

# SOLDIER

MAGAZINE OF THE BRITISH ARMY

**APACHE  
REBOOT**  
NOW IT'S  
HUNTING IN  
PACKS

MEET THE MAN  
WHO'S SET  
**600**  
WORLD  
RECORDS

# SPEED MACHINES

Service cyclists show their pedal power



ILLINGWORTH, LANGLEY, BARNETT, RAMSAY



Mountain training Italian style

# One of our Members asked us to audit his pension award letter to double check he had been given the correct terminal benefits figure.



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FPS Member

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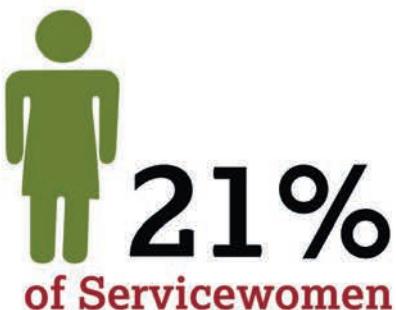
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Tel: 020 7820 9988 - email: [memsec@forpen.co.uk](mailto:memsec@forpen.co.uk) - [www.forcespensionsociety.org](http://www.forcespensionsociety.org)



# SEXUAL HARASSMENT SURVEY 2018 RESULTS

## OVERALL



had either experienced sexual harassment or observed a situation that they thought was sexual harassment.



## “What the Army is doing to combat Sexual Harassment”

Training and education will continue to be delivered by the RMP on sexual consent.

Continue to equip Service Personnel with the knowledge required to address unacceptable sexualised behaviours.

The Army has launched a new social media policy in Sep 18, which will address online behaviours.

Continue to promote a work culture that encourages individuals to call out unacceptable behaviour.

Ensure that Service Personnel are well informed on how to report sexual harassment.

Enhanced training for personnel who may be approached by victims through the establishment of a Network Support hub.

# SPEAK OUT

If you are not content with how you are being treated or need advice on how to respond to or deal with a complaint speak to the Army's Bullying Harassment and Discrimination Team on

**0306 7704656\*** (civ) or **96770 4656** (mil)

or email [Army-SpeakOut@mod.gov.uk](mailto:Army-SpeakOut@mod.gov.uk)  
Your call will be dealt with in confidence

\*Local call charges apply, operators will ring you back if requested.

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COVER STORY

“

It's been full on but pushing yourself makes you a better soldier

”

Reservists' mountain masterclass – pages 40-43





“  
We have built a tremendous squad and it's going from strength to strength  
”

Reds return to league summit – page 70



## Mindset matters



OPPORTUNITIES for personnel to push themselves to the limit in the combat conditions they've been trained for are sparse to say the least, but many are still being given the chance to test their mettle in other ways.

Nowhere is this more evident than in Army sport – and one of the most outstanding examples is our cover star, LCpl Charmaine Porter (RLC).

The elite cyclist has capitalised on the opportunities military service has provided to become a leading member of top civilian team On Form in events such as the Tour de Yorkshire.

In turn, she's now helping to raise the bar in Service cycling (page 72).

Meanwhile, troops continue to prove themselves on operations in potentially volatile environments, supporting the United Nations in Cyprus (page 28) and Nato in Afghanistan (page 18), where young soldiers are relishing the responsibilities they're being given.

Reservists are getting in on the act too, and our feature on special mountain training with Italian troops (page 40) is another example of the Army working hard to acquire and maintain the particular mindset required for contingency operations.

Steve Muncey • Managing Editor

### Where to find *Soldier*

#### ► Printed copies

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

#### ► Facebook, Twitter and Instagram

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

#### ► Online

A DIGITAL version of the current edition is available on the Army website at [www.soldiermagazine.co.uk](http://www.soldiermagazine.co.uk). Just click on the "read it now" tab.

#### ► 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).

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Picture: Graeme Main

## Phys test hauled into 21st Century

**T**ROOPS in ground close combat roles will soon face a new fitness test – better reflecting the realities of their job.

The Physical Employment Standards will be introduced to the Infantry and Royal Armoured Corps next year.

Tests tailored to other soldier roles are due in 2021.

The initiative follows concerns that the annual set of assessments they replace – based around an eight-mile loaded march – is out of step with operational requirements and leaves soldiers vulnerable to injuries.

Underpinned by the latest sports science research, the new appraisal will see a shorter, sharper tabbing session followed by sprinting, crawling and load-carrying exercises.

Academics from Chichester University teamed up with troops to create six exercises mimicking fighting

and casualty evacuation drills.

Field Army Sergeant Major WO1 Gav Paton (Rifles), who has been closely involved with the creation of the new regime, said it did not make allowances for age or gender.

He added: "This is a role specific test, you can either do it, or you can't.

"Ground close combat has evolved; it is time to change."

It is envisaged the incoming system will be up and running in April next year, when fresh measures to replace the Personal Fitness Assessment will also be introduced.

The Army Headquarters project lead and physical training expert Maj Mark Field (RAPTC), believes the physical tasks that have been developed to reflect the reality of the demands now placed on British Army personnel.

