

# SOLDIER

MAGAZINE OF THE BRITISH ARMY

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## ADVENTURE AWAITS

WHERE WILL  
YOUR NEXT  
EXPED BE?



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IN FOCUS**

**WOMEN  
STEP UP**

EXCLUSIVE  
**A KILLER  
TALKS**



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# Adapting through adventure

**W**HAT a difference a month can make in the world of the British Army.

Since our last issue we have seen ground close combat opened up to Servicewomen (pages 7 and 40-41), the findings of the Chilcot inquiry published (page 11) and more troops tasked with the Baltic mission (page 14).

That and the tragic loss of another life in training (page 11) reminds the civilians amongst us of the dangerous job that personnel do, both at home and abroad, and the rate at which you are required to adapt to modern operations.

Our readers never fail to impress us with their resolve in the face of such challenges, and with the adventurousness they show on top of their everyday workload.

Anyone looking for inspiration may wish to consult our special AT section (pages 32-39), where there are some handy hints on organising your own expedition.

Finally, thank you to those of you who filled in last month's reader feedback form.

In an age where companies pester everyone with constant feedback requests, we appreciate the help to improve your magazine. ■



Sarah Goldthorpe • Editor

## Where to find *Soldier* magazine...

### Printed copies

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

### Facebook, Twitter and Instagram

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

### Online

DIGITAL versions of current and past editions are available on the Army website at [www.soldiermagazine.co.uk](http://www.soldiermagazine.co.uk) Just click on "read it now".

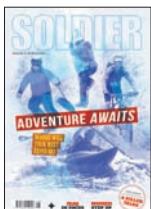
### Purchase

IF you're not in the Army you can buy *Soldier* from your high street magazine retailer or directly from us at [subs@soldiermagazine.co.uk](mailto:subs@soldiermagazine.co.uk) (£23 for 12 issues in the UK).



## CONTENTS

AUGUST 2016 VOLUME 72/08



Picture: Maddie Mardiment

## FEATURES

- 22 Heated exchange**  
Rifles revel in peacekeeping role
- 29 Make do and mend**  
Troops sign-up to needlework masterclass
- 32 Reaching their peak**  
Adventurous training delivers on all fronts
- 40 On track to fight**  
How Servicewomen will make history
- 42 Making of a murderer**  
PTSD in the extreme
- 46 Learning the lessons**  
What the Army gained from Iraq

## REGULARS

- 7 The Informer**  
Top stories from across the Service
- 55 Talkback**  
Ruminations from the ranks
- 59 Bullet Points**  
Troops' intelligence assets
- 69 Reviews**  
Books, films, kit and music to fill your downtime
- 90 Final Word**  
Personnel reveal their thoughts on the perfect overseas expedition

## SOLDIERSPORT

- 78 Water polo**  
Expansion plans take shape
- 80 Volleyball**  
Court dominance continues
- 83 Clay target shooting**  
Hot shots eye further honours
- 84 Athletics**  
Double delight at Services showdown
- 86 Cricket**  
Reds down Aussies in final-over decider
- 88 Mixed martial arts**  
Fighter focuses on European prize



# FOR THE THRILL OF IT

AT SPECIAL

**32 CHILE EXPEDITION**  
CLIMBERS DENIED IN SUMMIT QUEST

**35 TOP TIPS**  
HOW TO PLAN YOUR NEXT EXPED

**37 CENTRE SUPPORT**  
WHAT TO DO AND WHERE TO DO IT

**38 TALKING TRAINING**  
YOUR THOUGHTS ON AT



29



69

46



86



**"This book would be more interesting if it was pulped"**

Author misses the mark in Isis fight

p73

84



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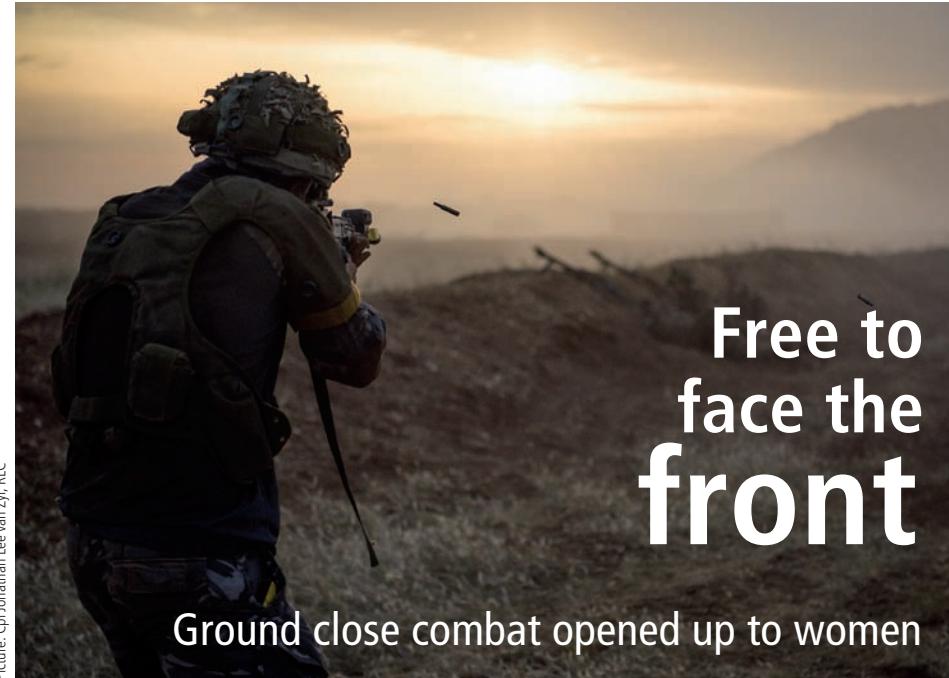


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## Free to face the front



Picture: Press Association Images

### CHILCOT'S VERDICT

**■ FAMILIES** of soldiers who died in the Iraq War have welcomed the findings of the Chilcot Inquiry, which said that Army personnel were sent into the conflict unprepared and ill-equipped.

Published last month, the 2.6 million word report highlighted a series of mistakes made by the then Prime Minister Tony Blair.

It said that military action in the country had not been a last resort and that, despite explicit warnings, the consequences of the invasion were underestimated.

Planning and preparations for reconstructing the country were "wholly inadequate", it found, and the British military had been left "humiliated" and ended the conflict a long way from success.

It added that the Ministry of Defence had been too slow to spot the dangers posed by IEDs and

**continued on page 11 >>**

**"Women won't want to be singled out"**

View from  
the ground  
– page 41



**F**OR the first time in history British Servicewomen will be allowed to serve on the front line in ground close combat roles, the government has announced.

The ban will be lifted later this year, with formations opened up in phases over the next three years starting with the Royal Armoured Corps (RAC) in November.

By the end of 2018 it will extend to the Infantry, Royal Marines and Royal Air Force Regiment.

David Cameron broke the news ahead of his resignation as prime minister last month.

His decision followed a recommendation by the Chief of the General Staff, Gen Sir Nicholas Carter, who said females had become "indispensable" to the Service's operational effectiveness.

He added that he was proud to be head of the Army at the time of the historic announcement.

"A lingering myth is that mixing men and women in the combat arms will threaten unit cohesion," the senior officer commented. "But cohesion is not contingent on gender; it is rooted in strong leadership."

"Courage, conviction in uncertainty, the capacity to perform and keep going when others around you are falling in battle count much more than colour of skin, religious beliefs, sexual orientation or indeed gender."

Service chiefs have emphasised

that physical training standards will not be compromised by the change.

It follows extensive research into three key areas of potential risk to men and women on the front line: musculoskeletal injury, psychological issues and reproductive health.

The interim health report can be read on [www.gov.uk](http://www.gov.uk)

It found that women joining the RAC would be less susceptible to injury than other roles.

Operating armoured vehicles is also expected to attract the highest number of applicants.

By 2018 a new set of "physical employment standards" for all combat roles will be in place.

Despite accounting for around 51 per cent of the UK population, women form just ten per cent of the British Army's manpower.

Defence Secretary Michael Fallon added: "I have always wanted roles in our Armed Forces to be determined by ability, not gender."

● **On track to fight – pages 40-41**

### WOMEN IN COMBAT: IN NUMBERS

3

Military Crosses  
awarded for their  
bravery on operations  
in Afghanistan

**70%**  
ARMED FORCES JOBS  
ALREADY OPEN TO WOMEN

The year most roles  
opened to females

1992



## 1 UK

### READY, STEADY COOK

TOP chefs from the Regulars and Reserves have been staging a cook-off at the annual catering competition, Exercise Army Sustainer.

Building an improvised oven from a metal drum and bricks was just one of the challenges they faced during the contest, organised by Grantham-based 167 Catering Support Regiment, Royal Logistic Corps.

A variety of team and individual categories tested the soldiers' skills in field cooking, fine dining and culinary arts.



“  
We are setting  
out to finish  
what he  
started  
”



Pictures: Cpl Daniel Wepen, RLC

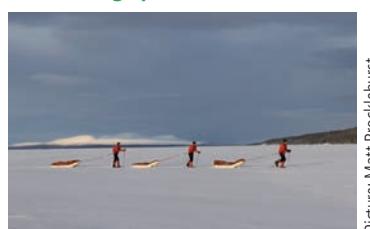
## 2 ASCENSION ISLAND

### PERSONNEL COMPLETE PILOT PROGRAMME

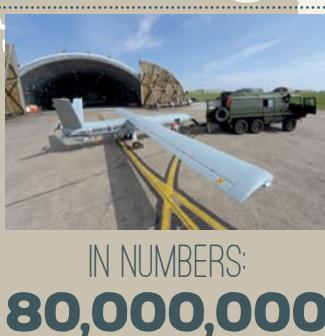
THE first batch of pilots will soon be ready to man a front-line Watchkeeper battery following flying trials on Ascension Island.

Around 16 personnel from 47 Regiment, Royal Artillery, assisted by elements of 74 Support Battery and instructors from the Royal School of Artillery, completed the programme which capped a course that began in January.

Battery Commander Maj Andy Carter said: "The assured weather, availability of airspace and uncongested runway of Wideawake Airfield make Ascension Island an excellent environment to conduct pilot training."



Picture: Matt Brocklehurst



**IN NUMBERS:  
80,000,000**

The cost, in pounds, of the agreement that ensures the British Army's Watchkeeper system will provide UK troops with next-generation battlefield intelligence for years to come.



**5 IRAQ**

**MORE TROOPS HEAD TO MIDDLE EAST**

ANOTHER 250 British troops are being sent to Iraq to help local forces battle Islamic State militants.

Defence Secretary Michael Fallon said: "This deployment will help the Iraqi forces push them back further."

The new trainers will be stationed alongside US and Danish troops at the Al Asad Airbase, where they will teach the Iraqi Army's 7th Division, border guards and police personnel a range of infantry skills, first aid techniques and how to deal with homemade bombs.

The UK reinforcements are to include 50 soldiers, a squadron of engineers who will spend six months building infrastructure, 90 personnel to help guard the airbase and around 30 headquarters staff.



**4 BRUNEI**

**GURKHAS' TRUE GRIT**

SOLDIERS from 1st Battalion, The Royal Gurkha Rifles have completed the gruelling annual Champion Company Competition in Brunei.

Run continuously over 84 hours, the event tests team spirit, skill, determination and leadership and includes day and night shoots, a river crossing, stalking, command tasks, close target reconnaissance and a gruelling 20-mile run.

The victors were the team from Support (Medicina) Company.

**“  
We are  
often  
deployed  
on rough  
ground  
”**



Pictures: Dominic King

**6 GERMANY**

**CANINE COMBAT KIT**

TROOPS from 102 Squadron, 1 Military Working Dog Regiment have been testing new protective equipment for their canine companions during live firing and tactical training on the Sennelager ranges.

All dogs are now equipped with goggles, boots, ear defenders, cooling vests and flotation devices, which WO2 Paul Joblin said would be vital in keeping them safe on operations.

"Dogs wear goggles to protect their eyes during helicopter landings or during sandstorms in the desert," he explained.

"The boots protect their paws from injuries by dangerous fluids, glass splinters or anything else that could cause cuts – we are often deployed on rough ground in war zones or regions of crisis."

"In hot climates we use the cooling vest to provide our working dogs with some relief."

The decision as to what kind of protection equipment is used at any given time is made by individual dog handlers.

# SOMME | 100

## FEARLESS FUNDRAISING

Money raised:  
£3,000  
For:  
Walking with the Wounded



Picture: The Northern Echo

### Poignant journey

A FORMER private in 17 Port and Maritime Regiment, Royal Logistic Corps walked nearly 1,000 miles from Durham to the Thiepval Memorial in France to coincide with the 100th anniversary of the Battle of the Somme. Jordan Blunsom completed the fundraising mission in 31 days. "Arriving in the region itself was really humbling," the loggie-turned-student said. "I will never forget seeing Thiepval Memorial for the first time. It was very moving."

### A MUDDY MEMORY

STILL splattered with the dried mud of the Somme battlefield, this torn kilt (shown right) is arguably one of the most fascinating objects you could hope to encounter during the conflict's 100th anniversary year.

Displayed at The Black Watch Museum in Perth, it belonged to the late Capt WD McLean Stewart.

"Visitors and staff alike are affected by the kilt and the fact it was kept untouched by his family," explains museum manager Emma Halford-Forbes.

Capt Stewart was killed on September 25, 1916 while commanding C Company of 1st Battalion, The Black Watch.

The formation was supporting an attack by the New Zealand Division towards Flers when the Germans counter-attacked.

But the enemy was driven back when the officer and his sergeant, Barclay, bombed them, throwing them into disorder.

Capt Stewart then led a party into an attack, which successfully stabilised the front. It was at this point that he fell, shot through the head at his moment of triumph.

His body was never recovered and his name was later inscribed on the Thiepval Memorial.

**“The event showed mankind has not forgotten”**

“

## ‘Thinking of our comrades’

Troops pay their respects on the soil of the Somme



the high-profile event, which was attended by the Queen.

In France, Pte Sean Fendley (Yorks) was among those tasked with undertaking a reading.

He recited the words of a fellow private who was serving with 12th Battalion, York and Lancaster Regiment when he went over the top on July 1, 1916.

"During this time, there was high explosives, shrapnel, everything you can imagine, coming over," the Serviceman recalled.

"Terrific hurtling death.

"It was soul destroying, but I wasn't frightened: I was impatient, I wanted to get moving.

"I prayed more in that shell-hole than I ever prayed in church."

The Battle of the Somme lasted until November 1916. Read the July issue for more on the conflict.

Picture: POA (Phot) Owen Cooban



### The editor writes...

WHEN around 10,000 people descended on the Thiepval Memorial in France last month, it felt a little different to some of the other ceremonies that pepper the Service calendar.

This soil where soldiers, dignitaries, family members and journalists gathered, was the very same that absorbed the blood shed at the Battle of the Somme.

For serving soldiers in attendance it must have been quite surreal to imagine their predecessors going over the top in that very region – 100 years ago to the day – and meeting with some of the most horrific battlefield encounters that modern man has experienced.

Today, flowers, hills and tour buses might plaster over the muddy hell of 1916 but this emotive event showed that mankind has certainly not forgotten the scars that lurk beneath.



Picture: Press Association Images

# "I never thought I'd be making a daysack from scratch"

– Thrifty with thread, pages 29-31



## Damning verdict on Iraq

Families of fallen have mixed reaction to findings

continued from page 7

to order medium-armoured patrol vehicles in place of out-of-date Snatch Land Rovers.

Speaking at a press conference, families of some of the 179 Servicemen and women killed in the conflict said the fight for answers had been painful.

Some welcomed the report's findings, while others said it had not gone far enough.

Richard Bacon, whose son Maj Matthew Bacon (Int Corps) was killed in 2005 when his Snatch Land Rover was struck by an IED, said: "We were proud when our husbands, sons and daughters signed up to serve our country. But we cannot be proud of the way our government has treated them.

"We must use this report to make sure that all parts of the Iraq War fiasco are never repeated again. Neither in a theatre of war, nor the theatre of Whitehall."

Speaking to the Radio Four *Today* programme, Chief of the General Staff, Gen Sir Nicholas Carter, explained that the military had learnt big lessons about the importance of having a good understanding of things "on the

ground" during a conflict.

Reg Keys, whose Royal Military Policeman son LCpl Thomas Keys was killed just days before his 21st birthday, said the inquiry had confirmed families' fears that troops were deployed on the basis of a falsehood.

Then Prime Minister David Cameron said that the country would never forget the "incredible service and sacrifice" of those who died or were injured in the war.

"We should be proud of what our Armed Forces managed to achieve so quickly," he added.

"This was despite the military not really having time to plan properly for an invasion from the south because they had been focused on the north until a late decision from the Turkish government to refuse entry through their territory."

He continued: "Yes, Britain has and will continue to learn the lessons of this report.

"But as with our intervention against Daesh in Iraq and Syria today, Britain must not and will not shrink from its role on the world stage or fail to protect its people."

● Lessons learned – pages 46-48

## CHILCOT'S FINDINGS:

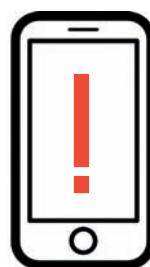
- There was little time to properly prepare three brigades for the deployment
- Troops faced gaps in armoured vehicles, intelligence assets and helicopter support
- The MoD's delay in providing vital kit should not have been tolerated
- UK personnel were left humiliated by local militias

## PERSONAL SECURITY

Hearsay circulated on the web is unhelpful: **don't forward it**



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## INCIDENT AT RAF MARHAM

■ THE personal safety of Armed Forces personnel fell in the spotlight again last month following the attempted abduction of a Serviceman at RAF Marham.

Two men approached the victim as he was out jogging near the Norfolk airbase, with media reports stating he was threatened with a knife before thwarting the would-be attackers.

Investigations into what happened are still ongoing.

The Ministry of Defence refused to comment on the specifics of the crime but a spokesman said:

"The safety of our personnel is our paramount consideration, therefore our security posture is kept under constant review."

Fus Lee Rigby (RRF) died in 2013 after being attacked and killed near Woolwich Barracks in London.



**Tragedy:** Cpl Joshua Hoole with his fiancee Rachael McKie

## Troops mourn late rifleman

TRIBUTES have been paid to a soldier who died while undertaking training for the platoon sergeant's battle course in Brecon.

Cpl Joshua Hoole (Rifles) had just finished an eight-mile fitness test when he collapsed at Dering Lines barracks. The cause of his death is not yet known.

Maj Dean Murch, officer commanding The Rifles Company, 1st Infantry Training Battalion, commented: "We are utterly devastated, but our loss is nothing compared to that of his loved ones."

"The thoughts and prayers of every single rifleman in the regiment and all his colleagues at the Infantry Training Centre are with the family in their hour of need."



## "I was a professional soldier, a caring family man"

– From PTSD to prison, pages 42-45

# WIN

## A BBQ with a difference

LAST month's spine line clues were inspired by the build-up to the start of the Rio Olympics this month.

(Jim) Fox, (Kelly) Holmes, (Frank) Weldon and (Mark) Phillips are all British Army Olympians of the past.

This month, courtesy of the cool gift and gadget website [www.thefoundry.com](http://www.thefoundry.com) we have two of these handy portable barbecue toolboxes worth £69.99 to give away.

To be in with a chance of winning one, tell us what links the words on the spine of this month's issue. Answers to the usual postal address or email via [comps@soldiermagazine.co.uk](mailto:comps@soldiermagazine.co.uk) by August 31.

*Soldier* readers can enjoy ten per cent off their first order from The Foundry website by using the discount code "FORCE10" before September 30.



## Breaking new ground

Project 'not just about the digging', troops say

**I**NJURED soldiers and veterans have been unearthing new evidence from the Battle of Waterloo as part of an ongoing archaeological dig.

Members of the Coldstream Guards and the Royal Army Medical Corps who are undergoing rehabilitation travelled to Belgium for the latest phase of the Waterloo Uncovered project, which promotes recovery through archaeology and was launched last year to coincide with the 200th anniversary of the historic clash.

Together with wounded ex-Servicemen and a team of experts, they spent two weeks excavating the area around Hougoumont Farm in search of the foundations of a chateau that was destroyed in the fighting, as well as a better understanding of how Wellington's forces managed to defend the position against Napoleon's stronger army.

Among those taking part was

Gdsm Carl Brown, who was involved in discovering several French musket balls.

"You think it's just mud so when you find something it is exciting, but it's not just about the digging, it's a morale boost too," said the 27-year-old.

"Learning more about the history was important to me but meeting the veterans and seeing them come out of their shells was also very positive."

Funded by regimental associations and a host of military charities, the project aims to continue digging at the site for up to ten years.



“When you find something it's exciting”

**Time team:** British soldiers on the project last year



## TROOPS STEP UP FOR GOOD CAUSES AND BIG BLISTERS

PERSONNEL from 1st Regiment, Royal Horse Artillery have donated more than £50,000 to ABF The Soldiers' Charity after an intense year of fundraising. The signature event was the Waterloo Warriors Challenge which saw members of H Battery complete a super-triathlon from Edinburgh to Waterloo in honour of their first ever battery commander, who was killed at Waterloo 200 years earlier. Other activities included a static ultra triathlon, Yorkshire's three peaks challenge and bag packing at supermarkets. Their effort saw the troops presented with the Carrington Drum, an ABF prize for the Army unit raising the most money in a year for the charity.

## MEME OF THE MONTH...

Share your favourites...



### THAT FEELING



## ARMED FORCES DAY

NEXT year's Armed Forces Day will be held in Liverpool, the MoD has announced.

The event, which will be in its ninth year, honours the work and dedication of the UK's Servicemen and women.

## A LITTLE HORSE...

THE Queen's Dragoon Guards have welcomed their newest recruit – three-year-old Welsh mountain pony, Tpr Emrys Forlan Jones.

The pint-sized steed has been training with the regiment's farrier major and made his first appearance at last month's Royal Welsh Show.

Earlier this year the formation was given permission by the Queen to keep an official mascot and Tpr Jones was chosen to honour its heritage as the Welsh cavalry.



