreat, and the book is a bitter indictment of his hubris, echoing *All Quiet on the Western Front* for its anti-war message.

The novel is compelling in itself but the added context provided by Gansel's appendix is utterly fascinating.

Gerlach was among a group of disillusioned German officers recruited by the Soviets to form an anti-fascist league. Their main undertaking was to produce anti-Nazi propaganda to distribute to those troops still loyal to the Fuehrer.

In an article about Stalingrad for the organisation's newspaper, Gerlach wrote: "...they didn't go to their deaths with a victorious smile on their faces...and singing the national anthem, but instead, dressed in rags,

emaciated by hunger, filled with all the pain of tormented animals, they died a miserable death in the frost and snow, and with a curse on their lips against the man whom they'd once trusted. That was Stalingrad."

By speaking out against Hitler, the officers hoped to shift opinion and end the war more quickly, thus preventing the total destruction of Germany.

Ultimately, of course, they were unsuccessful but this insight into their efforts is riveting.

Of nearly 100,000 Germans taken prisoner, only 6,000 returned home after the war.

Gerlach was determined that their story should be heard and, 60 years on from its first publication, this excellent book will shine a light on the horrors of the Eastern Front for a new generation of English-speaking readers. ■

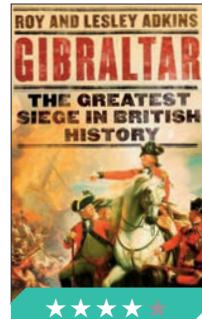
REVIEW: BECKY CLARK, SOLDIER

VERDICT:

An absolute gem of a book that filled a gap in my knowledge of the Second World War

★★★★★

BOOK RELEASES

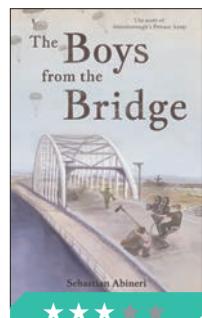


Gibraltar: The Greatest Siege in British History
by Roy and Lesley Adkins

THIS book tells the story of the Siege of Gibraltar from 1779-83 following the outbreak of war between Britain and the alliance of France and Spain. Through the letters and journals of the people on the Rock at the time, who endured starvation, battle casualties, disease and desertion, just about every

human failing and strength is revealed. This is a very detailed account, well annotated, illustrated and with an excellent index and bibliography. I feel it lacks a bit in analysis but the authors do a good job of connecting events. This is well worth reading to get an idea of such an important time in Britain's history.

Andy Kay, ex-RS

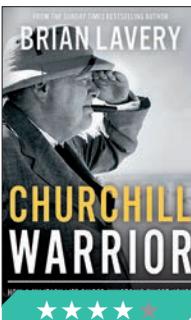


The Boys from the Bridge
by Sebastian Abineri

AS a lifelong *A Bridge Too Far* buff I leapt at the chance to read this account of the author's time as an extra on the movie. The title starts off as more of an autobiography but eventually offers a behind-the-scenes look at filming. Being a member of Attenborough's Private Army was undoubtedly a fantastic experience and something Abineri is clearly proud of. I

was disappointed there weren't any photos of the all-star cast – or even perhaps the author in uniform – if only to try and spot him on my next viewing. But I would recommend the book to fans of the film.

WO2 Mike Owens, RE

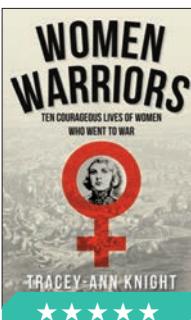


**Churchill
Warrior**
by Brian Lavery

THIS informative title paints an interesting picture of how life in the British Army at the end of the Victorian era in Sudan, India

and South Africa helped mould Churchill into the greatest British (and American) war leader of all time. As Lord of the Admiralty he was known more for failed ventures at Antwerp and Gallipoli, but what people forget is his time as a battalion commander on the Western Front and the subsequent development of true amphibious, armoured and air warfare. It was these visionary ideas that the author persuasively argues are responsible for his and the nation's success a generation later against the Nazis.

Cpl Scott Roberts, Rifles



**Women
Warriors**
by Tracey-Ann
Knight

INSIGHTFUL and heart-rending, this is a well-researched, authentic text on the plight of female

soldiers throughout the centuries and from all over the world. Not motivated by equality, the desire to break stigmas or prove their worth against their male counterparts, each individual instead had one simple need: to serve their country. I've read this book three or four times now and still find their stories incredible and exciting because every one of these soldiers gave up what was expected of them to follow a common dream of answering the call alongside their countrymen.

Sgt Helen Asquith, AGC (SPS)

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PICK OF THE MONTH:

MOON MISSION

Ex-Oasis star embraces fresh ideas on third solo offering

► HAVING spent more than two decades at the forefront of the UK rock 'n' roll scene, fans of **Noel Gallagher** know what to expect when an album comes around.

So when talk of a bold new direction and a novel approach to recording surfaced ahead of the release of *Who Built the Moon?* there was a certain degree of trepidation in some quarters.

More than two years in the making, the record saw Gallagher immersed in the Belfast studio of renowned producer and DJ **David Holmes**, where anything with a passing resemblance to previous solo offerings or the mighty **Oasis** back catalogue was swiftly banished.

The end result is an album brimming with experimentation, electronic diversions, guest musicians and vocalists, as well as hints of soul, rock, disco and dance.