"We are now testing more of the soldier athlete," he said.

**“**  
You can  
either do it,  
or you can't  
**”**

### FIT TO FIGHT: THE NEW PHYSICAL EMPLOYMENT STANDARDS

Troops will face an annual barrage of six exercises to assess their abilities...

#### 1: LOADED MARCH

4km tab with 40kg within 50 mins followed by a further 2km with 25kg in 15 mins



#### 2: FIRE AND MOVEMENT

Twenty 7.5m tactical bounds controlled by a PTI, followed by a 15m crawl and 15m sprint in 55 secs



#### 3: CASUALTY DRAG

110kg bag pulled over 20m in 35 secs



#### 4: JERRYCAN CARRY

Simulates moving with a stretcher. Carry two 22kg cans over 240m in 4 mins



#### 5: VEHICLE CASEVAC

70kg lift, hold for 3 secs



#### 6: REPEATED LIFT CARRY

Shifting bags weighing 20kg 20 times over a 30m distance



Read more about the new standards in an upcoming issue

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# GLOBAL SITREP

## 1. NEW YORK

### TREK TICKED OFF



CLOSER ties between British and American veterans are on the cards after a group of ex-soldiers from the two countries completed the gruelling Walk of America trek.

The six former military personnel finished pounding out the 1,000 miles from Los Angeles to New York in September, concluding their mission at Ground Zero.

The adventure was organised by Forces charity Walking with the Wounded – which is hoping to forge new friendships with veterans stateside.

## 2. FALKLAND ISLANDS

### WINDY WORK

MORE than 160 tradesmen from the Royal Engineers have started work on the third phase of an ambitious project to build new accommodation for personnel across the Falkland Islands.

The tasking will see sappers from 53 Field Squadron, 39 Engineer Regiment and 61 Field Support Squadron, 36 Engineer Regiment complete an internal fit-out of the buildings before they are handed



over for use.

The weather has had an impact on their progress, with wind speeds of up to 120 knots recorded at certain times.

Project Anemoi is a £35 million development across three areas of the islands.



## 3. SOMALIA

### GRADUATION ELATION

BRITISH troops have clocked up another African milestone after training 500 Somali counterparts. The personnel

began passing on their skills in January 2017, helping the nation tackle Islamist militant group Al Shabaab.

They have been instructing at the Baidoa Security Training Centre on topics including medical drills, leadership, intelligence and logistics as part of the UK's assistance to the African Union Mission in Somalia.

Armed Forces Minister Mark Lancaster said the work would help build a "stable and prosperous" country.

"The Somalian National Army have been motivated, keen to learn and professional," he added.



## 4. DENMARK

### TIGERS ON THE PROWL

RESERVISTS from 4th Battalion, The Princess of Wales's Royal Regiment have been showing their teeth during the unit's first overseas tasking.

Exercise Viking Star – held in Oksobel – saw 120 soldiers work alongside Danish counterparts in a two-week schedule that culminated in platoon attacks.

The manoeuvres included room clearance and hostage rescue serials, as well as mortar training alongside Regulars from the regiment's 1st Battalion.

"It has been wonderful to see a huge level of engagement between British and Danish forces," said CO Lt Col Ben Baker.



## 5. FRANCE

### ANOTHER TONGUE

TWO Reservist medics completed the three-week French Reserve staff officers course in Paris.

Capt Janet Jordan (QARANC) and Lt Col Helen MacKay (RAMC) were among 40 international troops to attend the package, which teaches students about combat estimates and operational planning – all in French.

"From week one we were delivering briefs in French," said Capt Jordan. "It demonstrated the richness of international cooperation."

For more course details email [janet.jordan440@mod.gov.uk](mailto:janet.jordan440@mod.gov.uk)

## INTELLIGENCE FOR THE ATLAS?

Brief the team now:



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## 6. AFGHANISTAN TROOP BOOST BEGINS

A RAMP-UP of British soldiers has begun with the first additional tranche now in theatre in Kabul.

Defence Secretary Gavin Williamson flew in with around 100 troops from 1st Battalion, Welsh Guards as he embarked on a three-day visit last month.

Part of a 440-strong boost, the extra manpower will bring personnel numbers to 1,100 – making the UK the third largest contributor to the mission in the country.

Turn to page 18 for more details on Operation Toral.

## 7. CYPRUS 'PROVEN WARRIOR'S'

UK soldiers gave a warm welcome to a special guest from America.

US Army Chief of Staff Gen Mark Milley paid a visit to Dhekelia-based troops from 2nd Battalion, The Royal Anglian Regiment when he touched down in Cyprus on a fact-finding mission.

The senior officer (shown near right) became the outfit's honorary colonel in 2015 and has had members of the unit on his staff at the 10th Mountain Division and in Fort Bragg's military nerve centre.

He paid tribute to the soldiers' work, adding: "I have seen them on operations in Iraq and Afghanistan – they are proven warriors."