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## "The Army has a problem with expanding waistlines"

– Talkback fat fury – again! pages 55-57



# Advanced Apache on its way

Improved version will provide better cover for ground forces



### IN NUMBERS:

**279**

Max speed in kilometres per hour

**476**

Range in kilometres

**2.6**

Hours of endurance

**2,800**

Max rate of climb in feet per minute

**T**HE Army is to receive 50 of the latest Apache helicopters under an agreement worth £1.7 billion signed between the UK and US.

The new platform, designated AH-64E, is more capable than the model currently in use by the Service.

It carries the latest generation avionics and weapons systems as well as consuming less fuel, giving greater range and endurance.

New composite rotor blades and an upgraded engine also provide it with more outright performance.

The latest Apache is already in service with the US Army and Capt Thomas Hall (AAC) flew this upgraded version while supporting operations in Afghanistan last year during an exchange posting with the US Army.

He told *Soldier*: "The new model's increased power allows it to respond faster in demanding environments and with significantly greater payloads.

"Also, there are improvements in the aircraft's connectivity and interoperability.

"This provides both the pilots and their command team much greater situational awareness and, significantly, all of this affords greater protection for the ground force."

The improved computing capacity and updated sensors mean the new fleet can be modified easily when upgrades are required in the future.

The first UK-bound helicopters are due off the production line in Arizona in early 2020 and will begin entering service with the British Army in 2022.

## Better late than never

A SERVING Gurkha soldier has collected an MBE on behalf of his late grandfather nearly 70 years on.

WO2 Khadak Chhetri (RGR) picked up Subedar Major Kalu Chhetri's gong from Prince William (pictured right).

It was meant to be awarded in 1947 in recognition of "devotion to duty of the highest order".

The Second World War officer was imprisoned by the Japanese and held captive for three years until the end of the conflict. His citation said he often stood between his men and their captors and was tortured and beaten as punishment.

The missing award was discovered when WO2 Chhetri was researching his

grandfather's service and realised he was due to be given an MBE in 1947.

But the award warrant was lost and the Gurkha Rifles regiment he served in was not aware of the error.

The Serviceman died in the 1960s, unaware that he had been honoured.

He received 11 medals for bravery during the First and Second World Wars, including the Military Cross.

"It's a shame after what he and his men went through but I'm glad I've been able to receive it on his behalf and I'm immensely proud of him," his grandson said.



### SAPPERS PLUMB THE DEPTHS

AIRBORNE sappers from 23 Parachute Engineer Regiment have been practising their underwater engineering skills in the English Channel.

Exercise Eagles Build saw the unit's divers completing tasks such as construction, demolition, and survey at depths of up to 50 metres off Weymouth, as well as repairing a pontoon at Vobster Quay in Somerset.

Diving is a key part of their role supporting the Air Assault Task Force and LCpl Curtis Noble described the job as tough but enjoyable.

"If you're a sports diver, you're on the bottom blowing bubbles and looking at pretty fishes," he said.

"But we're more likely to be diving in cold water with next to no visibility working to achieve a task."

# FUNDRAISING ARMY

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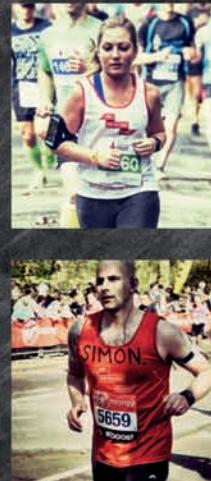
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THE FUNDRAISING ARMY – TOGETHER FOR THE SOLDIERS' CHARITY.



## "We showed our mental strength to defend our title"

– Army women reign supreme, page 80



### DRIVE FOR FAIRER CAR INSURANCE PAYS OFF

■ FORCES personnel are set to get a fairer deal on their vehicle cover after the UK's biggest insurers confirmed that troops posted overseas will now be able to keep their no-claims bonus for up to three years and avoid cancellation fees if they have to relocate abroad at short notice.

Around 265,000 Servicemen and women and their families will benefit from the change, which follows an Armed Forces Covenant meeting between defence ministers and insurance industry representatives.

Until now those serving overseas faced paying the same high premiums as newly qualified drivers upon their return to Britain, as well as penalties for cancelling their policies early.

Some 86 per cent of insurance firms have signed up to the commitment.

To find out which ones visit [www.armedforcescovenant.gov.uk/deals-on-wheels](http://www.armedforcescovenant.gov.uk/deals-on-wheels), call the British Insurance Brokers' Association on 0370 9501790 or check with your insurer directly.



A PERSONAL VIEW FROM SARA BAADE, CHIEF EXECUTIVE OF THE ARMY FAMILIES FEDERATION...

### IN NUMBERS:

**1,000**

The number of British employers who have now signed the Armed Forces Covenant



### 'MOVING ON IS A FAMILY AFFAIR'

IFE changes such as leaving the Army can be daunting.

This will probably be one of the most important decisions a soldier will make – a battle between what we know and like versus the opportunities that may lie ahead.

Switching careers is a big deal for most people, but for someone who has lived and breathed the military for many years this is an experience on another scale altogether.

We are fortunate that the Army provides excellent support in establishing a new vocation and life.

Having said that, our organisation's role is to look out for the needs of Service families and we must never forget that it isn't just the serving person making the transition into civilian life – it is the loved ones too.

Whereas the soldier is leaving the job, the family is leaving the military support structure, the accommodation, the community and the environment which has previously been there to assist them.

In no way, shape or form am I saying that this transition is as big as that of the Serviceman or woman, but it is often something that is done without any support.

66  
IT IS  
ESSENTIAL  
OUR FAMILIES  
ARE ALSO  
SUPPORTED  
99

Our families are not able to tap into all the guidance offered to our personnel and therefore they often face issues of their own.

Partners and children play an incredibly important role in supporting their soldier during their service and this continues as they establish themselves in civvy street.

So it is essential that our families are also supported through the process to ensure success for all.

The AFF has recently been given a grant by the Forces in Mind Trust to establish a transition liaison officer role for those going through this life-changing period.

This person will not only allow us to provide first-hand support, but understand the needs of transitioning families now and in the future.

If you have experience of this process and think you can help us take this important piece of work to the next level, let us know.

We will start advertising for the role this month and would love to hear from you.

[www.aff.org.uk](http://www.aff.org.uk)

## Mercians boost flood relief skills

■ TROOPS from 2nd Battalion, The Mercian Regiment have teamed up with their Naval, RAF and civilian counterparts for a large flood-relief exercise.

Led by Greater Manchester Fire and Rescue Service, Exercise Triton II tested how local authorities, emergency services and other agencies are equipped to tackle a major flood together.

As part of the training day, the Mercians built flood defences at an electricity sub-station in Stockport, before being taken by Merlin helicopter

to assist in a joint search and rescue serial at Hollingworth Lake.

Exercise liaison officer WO1 Mick Grimes (Lancs) said the package had helped to build on the military's experiences in Cumbria, Lancashire and Yorkshire last year.

"It has been about keeping a basic understanding of how civilian agencies work during large scale UK emergencies," he explained.

"The soldiers involved had never worked on a UK operation before yet they took straight to it."



Picture: Sgt Jamie Peters, RLC

## "I'm buzzing for it. This is the biggest bout I've had"

– MMA star finds fine form, page 88



# Army calls time on hangovers

New direction restricts opening hours on MoD property

**M**ORE measures have been introduced by the Army to tackle binge drinking among Service personnel.

They feature new limits on the times when alcohol can be sold in messes, junior ranks clubs and sub-unit bars.

They are 1800 to 2300 on weekdays and 1400 to 2300 at weekends.

However, a Field Army directive states that commanding officers can authorise different hours for special events and functions. They can also permit the lunchtime sale of alcohol in messes.

Brig Bobby Walton-Knight, Assistant Chief of Staff Support at Field Army HQ, said the rules were about leading cultural change not stopping troops enjoying themselves.

"Excessive alcohol consumption is a problem in the Service and has been for a while," he said.

"The discipline statistics show it, and there is still too much behaviour that no one would be proud of.

Commander Field Army's direction, which has been echoed by Home Command, is designed to foster a responsible approach.



"It is about improving operational effectiveness and reducing alcohol-related incidents, which impact on morale across the whole organisation."

Units have been told to develop their own action plan to deal with excessive drinking which must include limits on sales and procedures for drivers signing out of camp.

The directive also states that, in future, personnel considered unfit to drive the morning after drinking should be classed "unfit to work".

Last year, roughly one soldier a day lost their driving licence to alcohol misuse.



Picture: Press Association Images

## UNION AS USUAL

■ TROOPS serving on EU operations and in European headquarters have been told to continue their work as normal in the wake of the UK's decision to leave the union.

In a letter to all personnel, Defence Secretary Michael Fallon said Britain's commitment to peace and security missions around the world was unchanged and that it would remain "a strong and reliable ally" to its international partners.

He added that MoD staff would be kept fully informed of work to implement the result of the referendum in due course.

To view the message in full read DIB2016-24.

## Q&A: 'NOBODY IS TRYING TO STOP SOLDIERS DRINKING'

**Soldier grills Brig Bobby Walton-Knight, Assistant Chief of Staff Support at Field Army HQ, on the latest alcohol crackdown...**

**If there are certain units with drink-related discipline problems, why punish everyone? It's about leading cultural change, not punishing anyone.**

**Why can't you trust troops to relax in their spare time?** The direction gives commanders freedom to make decisions and take control. Under normal circumstances, if a soldier wishes to relax with friends and a drink, watching sport in the block on a Saturday afternoon, this shouldn't be an issue.

**A few may lose their driving licence because of alcohol but a higher proportion contract sexually transmitted infections. Are you going to stop people sleeping together?** This isn't designed to stop anybody enjoying alcohol; it is there to address the impact of excess. For example, the loss of trained drivers has an immediate effect on a unit's operational effectiveness. The health of our soldiers is hugely important and can be compromised by both alcohol and STIs. Being responsible and taking precautions is relevant in both cases. Total abstinence

– in either – is not being advocated.

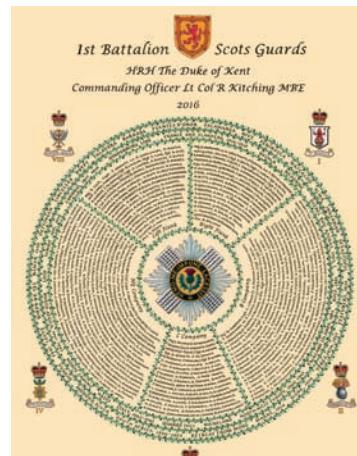
**Why penalise single soldiers? What about Service family accommodation?**

This is valid for all soldiers, wherever they live. For those who live in single living accommodation or messes, alcohol may be consumed privately – in moderation – the same as anywhere. But we need to get away from a culture of uncontrolled gatherings getting out of hand.

**We've had reports of personnel being prevented drinking during the Euro 2016 matches and prior to a dining-out. Should that be happening?** The direction specifies times and locations at which alcohol may be sold. Unit commanders are responsible for authorising sale outside these times, such as a football match. Likewise, they are able to apply stricter controls.

**With morale already low, are you not alienating people further?** Nobody is trying to stop soldiers drinking, but we need to ensure it is done responsibly. The direction gives plenty of opportunity to enjoy alcohol, which contributes to team cohesion and morale, but it also reminds us of the need to set the example, defeat the bystander culture and consider our wellbeing. No one should feel alienated; it's about balance.

**It's about leading cultural change**



## ROLLS THAT ROCK

■ A RENOWNED animal artist is carving a niche for herself in the military world by specialising in intricate handwritten and hand-painted muster rolls.

Clare Villar has completed commissions for 1st Battalion, Scots Guards (shown above), the Royal Wessex Yeomanry, the King's Royal Hussars and The Parachute Regiment.

"They are incredibly detailed and take about three months to complete," she said. "They usually include every current serving member of the unit."

Villars already has another batch of orders for similar creations from the Queens Royal Hussars, The Rifles and The Royal Yeomanry in the pipeline.

For more information log on to [www.clarevillar.com](http://www.clarevillar.com)

# THE BIG PICTURE

> EXERCISE ASKARI STORM, KENYA

## READY TO GO AGAIN

A PLATOON sergeant from 1st Battalion, Grenadier Guards gives a set of battle orders before the next assault on the demanding terrain of the British Army Training Unit Kenya. The soldiers were testing and developing skills needed for future conflicts, with the package culminating in a battlegroup serial.

Picture: Cpl Jonathan Lee van Zyl, RLC





# Heated exchange

## Riflemen welcome international allies as training mission reaches home turf

**T**ENSIONS are running high in the blazing Norfolk sunshine. With civil unrest dividing the local population a team of multinational peacekeepers have been deployed to keep matters under control while offering crucial support to those in need.

But the atmosphere quickly reaches boiling point as a refugee camp is constructed on the outskirts of a small village, causing uproar among its inhabitants.

A multiple of US soldiers move in but their action is met with a stern response from the group of protestors, who are far from pleased by their presence.

After a heated exchange the residents return to their dwellings and the troops retreat from the area with the situation seemingly diffused – for now.

However, this is anything but a rural refugee crisis and in fact is a key element in the Army's latest interoperability tasking – Exercise Steppe Eagle.

The three-week package boasts an 800-strong contingent of British, American and Kazakh personnel, along with a small cohort from Tajikistan, and keeping the peace is very much on their minds.

This relationship is nothing new – the exercise has been running for 13 years – but 2016 marks the first

time it has been staged in the UK and it was the Stanford Training Area that was selected as host for the diplomatic deployment.

A key objective in this latest episode was ensuring the Kazakhs edge towards the standards required by Nato so they have the ability to tackle such missions for real in the near future.

But there were also some extremely valuable lessons for their counterparts to learn.

Military police from the Arizona National Guard embroiled themselves in the thick of the action as did members of C Company, 1st Battalion, The Rifles, who were ramping up preparations for a forthcoming peacekeeping role in the Balkans.

The tasking adopted a fully integrated approach – at headquarters level and on the ground – with two multinational battalions tackling four challenging stands before testing their skills in a five-day final exercise.

The civil/military cooperation drills proved particularly rewarding as troops were able to gain an insight into how they should interact with internally displaced people, refugees and non-government organisations such as the Red Cross.

"This is something that is



Report: Richard Long Pictures: Steve Dock



‘It is about making a difference and transferring our knowledge to others’

Breaking point A member of the Arizona National Guard blocks ‘protesters’ during Exercise Steppe Eagle

# Army Photographic Competition

only 2 months until the deadline

2016

29 September 2016



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Charlie Brewer Photo Editor of Global Editorial Solutions, MSN International.



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Perfect preparation: A key objective was to ensure the Kazakhs edged towards Nato standards for peacekeeping missions

‘We have integrated some of their guys into our platoons and that is great’



normally tested at a higher level,” explained Lt Alex Gillies (Rifles), who helped plan the encounter.

“But the soldiers coming through understand that when they approach someone while wearing military kit it can be intimidating and their humanity is coming through.

“That is what Nato is looking for.

“These are armed soldiers interacting with those who are scared and in need of help – it is a totally different mindset.

“We do not own the situation; a government may ask us to come and help and we have to provide assistance to those who need it. These guys are getting that straight away.”

Similar success stories were reported at the border patrol stand – where integrated troops manned checkpoints in a bid to control the movement of people and disrupt illegal activity.

The serial started with routine searches of vehicles and individuals before escalating to the stage where smugglers were attempting to cross the border with weapons.

“The Kazakhs have given a really good performance,” instructor Sjt Ben Jex (Rifles) told *Soldier*.

“The teaching phase didn’t last that long and they were straight into the main scenarios. They had the manpower and understood the tactics,

techniques, and procedures; it was all nailed down.

“But I was expecting that from them as I’d heard they are very good.

“It is great to be part of something like this. It is about making a difference and transferring our knowledge to others.

“It is beneficial for them and rewarding for us.”

WO2 Ross Jones (Rifles), company serjeant major of C Company, also praised the quality of the training during a quiet moment on the fictitious border.

“For us, the exercise has been very good,” he said.

“Working with the Americans has been quite easy.

“They are MPs in the National Guard so there has been a slight difference in skills but we have recognised what they can offer.

“We have integrated some of their guys into our platoons and that is great experience for when we have to carry out these peacekeeping missions for real.”

With the border secure attention swiftly turned to a cordon and search operation at a remote building.

Having established a perimeter, Kazakh soldiers enter the property and discover intelligence that leads them straight to a weapons cache at another location.



**House clearance:** Kazakh soldiers secure a derelict building during a cordon and search operation at Stanta, Norfolk

Again, the serial meets strict Nato objectives and the NCO in charge of the stand, Sjt Lee Fraser (Rifles), was pleased with the way in which the information had been quickly absorbed.

"I went over to Kazakhstan to do some teaching last year," he explained. "And from what I saw of their training areas they have nothing like this.

"Seeing them navigate and operate on this terrain has been really good. They are professional and do as they are told but they also want to learn; they are always fighting for more information."

As part of 160th Infantry Brigade, 1 Rifles have established strong links in central Asia and this latest test came at the end of a busy 12 months.

Over the past year the Chepstow-based personnel have deployed to Iraq, Kazakhstan, Slovenia and the Ukraine so having the chance to host their international allies on home soil was well received.

This in itself offered

additional training value to the Kazakhs, who had a rare opportunity to flex their logistics chain in a large-scale movement overseas.

"Getting their troops and cargo over here has been a significant task for them," explained Maj Chris Badcock (RL), part of the exercise planning team.

"They flew into RAF Mildenhall and had to clear all their weapons through customs before deploying on the ground.

"If they are going to go on peacekeeping missions that is arguably one of the most complex parts of the operation, so it has been a good test for them."

Final validation of Kazakhstan's peacekeeping credentials is expected next year, when the country will hopefully become another cog in Nato's well-oiled humanitarian machine.

The Norfolk refugees may well have been a work of fiction but the lessons learnt in the sweltering heat of East Anglia will be vital when these personnel face such challenges for real. ■

## Talk of the training ground

International officers reflect on the value of Exercise Steppe Eagle

### **Capt Agen Nurkassov, commander of the Kazakh battalion**

"The main goal for us is ensuring our military decision-making processes meet the standards set by Nato.

"But this exercise is nothing new, we have been doing it for a number of years. The good thing this time round is the fact we have soldiers from different nations in our battalion.

"It is also great to come to a different country. In Kazakhstan it is very flat and really hot. When we went to Germany there were big forests and hills; here it is pretty similar, but without the trees.

"As peacekeepers we do not know where we will be sent so this is vital experience.

"We want to go on these missions and my soldiers on the ground are doing a good job."



### **Lt Col Joe Murdock, commander of the multinational battalion and part of the Arizona National Guard**

"The Arizona National Guard is a state partner with Kazakhstan and has been running a military exchange programme for a number of years.

"They are disciplined and motivated and want to do the best they can to be part of the peacekeeping missions.

"I had reports from my company commanders saying that even during the rehearsal stage their soldiers were going at 90 per cent – nobody is holding back on this exercise.

"Partnerships like this break down barriers and build friendships. We are increasing the capability of the world's peacekeeping forces and that has to be a plus."



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# MAKING DO AND MENDING



How a soldier armed with a needle and thread can save the Army a packet

ODERN life is disposable, or so it seems. From mobile phones to clothes, televisions or furniture, if something breaks or we simply tire of it, it is now the norm in these consumer-driven times to throw it out and buy a replacement.

But while fixing things has fallen out of fashion, the Army is still championing a thrifter approach when it comes to maintaining its kit.

At Deepcut's Defence College of Logistics, Policing and Administration soldiers are learning to make do and mend – literally.

The school's special skills division runs equipment repair courses five times a year, which teaches troops how to patch up basic items such as tents, canopies and Bergens.

Sewing might not sound like the most military of activities, but as instructor Lisa Bean (ex-RLC) explained, once personnel overcome their initial misgivings they quickly realise the value in being able to wield a needle and thread.

"They go from not being able to sew at all to making a daysack from scratch and being able to fix lots of different things, from vehicle canopies, to tents and sleeping bags," said the former warrant officer.



Report: Becky Clark Pictures: Steve Dock

**Clockwise from top left, Picking up the thread: Lisa Bean and Rfn Matt Duncan (Rifles) discuss the construction of a set of personal load carrying equipment; A student uses a template; Cfn Aitaraj Limbu (REME) works on a patrol pack; Rfn Duncan puts his stitching skills to the test**

"We start off hand stitching on canvas before learning how to use the sewing machines.

"It's fantastic when you see them complete a 20-litre rucksack and they go 'wow, I did that'."

As well as needlework, those on the month-long course study splicing and leatherwork so that they can work with a variety of materials.

However it is not just the individual soldiers who benefit from having a new skill set.

Between operations and routine exercises, military gear takes a regular beating and if every damaged item were simply written off, the costs would soon mount up.

"The Army benefits massively from this course because units can save thousands of pounds," continued Mrs Bean, who left the Service last November after a 24-year career in movement control.

"For instance, a large tent could cost £1,500 so instead of replacing it with a new one, if they have an equipment repairer at their unit they can fix it and save money.

"Same with Bergens – we had 21 sent to us recently and all that was wrong with them was that a buckle was broken or a piece of string was missing, which might cost 20p to fix.

"A brand new daysack would cost £75, so again that's a total saving of around £1,500."

Of course, the Army also uses other means to repair or replace equipment.

However, for Capt Andy Birkett (RLC), senior instructor at the specialist skills division, units with the ability to mend kit in situ save time as well as cash.

"It can take up to four months for something to be fixed, so the quartermaster will be without that item for the whole of that time," explained the officer.



"So it's much more flexible and faster if regiments can do it themselves.

"Everyone's busy, everyone's short of manpower but it's worth sending people to do this course because it can save a lot of money and effort in the long run, as well as providing a unit with added robustness in Kenya, Canada or any deployments they do."

Rfn Matt Duncan (3 Rifles) said that, in his view, his battalion would quickly reap dividends from freeing him up to attend the course.