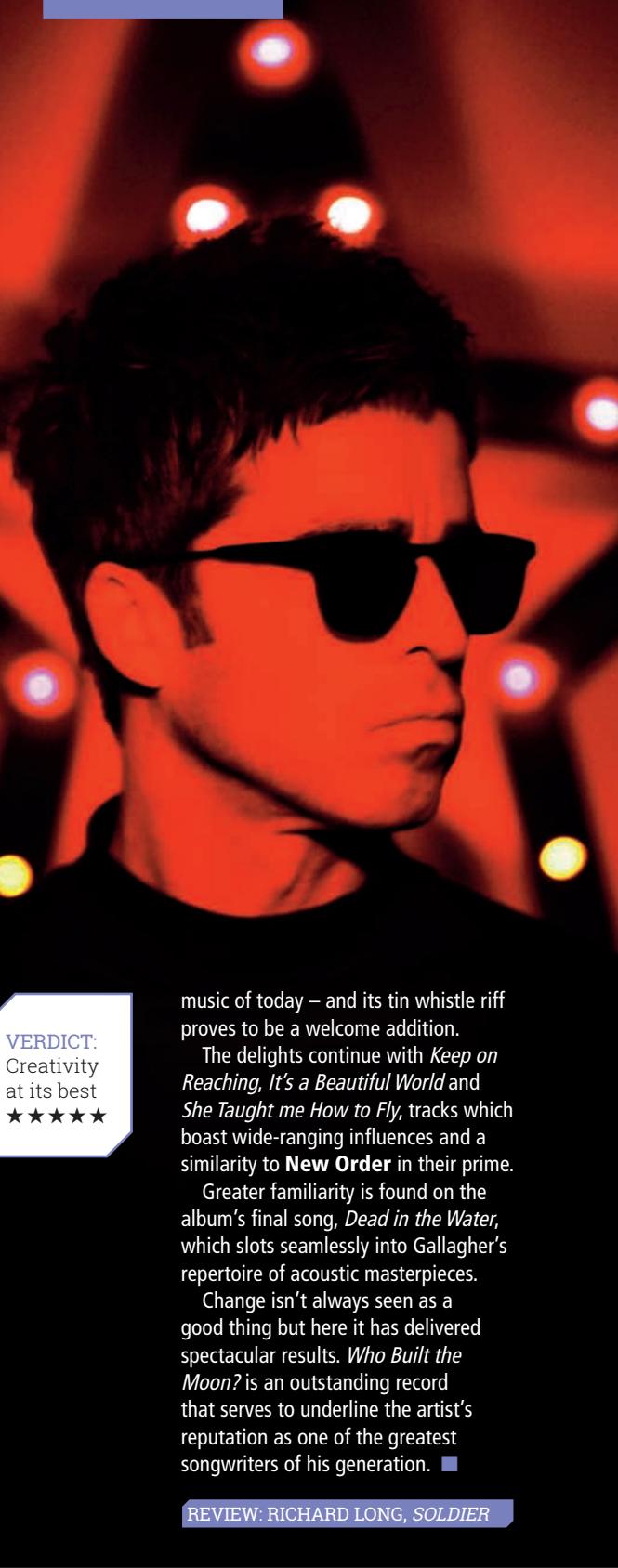
"People are going to be surprised," Holmes explained. "I think people love Noel and they're desperate for him to make a really big, bold, up-tempo beast of a record."

"A lot of his music is mid-tempo. This one is fun."

The change in direction is obvious from the very outset, with opener *Fort Knox* embracing an electronic approach that would not be out of place on the likes of a **Chemical Brothers** record.

Lead single *Holy Mountain* proved divisive when it first aired, with some even drawing unfair comparisons to **Ricky Martin** in his heyday. But this is much better than anything ever delivered by the long-forgotten Puerto Rican pop prince.

It is a track full of joy and optimism – which are rare commodities in the



music of today – and its tin whistle riff proves to be a welcome addition.

The delights continue with *Keep on Reaching*, *It's a Beautiful World* and *She Taught me How to Fly*, tracks which boast wide-ranging influences and a similarity to **New Order** in their prime.

Greater familiarity is found on the album's final song, *Dead in the Water*, which slots seamlessly into Gallagher's repertoire of acoustic masterpieces.

Change isn't always seen as a good thing but here it has delivered spectacular results. *Who Built the Moon?* is an outstanding record that serves to underline the artist's reputation as one of the greatest songwriters of his generation. ■

REVIEW: RICHARD LONG, SOLDIER

MUSIC RELEASES


Songs of Experience
by U2


BILLED as a companion to 2014's *Songs of Innocence*, this latest offering from Irish rock heavyweights U2 proves to be a limp and toothless affair. The band's cutting edge has been replaced in favour of a more radio-friendly approach, which serves up a largely forgettable selection that fails to get out of second gear. The 2017 tour marking the 30th anniversary of acclaimed album *The Joshua Tree* served as a reminder of the greatness Bono et al are capable of but this effort will only further irk those who are still annoyed at being force-fed the group's previous record via iTunes.

Richard Long, Soldier


No One Ever Really Dies
by NERD


Pharrell Williams has returned to his early roots with the resurrection of funk-rock collective NERD. The move proves to be a wise one as it allows the artist to successfully explore political and hard-hitting themes, rather than penning infuriating soundtracks to animated films. As with the band's previous albums, there is a wealth of guest collaborators – including **Rihanna** and **Kendrick Lamar** – and the sheer variety of musical genres and subject matter make this a reunion to welcome.