## 8. UKRAINE FLYING THE FLAG

PERSONNEL from 4th Battalion, the Parachute Regiment had the honour of taking part in one of the world's most high-profile military parades in Kiev.

The 20-strong contingent of Airborne Reservists joined more than 4,500 troops from across the world in a march through Ukraine's capital to celebrate 27 years of the country's independence.

"It was a privilege to be there," said Maj Bob MacKay. "Before we came we were not quite aware of how big a deal this event is."

"We were proud to be the sole UK participants in the parade."



Picture: British Embassy Kiev

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<sup>\*</sup>Finance is subject to status. Terms and conditions apply. Savings correct at time of going to press.





Pictures: Jack Lckersley



# Boxer moves closer to delivery

TOOPS at the sharp end of operations are a step closer to taking delivery of Boxer after Artec, the consortium leading the production, were asked to make a formal offer to meet the Army's mechanised infantry vehicle requirement.

If this is approved, the manufacture of the asset could begin in the UK as early as next year.

Confirming the initiative, minister for defence procurement Stuart Andrew said the move would equip the new Strike brigades with cutting-edge kit.

He stressed that the 8x8 wheeled asset was a key part of the British Army's future, adding: "This is a big step towards providing our soldiers with a brand new troop carrier."

Andrew stated the move was part of a drive to develop new capabilities and renew older vehicles, adding that personnel needed to be equipped to deal with emerging threats.



Boxer offers impressive versatility – built around so-called driver and mission modules – and can be customised for particular tasks.

It is currently in service with partner nations including Germany and Holland and the MoD expects to purchase around 500 units, which will be with the Army in 2023.

The ambulance (pictured) and support vehicle configurations were on display at this year's Defence Vehicle Dynamics (DVD) show in Bedfordshire.



## RIFLE ROLL-OUT PROVES POPULAR

■ THE new incarnation of the SA80 assault rifle has impressed sharp-end troops. Maj Michael Green (REME) – who has been involved in the roll-out of the weapon – said soldiers were providing positive feedback on its performance, particularly the better accuracy. It also features improved durability and weight distribution, as well as an extended picatinny rail for accessories. The officer confirmed that the first tranche of 5,000 rifles had been distributed to formations including 1st Battalion, Grenadier Guards in Iraq and 1st Battalion, Irish Guards in Kenya. More A3s will be distributed once MoD approval is granted.



## WARRIOR REFIT ON TRACK

THE Warrior upgrade programme is progressing well – with several of the modified vehicles now undergoing a period of testing.

The MoD has confirmed that 11 demonstration platforms are at Bovington in Dorset, where the Armoured Trials and Development Unit are in the process of assessing them.

The programme is set to give the asset a raft of improvements, including the ability to fire on the move as well as better protection and situational awareness for crews.

Meanwhile, the British Army's main battle tank is also poised for a makeover, with further details on the Challenger 2 life extension programme expected to be announced in the coming months.

Equipment manufacturers have submitted proposed designs for the future of the platform and a decision on how to proceed will be taken next year.



## ROAD WARRIOR

Riders race for Army glory – pages 72-73

## PLATE UPGRADE REVEALED

LIFE on operations is set to become more comfortable thanks to improved Virtus body armour.

Project Saker – which is being overseen by Defence Equipment and Support – will see enhanced ballistic plates better fitted to individual personnel, who will also benefit from significant weight savings.

The new equipment, which is likely to come into service in 2021, will continue to offer the best protection when integrated into troops' tactical vests, said project manager Greg Stafford.

He added: "Our enhanced body armour will provide a much better fit for nearly all the soldier population."

"The kit will be available in five different sizes, whereas Osprey only comes in one."



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

## THE POWER OF THE COVENANT

IS THE Armed Forces Covenant worth the paper it's written on? This is a question that I'm often asked by families, who struggle to see what it is actually doing for them.

I understand where they are coming from as there is still a lot more work that needs to be done to make it truly meaningful, but I believe the answer to the question is "yes, and more".

Thanks to its existence, AFF has achieved many legislation changes. Critical to our success as an Army families' charity, it gives us important access to the MoD and members of parliament, including the secretary of state for defence, who I meet with every six months to raise various issues and look for solutions.

Just recently, I attended the Covenant Reference Group at the cabinet office where we discussed a review of the school admissions code to better support military children from more mobile families.

In the past we've been able to influence policy and legislative change in areas such as immigration for foreign and Commonwealth families, student loans for partners overseas and access to social housing for divorced spouses.

Rest assured, we will continue to use the Covenant to push for positive change for the families we represent.



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



Picture: Graeme Main

# 'Best is yet to come for Apache'

“  
It's what lies  
beneath that  
makes this  
different  
”

ATTACK helicopter crews will notice a significant upgrade when the new incarnation of the Apache begins its British Army tenure, a senior officer has said.

Brig Mike Keating, deputy commander and operations director at Joint Helicopter Command, said the AH-64E would provide more firepower and performance.

He hinted that next-generation weapon systems might also be fitted to the 50 new aircraft, which will start rolling off their US production line within the next 12 months.