"We've got a lot of canopies that take ages to get repaired and are expensive to fix and a lot of the time we just cover them in black nasty," said the 34-year-old.

"It's the same with webbing. The issued stuff is good but when it breaks you always seem to wait a long time for a replacement or guys just go and buy it themselves."

"If we had access to this kind of

## UNITS CAN SAVE THOUSANDS OF POUNDS

Lisa Bean  
Course instructor



## A STITCH IN TIME...

To make the most of their soldiers' new skills, a regiment will have to invest in a heavy-duty sewing machine at a cost of around £3,000. It may sound like a hefty outlay but it equates to the same price as replacing...

**3**

four-tonne truck canopies

**6**

9x9 tent canvases

**40**

Bergens

machinery we could do those sorts of repairs easily."

Like most of those attending the package, LCpl Jonathon Biney (RLC, pictured below right) had little prior sewing experience, other than attaching tactical recognition flashes to his uniform.

Despite struggling to get to grips with the hand stitching initially, he said that once he saw what could be achieved with a sewing machine, he knew his new-found skills would prove extremely useful for his role in the quartermaster's department at 7 Theatre Logistic Regiment.

"A lot of the tents and camouflage nets that are wrecked back on camp just have small rips in them – maybe an inch or two long – and now instead of getting rid of them I can fix them with only a few hours' work and they can be reused," the junior NCO commented.

"I never thought I'd be making a daysack from scratch. To see it

coming together is quite exciting and has really got me interested in sewing.

"I'm already contemplating saving up and getting myself a home sewing machine because it would be really handy for putting on TRFs or fixing zips.

"I think the missus will be quite impressed, too."

Home haberdashery aside, it is clear that equipping personnel with these relatively low-tech skills delivers a huge bang for the Army's buck.

In the age of austerity, the lowly needle could well prove mightier than the sword.



# REACHING THEIR PEAK

**Adventurous training provides soldiers with more than just adrenalin rushes**

Interview: Steve Muncey

**B**EING more adaptable to the challenges of an uncertain world has become a priority for the Army and one of the ways it is maintaining its cutting edge is by providing opportunities for adventurous training.

The connection between the two is easy to see; personnel are pushed to their physical and mental limits in situations of controlled risk where they are required to work as a team, undertake complex tasks and make vital decisions.

The theory is that those who take the plunge find out a bit more about how they cope and operate under stressful conditions.



However, the benefits are multiplied many times if a soldier takes the next step and sets about organising his or her own expedition.

With the help of a large and well-resourced joint Service organisation and a dedicated network of unit and regional adventurous training officers, this is far more achievable than many might assume.

"I'd never planned an expedition myself before but the Adventurous Training Group helped me out loads," says Lt Col Si Smith (REME), who recently led a party of ten mixed rank personnel to climb a remote mountain in Chile.

"I got plenty of advice on the preparation and training I'd need and they loaned us all the specialist kit and clothing from its huge storage facility in Bicester; they even had the resources to advise me on funding and

political clearances."

Lt Col Smith's team scaled Ojos del Salado – the highest active volcano in the world and, at 6,893 metres, the second tallest peak in South America.

After meeting up with logistics providers and a guide, the troops began their ascent from the Atacama Desert – the driest place on earth.

"The wind and dust were beyond our expectations and the climb was long and slow as we sucked in the thin air, step-by-step," he told *Soldier*.

"For many this was the first time they had experienced the effects of high altitude.

"But we all logged climbs of 6,000m, which is a great achievement for such a diverse group, including beginners."

The team completed second and third acclimatisation treks by

climbing to a ridge 5,600m up Mulas Muertas and on to the summit of another formidable mountain called San Francisco, at 6,016m.

However, the arduous nature of the task started to take its toll before the final ascent even began.

"We got to a point where we were at a seriously high altitude and we noticed that one or two individuals started showing signs of deterioration," recalled Lt Col Smith.

As the team closed in on the summit of Ojos del Salado the ascent proved too much for two soldiers, who had to stop, but the remainder set off in temperatures of minus 15 degrees Celsius for the final push, reaching 6,300m before one very experienced member was struck by dizziness and felt compelled to descend.

With seven personnel left and in sight of the summit, it was a tough decision to turn the group back.

Lt Col Smith added: "The first British Services expedition onto Ojos del Salado will be recorded in the archives as a 'fail' but we got loads out of this trip nonetheless.

"We all gained crucial decision-making, leadership, physical courage, teamwork and group dynamic experience which will all be returned to our next field force appointments."

He continued: "I really buy into taking controlled risks through adventurous training – it's about getting you comfortable with being uncomfortable.

"If, while in a combat situation, you are asked to step into the unknown it's better if it's not the first time you've had to do it.

"In Chile many of us were exhausted from the lack of oxygen; you wouldn't get that on operations but you would be physically tested for other reasons, like the heat perhaps and having to carry lots of weight, so we were definitely in a situation you could liken to a battlefield.

"We had people really struggling, not only with the thin air but with the cold.

"One person literally couldn't feel their hands while another was having

44  
**IF YOU PUT ME BACK  
INTO AN OPERATIONAL  
ENVIRONMENT NOW I  
WOULD BE BETTER AT  
MAKING DECISIONS**  
77

severe headaches.

"At the same time the team could see the summit wasn't far away – maybe just 500m above them – which doesn't sound much but at that altitude it represents about four to five hours of hard slogging.

"We had to make a tough decision while being very tired, hungry and fatigued, which made it difficult to think straight."

Lt Col Smith believes that turning back required the moral courage to put the team ahead of the task.

"The ability to make the right choice at the right time in extreme circumstances was key," he added.

"And I reckon if you put me back into an operational environment now I would be better at making decisions because of my adventurous training experiences; I can't prove that, obviously, but that's what I feel.

"Ultimately, we knew the mountain would be there for another day but if any team members were killed they wouldn't be.

"I already have my sights on a return to Ojos del Salado with the soldiers of my next field force unit." ■

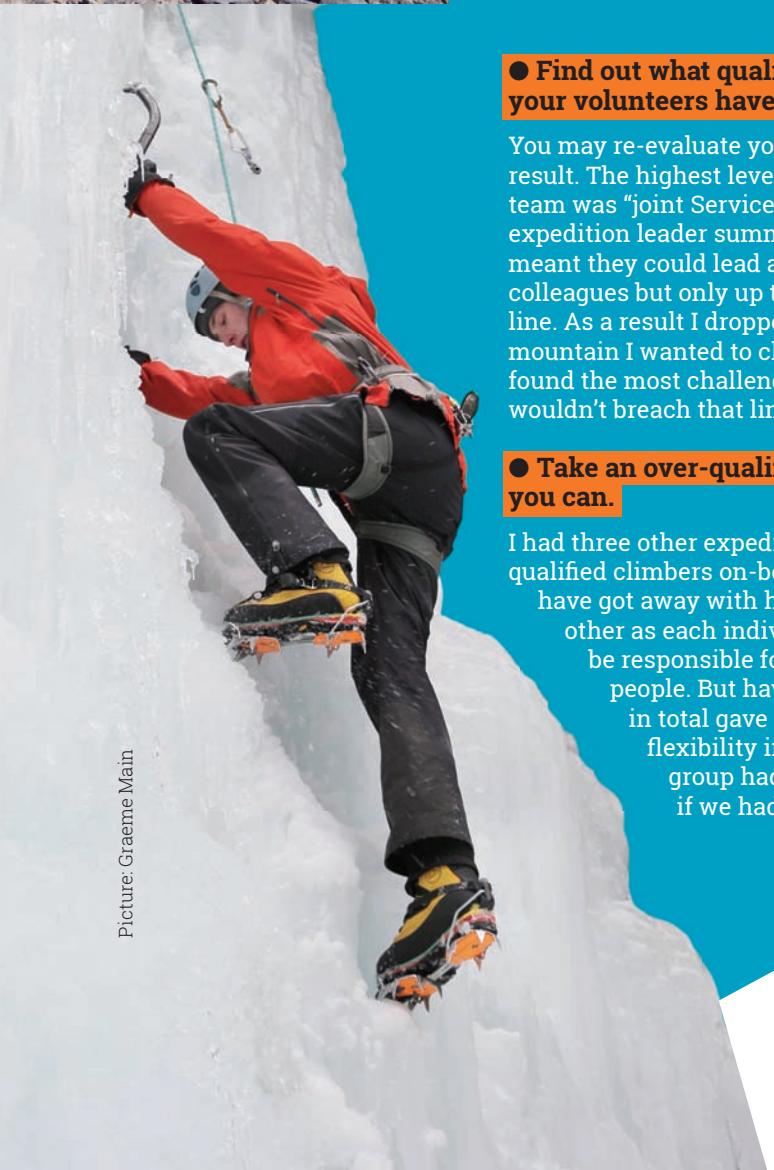


**Stepping into the unknown:** Lt Col Si Smith (REME) and his team scaled Ojos del Salado – the highest active volcano in the world

# 8 TIPS FOR AN EXPED



**Lt Col Si Smith (REME)** is a mountaineering veteran, having participated in seven overseas climbs and numerous domestic ascents during his 20-year Army career. Here is his advice for organising an adventurous training expedition...



Picture: Graeme Main

## ● Find out what qualifications your volunteers have

You may re-evaluate your goals as a result. The highest level among my team was "joint Service mountain expedition leader summer", which meant they could lead a team of six colleagues but only up to the snow line. As a result I dropped the original mountain I wanted to climb and found the most challenging peak that wouldn't breach that limit.

## ● Take an over-qualified crew if you can.

I had three other expedition leader-qualified climbers on-board. I could have got away with having one other as each individual can be responsible for up to six people. But having four in total gave us more flexibility in case the group had to split up – if we had to evacuate

one or more individuals off the mountain, for example.

## ● Lean on your Unit Adventurous Training Officer

You can also approach the regionally-based AT desk officers. First, ask their opinion on the proposal and they'll provide advice and pointers. For example, if you say you want to climb Mont Blanc next year they'll advise that you'll need someone with a specific Alpine leader qualification. They can also tell you what sort of training plan you need in place.

## ● Plan as far as you can in advance

Most employers are forward-leaning about granting time away, especially if the exped is quite challenging and the operational benefits are obvious, but good notice helps. We had a year leading up to the Chile trip and that helped our people secure the three weeks off-duty.

### ● Research the most relevant post-exercise reports

The adventurous training system (ATSYS) has thousands on file and they contain lots of information on the location, geopolitical situation and equipment required. I found reports from previous trips to Chile, which had some useful info about the country but none for Ojos del Salado itself so I believe ours was the first British Services expedition to climb this peak. I like to think the post-exercise report we wrote will be of great use to future expeditions to the region.

### ● Do your homework

ATG (Army) might decide your proposal needs to go to its high risk and remote (HRR) panel for review by highly qualified experts. Mine did, and I had to detail what my mitigations were if the weather deteriorated. There was potential for snow and freezing conditions but my party contained people only trained for summer climbing. As a result, my training plan included putting all of the team through a winter mountain foundation course, which gives them experience of climbing in cold and icy conditions. The HRR panel also expressed concerns about the altitude we'd reach and what to do if someone suffered illness because of this. One option was to take a doctor but we had no medically trained volunteers so I proposed all ten of us would complete a high-altitude first aid course provided by an international guide from the renowned Plas-y-Brenin mountain centre in Wales. We all pooled our standard learning credits to finance that.

### ● Don't underestimate the funding options out there.

Our exped cost £30,000 in total, which is a lot on the face of it. Each climber contributed £1,000 but we made up the difference by joining the Army Mountaineering Association who gave us a grant. ATG (Army) also donated funds, as did the Commanding Officers' Public Fund, the President of the Regimental Institution, our respective regimental funds and the Berlin Infantry Brigade Memorial Fund. There are lots of others out there that, depending on cap badge and location of garrison, you can access. For instance, units belonging to 16 Air Assault Brigade can apply to the Airborne Fund. Your unit adventurous training officer and the regional officer should know all the various options and it's also worth going through the AT exercise reports system to see where previous expeds got their money from.

### ● Use your team from day one

The admin load, especially on foreign trips, can be tremendous. I decided from the start the whole team would help with planning. This helped get things moving quicker and benefited lower ranked personnel who don't have as much opportunity to be involved in complex organisational tasks. I put one soldier in charge of finances, another looked after equipment and clothing while others oversaw risk assessments, logistics, training and accommodation.



# RISKS AND REWARDS

**A**DVENTUROUS Training Group (Army) is comprised of two key formations.

The Joint Service Mountain Training Centre's primary focus is on producing leaders and instructors who can deliver AT at centres and units.

Its main establishments are in the UK and Bavaria.

The Adventurous Training Foundation Centre manages establishments in the UK and Europe and its chief goal is to deliver foundation courses, although it also provides higher awards in certain activities such as sailing.

Additionally, AT desk officers are located in Edinburgh, Donnington and Aldershot who are the first point of contact for a unit wishing to mount an expedition.

Personnel can progress through basic foundation level courses, through four or five intermediate leader courses (depending on the activity), and then up to instructor level if desired.

The qualifications it provides are aligned to civilian national governing bodies wherever possible.

Unit-level training, where personnel qualified through ATG (Army) supervise small groups, is also supported. And the body delivers what it calls "concentrations" – a range of



qualifying courses over a ten- to 14-day period – where individuals and even beginners can gain the credentials they need to participate in expeditions or provide adventurous training back at their units.

Altogether, there are 75 different qualifying courses across 13 activities covering:

- Canoeing/kayaking
- Caving
- Freefall parachuting
- Gliding
- Mountain biking
- Mountaineering (summer and winter)
- Offshore sailing
- Paragliding
- Rock climbing
- Sub-aqua diving
- Skiing

For more information go to [www.atga.mod.uk](http://www.atga.mod.uk)

# COACHING FOR COMBAT?

**A**DVENTUROUS training is a requirement for members of the Army, which places great value on the leadership and coping skills it gives personnel.

Regulars should undertake this challenge over five days or more once every three years while Reservists are expected to complete the same every six years.

"We have been putting an increasing emphasis on why they are doing the activity, and how it relates to and benefits their Army role," said Lt Col Alan Wylie, commanding officer of the Joint Service Mountain Training Centre (JSMT), based at Indefatigable on Anglesey in North Wales.

"It's about establishing the link between the challenge we provide – keeping calm and operating effectively under stress in a controlled risk situation – and the potential benefits on deployment.

"Personnel require mental and physical robustness to withstand the rigours of military life and with active operations reducing there are few other ways for personnel to truly stretch themselves – but adventurous training is one of them," he added.

We asked a number of personnel in training at JSMT if they agreed...

Pictures: Steve Dock



**CPL TERRY SMALLBONE, RA**

"I am really into climbing and the guys in my unit are interested in it so I've done the leader course, which means I can take teams out and run foundation programmes for my unit. Rock climbing is one of the best ways of putting people in stressful situations because at some point everyone will get scared. I've done two tours of Afghanistan so I can see the link to operational capability and the ability to deal with being scared. Climbing can provide experience of stepping back and thinking about a situation rather than panicking. I was on a very steep multi-pitch route yesterday where I got into a situation where I couldn't find any secure holds and had to calm myself down and think my way out it by scanning the areas around me. I eventually found secure enough holds to be able to move on."



### LCPL AMBER MANGMU, QGE

"Having a taste of leadership has been a great benefit for me. I've been leading groups on the multi-pitch leader rock climbing course and I can take what I learn back to our unit. I know I'll be more confident about leading men when I'm eventually promoted."

### PTE LUKE ABBOTT, PARA

"I'm here to get a sea kayaking leader qualification because it's the minimum standard allowed on the exped we're planning, which is to row across the North Sea to Arnhem next spring to mark the 70th anniversary of the battle. I'm not sure how much AT like this can benefit you on operations, it depends on the person. Virtually everyone in the Paras is an adrenalin junkie to some degree so you've already got people who've been exposed to danger and they might not gain as much. Those who have never been put in a really stressful situation before will benefit a lot, though. The coaches here are good, they really get to know each person's limits and if I'm leading people in the future I might take some inspiration from them."

### SGT PETER BENTHAM, LANCS

"I'm on the mountain bike leader course and I've had to organise the group for a day's ride and do risk assessments – we reached fifty kilometres per hour over rough ground yesterday so you need to know the route well and the capability of the guys with you. This experience might influence the way I lead a patrol in the future. We move from one point to the next but on these sessions we are more circumspect, reassessing the route every 100 metres or so as we progress, constantly making sure the team is still capable and fit with no injuries."

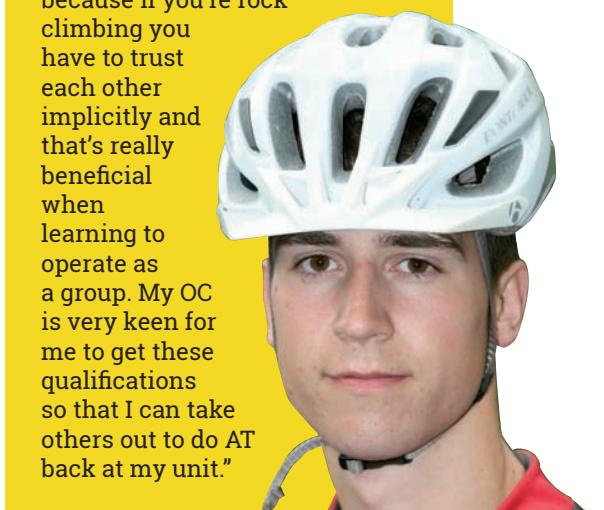


### CAPT DREW CHRISTIE, RLC

"I think the higher up you go in terms of qualifications, regardless of the discipline, the less of the psychological impact adventure training has on you because you've been exposed to the controlled risks they offer before. But it will benefit you on ops because it tests how you manage fear. AT also gives you a great set of skills; you can come here as a novice and go away with the ability and qualification to be able to climb, say, in your own time and be really confident that you're doing the right thing because of the quality of the training."

### LCPL MIKE MORAN, R SIGNALS

"I'm qualifying in four disciplines – rock climbing, sea kayaking, mountain biking and canoeing. I love anything to do with the outdoors and this is a nice contrast to my day job which is electronic warfare where I'm mainly on a computer even when we're out on exercise. This has given me more confidence because you work with people from different areas of the Army – in my group we have Reservists from 4th Battalion, Duke of Lancaster's Regiment and Regulars from various Mercian units. The teamwork element is revealing because if you're rock climbing you have to trust each other implicitly and that's really beneficial when learning to operate as a group. My OC is very keen for me to get these qualifications so that I can take others out to do AT back at my unit."



# On track to fight

A closer look at 'that announcement'

May 2017

This will be reviewed after six months before being expanded to other areas of the RAC.

**TODAY'S** generation of Servicewomen is set to make history.

For the first time, individuals among them will be able to fight in combat roles that until now have been off limits.

Beginning with their entry into the Royal Armoured Corps later this year, here is what the road to equality will look like for female soldiers over the coming months and years.

**The front line will be opened up to women in a phased approach over the next two to three years...**

Nov 2016

The first applicants will then begin their role-based training. Initially three Regular units – the Royal Lancers, the King's Royal Hussars and the Royal Tank Regiment – and all Reserve formations will be opened.

## Today

...this will begin by allowing women to serve in all roles within certain units of the Royal Armoured Corps. Applications to transfer can be made with immediate effect.



## Dec 2018

By this time, all remaining RAC units and positions in the Infantry, Royal Marines and Royal Air Force Regiment will have been opened up to females.

An ongoing programme of research will then result in a set of "physical employment standards" for all combat roles, for both men and women, being put in place.

## 2021

A five-year study into the physiological impact of front-line roles on both men and women will be completed by this date.

This began with the interim health report, which looked at the risks to women in ground close combat. It found that females employed in this way would be at higher risk of musculoskeletal injuries but recommended that a change in physical training methods, with special consideration given to upper body strength and loads, would help address this. It also recommended that initial training be undertaken in a single sex manner.

## Like for like

Existing standards for the RAC and Infantry must remain, the Army has said.

There will be **no lowering of entry or performance standards** and no quotas to fill for the inclusion of women in the ground close combat environment.

## Q&A:

### 'No preferential treatment'

Army Sergeant Major, WO1 Glenn Haughton, is the man tasked with ensuring the Service's top brass understand what life is like for troops on the ground. Here, he answers *Soldier's* questions on the arrival of women into new combat roles...

#### ● What is your reaction to the announcement?

Very positive. I firmly believe that everyone in the Army should have the chance to serve in any role they want, as long as they reach the standard.



#### ● What are the worries or criticisms you are hearing of the decision?

Some people have said they are worried that the standards will change and that women are not robust enough to do the job.

#### ● What do you say to that?

That I have trained, worked and served on operations with women who have proved they

can operate in the most arduous of conditions and in the face of real adversity. In every case, they did exactly the same as the men. There will be no lowering of training or qualifying standards for soldiers in ground close combat.

#### ● Will this compromise operational effectiveness or boost it, in your view?

Most certainly boost it. A more diverse force makes a more operationally effective force.

#### ● What will be the main challenge of women being in ground close combat, out in the field? Will it just be units adjusting to that female presence?

Most units have worked with women in front-line roles. Many of us have been on operations with female medics, fire support teams and EOD operators for example.

#### ● Is now the time for male soldiers to lose the chivalry? To stop putting women first in life-or-death situations?

Women who do serve in ground close combat roles will not want preferential treatment or to be singled out. It's a leadership responsibility to ensure all soldiers are treated fairly, regardless of gender. It's up to everyone to set the conditions, embrace the change and ensure we maintain operational effectiveness.

Words: Sarah Goldthorpe

# MAKING OF A MURDERER

**Combat trauma turned  
this ex-soldier into a  
killer. Now he hopes his  
story can help others  
avoid tragedy...**



# C

ORPORAL Jimmy Johnson was a model soldier.

At 17 he joined the Royal Tank Regiment and served in Aden in the 1960s, where his leadership skills marked him out for promotion.

During a later posting to Northern Ireland he would receive a Mention in Dispatches for risking his life to save the victim of a bombing.