Becky Clark, Soldier


Greatest Hits: God's Favorite Band
by Green Day


THIS is the second "best-of" collection to be served up by the USA's premier punk-rock outfit. The first came in 2001, prior to the group's diluted second coming that spawned ubiquitous and tedious hits such as *American Idiot* and *Boulevard of Broken Dreams*. It is no surprise to see this era well represented here but the real highlight comes from the inclusion of ten tracks from Green Day's frenetic 90s pomp, including *Basket Case* and *When I Come Around*. These songs serve as reminder to a triumphant past and come as a marked contrast to the bland stadium anthems delivered in recent times.

Cliff Caswell, Soldier



PICK OF THE MONTH:

RENEGADES

The battle for Bosnian bullion

► SOME of Hollywood's finest minds have come together to give the all-American action thriller treatment to the less well-charted subject matter of the Bosnian war.

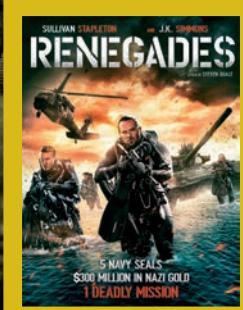
Written by **Luc Besson**, (*Taken*, *The Transporter*, *Taxi*) and **Richard Wenk** (*The Equaliser*, *Jack Reacher*, *The Expendables*), *Renegades* sees their talents focus on a conflict that has yet to see much mainstream coverage from the big screen.

And by applying a formula that has proven quite successful in the past they have done a decent job.

The big CGI chase scenes, high body counts, classic one-liners and good old Uncle Sam dishing out freedom by the lorry-load will have you on your feet shouting "Murica".

The story centres around a haul of stolen Nazi gold that is rumoured to be hidden at the bottom of a Bosnian lake.

A team of Navy SEALs are persuaded to help recover the treasure so that the



town's folk can use it to rebuild their lives after the war.

To succeed they must evade a ruthless enemy, overcome seemingly insurmountable odds and blag all the kit required for an almost impossible underwater heist.

There are some hilarious cameos by British Special Forces characters, who play a supporting role in the action. Complete with bogus accents and fake moustaches, they somehow seem to come off second best every time they encounter this particular US outfit.

The film is packed with explosive fight scenes, ranging from a tank chase around downtown Sarajevo to some expert underwater knife action.

And if you've ever wondered who would win in a dogfight between a light reconnaissance helicopter and a fighter jet, *Renegades* has the answer.



MOVIES



One of the standout characters is played by **JK Simmons** (*Whiplash*, *Spiderman*, *Patriots Day*), who adopts the role of the tough, uncompromising and cantankerous Rear Admiral J Levin.

The officer boasts an endless supply of witty one-liners that is only surpassed by what appears to be a constant flow of alcohol and cigars.

If you're hoping for a historically accurate depiction of the conflict there are better titles out there.

But if you want an all-American action-packed adventure this film delivers in spades. Hurrah! ■

REVIEW: CSJT CHRIS CORBY, RIFLES

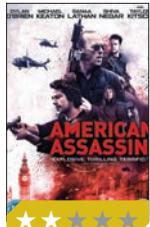


VERDICT:
An entertaining watch
★★★★★

DVD/DIGITAL RELEASES

American Assassin

Out now



FOLLOWING the death of his girlfriend **Dylan O'Brien** takes it upon himself to infiltrate the terrorist network responsible. The first half of this film's action and espionage scenes have echoes of the *Bourne* franchise, but this is truly ruined by the second half's completely implausible plot line about a US carrier group involved in a submarine nuclear blast. While one-time *Batman* **Michael Keaton** makes a believable former Navy Seal responsible for training the CIA's operatives, the film is let down by cheap CGI. O'Brien's wooden acting leaves you thinking he would be unable to infiltrate a dance floor, let alone a terrorist cell.

Cpl Scott Roberts, Rifles

IT

Out now



A GROUP of pre-teen geeks battle a child-eating monster in small-town America while the adults around them remain oblivious. I've never really got the whole clown-phobia thing but even so, this remake of *IT* had me jumping more than I care to admit. My recollections of the original mini-series are hazy but this version seems more violent and no less sinister. It also devotes more time to the dysfunctional home lives of each of "The Losers", allowing a brilliant young cast to shine. The classic **Stephen King** vibe will keep fans happy but the frequent comedy and 1980s nostalgia give the film wider appeal.

Becky Clark, Soldier

Revolt

Out now



PART sci-fi actioner, part road movie, this title sees **Lee Pace** (*Guardians of the Galaxy*) and **Berenice Marlohe** (*Skyfall*) trek across Kenya. The small problem is the alien invasion that's under way. With cues taken from *War of the Worlds*, *Skyline* and *Monsters*, this movie punches above its low-budget weight with solid performances, good use of the African countryside and reasonable direction.

Maj Alex Janaway, RAMC



This widow was offered less than half the pension to which she was entitled as a result of a simple calculation error.



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AND THEIR FAMILIES

Emma Flood, FPS Member



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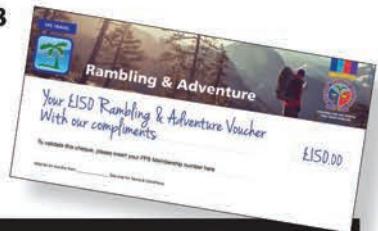
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SOLDIER SPORT



NIGHT TO REMEMBER

ARMY boxers wowed the crowds at ITC Catterick in a series of superb bouts with international rivals from England and Finland. Read more about their success in the ring on pages 78-79...