While the advanced platform is not due in service until 2022, some troops are already signing up for courses relating to the updated model.

Brig Keating told *Soldier*. "If you put our current aircraft and the new variant side-by-side you would probably struggle to see the differences. But it's what lies beneath that makes the AH-64E different from its predecessor.

"It has an upgraded drivetrain and more powerful engines."

An off-the-shelf import from America, the latest helicopter also features a redesigned cockpit with full colour displays to make life easier for the crews.

Those at the controls will have improved situational awareness, Brig Keating added.

He said: "It can carry 16 Hellfires but the technology is always evolving – there are exciting opportunities with missile and rocket systems that may be on the horizon.

"But it is important to say that the element that makes Apache so effective as a weapon is the person in the cockpit – soldiers are the lifeblood of British Army aviation."

As we reported in July, crews have been preparing to operate in peer-on-peer warfighting up against conventional threats.

The aircraft is being operated in large packs and has been paired with Wildcat, which is responsible for designating targets for the attack helicopters to engage.

**LOOK OUT!**



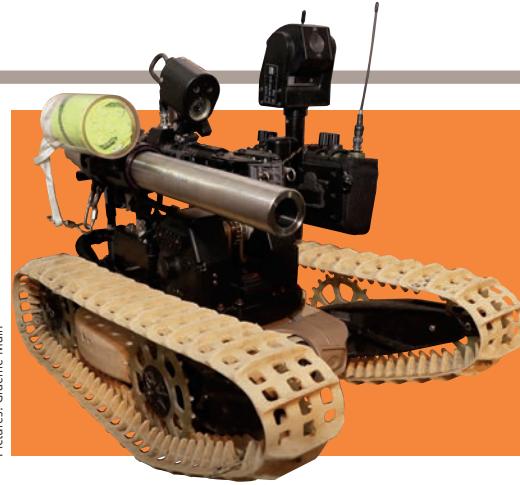
TROOPS are being urged to look out for each other's mental health.

A new pocket guide produced by the MoD and Samaritans gives advice on "looking after your mates", including signs they might be in trouble.

It also suggests when soldiers should intervene and where to find help.

The guide is being issued to all Regular and Reserve personnel and is one of several joint initiatives announced by the two organisations.

Find it online at [gov.uk](http://gov.uk)



Pictures: Graeme Main

■ A MINI bomb disposal vehicle's continual evolution is testament to strong relationships between defence contractors and personnel, it has been claimed.

Dragon Runner has now gone through three incarnations since it was first rolled out for Op Herrick – each uprating its capability.

Maj Martin Laverack (RLC), of Defence Equipment and Support, said experimenting with outside companies will pay dividends in developing products.

The officer added: "This was procured off-the-shelf for operations in Afghanistan but troops were able to think about modifications – we are keen to be drivers of innovation."

# Robot ready for action

**B**OMB disposal experts are taking delivery of a new robot – with a control pod that allows operators to physically feel their way around suspect devices.

The Starter vehicle has a control mechanism that is far more tactile than its Wheelbarrow predecessor.

Currently undergoing trials, the kit is poised for rollout on overseas operations – while its Cutlass stablemate will remain in service for missions on home soil.

More than 50 robots have been bought by the MoD in the £55 million deal and all will be ready for the front line by the end of 2020.

Maj Martin Laverack (RLC) – requirements manager at Defence Equipment and Support who has been working on the project – said the assets had proved impressive.

He told *Soldier*: "The vehicle is a world first in the sense that it has what we call 'haptic feedback' – an operator can feel what is going on through the controls.

"If the gripper meets an obstacle,

for example, the operator will know immediately – you have better spatial awareness as a result of this feature.

"This capability marks a real shift in what we can do; it is an incredible piece of equipment."

Maj Laverack added that Starter would succeed the Wheelbarrow Mark 8B currently in service and was configured to operate in the most difficult conditions.

"It can be deployed from vehicles including a helicopter if needed," the officer said.

"Starter meets the requirement for overseas operations as it can be used in extremes of temperature.

"Places such as Iraq and Afghanistan need different equipment for the environment."

**“**  
It is an  
incredible  
piece of  
equipment  
**”**



## SPINE LINE COMPETITION



OUR spine line clues for September may well have been familiar to the Royal Engineers among our readers.

(Adam) Archibald, (James) Dawson, (Claud) Raymond and (Theodore) Wright are all Victoria Cross recipients who hail from the corps.

This month *Soldier* has teamed up with Blue Microphones ([www.bluedesigns.com](http://www.bluedesigns.com)) – the company famous for creating high-quality kit for stars including Bob Dylan and Hot Chip – to offer one lucky reader a pair of these stunning Sadie earphones from the Blue consumer range.

To be in with a chance of winning this slick next-generation gadget for laptops and mobile devices – worth more than £300 – tell us what links the words on the side of this issue.

Answers to the usual address or [comps@soldiermagazine.co.uk](mailto:comps@soldiermagazine.co.uk) by October 31. Good luck!