But the sights he witnessed during the Troubles would also put his life onto a very different trajectory; one that not only cost him his career, family and freedom, but the lives of two innocent men.

In 1974, shortly after leaving the Army and while in the grip of a terrifying flashback, Johnson bludgeoned an acquaintance to death with a scaffolding pole.

He was jailed for the crime but some ten years later, while on release on license, he killed once more. This time the victim was a colleague, whom he attacked with a hammer.

Now aged 70 and serving a life sentence for murder, the former tank commander is telling his story to highlight the dangers of undiagnosed post-traumatic stress disorder (PTSD).

He has written a book detailing his battle with the condition, *The Veterans' Survival Guide*, so that others in the Service community can learn from his experiences.

Speaking to *Soldier* about the project from HMP Frankland, he explained: 'I was a professional soldier, someone who risked his life many times for others, a caring family man, the life and soul of the party and a good friend to many.'

"PTSD devastated my whole life, ruined my career, my marriage and the lives of my wife and children and led me to commit the crimes for which I am in prison."

"None of it should have happened; it could have been prevented if I had been treated."

## Troubled times

Troops patrolling the mean streets of Northern Ireland in the seventies

Interview: Beaky Clark Pictures: Graeme Main Pictures posed by model

faced violence on a daily basis but Johnson's true unravelling began in 1972, soon after the incident that earned him his Mention in Dispatches.

On the night in question he and his comrades came across the scene of a huge explosion that had destroyed an underground toilet block, trapping a woman in the rubble.

Despite the threat of a second bomb they went down into the dark to look for her, eventually finding her body – by Johnson's description "shattered and twisted like a rag doll".

Shaking and covered in her blood, he returned to base.

These days troops who have been involved in life-or-death situations would be monitored under the military's trauma risk management (Trim) system, but in the seventies there was little in the way of support for Johnson; the only help he received that night was a sedative to help him sleep.

## Breaking point

In the weeks following the attack he started to suffer from nightmares and drink heavily. He withdrew from his family and made the decision to leave the Army.

Around the same time he also began experiencing frightening blackouts, sometimes coming around days later with no idea where he had been or what he had done.

It was during such an episode – four months after his discharge – that →



Left: Soldiers on riot control in the Catholic Falls area of Belfast. Such violence was a frequent occurrence for those deployed to Northern Ireland during the Troubles

Picture: IWM

Above: Cpl Jimmy Johnson as a young soldier

→ he killed for the first time.

While he never disputed his guilt, for many years he could not recall what had happened, much less offer an explanation for his crime.

At a loose end one day, he had accepted a lift from an acquaintance, who worked as a security guard and was doing his rounds in his van.

Suddenly a loud noise – possibly children kicking a ball or throwing a brick at the vehicle – triggered a violent reaction in Johnson.

He remembers grabbing his friend by the arm and neck but has blanked out the fatal beating that followed.

He served a little over nine years for the crime but tragically it would take a second murder – committed in strikingly similar circumstances – for him to piece together the root cause of his strange behaviour.

Eighteen months after his release he was working on a building site when something caused another blackout, during which he clubbed the man he was working for to death with a lump hammer.

### Diagnosis

He was sentenced to life and transferred to Frankland, where a fellow category A prisoner, who had once been a consultant surgeon, suggested Johnson's problem might stem from combat-related PTSD.

For the first time he began to make sense of the symptoms that had made him doubt his own sanity.

He learnt as much as he could about the condition and armed

with this new knowledge and a determination that some good should come of his experiences, he established the first therapy sessions for ex-military prisoners.

"I set up the first groups and they were excellent and very helpful to other veterans struggling like me," said Johnson.

"As I state in my guide, veterans need to talk to veterans about their experiences because we are all the same, we have suffered the same."

"Prison guards got involved too, not only to help them understand but also because many of them were former soldiers who had been in conflict situations themselves."

### Calling for change

As the scale of the problem became clear, Johnson formed Veterans in Prison, which campaigns for better mental health screening among ex-Service personnel serving time.

The organisation's stance is that while PTSD does not absolve wrongdoing, offenders should receive the clinical support they require.

"It's stated in our constitution that we do not condone any crime, we do think of the victims and we believe criminals should be punished accordingly," continued Johnson.

"PTSD is not an excuse but it is our belief that veterans inside prison should be checked and treated for it as part of their sentence."

"Mitigating circumstances relating to the condition should be taken into account, as in any fair hearing, but at



“  
**PTSD devastated  
my whole life,  
ruined my career,  
my marriage and  
the lives of my  
wife and children**  
”

the end of the day the veteran should also be offered therapy so that on their release they do not reoffend because they are still suffering.”

PTSD rarely leads to murder but no one doubts how damaging its effects can be.

Estimates vary on the proportion of the prison population in England and Wales – currently around 80,800 strong – that served in the military but when Johnson conducted a headcount on his wing in 2007, he found 12 out of the 120 inmates had a Forces background.

*The Veterans' Survival Guide* includes case studies based on some of those he has met on the inside over the years as well as from former Army colleagues.

The book is not intended as a substitute for medical advice but through anecdotal evidence it describes common sets of symptoms and triggers that someone suffering from PTSD might display and provides information about accessing further support.

Backed by retired Chief of the Defence Staff, Lord Dannatt, and funded by ABF The Soldiers' Charity, Help for Heroes and Care after Combat, 6,000 copies of the title have so far been produced, which are being distributed to GP surgeries, police custody suites and via Walking with the Wounded's early intervention programme, Project Nova.

Ideally, Johnson would like to see a copy issued to every Service leaver who has served in a combat zone so their families can monitor them for changes in behaviour.

Above all, he hopes vulnerable individuals might be prevented from following in his footsteps.

“It is a complete, comprehensive, easy-to-read guide to assist veterans and their families to understand what combat-related PTSD is really all about,” he explained.

“I have spent a good deal of my life in prison, and however hard it has been for me, I have not wasted my time.

“I want to ensure that no other veteran has to go through the same, that's why I wrote the book and why I fight to change things.” ■

● To get your free copy of *The Veterans' Survival Guide* contact Combat Stress on 0800 1381619 or SSAFA on 020 74038783. For further information visit [www.veteransinprison.co.uk](http://www.veteransinprison.co.uk)

#### GET HELP NOW

SOLDIERS struggling with their mental health should approach their chain of command, unit medical officer, welfare officer or padre.

Veterans can access support via their GP or by calling the Veterans UK free helpline on 0800 169 2277.

Other organisations that can help include Rethink and Combat Stress, which operates a free 24-hour helpline.

For anonymous online support log on to [www.bigwhitewall.com](http://www.bigwhitewall.com)

**W**HEN UK troops deployed on Operation Telic back in 2003, today's newest recruits were barely out of nappies.

Yet the fallout of the controversial campaign, in which 179 personnel died, continues to shake the military.

Aside from the undisputed acts of individual gallantry displayed on the mission, it is the lack of planning and sufficient equipment that dominated headlines in the wake of last month's Chilcot report (page 7).

*Soldier* spoke to the lessons team at Field Army Headquarters – a hub set up to make sure the Service learns from all its missions – to get a flavour of what the organisation took away from Iraq.

## » THE IMPORTANCE OF INTELLIGENCE AND CULTURAL UNDERSTANDING

"One criticism of Op Telic was that the intelligence effort was very slow. We misjudged the adversary," explains Col Jacko Jackson, who leads the team at the Land Warfare Development Centre in Warminster. Following Ops Telic and Herrick, the need to understand local populations and communicate with them became obvious. Today, cultural awareness is fundamental to all missions and training – with bespoke teams such as the Defence Cultural Specialist Unit set up to assist deployed personnel. 77th Brigade, a formation set up to take on the challenges of modern warfare using non-lethal means, has also been developed with this in mind. Battles can no longer be fought with military force alone. Local populations must be won over.

## » WORKING BETTER WITH OTHER FORCES

Interoperability is a word that many will hear on a daily basis – but with good reason. Friction between American and UK personnel at certain levels hindered operations in Iraq. "But that was absolutely not the case in Afghanistan," says Col Jackson. "When you look at how the integrated HQs worked together on Herrick that was a massive improvement." From joint jumps over Eastern Europe to combined drills at the Cenzub urban training facility in France, sharing tactics with international colleagues is now part of the everyday job thanks to the difficult lesson of Op Telic.

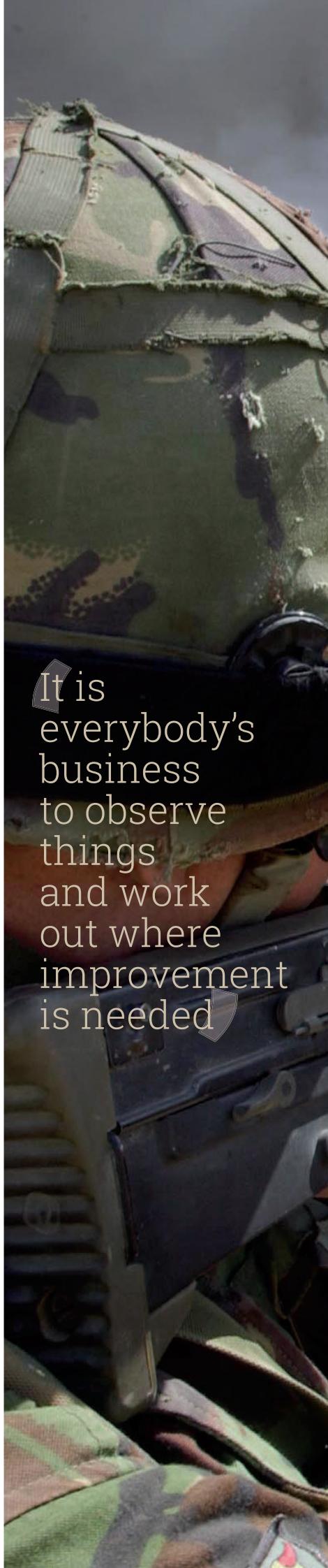
## » 'STRONGER FOR LONGER'

"An observation of Iraq is that we jumped ship too early," says Col Jackson. "We didn't focus enough on building the capacity of local forces." Compare that with Afghanistan, where the work of liaison teams, mentors and the International Security Assistance Force saw troops working closely with home-grown personnel to leave a stronger force behind. "It's not a lesson learnt entirely but it is continual," adds Col Jackson. Today, a significant amount of the Army's 2020 structure is focused on overseas capacity-building. The idea is that by strengthening partnering forces today, the Army helps to prevent deployments later when security situations have deteriorated.

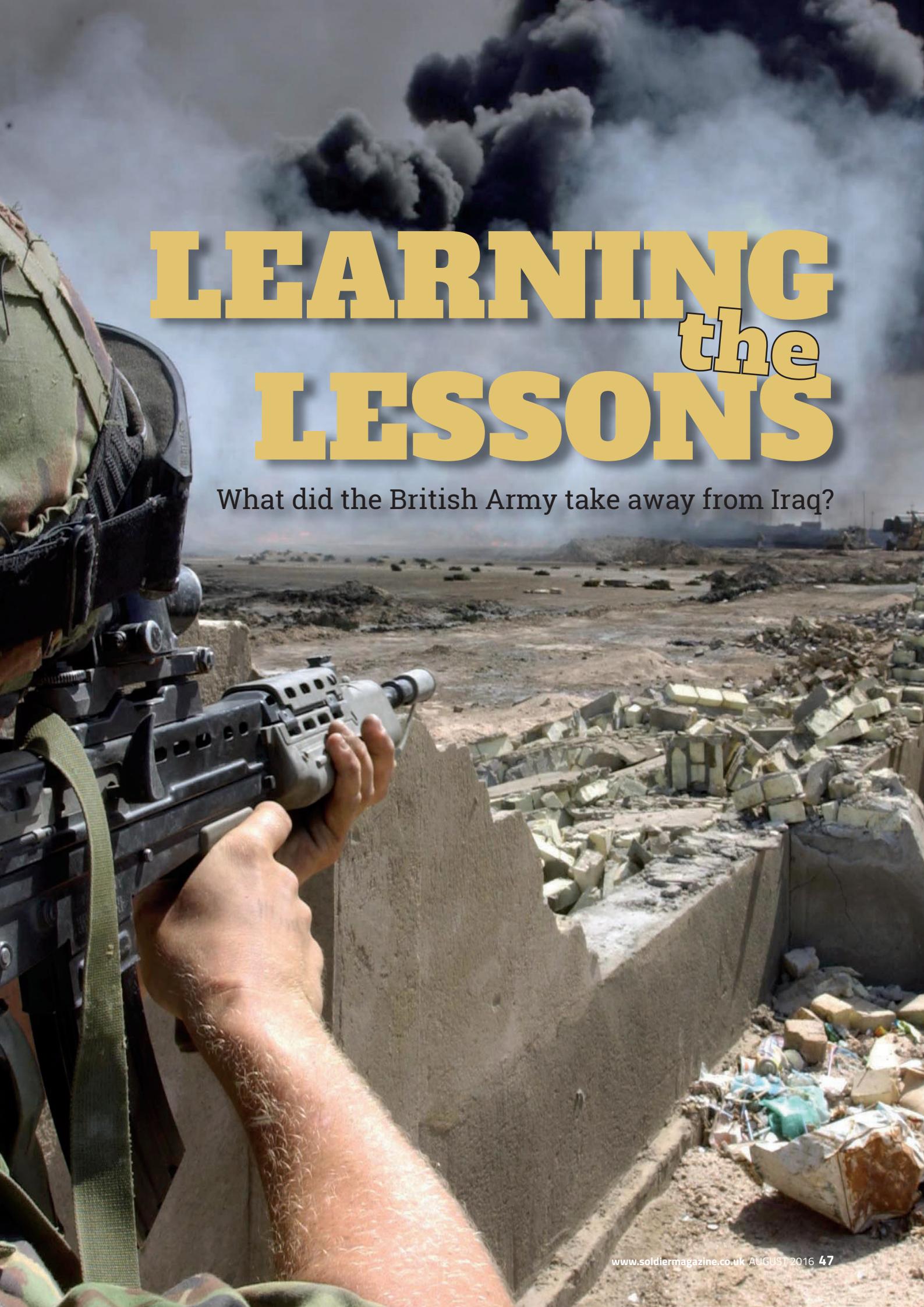


## » HOW TO BE ADAPTABLE

Perhaps the biggest wake-up call of Iraq was that the Army realised it had to adapt far more quickly to changing situations and equipment requirements if it was to succeed. And at a time when UK troops are deployed on around 26 different missions across the world, this means soldiers must be prepared for any kind of threat in any kind of environment – from terrorism and urban operations to peacekeeping and cold-weather warfare. The Army has created its own Adaptable Force, underlining just how important this is.



It is everybody's business to observe things and work out where improvement is needed



# LEARNING the LESSONS

What did the British Army take away from Iraq?

## ► And some of the kit we can thank Op Telic for.....



### Warrior and Mastiff vehicles

As emphasised in the Chilcot report, lightly armoured Snatch Land Rovers did not offer UK troops nearly enough protection – particularly from IEDs. Armoured Mastiff vehicles were ordered in the summer of 2006, arriving in Iraq at the end of the year. Sadly this development came too late for those who had already lost their lives. But enhancements to the armour and safety features of both Warrior and Mastiff ever since – including a V shaped hull to deflect bomb blasts – have continued, helping to deal with the increasingly large roadside bombs faced in Afghanistan.

### “Rodet”

Kitted out just like a real vehicle, the Roll Over Drills Egress Trainer has undoubtedly saved lives by allowing troops to practise stowing their kit safely and, most importantly, escape in emergency situations. It was developed following incidents in the desert where vehicles overturned, killing and injuring personnel. “Soon after we started the training we had a Mastiff vehicle roll over on the driver training course,” recalled Capt Dougie Douglas, one of those responsible for operating the trainer at Camp Bastion. “Everyone rushed over to help, expecting the worst – but the guys were just extracting themselves exactly as we taught them.”



### The good, the bad and the ugly

MAKING sure the Army uses both good and bad experiences on the front line to its advantage is a job for every soldier in the British Army.

That is the message from Col Jacko Jackson, the officer in charge of the lessons team at the Land Warfare Development Centre in Warminster.

Since 2009, his small crew have been collating feedback from the sharp end of operations and directing it to where it can make a difference – from training establishments to the boffins designing the next generation of kit.

“We have to have the ability to turn stuff around in hours,” the officer tells *Soldier*.

“This was born out of our experiences in Iraq and Afghanistan. People were losing their lives and we needed to be able to solve problems straight away.”

But as a small outfit of 12, the lessons team relies on Servicemen and women taking the initiative to approach them directly.

“It’s everybody’s business to observe things and work out if they are examples of good practice or areas where improvement is needed,” Col Jackson adds.

“We are just at the centre to manage things.

“Some lessons are minor and some are profound and large.

“We deal with everything from the sublime to the ridiculous.”

● **Something to share?** Send a copy of your post-exercise, post-operational or short-term training team report – or observations – to [FdArmy-Warfare-Lessons-Mailbox@mod.uk](mailto:FdArmy-Warfare-Lessons-Mailbox@mod.uk)

Existing lessons material can be found on the Army Knowledge Exchange.

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# ALMOST

FROM daring and courageous feats to actions that altered the course of history, author Donough O'Brien lists ten individuals whose deeds have been rather overlooked...



## ENGINEERING ACE

### Gen Jean-Baptiste Eble

THIS senior officer had never disobeyed Napoleon but when ordered to destroy all of his engineering wagons in the disastrous retreat from Moscow in 1812, he secretly kept two, along with their coal and forges. So as the pathetic remnants of the emperor's army faced the raging Berezina River, Eble was able to tear down a wooden town and construct two vital bridges, enabling Napoleon to rush across to block the encircling Russians. Time and again, the general led his men into the icy waters while the last 50,000 fighting Frenchmen escaped. Eble and most of his 400 brave pontonniers died, then or later, of the cold.



## DODGING DEATH

### Surgeon William Brydon

THE sole survivor of the disastrous British retreat from Kabul in 1841, Brydon was the swaying figure on a dying horse seen by anxious British watchers on the walls of Jalalabad (as depicted in this 1879 oil painting by Elizabeth Thompson). Some 16,000 men, women and children, promised safe passage, had been ambushed and butchered, with a remnant of the 44th Regiment of Foot making a heroic last stand. When asked where the army was, Brydon replied: "I am the army". He had only survived a sword slash because the magazine pages he had put in his cap to keep out the cold deflected it. Years later, Brydon found himself in the wrong place at the wrong time again when he endured the Siege of Lucknow during the Indian Mutiny.



## STAR SURGEON

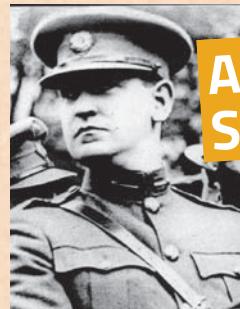
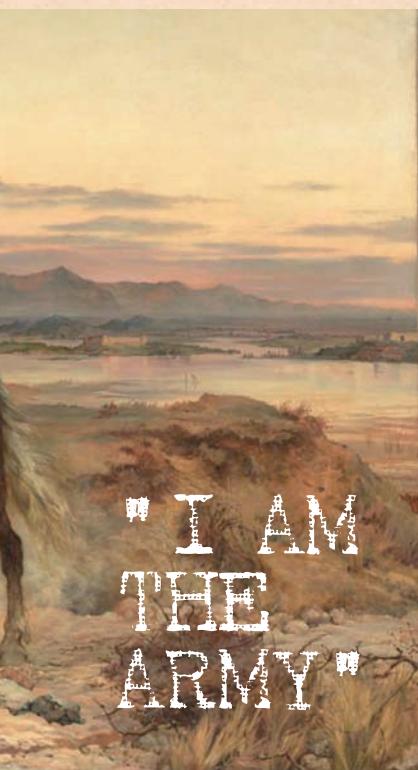
### Gen Dominique-Jean Larrey

NAPOLEON'S superb chief surgeon, this man was the master of lightning-quick amputations to reduce shock. With the death rate of injured troops in the 19th century at around 50 per cent, he realised that the battlefield was a terrible place for the wounded and designed light, fast, one-horse "flying ambulances" to remove them quickly. Their modern equivalents are the medevac helicopters. When the Duke of Wellington spotted Larrey across the battlefield at Waterloo, he doffed his hat at his opponent and directed fire away from him.

# FAmous



10 military figures  
whose names we should  
(but probably don't)  
know



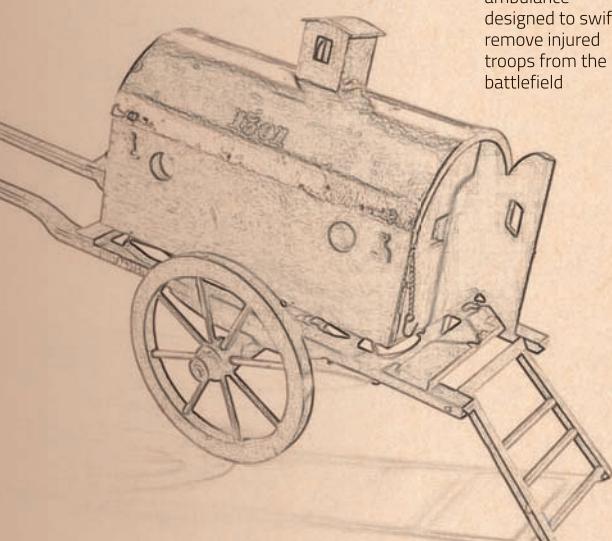
## A SINGLE SHOT

▲ Michael Collins

Denis  
'Sonny'  
O'Neill

THIS IRA officer looked down the valley in Cork in 1922 at an approaching armoured car. Like many of his countrymen, he'd fought in the trenches in the British Army and was an expert sniper. Now, his IRA comrades were ambushing Michael Collins, the charismatic figure who had forced the British to leave Ireland, only to be embroiled in a tragic civil war. The first shots rang out and Collins rashly shouted, "let's fight, boys". Commander-in-chief, minister and perhaps a future president, he fell to Sonny's last shot in the fading light. It altered history. O'Neill wisely moved away from Cork, always regretting that he had killed Collins.