COMMUNITY CAMPAIGN

ARMY COACHES TAKE THEIR SKILLS TO CIVVY STREET AS RUGBY SEARCHES FOR NEWCOMERS TO THE GAME

AS administrators of England's top-flight game, Premiership Rugby have become keen investors in community projects that see rugby union flourish at grass-roots level.

Recent success stories include the provision of mixed ability rugby sessions for those with disabilities or mental health issues as well as an initiative to bring the sport to schoolchildren in low socio-economic areas.

And the Army has been playing its part.

Working with Worcester, Wasps and Harlequins, Service coaches have been keen to test themselves in a different environment, where the challenges have come thick and fast.

SSgt Adrian Cubbin (AGC (SPS), pictured near left) is the sole military representative associated with Harlequins, where he served as a community coach after returning to the UK from a posting in Germany.

"We are engaged with schools based inside the M25," the senior NCO, who won an RBS coaching award in 2013 for his efforts in creating the Bielefeld Bulldogs youth team, told *SoldierSport*.

"In Fulham I have to coach rugby to 120 boys who are predominantly footballers and not really interested in the sport. That is a challenge.

"But coaching girls is much simpler. They want to learn and that makes things a lot easier whereas adolescent boys, who do not necessarily want to be there, can be tough.

"The language you hear from some 13-year-olds is

unbelievable and it is about knowing how to address issues like that.

"For us it is a great way of learning how to coach in a civilian setting. We are used to coaching military men and women but this is something completely different."

While attitude problems and some choice language are among the hurdles to overcome in the South there are other challenges in the West Midlands, where a strong Army contingent has formed close bonds with Coventry-based club Wasps.

The youngsters they work with often hail from a black, Asian or minority ethnic (BAME) background, where rugby is an unfamiliar pursuit.

"At the schools I work in 85 per cent of children are BAME," explained Lt Col Jason Kennedy (R Signals, pictured far left), one of those based in the region.

"There are a number of issues when it comes to coaching 13-year-olds but when you throw in a sport that is pretty much alien to them it becomes a difficult challenge and one that I am not used to."

Kennedy, who is also director of Army academy rugby, got involved after being posted to Birmingham and sees coaching as a logical step after finishing his playing career.

He said: "This is the next best thing. It is about giving something to young children in and around the city.

"We've been teaching rugby in PE lessons and a number of schools are now playing fixtures on the back of that. The kids who are really interested are forming the teams. It is all related to fun.



**"IT IS
ABOUT
HOW YOU
TALK TO
PLAYERS"**

"I've always believed that if you get children to play a team sport it provides them with the grounding of how to be a decent human being.

"And the core values of rugby and the Army help articulate what it is to be a good citizen."

Programme coordinator WO1 Simon Hopkins (R Signals, pictured centre), a former Army player, is another coach linked to Wasps.

As well as being involved in the community projects he is part of the club's developing player programme, where he delivers leadership training to potential stars of the future.

"While we are trying to grow the sport of rugby, the thing for us is that we are developing as coaches," he said.

"It is about how you talk to players and what you can do to make rugby more enjoyable.

"There have been challenges along the way but that only makes us better.

"Every unit has a role to play in terms of community engagement and this feeds nicely into that. The regional command is also on-board.

"Having Army branding on our kit is a great thing. We are embracing sport and coaching but are soldiers as well. It shows people what opportunities are available in the military."

The programme is due to expand in the coming months as Wasps create closer links with the Muslim community, and the soldiers will be involved once more. ■



ANGLERS ON THE UP

FISHING is a sport in good health, with more than 1,500 soldiers signed up as members of the Army Angling Federation (AAF).

Carp is one of the disciplines that has seen considerable growth in recent times but all tastes are catered for – from individuals seeking the tranquillity of fly fishing to those who are willing to brave the elements at sea.

"We have got guys who have perhaps done this once or twice in the past," AAF secretary Maj Gus Brindle (AGC (SPS)) told *SoldierSport*. "They join the Army but are not necessarily interested in football, rugby or cricket and they want something else."

"We also have people who are representing at the very highest level of our sport, so there is a really good mix."

"The AAF has deals in place with various companies who offer good discounts on tackle and we can support anyone who wants to get involved in angling through our regional structure."

For more information on the different disciplines within the Army Angling Federation visit www.armyangling.co.uk



CARPERS CALLED TO ARMS



**"I'M SURE
THERE
ARE A
LOT OF
TROOPS
OUT
THERE
WHO
FISH"**

WITH the new carp fishing season looming on the horizon the Service's anglers are being urged to cast their lines and boost numbers within the ranks.

Early matches are planned for this month and soldiers will be vying for places on corps teams ahead of major competitions later in the year.

Among those looking to impress will be anglers from the Infantry, who have to balance work commitments and deployments with their sporting ambitions.

Team member Gdsm Marc Preston (Coldm Gds) is one of those returning to the water and is hoping to build on a unique opportunity to fish at Virginia Water, in the Windsor Great Park, at the end of the 2017 campaign.

"It is a 170-acre site that is normally closed to the public," he told *SoldierSport*.

"But through the Army we got the chance to fish there. It was a massive lake; I have fished

some big lakes before but this was phenomenal.

"We were going in blind as I don't think anyone has fished for carp there before, so it was a really good test."