## ARMISTICE BEAR TOY

■ ARMED Forces charity SSAFA has teamed up with stuffed toy manufacturer Steiff to produce a limited edition cuddly animal.

Just 1,918 Armistice Bears will be made and each one sold will raise £20 to support members of the military community who are in need.

They are available now at [www.steiffteddybears.co.uk](http://www.steiffteddybears.co.uk)

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charity



Picture: Cpl Tom Evans, RLC

## Medics to the fore in Nato test

**A**IRBORNE medics parachuted into Germany for a test of lifesaving skills.

A surgical team took to the skies over a mock area of operations as they spearheaded a British force linking up with American allies during Nato's Exercise Saber Junction.

Once on the ground in Grafenwoehr, troops from Colchester-based 16 Medical Regiment joined the US 173rd Brigade Support Battalion to treat a range of casualties.

Simulated injuries included ruptured internal organs and broken bones.

The British contingent's capabilities featured combat medical technician expertise and ambulances in addition

to a tented hospital.

Maj James Preshaw, officer commanding 19 Medical Squadron, said his personnel – and allies from the US Charlie Company – had learned from each other in the month-long series of manoeuvres.

As well providing a surgical team, the Brits oversaw care for the most seriously injured while the Americans dealt with higher casualty numbers.

"Saber Junction is an opportunity to train as an independent medical squadron alongside our US counterparts," he said.

"This is a new challenge for our soldiers. Working together increases our capabilities."

## Massive military vehicle move in Saif hands

ONE of the largest vehicle moves of recent times has been successfully completed after the re-activation of kit from the stored equipment fleet.

It will be used on Exercise Saif Sareea which takes place in Oman this month. It is the UK's largest overseas exercise in more than a decade, with 4,000 personnel and 1,400 vehicles being deployed.

The platforms were located in Ashchurch, Bovington and Donnington, and were put through a rigorous inspection and repair process by the Babcock Defence Support Group prior to final assurance checks.

Around 500 assets, ranging from Penman trailers to Warriors, were moved to the sea mounting centre at Marchwood and shipped out to the Middle East on roll-on roll-off vessels.



“This is a new challenge for our soldiers”

## PROPERTY PROPOSITION

■ TROOPS and recently discharged veterans looking for digs can take advantage of significant discounts on new apartments in North Camp, Aldershot in an offer supporting the Armed Forces Covenant.

Property developer Thameswey is pledging a fifth off the rental price as well as a scheme to give subsidised deposits if tenants decide to buy a property later.

Contact estate agent Bridges at [lettings@bridges.co.uk](mailto:lettings@bridges.co.uk) for information.

## ALL CHANGE AT THE TOP

■ THE Army's top brass have taken on new titles in a move to better reflect their work.

In two changes, Maj Gen James Swift has become the Assistant Chief of the General Staff – a role that will see him take charge of the Service's input into defence planning.

The senior officer's previous post of Director Strategy was discontinued during the restructuring.

The changes – carried out last month as part of a review of the Service's operating model – have also seen the newly created position of Army Chief of Staff incorporated into the ACGS role.

Meanwhile, former ACGS Maj Gen Rupert Jones is taking on the new title of Director Engagement and Communications – responsible for both internal and external comms.

"It is important that the titles of our senior leadership posts reflect our roles and responsibilities," he said. "These changes are important refinements to the way the Army is operating."

## HELPLINE FOR VETERANS

■ TWO former soldiers whose friend took his own life have set up a new online chat service to encourage members of the military community to talk through their problems.

All Call Signs, as the initiative is known, was created by Daniel Arnold and Stephen James (both ex-PWRR) to support those struggling with depression, anxiety or PTSD.

"There have been numerous suicides and attempted suicides reported among veterans of late, one of whom was someone we both served with," explained Arnold.

"We are manned entirely by volunteers from the military, both serving and retired, so we have a unique insight into the issues facing our users."

As well as a peer-to-peer chat platform, the website includes a so-called beacon function to help spread missing persons alerts.

For more details on the initiative visit [www.allcallsigns.org](http://www.allcallsigns.org)

# Queen Ethelburga's



*“To be the best that I can with the gifts that I have”*

Queen Ethelburga's has a long-standing relationship with the British Forces, welcoming students from military families for over 100 years. We currently have over 300 such students living as part of the QE family.

We welcome day students from 3 months to 19 years and boarders from 6 years to 19 years. We are CEA accredited and in recognition of our commitment to Forces families, we offer a significant reduction in fees. In 2017/18 this meant that our Forces families paid just 10% of fees. In 2018/19 Forces families will pay just £955 per term, per child.

We pride ourselves on our wrap-around specialist pastoral care for our students, providing a secure and supportive home from home. We are focused on creating the right learning and living environment so that every one of them can thrive.

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# FEARLESS FUNDRAISING



■ A MORE recent chapter in history is being remembered on a Balkans battlefield tour. Troops from the Army Engagement Team were heading to Bosnia as this issue went to press to remember the part multinational peacekeepers played during the 1990s civil war. Flying to Split in Croatia, the Sandhurst-based soldiers will head to Sarajevo before visiting other areas including Gornji Vakuf and Vitez. Organiser SCpl Damian Cox (RHG/D) is hoping the tour will give personnel an appreciation of the work undertaken by those who served in Bosnia. "It will also show what has changed between the days of those tours and now," the NCO added.