▼ A "flying ambulance" designed to swiftly remove injured troops from the battlefield



## VALIANT VC WINNER

Albert Jacka

IN 1915 Australian acting lance corporal Jacka single-handedly repulsed a Turkish attack in Gallipoli, earning the Victoria Cross. Later, as a commissioned officer in France, he launched himself with seven men at 60 Germans escorting prisoners. He was wounded seven times, but killed 12 of the enemy and rescued the captives. His recommended second VC was downgraded to "only" a Military Cross, as was later his third. For some reason – perhaps jealousy – the Australian command secretly ordered that Jacka be ignored for decorations and promotions. Retiring at the rank of captain, he became mayor of his hometown, but died early of his wounds. A national hero, he was carried to his grave by eight other Australian VC holders.

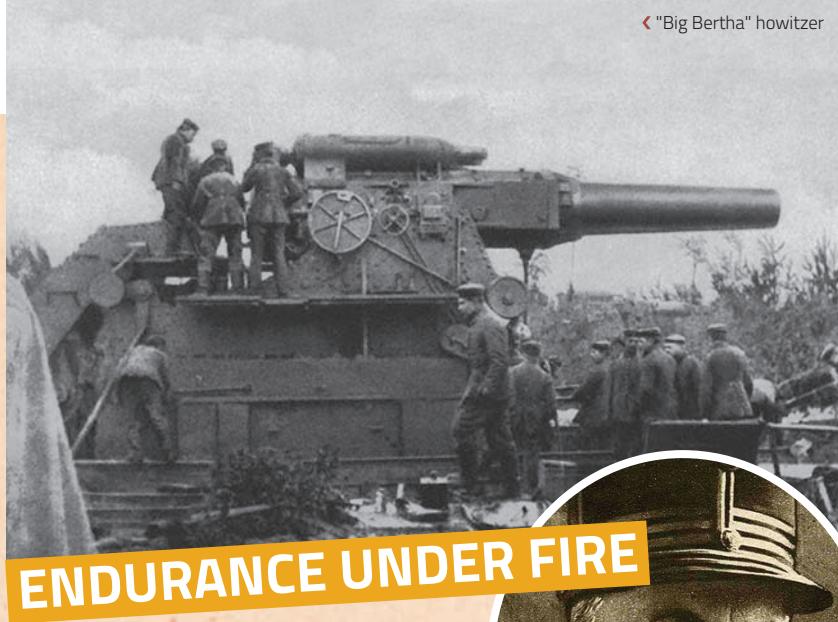
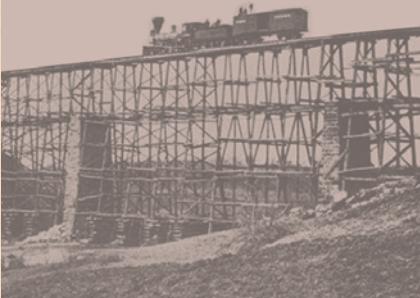




# TRANSPORT TRANSFORMATION

Brig Herman Haupt

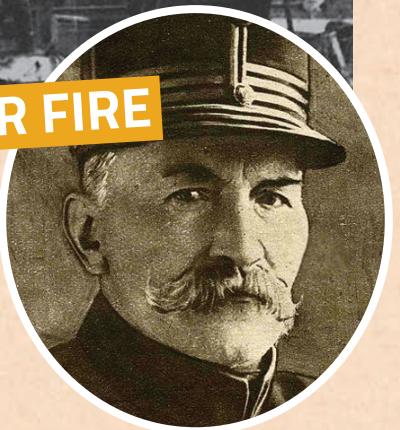
AMERICAN civil engineer Haupt would transform combat during his country's civil war by turning railways into vital weapons. His methods could supply 200,000 men along a single line, moving personnel, ammunition and supplies on a completely new scale. Later, Germany's famous Schlieffen Plan of 1914 was a rail strategy to move four million men in 11,000 trains. But by also preventing any breakthroughs, railways would solidify the horrors of trench warfare just as much as artillery and machine guns. Only with the advent of aircraft would the dominance of railways be broken.



# ENDURANCE UNDER FIRE

Gen Gerard Leman

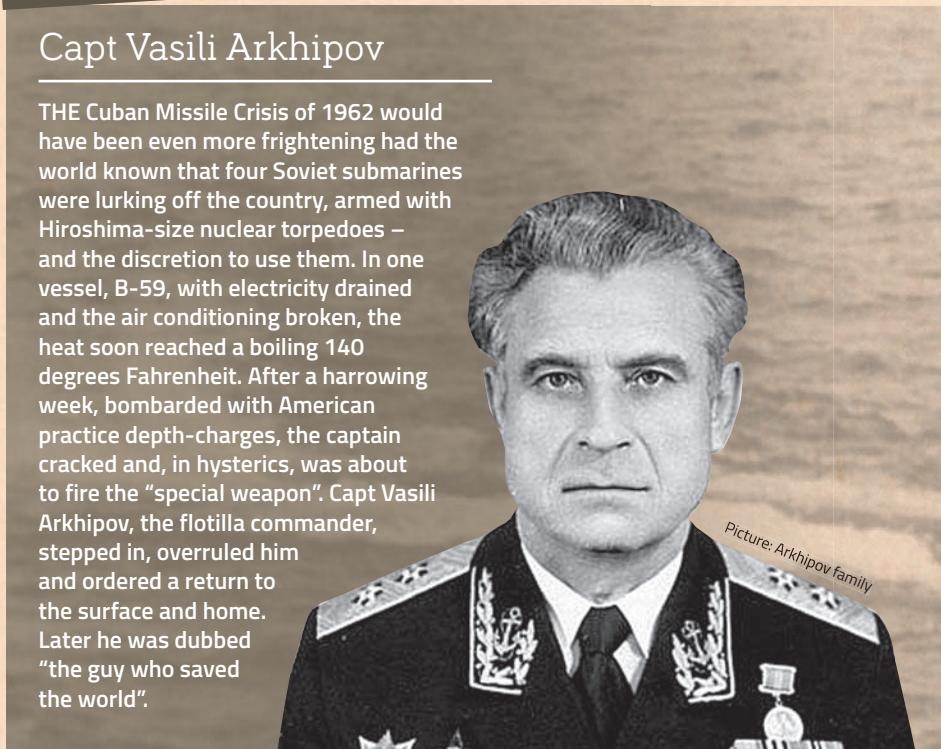
BELGIAN general Gerard Leman knew how important his twelve forts round Liege were in 1914. Their guns dominated the vital railway lines that could take the Germans through Belgium into France. He and his men resisted the oncoming enemy valiantly for several critical days. Only the one-ton shells from huge 14.5-inch "Big Bertha" howitzers finally smashed his forts. Leman, unconscious, was dragged from the rubble. But the Germans had been fatally delayed, France was not knocked out of the war and the Allies counter-attacked. In 1918, Leman returned from four years' captivity, feted as a true Belgian hero.



# THE GUY WHO SAVED THE WORLD?

Capt Vasili Arkhipov

THE Cuban Missile Crisis of 1962 would have been even more frightening had the world known that four Soviet submarines were lurking off the country, armed with Hiroshima-size nuclear torpedoes – and the discretion to use them. In one vessel, B-59, with electricity drained and the air conditioning broken, the heat soon reached a boiling 140 degrees Fahrenheit. After a harrowing week, bombarded with American practice depth-charges, the captain cracked and, in hysterics, was about to fire the "special weapon". Capt Vasili Arkhipov, the flotilla commander, stepped in, overruled him and ordered a return to the surface and home. Later he was dubbed "the guy who saved the world".



Picture: Arkhipov family

## FIGHTING TO THE END



▲ Mexican soldiers wounded at the battle of Camerone

► Jackson (left) won a VC and was even praised by Winston Churchill



### Capt Jean Danjou

EVERY April on "Camerone Day" the French Foreign Legion parades Danjou's wooden hand in celebration of an 1863 battle in Mexico. Danjou was leading a 65-strong convoy when it was ambushed by 2,000 Mexican troops. Holed up in the ruined hamlet of Camerone, they fought all day in the blazing heat without water or food. Danjou and another officer were killed and, with no ammunition, the remaining soldiers fixed bayonets and charged. Despite suffering 600 dead and wounded, the Mexicans treated the French survivors generously because of their bravery. Later they erected a monument in the village, which is still saluted to this day.



### 'IRISH' GUARDSMAN

#### Leslie Jackson

WHILE AWOL from the Royal Artillery in London, Leslie Jackson was detained at Wellington Barracks by the Irish Guards. Impressed with his jailers, he tried to transfer to them but the gunners refused. Jackson absconded again and while working on a building site was given an Irishman's identity card. Posing as Patrick Kenneally he was now able to join the Irish Guards and in 1943 went on to win a Victoria Cross in the desert by twice charging German formations single-handedly, firing from the hip. Winston Churchill extolled the "feats of Irishmen like Cpl Kenneally". Only years later did his real name and nationality emerge.

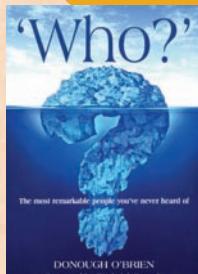
THE CAPTAIN WAS  
ABOUT TO FIRE  
THE "SPECIAL  
WEAPON"

DISAGREE?

Tell Talkback

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“

# TALKBACK

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

”

## Army food that is 'going to waist'

TRY to eat healthily but this has become increasingly difficult.

In the officers' mess at the Defence Academy, Shrivenham I found just two potato options and two vegetable choices.

These were either swimming in butter and oil, cooked with cheese on top while one had 19 grams of sugar per portion.

These are meant to be the nutritious elements of the meal.

The Army has a problem with expanding waistlines across all ranks and I believe this is linked to a lack of healthy food available.

How can the chain of command expect soldiers to perform like athletes on a diet of vegetables with added sugar and fat? – **Name and address supplied**

**Sam Stephenson, DIO Service Delivery**

**Change Manager, replies:** You are right to identify the importance of diet and I am sorry you do not feel the dishes you have been presented with are healthy.

JSP 456 sets out the standards expected to ensure there is a nutritious and balanced menu that includes a healthy option.

If you feel these have not been provided you should raise it at the time of the incident, face-to-face, with the



**When the chips are down: Healthy meals are hard to find according to one reader**

contractor or by way of a comment in the complaints book in the mess, or through the chain of command.

All of our suppliers are required to meet our standards and there should be a healthy balanced option meeting MoD's set nutrition policy.

The Defence Infrastructure Organisation (DIO) is working with assistant chief of defence staff (logistic

operations) and the Institute of Naval Medicine to conduct reviews of all our contractors' menus.

Across defence DIO is responsible for ensuring these companies comply with policy and the terms of their agreements.

Various assurance activities take place including contract monitoring, site visits, and customer engagement to maintain and improve the service provided.

## POOR PLANNING FOR PARCELS

● WITH people receiving more parcels by courier than ever before, why is it that post rooms at most barracks have a policy of accepting packages only from Royal Mail?

To get around this you have to befriend the post clerk or make sure you're available to collect the items – and that's not always easy with the poor mobile phone reception at many locations.

Royal Mail is a privatised company and the only major difference it has with other providers is the fact it is mandated to manage a universal service throughout the UK.

Many competitors do not even attempt to make deliveries, returning the parcels to the sender to avoid wasting time.

What is the long-term plan in this area because internet shopping is set to increase in the future? – **Name and address supplied**

**Lt Col Simon Watkins, SO1 Plans and Policy, HQ BFPO:** I understand your frustration. Internet shopping has increased parcel deliveries to barracks, which can be both a work and a home address.

Each one has its own security arrangement which determines the practices for accepting mail.

An unknown person in a white van should not be allowed access to a barracks to deliver an unknown parcel to a recipient who may not be known by the security staff – I am sure you must appreciate that.



Royal Mail is responsible for moving parcels and post for the MoD and the commercial arrangement between the two includes significant benefits for the Service community, such as subsidised postage of two-kilogram parcels from friends and family to personnel on operations.

Many companies have agreements with retailers to receive and securely store parcels for customers to collect.

BFPO is assessing a similar move for British garrisons but this is still in its very early stages.



# WELFARE

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## RANT OF THE MONTH

Get it off your chest and on social media



[www.facebook.com/soldiermagazine](http://www.facebook.com/soldiermagazine)

JULY'S PAGE 7 ITEM ON CARILLIONNAMEY CAUSED A STIR ON OUR FACEBOOK PAGE...

**Mark Burgess** Only a percentage of the 50,000 SFA houses were surveyed. Therefore I would be interested to see that percentage compared to the 87% figure as it would give a better picture of whether they really meet the government standard or not. Imagine if they surveyed all the better houses available and missed out the poor ones by mistake. Just a thought...

**Ray Wilson** Really? Only 87% of a proportion of the 50,000 of houses were surveyed? Let's see the true percentage.

**Dave Stanbury** I really don't believe the 87% figure.



“  
 NO RECORD  
 OF MY PAST  
 SERVICE  
 EXISTS ON  
 THE SYSTEM  
 ”

## 'SKILLS OFFER IS LACKING'

● I REACHED the rank of WO2 in my 22 years of service, which ended in 2006, and now that I'm serving in the Military Provost Guard Service (MPGS) I decided to contact the Directorate of Educational Capability to see what qualifications I was entitled to under the Army skills offer.

In my previous spell of service I did not complete any command, leadership and management (CLM) courses, only parts one and two of the education for promotion (EFP) syllabus.

Unfortunately, no record of my past service exists on the system and I was told that unless I've completed a pre non-commissioned officer course after 2008 or a CLM programme after 2003 I'm not entitled to any qualifications on offer – **LCpl Keith Kirby, MPGS**

**Brig Suzanne Anderson, Head Individual Development Branch, Army Headquarters, replies:** While your EFP course does not meet the date set by the awarding organisations for a straight map over of qualification, there is nothing to stop you approaching the Chartered Management Institute or the Institute of Leadership and Management to undertake their courses. As they lead to a qualification and will take you

## Tackling over-37 angst

**W**HY must those who choose to live in Service housing during the week while their family live away in a private home be over 37 years of age in order not to pay accommodation charges?

Serving Royal Navy and Royal Air Force personnel can be of any age or rank to receive this benefit so this is completely unjustifiable and unfair.

– **Name and address supplied**

**Brig Chris Ghika, Director Personnel Capability responds:** The aim of the Army's over-37 provision, as set out in JSP 752, is to smooth a soldier's transition to civilian life in the last three years of his or her service.

It assists with the costs of settling immediate family in a property in the UK while enabling personnel to serve without financial penalty by granting them free access to single living accommodation (SLA) at their place of duty free of charge.

The reasoning behind eligibility kicking in at the age of 37 is that most soldiers start their 22-year engagements at the age of 18.

The other qualifying criteria for the package is that personnel must be married, or have primary parental responsibility for a child if they are not married.

It is designed to support family stability and transition so there is

no provision for single personnel.

As with any allowance there must be boundaries because without them it would be unaffordable.

UK labour law dictates that it is unlawful to discriminate against a person with one of the nine "protected characteristics". Being single is not one of them.

Over and above the over-37 package, the Army waives SLA charges for individuals who are serving involuntarily separated when married, in civil partnerships or have custody rights for dependent children.

The three Services differ in how they apply all these allowances because funding is provided from each one's own budget.

The MoD's policy on housing and associated charges is currently under review as part the work on the Future Accommodation Model.

This aims to alter the way dwellings are provided, supporting broader choice irrespective of age, rank or relationship status.

It is likely to include measures to encourage home ownership earlier in a career.

The degree to which personnel should pay for SLA in various situations is also under scrutiny.

I hope this provides reassurance that the Army is seeking to make emerging policy relevant to the future needs of soldiers.



more than 30 hours to complete you may be able to use your annual standard or enhanced learning credits.

The Army skills offer is fully explained in **2016DIN07-019**.

For further information, contact your local Army Education Centre at 3AEC, Vimy Barracks, Catterick on 01748 874840.

# Queen Ethelburga's - Girls and Boys

Thorpe Underwood, York. YO26 9SS. Tel: 01423 333 330 Email: [info@QE.org](mailto:info@QE.org). [www.QE.org](http://www.QE.org)

Living as a member of a Forces family is an unusual experience and not normally one understood by those unfamiliar with service life. Civilians find it difficult to imagine a job where you can be moved at little or no notice and where you can be sent into a hostile zone with no regular means of contacting your family.

Rest assured, we understand the pressures that your family has to go through. About a fifth of our pupils come from Forces backgrounds and we work hard to support those children and the difficulties they face being away from home and worrying about their serving parents.

The College has seen another outstanding year with its A-Level results. 80% of grades at A-Level were A\*-A and 98% were A\*-B. The Faculty of Queen Ethelburga's, which offers students the opportunity to do more vocational subjects at BTEC, celebrated some of its best results ever. 80% of grades at A-Level were A\*-A (up from last year's

76%) and 96% of grades were A\*-B (up from last year's 90%). The Faculty's 88% Distinction\*-Distinction pass rate at BTEC (equating in UCAS points to an A/A\* grade at A-Level) shows equal strength in these qualifications.

Over the last few years our Combined Cadet Force has gone from strength to strength and we have a thriving contingent with cadets split between the Air Force and the Army.

With the backing of The Collegiate Charitable Foundation we are able to guarantee that your contribution to fees is no more than £795 per child per term. This makes us one of the most competitively priced boarding schools in the United Kingdom for Forces children.

With our investment now standing at £100m, 2015 has seen more facilities come online including a new sport science lab, state-of-the-art gym and Activity Centre with further developments underway for 2016.

Please see our dedicated sports

village website ([www.sportsvillageqe.org](http://www.sportsvillageqe.org)) for further information, including Elite Rugby (supported by Yorkshire Carnegie) and Netball (with Yorkshire Jets).

With the number of young people we have living on campus it is important that there is always a range of things to do in their spare time. This is the idea behind our new Activity Centre, packed full of all the favourite things young people like. It combines outdoor energetic activities and challenges such as a huge climbing tower, assault course, trampolines, roller boating, go-karts, Segways and professionally built BMX track with indoor activities like electronic games, musical activities plus much more. Don't just take our word for it, pay us a visit and see for yourself.

**Call us on 01423**

**333330 for a prospectus and DVD.**

**Next Open Day is 1st October 2016**



#### → **Your parental termly contribution is only £795**

For four years we have pegged your contribution per child, per term, at £795. Childcare Vouchers also accepted. This now means we rank as one of the most competitively priced schools for UK Forces

#### → **Queen Ethelburga's College is league table ranked as the 3rd best UK independent co-educational boarding school for academic results and our Faculty is 4th.**

We accept a broad range of abilities. As one parent said "QE has the ability to turn the average youngster into well above average academically and have them also turn out as happy and well-rounded." 95% of Year 13 students 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.**

Every bedroom has its own private shower and toilet plus telephone, 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.**

Each week we run 150+ non-sports and sports extra-curricular activities. Fun packed weekends.

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

QE is Regional Performance Coaching Centre for: England Basketball, England Hockey, England Netball, and Regional Centre Developing Player Programme England Rugby, plus QE Cricket Academy in association with Yorkshire County Cricket Club. In 2015 QE won the British Colleges Rugby National Cup Final.

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

We understand the needs of service families with staff who are married to serving members of the Forces. With years of experience in ensuring our 300 + Forces children settle well, are confident and successful. Easy to get to by road, rail and air. 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.

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

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

Co-ed	All types	UK's 2015 Top 20 Boarding Schools Based on Sunday Times % A*/A A-Levels	% A*/A A-Levels
1	1	Wycombe Abbey School	85.7%
	2	Westminster School	85.4%
	3	Brighton College	85.1%
	4	Winchester College	84.2%
	5	Sevenoaks School	82.9%
3	6	Queen Ethelburga's College	82.5%
	7	St Paul's Boys School	81.4%
	8	Eton College	80.7%
4	9	Faculty Queen Ethelburga's	80.2%
	10	Concord College	79.9%
	11	Tonbridge School	78.0%
	12	St Mary's School Ascot	77.1%
	13	Cheltenham Ladies' College	74.5%
6	14	Whitgift School	73.0%
	15	Wellington College	72.8%
	16	Ruthin School	72.8%
	17	St Swithun's School	71.0%
8	18	City of London Freemen's	70.5%
	19	Downe House	70.4%
	20	Westbourne School	69.7%



# BULLET POINTS

BITE-SIZED DATA TO KEEP YOU IN THE KNOW

## APPOINTMENTS

**Lt Gen Sir James Everard,**  
Commander Field Army, to be  
promoted to the rank of general and  
appointed Nato **Deputy Supreme  
Allied Commander Europe** in  
March 2017. He will succeed Gen Sir  
Adrian Bradshaw.

## COMPETITIONS

**Spine line winner:** L Matthews,  
Basildon, Essex

**Canary:** Clare Duckworth, Shefford,  
Bedfordshire

## DIARY

**September 7-8:** DVD 2016 at  
Millbrook. A key event for all those  
involved in UK Land Forces equipment  
and support. For more visit [www.theevent.co.uk](http://www.theevent.co.uk)

**Until January 2017:** *Real to Reel: A  
Century of War Movies* at the Imperial  
War Museum London. Marking the  
100th anniversary of *The Battle of the  
Somme*, the exhibition goes behind  
the scenes of some of the most iconic  
war films. Adults £10; children (15 and  
under) £5; concessions £7.

**Until January 2018:** *Wounded:  
Conflict, Casualties and Care* at  
the Science Museum London. The  
exhibition explores the pioneering  
innovations of the First World War.  
Visit [www.sciencemuseum.org.uk/wounded](http://www.sciencemuseum.org.uk/wounded) for more.