The Infantry, like many corps, are keen to recruit newcomers to the fold and with around ten matches already planned for the year ahead there will be plenty of opportunities for soldiers to get involved.

From there, the best anglers will go on to compete at the Inter-Corps Championships.

Preston added: "We have got around 40 members but don't always see them due to deployments. Sometimes it can just be ten at a time."

"Our captain has just been posted to Estonia so he may not get selected. We'd like to get more people interested so we can create greater depth."

"I'm sure there are a lot of personnel out there who fish but do not necessarily realise that there are teams they can get involved with. We want them to come forward." ■

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GOALS GALORE: THE ARMY WOMEN GOT THEIR SOUTHERN COUNTIES CUP CAMPAIGN BACK ON TRACK WITH A 4-1 WIN OVER SUSSEX

» FOOTBALL



GREAT GRENADIERS

THE Grenadier Guards were the big winners at the Household Division boxing competition finals as they emerged victorious from three of the six bouts contested on an energy-charged night.

Gdsm Daniel Barham (pictured above left) secured the honours in the super heavyweight ranks, with Gdsm Rob Greaves claiming the cruiserweight title and LCpl Josh Bell the heavyweight crown.

Elsewhere, there were triumphs for LSgt Luke Campbell (WG, pictured below right) at light heavyweight, CSgt Wayne Sampat (IG) at light middleweight and Gdsm Quin Eccles (Coldm Gds) at light welterweight.

Campbell's win also helped the Welsh Guards – who performed strongly in the tournament's earlier rounds – to the team title.

The event was resurrected after an absence of more than 50 years in 2016 and organiser Maj Milton Butler (IG) was pleased to see the boxers building on the success of last season.

The officer added: "This competition proved that we have put together a very credible and formidable Household Division team that can go out and take on the wider Army."



SOLDIERS TESTED ON GULF TOUR



**"THAT
IS WHAT
WE JOIN
THE
ARMY
FOR"**

A TWO-WEEK tour of the Gulf States has given the Army women the perfect springboard from which to launch their bid to regain football's Inter-Services trophy.

The defence engagement trip featured visits to Kuwait, Qatar, Bahrain and the United Arab Emirates (UAE) and, with the soldiers boasting a 100 per cent record from four matches played, the squad appears to be in good health ahead of the challenges to come.

Goals from WO1 Krissy Wright and Cpl Libby Dixon (both AGC) steered the Reds to a 2-1 win over the Bahrain national team, while a hat-trick from LCpl Jemma Dinning (REME) was the highlight of a 4-0 victory against the UAE.

"Being away for two weeks was really good for team cohesion," defender Capt Emma Askins (REME) told *SoldierSport*.

"It proved to be a great bonding experience for the players."

"In many ways it was like pre-season training – we were straight in at the deep end."

"A lot of the girls had never been to the Middle East before so to go there and play football was a great opportunity."

"Actually, that is what we join the Army for."

As well as performing on the pitch the players were involved in organising coaching sessions at English-speaking schools and local clubs, where their efforts were met with enthusiasm.

"It was really well received and we were surprised by how much they already do in terms of football," Askins added.

"Women's sport is growing out there and this was a massive opportunity for us in terms of defence engagement; it was a chance to really push football in those countries."

On their return to the UK the players took part in the annual trials week, which featured matches with Portsmouth and Millwall Lionesses.

Their competitive campaign then started with a 3-2 loss to Middlesex in the Southern Counties Cup – despite a brace from Dixon. ■

SPORT SHORTS



Winchester awaits

THE Service's top squash players return to the court this month for the annual Army Championships.

Staged in Winchester, the three-day tournament comes hot on the heels of a successful showing at the UK Armed Forces Individual Championships, where the soldiers won three of the four trophies on offer.

The men's open final proved to be an all-Army affair with defending champion Capt Sam Miller (RA) defeating WO2 Lenny Westover (REME) 3-0. It was the same story in the women's final, where Capt Rosie Hamilton (RE) triumphed over Capt Michelle Higgins (AMS). Maj Rich Green (AAC) won the masters competition.



Picture: Andy Johnson

Loggies lead the way

ATHLETES from the Royal Logistic Corps excelled in the wintry conditions of Penn Woods to retain their Inter-Corps orienteering crown.

The loggies posted a collective time of 9hr 20min 21sec to win the men's long class – finishing almost 20 minutes clear of the Royal Engineers in second place.

It was a similar story in the women's competition, where the Royal Signals successfully defended their title from the 2016 season.

However, there were new champions in both the men's short class and under-25 events, which were won by the Royal Artillery and Army Medical Services respectively.

NATTY STARS IN SHEFFIELD

BOXING star LCpl Natty Ngwenya (Gren Gds) continued his rapid rise in the heavyweight ranks with a deserved victory at the GB Championships in Sheffield.

The win capped a terrific year for the soldier, who also triumphed in the same competition in May and was runner-up at the English Amateur Boxing Association Championships.

His latest success was secured on a split decision against Team GB member Lewis Williams and has earned the fighter a three-day talent assessment with the celebrated set-up.