## Halting harassment

A WEB-based tool for anonymously reporting unacceptable behaviour is just one of the recommendations being considered by the Army after the publication of its latest sexual harassment survey.

Although there were fewer reports of such conduct compared to the last review in 2015, Deputy Chief of the General Staff, Lt Gen Nick Pope, said: "We need to do more. Sexual harassment is unacceptable, and will not be tolerated by myself or the Army."

The growth of social media drove an increase in personnel who said they'd received sexually explicit materials via the internet, from 13 per cent in 2015 to 22 per cent this year.

Also, 15 per cent of Servicewomen reported they had suffered an upsetting experience of a sexual nature in the last 12 months.

The Service has announced it will

launch a multi-pronged action plan to tackle these issues.

These include a new mentoring or support system, developing a formalised programme of through-career training on sexual harassment tailored to different cohorts and a review of social media use.

The results were garnered from 4,713 returns to a questionnaire sent out to some 20,000 Regular and Reserve troops of mixed ranks. Just over half of the respondents were women.

The most common behaviour reported was sexual jokes and stories, with almost nine out of ten saying that they experienced this in the military workplace in the preceding 12 months.

Overall, eight per cent of Servicemen and 21 per cent of Servicewomen had either experienced sexual harassment or observed a situation that they thought counted as such in the last year.



### SEEN THROUGH THE MISTS OF TIME

THIS haunting image is a frame from a striking video that's been produced by the Army Media and Communications campaigns team to mark this year's Remembrance ceremonies.

Filmed at Brookwood Cemetery, it features soldiers in uniforms ranging from the First World War era to the present day.

View it on the British Army Facebook, Twitter and YouTube channels from November 9.



### Treadmill torment

A DETERMINED Reservist is preparing to pound out at least 180km in 24 hours – all on a treadmill.

Qualified paramedic Cpl Michael Hooker (RAMC) is taking on the punishing feat to raise funds for hospitals in the Leeds area.

"With it being the 70th anniversary of the NHS it is a good opportunity to take on the challenge," he said. Visit [www.justgiving.com/fundraising/24hr-treadmill-challenge-run](http://www.justgiving.com/fundraising/24hr-treadmill-challenge-run)



### Tattoo totals are in

TROOPS taking part in the Royal Edinburgh Military Tattoo have proved to be great fundraisers – as well as crowd pleasers – following their summer outing.

The 2018 showcase featured 1,200 international participants and was watched by an audience of 220,000.

Rucelle Soutar, the event's head of finance, said: "It is a great privilege to support fantastic projects."



## FROM THE TOP



**Brig Simon Humphrey, commander of British Forces in Afghanistan, is happy to see a spring in his soldiers' steps...**

**I** FEEL very privileged to be in the position of commanding the Kabul Security Force.

This is a deployment that is not always well understood by people. It is no longer the Helmand tours of old – we are here to enable the Nato mission.

The troops have a great sense of pride and satisfaction in their role.

It's a job that is worthwhile, makes soldiers feel valued and gives them a spring in their step.

On reflection, 2018 has been something of a historic year. We had a ceasefire in the capital during the festival of Eid – something that has not happened for a number of years.

There are reasons to be optimistic, but the environment is still challenging.

Unfortunately, terrorist groups operating in Kabul continue to carry out horrific attacks against their own people.

In early September there was an incident in which a suicide bomber killed himself and 20 people at a sports event.

We are in the process of uplifting personnel numbers, which will bring our contribution to just under 1,100.

This is being carried out at pace, and a lot of effort has gone into its smooth delivery.

It's great to be working with multinational troops.

In addition to the British and the Americans, we have Danes, Estonians, Finnish, Australian and a few New Zealanders here.



## Toral tests troops' mettle

**Afghan uplift presents unique opportunities for junior leaders**

**T**HEY might not be caught up in ferocious firefights, but today's young Servicemen and women are still finding plenty to get excited about in Afghanistan.

Speaking as the first wave of 440 extra troops were sent to the country (page 9), Infantry personnel explained how Operation Toral was testing their skills and drills and giving them new levels of responsibility.

"The confidence of my lance sergeants has come on leaps and bounds out here, and that can only be positive," said platoon commander Capt Jonny Silver (Gren Gds), an officer overseeing force protection.

"Right down to the most junior guardsman, troops are able to take control of situations.

"They are operating alongside senior officers travelling in their Foxhounds, who they have to advise on threat levels and appropriate dress for example. And that sort of thing obviously gives them a huge amount of confidence.

"Working with these vehicles has been a new trick for us too."

Enjoying the start of his first operational tour, Pte Harry Goodwin (Mercian) agreed the challenges had been plentiful.

"I've found it extremely busy so far," he said.