## DIRECTORY

**ABF The Soldiers' Charity:**  
0845 241 4820

**Armed Forces Buddhist Society:**  
Chaplain 020 7414 3411;  
[www.afbs-uk.org](http://www.afbs-uk.org)

**Armed Forces Christian Union:**  
01252 311221; [www.afcu.org.uk](http://www.afcu.org.uk)

**Armed Forces Humanist  
Association:**  
[www.armedforceshumanists.org.uk](http://www.armedforceshumanists.org.uk)

**Armed Forces Muslim  
Association:**  
Chaplain 020 7414 3252;  
[www.afma.org.uk](http://www.afma.org.uk)

**Army Families Federation:**  
01264 382324; mil 94391 2324;  
[www.aff.org.uk](http://www.aff.org.uk)

### Army LGBT Forum:

[www.armylgbt.org.uk](http://www.armylgbt.org.uk);  
[chair@armylgbt.org.uk](mailto:chair@armylgbt.org.uk)

### Army Libraries:

01252 340094

### Army Ornithological Society:

[www.armybirding.org.uk](http://www.armybirding.org.uk)

### Army Welfare Service:

01904 882053;  
[www.army.mod.uk/welfare-support](http://www.army.mod.uk/welfare-support)

### Big White Wall:

[www.bigwhitewall.com](http://www.bigwhitewall.com)

### Blind Veterans UK:

(formerly St Dunstan's)  
020 7723 5021;  
[www.blindveterans.org.uk](http://www.blindveterans.org.uk)

### Blesma, The Limbless Veterans:

020 8590 1124; [www.blesma.org](http://www.blesma.org)

### Career Transition Partnership:

020 7469 6661

### Children's Education Advisory Service:

01980 618244;  
[enquiries@ceas.detsa.co.uk](mailto:enquiries@ceas.detsa.co.uk)

### Combat Stress:

01372 841600;  
[www.combatstress.org.uk](http://www.combatstress.org.uk)

### Erskine:

0141 814 4569; [www.erskine.org.uk](http://www.erskine.org.uk)

### Family Escort Service:

020 7463 9249

### Forcesline:

UK – 0800 731 4880; Germany –  
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Falklands – #6111; from operational  
theatres – Paradigm Services \*201;  
from anywhere in the world (CSL  
operator will call back) – 0044 1980  
630854

### Forces Pension Society:

020 7820 9988

### Help for Heroes:

0845 673 1760 or 01980 846 459;  
[www.helpforheroes.org.uk](http://www.helpforheroes.org.uk)

### Heroes Welcome:

[www.heroeswelcome.co.uk](http://www.heroeswelcome.co.uk)

### HighGround:

[www.highbgroup-uk.org.uk](http://www.highbgroup-uk.org.uk)

### Joint Service Housing Advice Office:

01722 436575

### Medal Office:

94561 3600 or 0141 224 3600

### Mutual Support (Multiple Sclerosis group):

[www.mutualsupport.org.uk](http://www.mutualsupport.org.uk)

### National Ex-Services Association:

[www.nesa.org.uk](http://www.nesa.org.uk)

### National Gulf Veterans' and Families' Association Office:

24-hour helpline 0845 257 4853;  
[www.ngvfa.org.uk](http://www.ngvfa.org.uk)

### PoppyScotland:

0131 557 2782;  
[www.poppyScotland.org.uk](http://www.poppyScotland.org.uk)

### Regular Forces' Employment Association:

0121 236 0058; [www.rfea.org.uk](http://www.rfea.org.uk)

### Remount:

01451 850 341; [www.remount.net](http://www.remount.net)

### Royal British Legion:

0808 802 8080;  
[www.britishlegion.org.uk](http://www.britishlegion.org.uk)

### Royal British Legion Scotland:

0131 550 1583;  
[www.legionscotland.org.uk](http://www.legionscotland.org.uk)

### RBL Industries Vocational Assessment Centre:

01622 795900; [www.rbl.co.uk](http://www.rbl.co.uk)

### Scottish Veterans' Residences:

0131 556 0091; [www.svronline.org](http://www.svronline.org)

### SPACES (Single Persons Accommodation Centre for the Ex-Services):

01748 833797; [www.spaces.org.uk](http://www.spaces.org.uk)

### Veterans Welfare Service:

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

### SSAFA:

0845 1300 975; [www.ssafa.org.uk](http://www.ssafa.org.uk)

### Stoll (formerly known as the Sir Oswald Stoll Foundation):

020 7385 2110; [info@stoll.org.uk](mailto:info@stoll.org.uk);  
[www.stoll.org.uk](http://www.stoll.org.uk)

### The Not Forgotten Association:

020 7730 2400  
[www.nfassociation.org](http://www.nfassociation.org)

### The Poppy Factory:

020 8940 3305;  
[www.poppyfactory.org](http://www.poppyfactory.org)

### The Royal Star & Garter Homes:

020 8481 7676; [www.starandgarter.org](http://www.starandgarter.org)

### The Veterans Charity:

01753 653772;  
[info@veteranscharity.org.uk](http://info@veteranscharity.org.uk)

### uk4u Thanks!:

01798 812081; [www.uk4u.org](http://www.uk4u.org)

## INTELLIGENCE

The following Army Briefing  
Notes, Defence Internal Briefs  
and Defence Information  
Notices can be found online at  
[www.armynet.mod.uk](http://www.armynet.mod.uk)

**ABN 86/16:** Military engineer (geo  
tech) financial incentives

**ABN 85/16:** The Chilcot Report

**ABN 84/16:** Formal career review

for soldiers

**ABN 82/16:** RESCAS 2016

**ABN 81/16:** Corps of Army Music  
golden hello financial incentive

**ABN 80/16:** The Royal United Services  
Institute Land Warfare Conference

**DIN 2016DIN01-110:** Permanent  
transfer overseas schooling allowances

**DIN 2016DIN01-109:**  
Accommodation booking requirements  
and charges for exercising troops and  
sports groups staying in British Forces  
Gibraltar

**DIN 2016DIN01-108:** Maritime  
engineering competence framework

**DIN 2016DIN01-107:** Overtime,  
travelling time and other additional  
hours payments

**DIN 2016DIN01-106:** Reserve  
Army Medical Services professionally  
qualified officer engagement length

**DIN 2016DIN01-105:** The Army  
Dependants' Trust – annual trustees'  
report and accounts

**DIN 2016DIN01-104:** Lead first  
scheme

**DIN 2016DIN01-103:** School  
children's visits – unaccompanied  
minors

**DIN 2016DIN01-102:** HM Forces  
railcards – administrative instructions

**DIN 2016DIN01-101:** Civil Service  
Senior Leaders Scheme and Future  
Leaders Scheme, and the MoD High  
Potential Development Programme

**DIN 2016DIN01-100:** Continuity of  
Education Allowance – forthcoming  
policy changes

**DIN 2016DIN01-099:** Defence Fire  
and Rescue Service fire officers and  
brigade managers 2015 pay award

**DIN 2016DIN01-098:** Healthcare  
provision in British Forces Gibraltar –  
directory of local health services and  
medical screening advice

**DIN 2016DIN01-097:** Support  
available to Service personnel assigned  
to EJSU-supported posts in Europe

**DIN 2016DIN01-096:** Travel on  
the Transport for London network for  
Service personnel

**DIN 2016DIN01-095:** Mediation in  
the Army – a guide

**DIN 2016DIN01-094:** JSP 660 –  
Sport in the UK Armed Forces

CONTINUED ON PAGE 60

## INTELLIGENCE CONTINUED

**DIN 2016DIN02-005:** Volunteers for specialist HUMINT duties agent handler (Op Samson)

**DIN 2016DIN02-004:** Statement of defence risk appetite

**DIN 2016DIN03-027:** Procedures for visits to the USA under the auspices of the Polaris sales agreement

**DIN 2016DIN03-026:** Tasking of CSAT and long-range VIP Voyager

**DIN 2016DIN03-025:** The use of MoD vehicles for Cadet Forces' unit events and visitors days

**DIN 2016DIN03-024:** 2016/17 *Single Sign Battlegspace handbook*

**DIN 2016DIN04-129:** Changes in the process of the tasking of commercial provision of irregular dimensions and weight, mobile cranes and special types general order (previously specialist loads and vehicles) services

**DIN 2016DIN04-128:** Declaration of obsolescence – light and medium ground-based intelligence, surveillance, target acquisition and reconnaissance

**DIN 2016DIN04-127:** BACTALERT 3D 60 blood culture analyser

**DIN 2016DIN04-126:** Notification of demanding process change DC/4036 and DC/4010

**DIN 2016DIN04-125:** Publication of water safety equipment log issue 12 and block amendment 83

**DIN 2016DIN04-124:** Distress signalling sets for vessels and craft

**DIN 2016DIN04-123:** Declaration of obsolete – mobile elevated work platforms

**DIN 2016DIN04-122:** Intended out of service date – declaration of obsolete hand tool NSN 5120 99 1365595

**DIN 2016DIN04-121:** Intended out of service date – declaration of obsolete hand tool

**DIN 2016DIN04-119:** Introduction into service of the marker Manoverboard Mk 9

**DIN 2016DIN04-118:** Notification of unit demanding process change for contract DC/4060 industrial eyewear

**DIN 2016DIN04-117:** Intended out of service date – declaration of obsolete hand tool

**DIN 2016DIN04-116:** AESP-2610-A-409 Octad publications rendered obsolete

**DIN 2016DIN04-115:** Warning notice: Rendering X54 AESP indexes obsolescent WEF 20 Jun 2016

**DIN 2016DIN04-114:** LE15116 – AESPs (x9) rendered obsolete WEF 03 Dec 2015

**DIN 2016DIN04-113:** LE15113 – AESPs (x7) rendered obsolete WEF 03 Dec 2015

**DIN 2016DIN04-112:** Notice of introduction of cartridge RF distraction Mk 216 Mod 4 and phased withdrawal of cartridge RF distraction Mk 216 Mod 1

**DIN 2016DIN04-111:** Defence Equipment and Support incident management capability

**DIN 2016DIN04-110:** Environmental

health monitoring equipment for medical recce

**DIN 2016DIN04-109:** Amendments to operational medical modules contents – March 2016

**DIN 2016DIN04-108:** Team 8 stretcher

**DIN 2016DIN04-107:** Policy for the retention of captured enemy equipment as operational memorabilia

**DIN 2016DIN05-021:** Delegation of joint user CBRN protect tasks from director joint warfare to air officer commanding No 2 Group

**DIN 2016DIN06-016:** Risk reduction measures to counter the effect from maritime whole body vibration

**DIN 2016DIN06-015:** Process for calibrating and bump testing the Zellweger/Honeywell impact gas monitor (K102-6665-99-969-2136)

**DIN 2016DIN07-093:** Defence learning environment and introduction to learning technologies training courses August 2016-August 2017

**DIN 2016DIN07-092:** Army Alpine and Nordic exercises 2017

**DIN 2016DIN07-091:** Support to military training and exercises

**DIN 2016DIN07-090:** Joint Service adventurous training sub-aqua diving 2017 expedition dates for Ascension Island, Cyprus and Gibraltar

**DIN 2016DIN07-089:** Commando Helicopter Force basic military acquaint course (Air 338)

**DIN 2016DIN07-087:** Adventurous training sea kayaking – planning expeditions to Cyprus in 2017

**DIN 2016DIN07-086:** Stabilisation

Unit thematic training courses: April 2016-October 2016

**DIN 2016DIN07-085:** Casualty procedures – visiting officer training and debriefing/decompression workshops for VO and CNO (Army)

**DIN 2016DIN08-007:** Joint Services Command and Staff College international student charging regime and allowances

**DIN 2016DIN09-019:** Birthday honours list 2016 – MoD civilian recipients

**DIN 2016DIN10-034:** The Army Martial Arts Association

**DIN 2016DIN10-033:** Army Personnel, Regular, Reserve, NRPS, FTRS and MPGS

**DIN 2016DIN10-032:** Army Ski and Snowboard Individual Slopestyle Championship 2016 – Ex Snow Method 2016

**DIN 2016DIN10-031:** Ex Hard Ride – Army Motorcycle Championships 2016

**DIN 2016DIN10-030:** Army Football Association – affiliation and cup competitions

**DIN 2016DIN10-029:** Military equitation 2016/17

**DIB25/16:** Publication of the tri-Service Reserves continuous attitude survey results 2016

**DIB24/16:** The secretary of state, chief of the defence staff and permanent secretary write to all staff about the outcome of the European Union referendum

**DIB23/16:** New employment model: programme update

NO. 897

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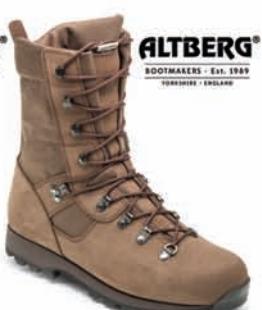
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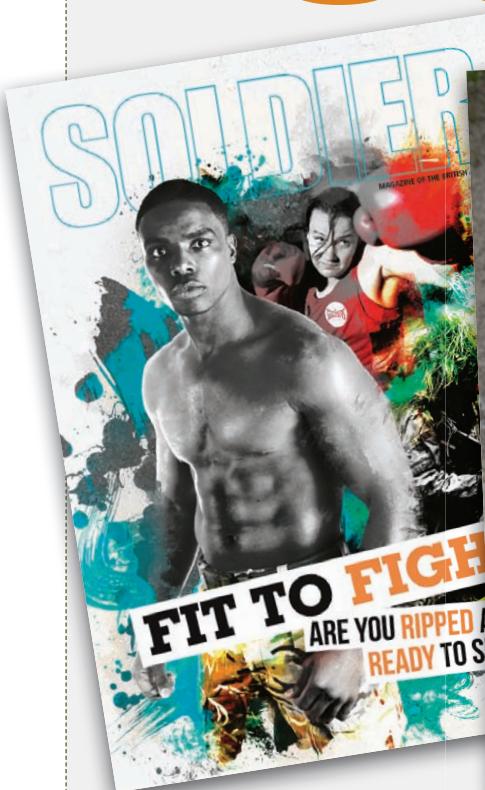
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# REVIEWS

## AUGUST'S ACTION



MOVIES

### FALLING DOWN

Terrorism thriller set to divide

FICTIONAL depictions of terrorist attacks can be a little too close to reality for comfort.

And in the wake of last month's atrocity in Nice, *London Has Fallen* – the sequel to 2013's *Olympus Has Fallen* – seems to take on extra significance.

If the movie and its subject matter divided opinion before, it certainly will do now.



P71  
TOP GEAR

P73  
BOOKS

P74  
MUSIC

## MOVIES



Critics may have written it off as cheap, cheesy, Islamaphobic "terrorsploitation" when it hit cinema screens earlier this year but – as is often the case – the end users shrugged this off to bring in some very respectable box office takings.

Like the first title, the story centres around Secret Service agent Mike Banning (Gerard Butler) battling to save US president Benjamin Asher (Aaron Eckhart) from some seriously nasty guys.

But the action has shifted from the White House to the UK, and it is a Pakistani arms dealer rather than a North Korean who now wants to blow everyone to smithereens.

The action begins as world leaders gather in London to pay their respects to the late British prime minister.

Then, without warning, a terrifying series of attacks are unleashed across the capital.

Butler, who also produced the film, has acknowledged that some may consider the title to be tasteless given recent global events.

But he believes movies should be treated as the fiction they are.

"There's nothing better than sitting in a cinema being excited, being scared," the actor said in an interview earlier this year.

"I think that's what this movie brings; a fantastic rollercoaster ride that is edge-of-your-seat stuff and incredibly visceral.

"To see people willing to lay down their lives for their country – the good against evil – I love those kinds of stories and I think audiences do too."

If films are to be judged on box office takings alone, he is right – *London Has Fallen* took around £1 million more than its predecessor on UK opening.

The presence of distinguished actor Morgan Freeman, who plays the US vice-president, will no doubt attract many to the DVD release as well.

But if you demand more of your terrorism action thrillers than rehashed plots and questionable special effects, this might not be the one for you. ■

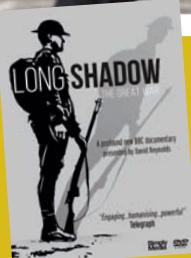
BY: SARAH GOLDSHORPE



## WIN!

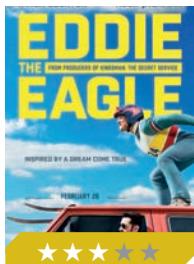
Long Shadow

A POWERFUL BBC documentary looking at the impact of the First World War has made its DVD debut. In it, renowned historian David Reynolds discovers how the experience of such a bloody conflict haunted a generation. *Soldier* has teamed up with Simply Media to offer a copy of *Long Shadow: The Great War* to five lucky readers. To be in with a chance of winning one, tell us what year the Battle of the Somme occurred.



Answers to the usual postal address or [comps@soldiermagazine.co.uk](mailto:comps@soldiermagazine.co.uk)

Closing date: August 31

**SOLDIER SELECTS****Eddie the Eagle**  
out now

I THOUGHT this cheese-fest of a feel-good movie would have me reaching for the sick bucket; I was pleasantly surprised. From the unlakeliest start, Eddie dreams of becoming an Olympian – any sport will do. Eventually choosing ski jumping, the story centres on his training and his self belief. Eddie becomes the comedy hero of the 1988 Calgary Winter Olympics. There is some cracking cinematography to distract you when the cheese gets too much. Based on real events, if this is only 50 per cent true, Eddie was as mad as a box of frogs.

Maj Neil Johnson, AAC

**The Brothers Grimsby**  
out now

SACHA Baron Cohen is back with a new film and a new character, an English football hooligan who is brother to an MI6 agent. Together they must travel the world and foil a dastardly terrorist plot from coming to fruition. With action and humour successfully balanced, and both of a high quality, this is a crude, shocking and hilarious adventure that is one of Cohen's best. Don't watch if you're easily offended or sitting with your grandparents!

Sgt Paul Thomas, Int Corps

**Sing Street**  
out now

On the surface, *Sing Street* is a story about the insane lengths a boy will go to impress a girl. But this title has hidden depths and what emerges is an uplifting message about pursuing your dreams, no matter how crazy they seem. In some ways this movie – set in 1980s Dublin – is like an extended music video, with tracks from the likes of **A-ha** and **Duran Duran** replacing traditional narrative. This title might not rewrite the genre, but with well-written dialogue, catchy tunes, great acting and strong direction, it is just plain fun.

Alexander Annabel, HAC

**PICK OF THE MONTH:****DESK WARRIORS****Could standing at your work station be the key to a longer life?**

SITTING is the new smoking apparently. Between the office, car and sofa, many of us are spending more time sat down than ever before.

But a growing body of research suggests our sedentary ways are shortening our life expectancy and increasing our risk of diseases such as heart attacks, strokes, diabetes and cancer.

In response to such dire predictions, a host of standing and treadmill desks have appeared on the market promising not only to get office workers off their behinds, but to improve concentration, boost productivity and burn extra calories at the same time.

With companies such as Google and Microsoft said to have bought hundreds of the contraptions for their employees, we asked 2nd Lt Ronald Tasker, a troop commander at 26 Engineer Regiment, to see if standing desks could offer a panacea for officer-dwellers the Army over.

Here's what he thought of the VariDesk Pro Plus 36...

► THE VariDesk is designed to allow users to switch between the seated and standing position with a simple mechanism.

It comes pre-assembled, is fairly painless to install and provides enough space for a computer monitor, keyboard, mouse mat and notebook.

Retailing at £330, it doesn't come cheap and for such an expensive piece of furniture I was a little disappointed with the plastic finish.

Unfortunately, I also found it quite uncomfortable to use. I am 6ft 4in and the standing configuration was a bit too low for me.

Over time I adopted what I came to describe as the "zombie hunch", which ended up being quite distracting during the working day.

The desk also fell short of the mark in the seated position.

It is quite bulky and so the computer monitor and keyboard



were at an awkward height, which meant I had to reach up from my chair to use the keyboard.

So in terms of design the VariDesk attempts to bridge two working positions yet fails to make either of them particularly comfortable.

Standing at your desk also takes a bit of getting used to and it felt quite awkward when conducting one-on-one interviews with the soldiers in my troop.

As a result I ended up moving away from the desk entirely if I needed to speak to people in my office.

Its one saving grace was that it served as a talking point, thanks to its unusual design.

Overall the desk doesn't suit me or the kind of work I do on a daily basis.

That said, I can see how it might appeal to others – especially those shorter than me – if all desks within a communal office were standing ones.

But it seems to be a somewhat overcomplicated and expensive solution to getting people to spend less time sitting at work. ■

REVIEW: 2ND LT RONALD TASKER, RE

**Over time I adopted what I came to describe as the 'zombie hunch'**



**VERDICT:**

Best to try it before you buy it



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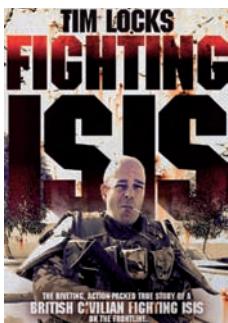
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**The Urbanista Melbourne** is unlikely to win you friends in a busy office environment but at least when you are chucked out it is slim enough to slip in your pocket. The Bluetooth-connected speaker has a battery lifespan of up to six hours and can also be deployed as a conference speaker. £59  
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## BOOKS



### PICK OF THE MONTH:

## FIGHTING ISIS

### Civvy sells house and takes on jihadis in Iraq

WHAT would make a westerner fly to Iraq or Syria to take up arms against the so-called Islamic State?

In *Fighting Isis*, civilian-turned-militiaman Tim Locks tries to address this question.

Unlike the vast majority of volunteers, he had no military experience whatsoever when he decided to up sticks and travel to Kurdistan; instead his CV included working as a club doorman, a stint as a prison guard and then running his own business.

With that in mind, I was interested to see what he was going to bring to the party and also to get a better insight into the conflict that will no doubt influence how we as an Army work over the next few years. What actually happened was a real let-down.

For anyone who has spent time in uniform, it is a well-known fact that one of the worst parts is staggering on.

However, for Locks this appears to have been something of an exciting activity and he spends far too much time telling stories of being on stag late at night and being able to see things with his night vision goggles.

You can imagine my level of boredom by this point.

An equally bad part of the military is all the kit you have to carry. Again, the author devotes a whole chapter on all the equipment he took to the fight.