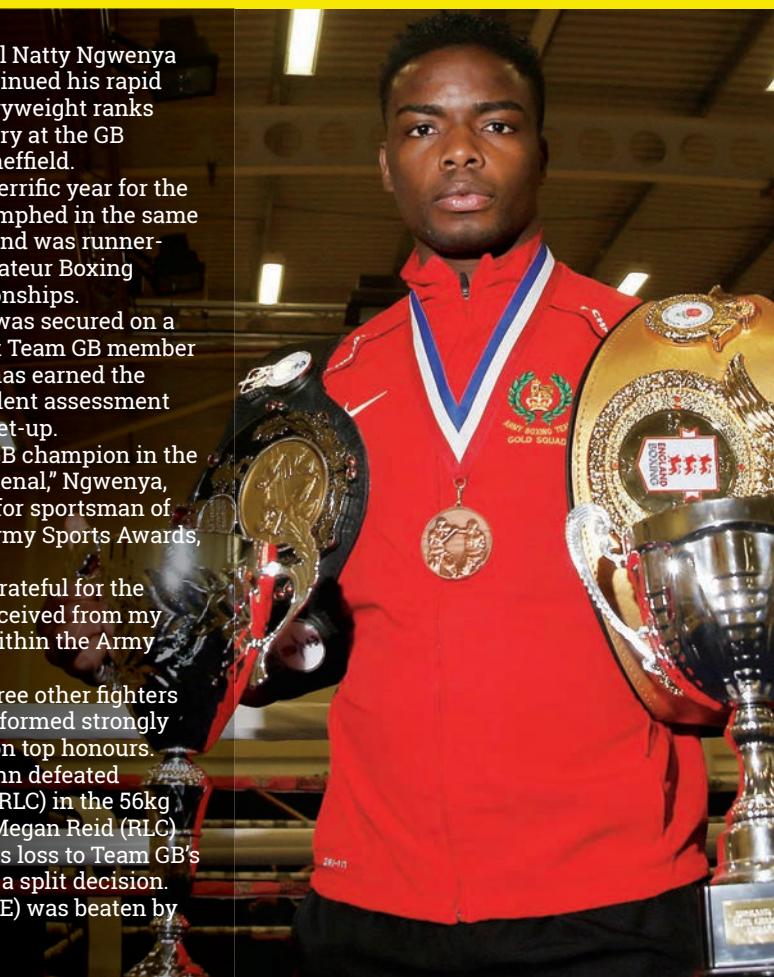
"To be a two-time GB champion in the same year is phenomenal," Ngwenya, who was nominated for sportsman of the year at the last Army Sports Awards, said afterwards.

"I'm thankful and grateful for the all the support I've received from my friends, family and within the Army boxing team."

The Service had three other fighters on the bill and all performed strongly despite missing out on top honours.

England's Louis Lynn defeated LCpl Kyle Morrison (RLC) in the 56kg division, while LCpl Megan Reid (RLC) suffered a contentious loss to Team GB's Claudia Havranek on a split decision. Cpl Steph Wroe (REME) was beaten by Lauren Price. ■

**"OUR
LADS
PLAYED
WITH
THEIR
HEARTS
ON THEIR
SLEEVES"**



ARMY wing LCpl Semesa Rokoduguni (Scots DG) will be looking to start the new year in style in a bid to force his way into the England squad for next month's Six Nations.

The Bath flier was recalled to the squad for the recent autumn internationals and came off the bench to score tries in victories over Argentina and Samoa.

The soldier made his England debut against New Zealand in 2014 (pictured) and has now scored four tries in four appearances.

MONTH IN SPORT

January's key fixtures...



WHAT: Army winter sports
WHEN: January 13-25
WHERE: France
NEED TO KNOW: The winter sports season hits

top gear this month with Exercises Pipedown, Telemark Titan and Spartan Hike all taking place ahead of the main Army Championships



WHAT: Woolwich Cup football semi-finals
WHEN: January 15
WHERE: Venues TBC, for more details visit www.armyfa.com
NEED TO KNOW: The corps cup competition heads towards its climax as the Infantry take on the AGC in one semi-final, while the Royal Engineers battle the Royal Signals in the other



starts here for the Army senior side as they get their 2018 campaign under way in what has traditionally been a challenging match against the students

RUGBY IN NUMBERS

SUCCESSIVE
TITLE WINS
FOR THE
ROYAL
NAVY AT
U23 LEVEL

3

POINTS
SCORED BY
THE ARMY IN
THE SECOND
HALF
AS THEY
FOUGHT
BACK FOR A
DRAW

19

TRIES
SCORED BY
THE REDS IN
TWO INTER-
SERVICES
GAMES

6

WINS
FROM SIX
MATCHES
FOR THE
SOLDIERS IN
2017

4

RUGBY UNION



Picture: Allign Photography

DRAW DENIES YOUNG GUNS

POINTS difference proved to be the deciding factor as the Army's next generation of rugby stars saw their title hopes dashed in the final match of this season's Inter-Services showdown.

A 19-13 victory over the Royal Air Force gave the Reds the perfect start to their campaign but with the Royal Navy thrashing the same opposition 43-7 they needed to down the defending champions in Portsmouth a week later to claim the prize.

However, a keenly fought contest ended in a 19-19 draw – meaning the soldiers' wait for silverware continues.

The visitors were up against it from the first whistle as the Senior Service went about their business in style.

Two penalties and a converted first-half try set them on the way to what appeared to be a comfortable win before the Army finally sprang to life with their first attacking move of the match.

Gnr Jake Richards (RA) collected a kick over the top and the wing passed the ball inside for Sig John Davetanivalu (R Signals) to run in under the posts.

Another Navy penalty stretched the lead to 13-7 but with Fus Aaron James (Inf) touching down in the corner soon afterwards the soldiers remained in contention.