"I had no idea I would be deployed so quickly after joining the Army and I feel excited and grateful to be here.

"Many of the people I was in training with haven't had an opportunity like this yet, so it's made me enthusiastic.

"I want to stay in longer and do more now."

Most of the additional personnel to Op Toral come from 1st Battalion, Welsh Guards, which is currently providing force protection to international mentors in the country.

"This is the unit's third tour of Afghanistan and for a lot of guys this has been a great chance to have more time in theatre," commented CO Lt Col Dai Bevan.

"There is still a credible threat here from insurgents, and junior soldiers and commanders have a phenomenal amount of responsibility in Kabul, so I really want to applaud their work.

"It's a rarity to see that level of responsibility in very junior Servicemen and women and seeing them learn so much about soldiering and leadership is great.

"Op Toral has been a real opportunity for them."

**I really want to applaud their work**

“



# Women march to new tune

## Instructor delivers fitness and lays foundations for football

**A** PHYSICAL training instructor has been helping Afghan women reach the top of their game – in the gym and on the pitch.

Army footballer Sgt Yvette Kemp (RAPTC, pictured right) is responsible for delivering PT to around 90 female cadets at the Afghan National Army Officer Academy.

The job has seen her adapting her workouts to a new culture (see panel right) while mentoring two Afghan female sergeants to start running the sessions themselves from next year.

And on top of the posting – her first as a fully trained PTI – the soldier has been organising training for aspiring female footballers in and around Kabul.

With £4,000 of kit donated by Chelsea Football Club's women's team, Sgt Kemp worked with the Afghan Football Association to stage events that she thinks are having a positive impact in the country.

"I don't see why these girls shouldn't have the same opportunities to play the game that I enjoyed," the Servicewoman said.

"It doesn't matter what language you speak, everyone understands football. And hopefully seeing us conduct these sorts of events shows that the British Army is here in Kabul to

make a positive impact – we can really see how happy it makes these girls."

Speaking about her role at the academy, she explained: "Afghan PTIs don't have a lot of experience so it's back to basics.

"But they are enthusiastic; they're getting involved and it's going better than I thought it would.

"It's not going to be a quick fix; it's all about building relationships, not just going straight in talking about work.

"We work through the basics like why we do a warm-up, the effect on the body, why we do certain exercises and the impact of heat illness.

"They have probably never had this before, but I can't fault their commitment and they enjoy it."

She added: "For me, being able to see the benefits and help the cadets is probably one of the best feelings I have had in my military career."



**“**  
We see how happy it makes them  
**”**

## Kempy's QUICK FIXES

**A flavour of what PTI Sgt Yvette Kemp must consider while training her female fitness fans**

1

### HEAT INJURY

"High temperatures of 30 degrees Celsius-plus mean the cadets need to be aware of the causes, signs, and symptoms."

2

### HYDRATION

"All participants are told about the importance of staying hydrated, not just during PT but on a daily basis and especially during field exercises."

3

### PT POST CHILDBIRTH

"Many cadets attend the academy post childbirth. The ligaments are lax so many exercises are based on core stability instead. Information booklets regarding postnatal PT are also distributed."

4

### CULTURAL DIFFERENCES

"All cadets must wear a complete tracksuit or military uniform covering their extremities when conducting PT, which could also contribute towards heat injury. There is no male and female integration on PT lessons and certain physical exercises must be conducted away from the men."

5

### EDUCATION

"All cadets are educated about the importance of good nutrition, phys and footwear. They are also shown how conditioning of the body is vital for everyday soldiering and field exercises alike."

# THE BIG PICTURE

Camp Butmir, Sarajevo

## Flame game

RESOLUTE soldiers had their mettle tested in a Balkans baptism of fire. The troops, from 3rd Battalion, The Parachute Regiment, were put through demanding public order serials, facing an angry mob in a mock disturbance on Exercise Quick Response. But the troops held the line in the face of a Molotov cocktail onslaught. The paras, from C Company, are currently deployed with multinational partners in Bosnia – where they are helping to promote a safe and secure environment.

Picture: Sgt Jonathan Lee van Zyl, RLC





# NEED TO KNOW

NEXT STEPS / FITNESS / SKILLS & DRILLS / EXPERIENCE / HEALTH



► WHEN Capt Steven Hood (AGC (ETS)) was handed a place at the Royal Military Academy in Sandhurst in 2008, deciding to quit during the first term was a tough decision.

After spending seven years in the ranks of the Royal Army Veterinary Corps before being put forward for officer selection, walking away from the prestigious institution did not seem like a sensible career move.

But a new goal in life – to teach and inspire the next generation of soldiers – had spurred him on.

*"I realised all I wanted was to join the Education and Training*

ETS

# Altering course

It took nearly 20 years to accomplish – but a driven soldier finally achieved his teaching dream

Services branch of the Adjutant General's Corps and help others as its instructors had helped me," Capt Hood said.

"After everything I had worked for, none of the other cap badges really appealed to me.

"There was a big problem though – you had to be a graduate for this pathway, so my ambition was off limits as I had joined the Army with five GCSEs.