Even a cadet would have been able to tell him that half the stuff was useless.

Now, considering the book is called *Fighting Isis* you could be forgiven for expecting that it involves some kind of combat or even someone mentioning Isis.

Surprisingly, in 300 pages there isn't a single account of any fighting done by Locks or his motley band of western volunteers.

He also contradicts his own title by wasting several pages on why the organisation should be referred to as Daesh instead.

Unfortunately, this isn't where the double standards stop. Having stated his motto was "no RPG", meaning no religion, no politics and no giff-gaff (dit-spinning to you and me), Locks proceeds to talk about nothing but religion, politics and rubbish stories.

To put it simply, this book would be more interesting if it was pulped and handed to me in a plastic bag. ■

### REVIEW: LCPL SCOTT ROBERTS, RIFLES

#### VERDICT:

I recommend giving this disappointing effort a wide berth

★★★★★

### SOLDIER SELECTS

#### 24 Hours at the Somme

by Robert Kershaw



★★★★★

AS a fellow reviewer asked in last month's *Soldier*, "do we really need another study of Britain's bloodiest battle?". Well, here's another one – although this is more diary than study, being largely

based around interviews with survivors. Where this book differs to most of the others, though, is that it contains interviews with German survivors who provide deep insight into what it was like being on the receiving end of the sustained Allied artillery bombardment leading up and in to July 1, 1916. So in answer to the question, yes, we do. This is a fascinating and thought-provoking read and I highly recommend it.

WO1 Dave Henley, Int Corps

#### The Girl in Green

by Derek B Miller



★★★★★

SET in Iraq in the aftermath of both recent Gulf Wars, this book deals with a young American soldier and a British journalist, who witness an atrocity by Saddam Hussein's forces. A whole village is put to death, including a 12-year-old girl they try in vain to save. Fast-forward several years and it seems she may still be alive after all, so the men reunite to mount a rescue. The book brings out very clearly the horror of the situation and the casual, sustained violence. Fast-paced and brutal, it is a vivid reflection of the Middle East today and its problems with Isis.

Andy Kay, ex-RS



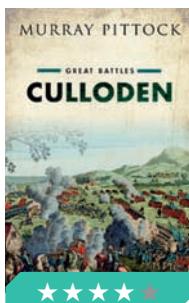
### Apache Over Libya

by Will Laidlaw

ON the face of it this is just another book about a guy's experiences within the military but it takes a slightly different approach. The author was sent to see if the Apache could operate outside of its usual role

as a land attack helicopter by flying off a carrier in the Mediterranean. However, when civil war broke out in Libya the exercise quickly turned into a Nato air campaign and the crew found themselves flying deadly night missions over the country. This is a really well written first-hand account that shows the British Army at its adaptable best. Definitely one for flying enthusiasts.

**Tony David, ex-RE**



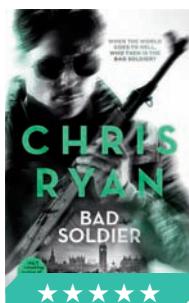
### Culloden

by Murray Pittock

CULLODEN has traditionally been seen as the dying gasp of an outmoded society: ill-armed, ill-disciplined highlanders charged a modern army. This well-researched and carefully argued account

throws this and other misconceptions into the dustbin. Bonnie Prince Charlie's force was well equipped; Cumberland's victory owed much to flanking charges by his cavalry. In our present time of Scottish nationalism, Murray Pittock shows how this small but hugely important battle has been variously and falsely interpreted. While admitting the improbability of a Jacobite victory, he also outlines the staggering consequences for history if the Stuarts had been restored.

**Dr Rodney Atwood, military historian**



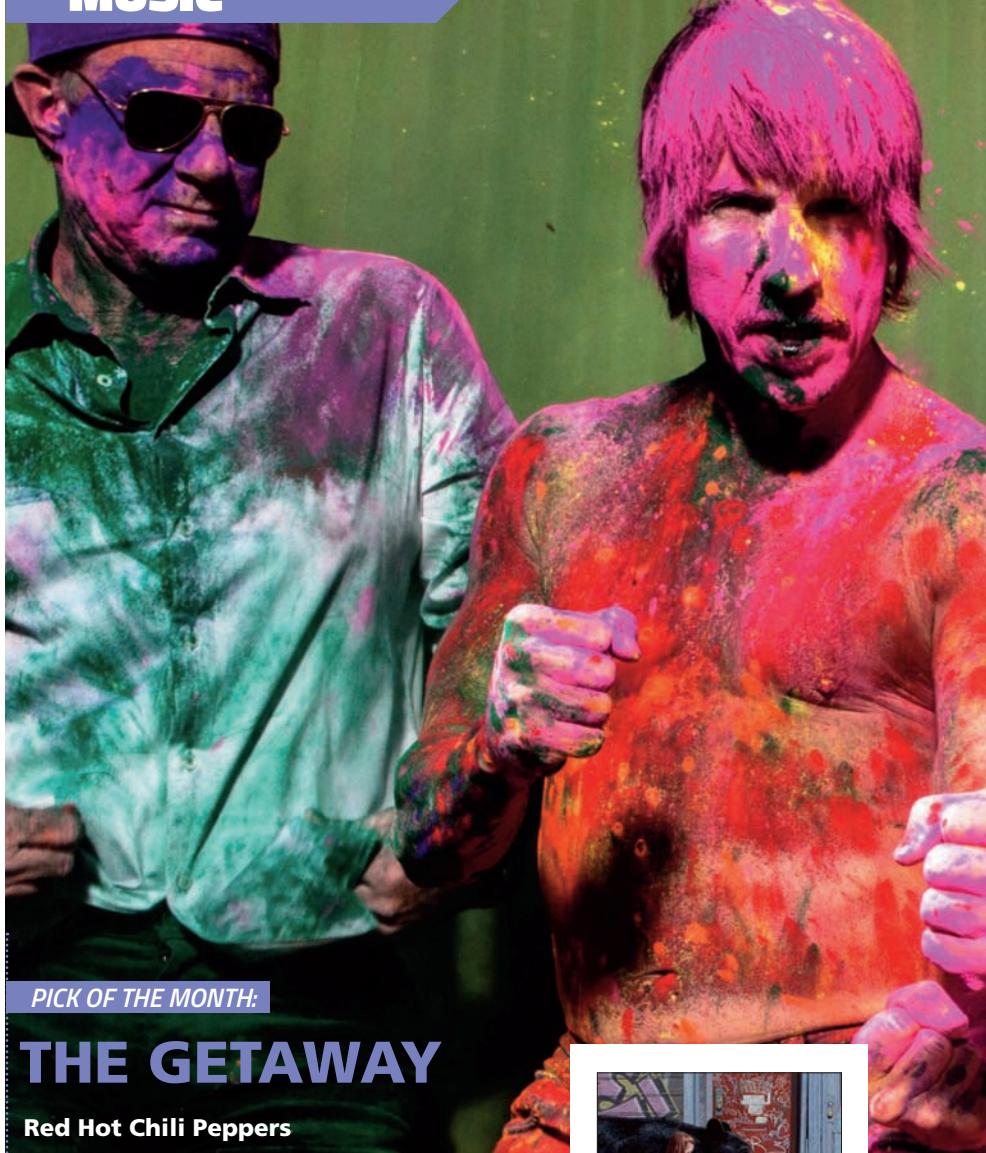
### Bad Soldier

by Chris Ryan

I HAVE never read any of Chris Ryan's novels before, fiction not being my usual choice, but this book had me gripped from the very beginning. The fourth instalment in the Danny Black series, it sees him and a team of

fellow Special Forces soldiers sent to Iraq to capture an Isis leader and foil a terrorist plot targeting England. There is plenty of action and adventure but the detail in the story made me feel that I was reading the real-life account of an elite operative. I will be catching up on the first three in the series and I look forward to the next one too.

**Bridget Salvage, civvy**



#### PICK OF THE MONTH:

## THE GETAWAY

### Red Hot Chili Peppers

► HAVING spent more than three decades at the top of the rock 'n' roll tree it would be safe to assume that the **Red Hot Chili Peppers** might take it easy as they reach the twilight of their career.

But this appears to be an alien concept for the American four-piece, who return to the fast lane with new album *The Getaway* and an accompanying world tour.

Those who witnessed their recent headline performance at the T In the Park festival will have seen a band as energised as ever, with a pulsating set list wowing crowds north of the border.

A healthy chunk of this material stemmed from their latest record, which continues a fine tradition of rock riffs that have spawned six Grammy awards.

The line-up may have changed over the years but with guitarist **Josh Klinghoffer** joining stalwarts **Anthony Kiedis, Chad Smith** and **Flea** the spirit remains largely the same.

But in a break with tradition producer **Rick Rubin** has been replaced by **Danger Mouse**, the man behind **Gnarls Barkley**, and one of his first jobs in the role was to throw out the 30 songs the group had written since their last release in 2011 and start again.

However, this major disruption has had little impact on the end product, which oozes the trademark Chili Peppers' sound.

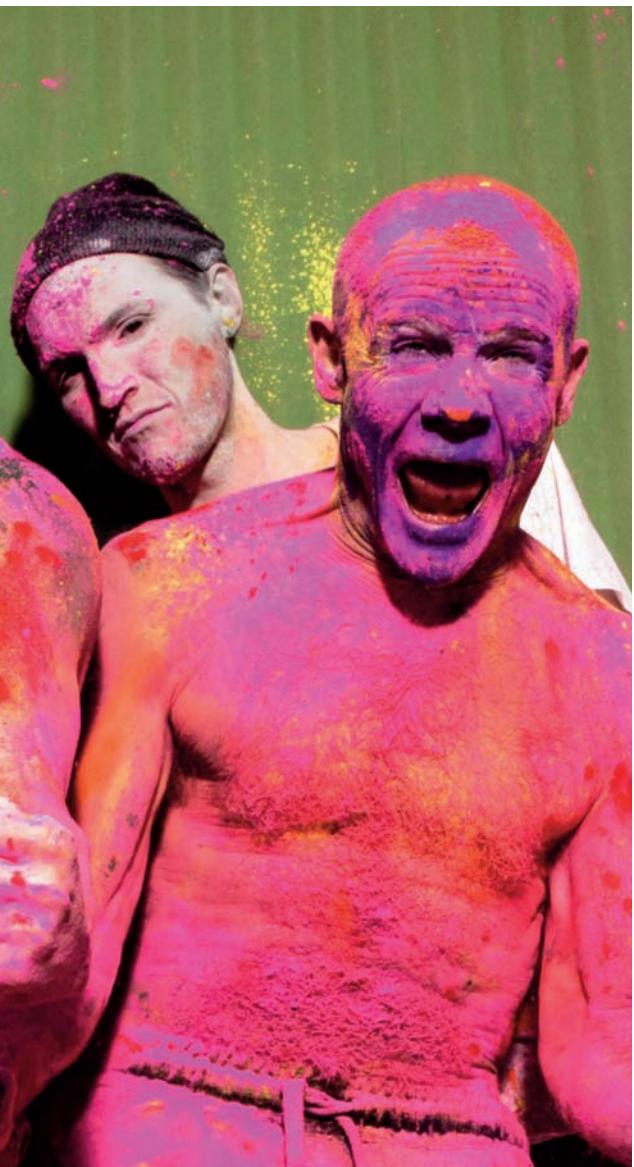


#### VERDICT:

Age proves no barrier as the masters of funk-rock return

★★★★★





Kiedis is now 48 and Flea 53 but traditional themes of California, drugs and sex still prevail as the duo stick to what they know best.

In some quarters it may seem rather ludicrous to hear middle-aged men addressing such topics but here it does with great fun and verve, with critical acclaim seemingly insignificant at this stage.

That said, there is a fair share of reflective moments and *Feasting on the Flowers* delivers a touching tale about the death of a friend while *The Longest Wave* offers a delicate diversion from the fast-paced majority.

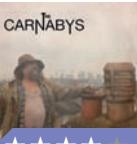
The single *Dark Necessities* also delivers a more sullen approach with languid guitars replacing the happy-go-lucky vibe.

Fans will appreciate tracks such as *Detroit* and *We Turn Red* as they boast the funk-rock sound that has become so dominant over the years and while there is much to enjoy elsewhere it is hard to escape the feeling that this is all rather safe.

There is nothing particularly new or innovative on offer here and it will be interesting to see how long this approach can be maintained if their career is to stretch even further. ■

REVIEW: RICHARD LONG

## SOLDIER SELECTS



★★★★★

### Too Much, Never Enough

by The Carnabys

FIVE-piece outfit **The Carnabys** have been heralded as the next generation of British music. Their second album has been pre-released to support the Save Live Music initiative, which is especially highlighted in tracks *Scars and Safety Pins* and *Caught in the Rain*. Brimming with raw energy and enthusiasm, this young group has a deceptively mature sound enhanced by the husky vocals of **Jack Mercer**. The record opens with the upbeat *Great Dane in the Graveyard*, which will no doubt have folk stomping in the aisles, while the more mellow *Simple Insubordinate* gives us a chance to catch our breath. No electronically generated sounds here, only the accompanying guitars, bass and drums.

Janet Dornan, ex-R Signals



★★★★★

### The Bride

by Bat For Lashes

THE unapologetically unconventional **Natasha Khan** is back with her fourth album. Telling the story of a fictional bride left devastated at the alter when her fiance is killed in a car crash, it takes the listener on a ride through tear-stained landscapes complete with synthetic thunder and lightning, and more upbeat numbers of defiance in the face of grief. Its icy electro-mysticism is probably not everyone's cup of tea. However, beyond *Never Forgive the Angels* and *Widow's Peak*, which perhaps veer too far towards gothic sadness, there are plenty of familiar glimpses of **Bat For Lashes'** ability to write entrancing songs on the universal themes of love, loss and recovery that are both poignant and catchy.

Capt Kat Hunter, RAMC



★★★★★

### Detour

by Cyndi Lauper

WHEN I think of **Cyndi Lauper** one thing comes to mind and that is fun. Unfortunately, I didn't find any frivolity on this album. It is full of country and western covers; don't get me wrong I am partial to this genre but I did not enjoy any of these tracks. Most were before my time and of the ones I did know I much preferred the original versions. As an artist she does air on the unusual and unexpected, and that is certainly the case here. Newcomers will be disappointed but the support of diehard fans should ensure this is a success.

Julie Jessup, civvy



★★★★★

### White Hot Heat

by The Amorettes

THE rock/metal scene has been stagnant for years, just take a look at Download's line-up this year – all the acts are in their 50s and so too are most of the audience. The reasons for this can be argued well into the night, but for me it's down to a lack of creativity. So along come Scottish girl trio **The Amorettes** to prove my point completely. All they have done for this album is raid the rock riff tombola to produce a competent but boring collection. Where is the new direction? Where is the individual creative spark that makes a band like **Metallica** so revered? Songs like *Batter Up*, *White Russian Roulette* and *Come 'n' Get It* are so formulaic and cliched they just drift by. Very disappointing.

Damian Hern, ex-AGC (SPS)



★★★★★

### Some Ungodly Hour

by ArchiveX

THIS is an album from a guy who spent a year singing with a San Francisco gospel choir in an attempt to find a music style. His new-found influence is plain to hear on the opening track and there's one hell of a journey until proceedings come to a close. There's a multitude of styles ranging from blues, choral, hip hop and, of course, gospel. I loved some tracks, namely the old **Ray Charles** number *Hard Times*, and absolutely hated others, and I think that's going to be the general consensus. Personally, I soon got bored of trying to decipher the contrasting styles but others might find that appealing.

Tony David, ex-RE

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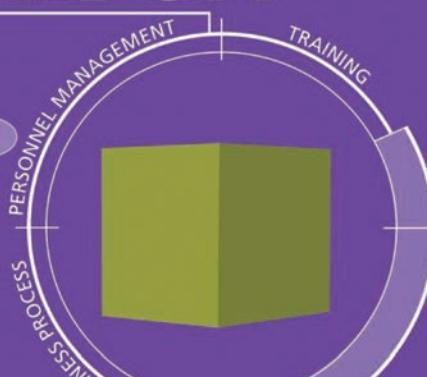
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# SOLDIERSPORT

Sports Editor: Richard Long

Photographers: Graeme Main and Steve Dock

**Heavy hitter:** Fus Marlon Simon (R Welsh) launches a booming six over the leg-side boundary in the Army's dramatic win over the Australian Defence Force. Read the full report on page 86...





# TIME TO MAKE A SPLASH

Water polo stars seek national recognition as organisers launch ambitious three-year plan

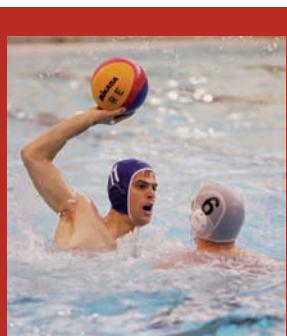
**T**HE Army water polo set-up is hoping to see men's and women's teams competing at national league level as part of an ambitious three-year plan to boost the popularity of the sport.

A strong showing during last month's Inter-Services campaign highlighted the quality that already exists within the squad but the new drive for success should see more players joining the fold, with standards in the pool rising further.

Former soldier Al Smith, who plays for and coaches Dover, has taken over as head coach and he gave the soldiers an insight into his methods during a recent two-week training camp in Minley.

There has also been a push to recruit more Reservists as manager Maj Scott Robinson (RE) believes the Army is not making full use of their potential talent.

"Previously it was all rather



**“WE WANT A REALLY COMPETITIVE TRAINING CAMP WHERE GUYS ARE PUSHING HARD FOR A PLACE ON THE TEAM”**

ad hoc, with the team getting together once a year," the officer told *SoldierSport*.

"But now we are playing competitions and fixtures throughout the season and there is a lot more structure.

"We want to grow the sport and get to the national league. The Royal Air Force and Royal Navy have done it before but for us it is all down to having that commitment and availability throughout the year.

"We will try to get the girls in first and then the men can follow in time."

The group has already been boosted by players who have perfected their skills with civvy clubs, while others have progressed via inter-unit and inter-corps competitions.

There has also been a concerted effort to convert those who stem from a background in swimming.

Robinson added: "It is easy training for them. A match may last an hour so there

is an incredible amount of swimming fitness involved.

"But this is a team sport. In swimming a group of individuals form a team but they are not dependent on their colleagues for success.

"For us, it is important we engage with potential players as they progress through phase one training because every sport in the Army is trying to get hold of the best talent possible.

"Sandhurst has also been a very good recruiting ground as most universities now have water polo teams."

Pte Rachel Ward (RAMC) is one of the new raft of Reservists to join the group.

Last month's training camp, and the subsequent Inter-Services competition, was her first taste of the Army system and she was pleasantly surprised with what she found.

"I heard the team was not that good but the standard is a lot better than I thought it



Army's highs and lows



would be," she explained.

"I started playing when I was 14. I've competed at club level and was formerly with the England training squad.

"My OC mentioned I should get involved with the Army and I was happy to do so as this is a sport I love. I knew there was a big push on swimming and open water swimming but I didn't know about the water polo set-up."

The women's squad faced a joint RAF-Navy team at the Inter-Services but were tested in fixtures against a number of civilian outfits in the build-up to the tournament. One of those was Basingstoke, who recorded a 19-9 win.

"They compete in the national league so it was a tough match," Ward continued. "But it is good experience for us."

"The only way we can get better is if we play against the harder sides."

"Next year we will have a

proper Inter-Services. I've only been in the Army for a year and to be representing them is amazing. I didn't think it would happen so soon."

Men's captain Lt Ed Dorey (RA) is pleased with the approach being taken and feels greater publicity will attract more personnel to the sport.

He said: "We have always had that core contingent but we are missing out on those who perhaps don't know we're here."

"We want them to come to the training camp; it is two weeks away from work and if anything it is great phys."

"We need a bigger talent pool to select from and the Reserves is another way of

doing that. These people often live in city areas where there is access to decent civvy clubs.

"There is only so much we can do at a two-week camp. Players are expected to come with good skill and fitness levels so we can focus on the finer details. I think Reservists could really feed into that."

"This is the starting point. We've got a new coach, a new attitude and team ethos and in three years time we want to be coming to a really competitive training camp where guys are pushing hard for a place on the team."

● For more details on how to get involved visit [www.britisharmyswimming.com/water\\_polo](http://WWW.BRITISHARMYSWIMMING.COM/water_polo)

22

Goals scored by the Army men at this year's Inter-Services but their efforts failed to prevent the RAF from clinching the title

» IT was a week of mixed fortunes for the Army at the Inter-Services swimming, diving and water polo championships.

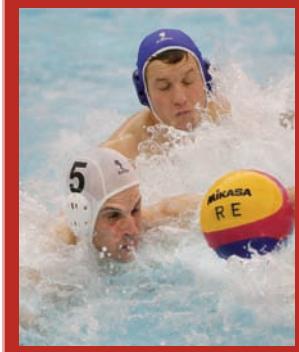
The women's squad maintained their dominance in the pool as they claimed an 18th successive title – with LCpl Kath Baker (AMS) setting a new record in the individual medley.

However, it was a familiar story for the men as they trailed the Royal Air Force and Royal Navy despite producing some encouraging displays.

Capt Marcus Roberts (Inf) was among the star performers as he retained his 100m and 200m breaststroke crowns.

The divers completed a clean-sweep in the men's and women's competitions, with WO2 Dave Cox (RAPTC) and Spr Emily King (RE) claiming top honours.

In the water polo, the women defeated a joint RAF and Navy side 11-2 while the men drew 12-12 with the Senior Service before slipping to a 10-7 loss to the airmen.



# MONTH in sport

August's key fixtures...