A fourth kick from the tee looked to have sealed the contest for the hosts until a moment of magic from Lcpl Lloyd Wheeldon (Para) turned the match on its head.

The scrum half gathered quick ball at the back of the scrum and kicked downfield, where he sprinted past the final defender to touch down. James then kicked the extras to tie the game at 19-19.

"We're devastated," Army skipper Spr Marcus Mercer (RE) said. "Our lads played really well with their hearts on their sleeves and I'm proud to lead them out." ■



CHEZ CROWNED KING OF THE CATTERICK RING

SUPER heavyweight star LCpl Chez Nihell (PWRR) mounted a stunning defence of his English title belt to cap a superb night for the Army boxing team as they locked horns with international opposition at ITC Catterick.

The five-time Combined Services champion outclassed rival Hosea Stewart to score a unanimous verdict and delight a passionate home crowd at the end of a series of bruising encounters with fighters from England and Finland.

Victory represented a third straight triumph in the format and Nihell immediately vacated the title to allow other boxers to vie for the crown in the future.

The result underlined the soldier's status as the one of the country's premier contenders in the super heavyweight ranks and his combination of quick footwork and accurate punches – particularly with the left –

proved too much for imposing England international Stewart.

"There was a lot of pressure on me with this being my third title defence," Nihell (pictured above) said afterwards. "The support was phenomenal; it was a special night with a great crowd.

"I came through my training here six-and-a-half years ago so to return to Catterick to defend my title and then vacate the belt is a massive honour.

"I was the smaller man out there but that is the case with most super heavyweights I face. I have quick feet and hands and can take a punch, which seems to work for me."

The evening also saw Army fighters embark on a revenge mission against the Finnish national team having lost 4-2 to the same opposition earlier in the season.

Their latest attempt began in disappointing style as development squad boxer LCpl

Nathalie Coles (RLC, pictured below left) lost to Riikka Niemi.

The visiting athlete made a blistering start and maintained her form throughout the bout to seal a unanimous verdict against an opponent with just five fights to her name.

But the Reds were able to call upon the experienced LCpl Shamim Khan (RLC) in the next contest and the bantamweight ace oozed class and confidence in his win over Wael al Khaghani.

The soldier's rapid footwork and sharp reactions made him a difficult target to hit and with a sound defensive platform in place he was able to pick off al Khaghani at will.

"He came here to box," Khan told *SoldierSport*. "He's a strong boy and the Finnish number one and when he landed his punches they were hard shots."

"I kept it long on purpose and like to hit and move; it's about boxing without being hit. I really



enjoyed it in there and it was a great win."

LCpl Ben Rees-Davies (R Welsh, pictured below) then built on the momentum as he edged past Niazz Ahmadi in a tight contest at light welterweight.

There was little to choose between the two, particularly in a cagey opening round, but the Army man upped the tempo in the second and third to take the win on a split decision.

"I was up against it; he's a Finland champion who has done well over the past few years so I knew I had to perform and do as I was told by the coaches to get the job done," a relieved Rees-Davies said afterwards.

While the split decision edged in the Army's favour there was no such luck in the following bout as Gdsm Josh Plummer (Coldm Gds) succumbed to Muhammad Abdilrasoon.

The soldier was up against a two-time Finnish national champion and his rival underlined his pedigree with a controlled performance that saw the head-to-head record between the two teams end 2-2.

Elsewhere on the bill, Gnr Tor-Ellis Willets (RA) lost an English title belt eliminator to Natalia Rok and Mne Jack Stringer (RM) was named fighter of the night following an impressive victory over Santeri Laine.

Finland claimed two further wins as Rio 2016 bronze medallist Mira Potkonen outgunned England's Paige Murney and Elina Gustafsson triumphed over Hannah Shield. ■



CATTERICK IN NUMBERS

BOUTS
ON THE
EVENING

9

ENGLISH
TITLE BELT
VICTORIES
FOR LCPL
CHEZ NIHELL
(PWRR)

3

BOUTS WON
BY ARMY
FIGHTERS
IN MATCHES
AGAINST
FINLAND
THIS YEAR

4

NATIONAL
TITLES
WON BY
FINLAND'S
OLYMPIC
BRONZE
MEDALLIST
MIRA
POTKONEN

8



BROWNING BOWS OUT

THE drawn match with Finland proved to be one of SSgt Jason Browning's (RAPTC) final shows as head coach of the Army's all-conquering boxing team.

Having initially served as part of the support staff the senior NCO landed the top job at the start of the 2013/14 season but has stepped down from the role as he prepares to leave the Armed Forces later this year.

During his time at the helm Browning has guided the fighters to four Combined Services titles while helping a number of athletes fulfill their ambitions at the upper echelons of the amateur game.

In the past year alone the team has won two Great Britain elite titles, two England elite titles and two Welsh elite titles.

"We have managed to turn 12 novice boxers into full internationals during that time," Browning, the reigning Army sports official of the year, told *SoldierSport*.

"Instead of relying on walkovers we've had to fight hard to win the Combined Services over the past four years. We have been challenged in that time but there has been a lot of success.

"At the beginning my aim was to create a more structured approach where people knew what they were doing and when.

"It was about making things more Army-orientated so those in the outside world would look at us as a professional set-up.

"We are now boxing at a really high level. Winning international vests and national titles proves that and people are impressed by us.

"I always wanted to get to a point where I could hand it over to the next guy and he can carry on the good work. Hopefully that will happen."