**WHAT:** Inter-Services Tennis Championships

**WHEN:** August 1 and 2

**WHERE:** National Tennis Centre, Roehampton

**COMMENTS:** The women head to the court as favourites following their win in 2015 while the men will hope to avenge a narrow defeat



**WHAT:** Inter-Services Cricket Championships

**WHEN:** August 2 to 4

**WHERE:** HMS Temeraire, Portsmouth

**COMMENTS:** Having already won this season's Twenty20 crown the Reds will be looking to add the 50-over title to their ever-expanding prize haul



**WHAT:** Army Rugby League training camp

**WHEN:** August 13 to 21

**WHERE:** Cyprus

**COMMENTS:** Having faltered in recent Inter-Services campaigns the soldiers will be leaving no stone unturned as they target a return to winning ways on the field

# QUEENS OF THE COURT

**A** SENSATIONAL run of form saw the Army women reign supreme at the annual Crown Services and Inter-Services volleyball tournaments.

Having won the former competition for the first time in 43 years in 2015 the soldiers showed no sign of relinquishing their grip on the trophy as they did battle in Bournemouth.

Victories over the Royal Air Force, Royal Navy, Prison Service, Fire Service and GB Police saw the defending champions progress from the group stage and their winning run continued in the final.

Again, the police proved no match for the Servicewomen as they recorded a 3-0 triumph to claim a second successive title.

The men's team also made it through the rounds to face the same opponents in their championship-decider, however, they slipped to an agonising 3-2 defeat.

Skipper Capt Karen Tait (RAMC), Maj Cathy Oosterveen (RADC), Pte Tee Maitiavi (RLC) Maj Orianne Moxon (RADC) and LBdr Lizzy Betty (RA) all impressed for the women, with Spr Steve Kamdem-Lewe and LCpl Ross Franklin (both RE) catching the eye for the men.

With the action switching to the Forces showdown the women were able to add more silverware to their haul as they defeated both the RAF and Navy 3-0.

"Although things did not go smoothly due to injury, we showed our mental strength to defend our title," said coach SSgt Nikki Mead (AGC [SPS]).

"There were a lot of junior players involved and it was great to see so many soldiers and officers taking part."

There was further disappointment for the men as they lost to eventual champions the RAF before beating the Navy 3-2. ■



## Boxers sign off with Bundeswehr battle



**A SUPERB** season in the ring reached a stunning finale for the Army's boxers as they recorded an 8-1 victory over the German Bundeswehr.

The soldiers gave away experience in most bouts but their fitness levels and determination to succeed saw them prevail.

Gnr Ryan Fillingham (RA), a fighter with more than 60 bouts to his name, squared-off against a veteran of twice as many contests and fought his way to a deserved win, while LCpl Natty Ngwenya (Gren Gds) faced similar odds but outworked his opponent in a convincing display.

Skipper LCpl Chez Nihell (PWRR, pictured) rounded things off by triumphing in the super heavyweight division.

"The standard was exceptional," said Nathan Pearce, secretary of the Army Boxing Association.

A photograph of a climber on a vertical rock face. The climber is silhouetted against a bright sunset or sunrise sky. The background shows a range of mountains. The overall mood is adventurous and inspiring.

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## HOT SHOTS TAKE AIM

**A** RAFT of exciting plans have been unveiled by those leading the Army clay target shooting scene as part of efforts to help the sport expand.

The recent Service championships attracted a strong field to emphasise the current appetite for the discipline but organisers want to see more sharpshooters taking part.

Team captain Maj Danny Robinson (R Signals) is working on plans for an Inter-Corps league and there is a big push on promoting the pursuit as an individual training tool so young recruits can improve their marksmanship skills.

"This idea is already being looked at in places such as Pirbright," spokesman Maj Alex Stanger (R Signals) told *SoldierSport*. "When these guys get to their units they will find there are traps there for them to use."

"At present, we have the Army Championships but there is nothing at a lower level. If we can get that corps competition up and running it will be a chance to bring more people through."

The Service set-up relies on members honing their skills in civilian competitions, with many being part of the Clay Pigeon Shooting Association.

"It is a big burden to get away for a two-day event such as this but the units are more on-board now," Stanger said.

"We have an Army squad of around 32 people and some of those have the scope to target a place at the 2020 Olympics in Tokyo."

A further sign of progress can be found in the team's pre-season training camp.

Held for the first time this year, the trip allowed personnel to hone their skills in Cyprus ahead of events such as the Armed and Emergency Services League.

Stanger added: "There has always been an ambition to do something like that and we are now trying to establish it as a regular fixture.

"It is a great venue and the standard of targets and grounds is really high. The cost out there is relatively cheap and we have really seen the benefits."

The set-up also caters for newcomers via its development squad, where soldiers can sample the sport and benefit from regular training camps.

Most corps and regiments have equipment available, so an expensive initial outlay can be avoided.

"A lot of people have got into this through the Army," the officer explained. "The competitive element really appeals to them."

"There is a lot of crossover from the day job but it is more chilled out than being boasted on the ranges." ■



### Army Clay Target Championships

1. SSgt Gary Hamilton (R Signals)
2. SSgt Pete Meager (REME)
3. Lt Rob Vincent (RAC)

#### Inter-Unit:

1. Army HQ
2. 17 Port and Maritime Regt, RLC
3. King's Royal Hussars

#### Inter-Corps:

1. R Signals
2. REME
3. RAC

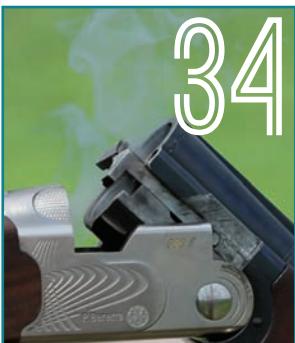
### In Numbers



...soldiers and guests competed at the 2016 Army Clay Target Championships in Barbury



The winning score by SSgt Gary Hamilton (R Signals) from 200 shots over the two-day competition



...serving personnel from the Army squad



**» PREPARATIONS** for this month's Inter-Services tennis showdown reached a head in Aldershot at the recent Army Championships.

The sport's top seeds were all in action and it was Capt Ben Rogers (RA, pictured above) who claimed the men's crown with a straight-sets victory over Lt Scott Sears (RGR).

In the women's final, Maj Fiona Welborn (RADC, pictured below) locked horns with two-time champion Lt Preet Chandi (AMS) and walked away with 7-6, 6-2 win.

"This is the third time I've played Preet and I've really struggled," the victor said afterwards. "She's got such a consistent game but this year I just managed to pull it out of the bag."



## Track stars at the double

### Inter-Services Athletics

#### Men's championship

Army 126  
Royal Air Force 119  
Royal Navy 109

#### Women's championship

Army 157  
Royal Air Force 117  
Royal Navy 56

However, it was a much closer affair for the men as they claimed a slender seven-point victory.

Consistent scoring across the disciplines ensured the women never looked like losing and distance runner Lt Lauren Hall (REME) underlined their dominance as she posted a personal best in the 5,000m to claim gold.

Cfn Amy Fleming (REME) showed her versatility by winning the shot putt and high jump, along with a silver in the 400m, and sprint queen Pte Diya Jatta (RAMC) took top spot in the 100m and 200m.

There was an Army one-two in the triple jump and 400m hurdles – a result that was matched by Cpl Lyn Waddell (RAMC) and Maj Lucy Rann (AGC) in the discus.

Team stalwart Cpl Danielle Hodgkinson (QARANC) triumphed in the 1,500m, Pte Diva Tuilovoni snared the 400m crown and a successful

day was rounded off with victories in both relay events.

The men's charge was spearheaded by Rfn Alhagie Drammeh (Rifles, pictured), who took gold in the 200m and 400m before helping his side win the 4x400m relay.

Drammeh has been in fine form this year and finished fifth at the African National Games while representing Gambia, narrowly missing out on qualification for the Olympics.

Elsewhere, LCpl Johnny Lodowski (R Signals) produced a commanding display in the 400m hurdles while Cpl Ben Jones (RE) defended his hammer title with a throw of 53m, with teammate SSgt John Osazuwa (RLC) second.

The duo of Pte David Westbury and Maj Ady Whitwam (both RLC) celebrated a one-two in the 3,000m steeplechase and Pte Buchi Egemonye (RLC) leapt a distance of 6.76m to triumph in the long jump. ■

**T**HE Army's track and field stars maintained their stranglehold on the Inter-Services Athletics Championships as they recorded another double over their Forces rivals.

Having claimed both titles in 2015 the soldiers repeated the feat this season and the women produced a scintillating display to finish 40 points clear of the Royal Air Force in second.





## WARRIORS PASS FITNESS TEST

THE Force's cardiovascular kings faced a stern workout in the final stages of the British Army Warrior Fitness competition.

A total of ten men's teams descended on Fox Lines in Aldershot for the challenge, where six women's outfits joined them for four energy-sapping events.

The format features a range of exercises that promote fitness training linked to the functional requirements of basic soldiering.

These include strength and power tasks along with tests of aerobic and anaerobic capacity and body resistance.

Athletes from 2nd Battalion, The Royal Regiment of Scotland claimed the men's crown, with ATC Pirbright taking the women's title.

"This captures all the very best elements of the Army's approach to fitness and provides an excellent opportunity for personnel to compete as a team in a physically arduous

competition," said WO1 Barry Sweatman (RAPTC), the contest's organiser.

Next year's event will be open to Reserve teams and a review of the exercises used will be conducted with a view to expanding the range.

For more details on how to get involved in British Army Warrior Fitness email Capt Chris Hames via [11SIGX-HQ-G7-PD-S03@mod.uk](mailto:11SIGX-HQ-G7-PD-S03@mod.uk)

## Coach bound for Rio

JUDO sensation LCpl Victor Ahiavor (RRF) has swapped his place on the mat for a coaching role at this month's Olympics.

The Ghanaian athlete missed out on qualification for the showpiece due to his Army commitments but will travel to Brazil in support of compatriot Szandra Szogedi.

She will be the country's sole representative at the Rio Games and has posted some impressive results under the soldier's guidance – including a gold medal at the African Open.

"Szandra will be one of the underdogs but we will take it one fight at a time and see what happens," Ahiavor said.

Despite turning his attention to coaching the soldier has not given up on his own sporting ambitions and has vowed to fight for a place at the 2020 Olympics in Tokyo.

He added: "It was a last-minute push to see if I could make it this time round but it wasn't to be.

"Going to Rio and sampling the Games will give me the motivation to qualify in 2020."



## SPORT SHORTS



### Medals mount up

» A DOMINANT display on the mat saw the Army return from the AmCan International Judo Challenge with top honours for a 19th consecutive year.

All ten team members achieved a top-four finish in their respective weight categories with newcomers LCpl Chris Colley (26 Engr Regt), Pte Jayne Wright (208 Fd Hosp) and LCpl Nathan Lockey (11 Sig Regt, pictured above) all securing gold medals.

Cpl John Squires (RE) was also victorious in the men's masters 100kg.

The set-up is on the lookout for new talent. Email manager WO2 Lee Brown (REME) via [bomber965@hotmail.co.uk](mailto:bomber965@hotmail.co.uk) for more details.



### Rowing returns

» THE next Regional Command Indoor Rowing League is due to get underway in September.

New challenges will be set each month and competitors must upload a screenshot of their times on the event's Facebook page.

It is open to personnel of all ages who have access to a Concept 2 rowing machine.



# REDS LEAVE IT LATE

## International cricket

**Australian Defence Force**  
182  
**British Army** 185-9

**T**HE Army triumphed in a nerve-shredding clash with the Australian Defence Force that was decided on the penultimate ball of the final over.

With two needed for victory and just one wicket in hand the home side appeared to be in trouble but when a last-gasp run out attempt narrowly missed the target they were gifted four overthrows to seal an unlikely win.

There was little sign of the drama to come when the Australians posted what seemed to be a below-par 182 all out in their innings.

Spinners Maj James Hudson (RA), Cpl Jaques Prinsloo (RE) and LCpl Jay Boynton (REME) ripped through the batting line-up to claim eight of the ten wickets to fall and the card could have made even better reading had it not been for some lower-order resistance from Christopher Schultz, who top scored with 40.

However, the visitors delivered an immediate blow with the ball as Maj Storm Green (Coldm Gds) was dismissed from the second ball of innings.

Hudson and LCpl Brannon Varley (AMS) held firm in the face of some ferocious fast bowling that was backed up with some customary chatter from those in the field.

But the latter was trapped leg before in the 11th over and the wickets continued to fall as the Army failed to post any partnerships of note.

With their hopes seemingly pinned on Hudson they were dealt a massive blow when the opener was caught at short third man for a dogged 51.

However, newcomers LCpl Josh Cooper (R Signals) and Cfn Tom Lester (REME) continued the fight and the former looked impressive as he upped the tempo with a flurry of boundaries.

A contentious umpiring decision ended his knock on 32 and when his partner was caught behind shortly after it was the left to the Reds' tail end to finish the job.

With the game tipping in the Australians' favour Fus Marlon Simon (R Welsh) launched two booming sixes to put his side back in control but was then clean bowled with just two runs required for the win.

The match then headed to its dramatic finale, where the soldiers secured their win.

"At no stage did they give up," said skipper Prinsloo afterwards. "We like to play tough cricket and nothing prepares us better for the upcoming Inter-Services than games like this." ■

## Corps' African escape

THE backdrop of the Drakensburg mountains formed the setting for the Adjutant General's Corps polo team as they embarked on a 12-day tour of South Africa.

Coaches Brett Watson and Terence Spilsbury deployed a variety of techniques – from video analysis to one-on-one sessions – to help the players improve before they were tested in a tournament featuring a local side from Underberg, who recorded a slender win over the British soldiers.

A defence engagement phase saw personnel visit the Mooi River War Graves Cemetery and a local primary school, where they met staff and pupils.



## SPORT SHORTS



### Power play

» **THE Adjutant**  
General's Corps tasted victory in the final of cricket's Power Cup.

Having won the toss and electing to bat first against the Royal Logistic Corps, they posted a total of 185-9 from their 50 overs.

The score appeared to be short of being competitive but the loggies struggled in reply as they collapsed to 156 all out.



### Record breaker

» **WATERSPORTS** star Gnr James Roe (12 Regt, RA) achieved a place in the record books as part of the UK's successful bid to have the most kitesurfers parading over a one-mile course.

The soldier was part of a 423-strong field that took to the waters of the Solent to break the previous record of 415 held by South Africa.

"It was a real team effort," he said. "The whole kitesurfing community came together for this."

For details on how to get involved in the sport visit [www.sailarmy.co.uk/kitesurfing](http://www.sailarmy.co.uk/kitesurfing)

## → Team of the month

### Army Women's Cricket Team



**A** CHANGE in format proved to be of little consequence for the Army's women cricketers as they dominated proceedings in this season's Inter-Services 40-over competition.

Having already secured the Twenty20 title the soldiers headed into the tournament in fine form and signalled their intent with an emphatic display against the Royal Air Force in their opening match.

After winning the toss and electing to field, the Reds' bowlers made short work of their task – dismissing their rivals for just 73 inside 30 overs.

Skipper Capt Naz Norris (Int Corps) was the chief destroyer, recording figures of 4-9, while Cpl Katie Fryer (Int Corps) and Maj Ros Brown (R Signals) claimed two wickets apiece.

The run chase proved to be a formality as the champions-elect reached their target in the 19th

over – Fryer top scoring with an unbeaten 35.

The Royal Navy offered a sterner test and after electing to bowl first they claimed an early breakthrough when opener LCpl Olivia Cadec-Trimmer (AGC) was caught and bowled by Hazelle Garton.

Fryer fell with the score on 21 but a mammoth stand of 206 between Sgt Amanda Potgieter (REME) and Lt Lauren Hardern (RE) saw the team post a healthy score of 235-3.

The former finished 100 not out in her final Inter-Services innings before leaving the Army and will prove hard to replace given her contribution over a stellar sporting career.

The total proved too much for the Navy – despite a 58-run stand for the first wicket – and they eventually finished on 173-9.

"We had two competitive matches," manager Brown told *SoldierSport*.

"In cricket nothing is ever guaranteed and we had to work hard for the victories.

"We posted a competitive score against the Navy but they came in and smashed 14 off the first over, so we knew it would be close.

"Amanda was player of the tournament and she will be missed, but we are not a one-woman team.

"The Army side is evolving and other people will now step up to the mark."



Inter-Services Cricket Championships 2016

RAF 73 Army 74-1  
Army 235-3 Navy 173-9

## SPORT SHORTS



Pulling together

» A SUPERB campaign at domestic level will see the Army ladies tug of war team push for international honours.

Since forming in February, the squad have been consistent performers in the national league and their hard work paid off at the English Championships when they won the right to represent the country at the UK finals in Wales later this month. They will then head to the World Championships.

### In Numbers

6

Wickets by Sgt Will Freeman as the Royal Engineers won the Sapper-Gunners cricket match by 89 runs



## READY FOR BATTLE

**M**IXED martial arts sensation Cpl Alan Thomas (2 Rifles) is targeting the sport's professional ranks after an encouraging start to his career on the mat.

The flyweight fighter was due to challenge David McCallum for the European title on the Battle Arena promotion as this issue went to press and with a record of three wins from five bouts his confidence was high.

Thomas hails from a judo background and represented the Army at Inter-Services level before switching codes to jiu-jitsu, and then MMA.

"It has been a steep learning curve," he told *SoldierSport* in the build-up to the contest. "Judo is one

dimensional but with this there are people with so many different styles and anything can happen.

"But being in the military I have that fighting instinct. My judo has helped, although I've had to work hard on the stand-up elements of the sport, and my victories have all come via submissions.

"I've studied McCallum on YouTube but it has been hard to determine what his technique is.

"He is very strong and fights with a lot of heart but I am confident.

"Technically, I think I am better and I've had a really good training camp."

The fight was billed as one of the main events on the Battle Arena 40 spectacle in

Northampton and marked a distinct change in fortunes for the Serviceman.

"I'm used to opening shows or fighting in the middle of the card so this is all new," Thomas explained.

"However, I'm buzzing for it. I don't normally get nervous, once you are out there you soon grow into the fight and I think my Forces background gives me an edge on my opponents.

"This is the biggest bout I've had so far and hopefully it can open a few doors down the line."

The soldier donates 50 per cent of his ticket sales to the Just Rifles charity and donations to the cause can be made via [www.justgiving.com/Alan-ThomasMMA](http://www.justgiving.com/Alan-ThomasMMA) ■

## Ruthless Reds enjoy life on tour

THE Army confirmed their pedigree as a dominant force in women's rugby union by recording three convincing victories during an end-of-season tour to the USA.

Having lifted yet another Inter-Services title in 2016 the team continued their fine form on the other side of the pond as they plundered 125 points in what appeared to be a challenging run of fixtures.

An East Coast select side boasting eight full American internationals were brushed aside in a 43-21 defeat.

New York RFC were the next team to feel the wrath of the soldiers as they were downed 41-0 before the action concluded with a 41-5 win against the American Collegiate All Stars.

After a period of rest and recuperation the Reds returned to the field for the Liberty Cup – a competition featuring US and international Service outfits – and dominated the sevens and full-sided events.





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# Final word

With the summer break upon us we asked personnel at Army Headquarters what their dream trip or expedition would be



## Cpl Nicholas Graham, R Signals

I went paragliding around Mittagberg in Bavaria a few years ago and would go back there. It doesn't get any better, and the locals are so friendly. Activities like that really help to develop you; you have to find the moral courage to stand on a sheer cliff and put all your trust in your kit before stepping off the edge.



## LCpl Marc Clifford, R Signals

Sailing around New Zealand or South East Asia would be my top choice. It would be great for team building because if you have a crew of eight on a relatively small yacht you need to trust each other to work in shifts. You are stuck in a confined space for days – even weeks – at a time so you get to know each other well. That part of the world is always a challenge because the conditions are never the same; there is always something unexpected.



**Maj Damion Greetham, RA**  
Trekking in the Grand Canyon. I first went there as a civvy but have been fortunate enough to take six groups on adventurous training now. I would go straight back. It's quiet but arduous, with drops of 2,500 feet. Trekking downwards is easy but it's a test of character and mentality coming back up. You have to pull each other through.



## Maj Aisling Bucknell, AGC (SPS)

Something out of the ordinary, like a horseback safari in Africa. My sister did it in Botswana and I always thought that would be amazing. Many of our personnel go on exercise in Kenya but don't necessarily get the chance to experience the wildlife up close. Moving from place to place, sleeping in the outback, would certainly be a bit more challenging than sitting in a Land Rover and being driven everywhere.



## Sgt Sinead Draper, AGC (RMP)

Scuba diving in Thailand would be my first choice. My cousin used to do that out there and it looks beautiful. The food is supposed to be great, and the culture appeals too. I have never been to Thailand but it's on my bucket list. I've done scuba diving before and really enjoyed it.



## WO1 Pete Wells, RLC

Probably coasteering on Benbecula in the Outer Hebrides. I have been there on AT and missile camp, and it's really remote and rugged. The conditions there bring out the best in soldiers and it would be a good place to develop skills in areas like leadership and teamwork.



## Cpl Ross Stewart, R Signals

An expedition to Mount Everest – base camp as the minimum – would be good. I like rock climbing and the higher altitude stuff involving ice climbing looks really interesting, and the next step on from that. Everest would be the ultimate challenge.



## Ssgt Mark Nesbit, RLC

I would go anywhere that's not behind my desk, but some sort of jungle trekking would be good, maybe in Brunei. I am ginger so a location out of the direct sunlight would be good!



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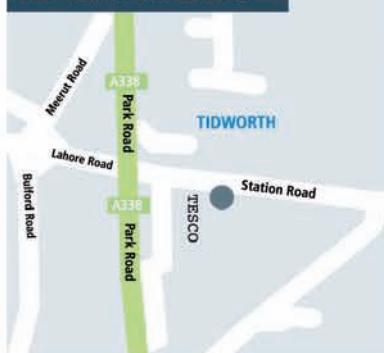


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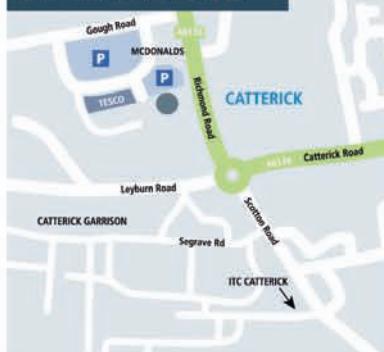
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