Former Army boxer Cpl James Allen (REME) is due to take over, with further appointments to be made in the coming months. ■



ARMY BAME NETWORK

The Army BAME Network has launched
and is looking for new members

To find out more please contact

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Our Mission: To **inform, support** and **inspire** BAME service personnel and civilian employees to achieve their full potential via a professional and dynamic network



GAME BRIEF

DATE: December 6-7, 2017
COMPETITION: Inter-Corps Swimming and Water Polo Championship finals
VENUE: Aldershot Garrison Sports Centre



THE Royal Electrical and Mechanical Engineers claimed a third successive Inter-Corps men's water polo title.

In a repeat of last year's final, the defending champions squared-off against the Royal Logistic Corps and edged an action-packed match to run out 11-8 winners.

The women's showpiece saw the Army Medical Services triumph 4-0 over the RLC.

And the medics completed a hat-trick of titles on the day as they reigned supreme in swimming's relay competition, with the Infantry winning the men's event.

CORPS COMMENTS:

"YOU DO NOT HAVE TO BE A TOP-END SWIMMER TO TAKE PART - IT IS ABOUT DEVELOPING TALENT FOR THE FUTURE"

W02 Emma Argue (REME)



CORPS QUALITY COMES TO THE FORE

INTER-CORPS SWIMMING CHAMPIONSHIPS
 MEN
 INF
 WOMEN
 AMS



RECORDS tumbled in the pool as the Army's top swimming talent returned to action at the annual Inter-Corps Championships.

A total of five competition-best times were set during an inspired afternoon of action, with LCpl Cat Green (Int Corps) the standout performer.

The athlete started a hectic day by winning the women's 50-metre butterfly in a record time of 30.22sec before eclipsing her achievement in last season's 200-metre freestyle.

Having finished in 2min 21.75sec she shaved almost six seconds off the record posted in 2016 and she completed a remarkable hat-trick in the 100-metre butterfly, where an effort of 1min 10.9sec secured a third milestone.

However, Green's personal haul was not enough to secure the collective honours as the Army Medical Services retained their title from last year.

The swimmers won eight of the 15 individual finals, with Pte Jodie Older celebrating a breaststroke double in the 50 and 100 metres and Maj

Kirstie Forbes winning both the 100-metre freestyle and 50-metre veterans' freestyle.

It was a similar story in the men's competition as the Infantry retained their corps crown in style.

LCpl Luke Conder led the charge with victories in the 50-metre and 400-metre freestyle – his second win coming in a record time of 4min 31.41sec. Teammate Capt Marcus Roberts took the 50-metre and 100-metre backstroke crowns.

Other highlights came from 2nd Lt James Gibson (RE), who won the 800-metre and 200-metre freestyle, while OCdt Jacob Randle-Bissell set a new record of 32.29sec in the 50-metre breaststroke.

"The standard was very high this year," organiser WO2 Emma Argue (REME) told *SoldierSport*. "To set five new records at one meeting is some achievement.

"Now we have a slightly calmer climate we are seeing more and more people coming back to the sport.

"Over the past few seasons we have had bigger teams entering, which is fantastic for us."

Final Word



I swim for an hour on a regular basis at my local pool, which keeps my fitness levels up.

LCpl Conor Wilson



When we're on block leave and there's a week or so left I go to the gym or start running again to prepare myself. It's much harder if you leave it all to when you get back.

LCpl Leon Cozens



This year I will work out in the gym and run every week because I'm attending a 12-week course at Brecon so I need to be on top form for that.

LCpl Ben Hubble



On leave I usually do around seven hours a week, mixing swimming, running and cycling. Thankfully, I'm in good shape at the moment as I've just done a half Ironman.

Sgt Dean Geoghegan

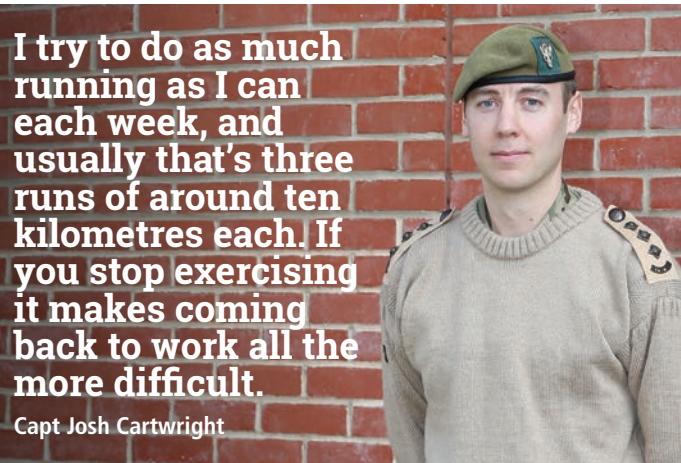


I do some extra stuff in my own time on top of the normal company PT – starting off slow and steady, and building it up from there.

Cpl Daniel Browning

I try to do as much running as I can each week, and usually that's three runs of around ten kilometres each. If you stop exercising it makes coming back to work all the more difficult.

Capt Josh Cartwright



Shake it off

Soldier asked troops from 1st Battalion, The Mercian Regiment how they kick-start their workout after the holiday season

You relax a bit over Christmas but you have to keep on top of your fitness. I go to the gym most days anyway and I keep that ticking over on leave too. After a while it becomes second nature.

LCpl Daniel Tranter



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