"But I didn't want to commission without it meaning something. In the end I took the difficult decision to leave the course and head back to my old job with the RAVC."

It was a twist in the road for Capt Hood. Identified as a Sandhurst contender by his chain of command, he had attended the Potential Officers Development Programme at Worthy Down (above left), where he was helped by ETS instructors to develop his analytical skills and cultural awareness ahead of the selection process at Westbury.

"This 12-week course is excellent because it exposes you to experiences you have never had," Capt Hood recalled.

"It was there I set my heart on my goal in life. The ETS officers inspired me to such an extent that I now wanted to do their job."

After resuming his career in the ranks, Capt Hood enrolled on an Open University degree in English language

and literature in the first move to achieve his ambition.

"You are gaining experience and qualifications all the while in the Army so I had not wasted time," he said.

"During the next seven years, I worked my way through the non-commissioned ranks while completing two tours of Afghanistan and one in Iraq. Additionally I helped instruct new recruits."

By the time he graduated Capt Hood had been promoted to warrant officer, and was accepted by the ETS after going through the late entry commission route into Sandhurst.

While realising an ambition was particularly satisfying, his learning was not yet complete – a postgraduate certificate of education is required to teach and he is currently working towards that qualification.

Reflecting on his career path he said: "It was the Potential Officers Development Programme that started me along this pathway – in my view it is the best course the Army offers in terms of personal development.

"Whether or not you commission, you learn so much. And even if – like me – you take years to reach your goals, you are all the richer for the experience."

"It's surprising what you can achieve in your career when you are driven," Capt Hood concluded.



## New directions

Thinking of changing your cap badge? Capt Hood shares some tips on what to do next

**1 Do your research.** Make sure you know what you are getting into and don't make assumptions.

**2 Speak to people of different ranks** who are already doing the job.

**3 Look at your study options** if, for example, the cap badge requires higher levels of English, maths or a degree.

**4 If change is what you really want, then don't be afraid to take the plunge.**

# Dedication is what you

Think you've got  
what it takes to be  
a record-breaker?  
This is how you go  
about it

► FORMER paratrooper and Royal Air Force Reservist Paddy Doyle recently set his 600th strength, speed and stamina world record when he completed a combined mountain bike, speed march and shuttle walk test.

The 54-year-old believes serving personnel make the ideal candidates to challenge his achievements given their fitness and robustness.

Here are his top tips for getting a piece of the action...

## Do your research

There are other bodies outside the Guinness World Records so approach them to see what the rules and regulations are before planning an attempt. The activities chosen must have widespread interest, meaning someone else is likely to do them.

## Work out what your forte is

Endurance is in my DNA and I have the ability to cut out pain and control cramping. I've been particularly good at weight carrying records with backpacks – that comes from my military service, so your professional life could be a good starting point.

# need

## Tailor your training

Create a programme in the build-up. Usually, I will train for an hour-and-a-half in the morning on my mountain bike. At lunch I have a lot of fruit and vegetables and then I'll go to the gym in the afternoon for some endurance work. I will lift light weights and do step-ups with a backpack on.

## Seek support

You need a good team around you. If you get injured see a physio straight away and make sure you cool down correctly. As you get older you know how to prepare and if you take a bit longer you can still achieve the same aims.

## Authentication

Each attempt must be filmed, with photographs taken at different checkpoints along the way. Press cuttings and witness statements are also needed – you can't just send a single letter. Check with the Registry of World Record Holders beforehand.

## Record number 600

- ✓ 15km cross-country mountain bike
- ✓ 5km cross-country speed march carrying a 40lb pack
- ✓ 169 shuttle walks of 7m carrying a 40lb pack and two 8kg kettlebells
- ✓ Completed in an overall time of 3hrs 7mins 5secs



## ► SKILLS & DRILLS

# Performing under pressure



## How to use your mind to your advantage when the heat is on

► WHETHER it's an operational tour or a key fixture in the sporting arena, being in peak physical condition is vital to success.

However, if your brain isn't equally prepared then you run the risk of falling short. Here, sports psychologist Suzie Monk, who works with the Army boxing team, shares some tips on rising to the occasion.

### 1 Control the controllables

You often cannot influence how other people are going to think or behave – so don't worry about them. Concentrate on yourself and what you can control. This will allow you to home in on what you need to do in order to perform at your best.



### 2 Focus on behaviour

People often spend a lot of time worrying about being nervous or stressed – which in turn usually makes it worse. Instead, think of how you want to behave or act rather than trying to change how you feel.



### 4 Understand your motivation

It's important to know why you are doing something. Understanding this will mean you are better able to behave how you want to, rather than being influenced by in-the-moment thoughts and feelings. Explore why you are engaging with an experience – maybe because you love the feeling of winning or you want to better yourself or learn a new skill.



### 3 Stay in the present

Although it's natural to think about what has happened in the past or what might happen in the future, this often leads you away from the here and now. Being able to focus on what is important in the present moment is vital.



### 5 Know your strengths

It's easy to concentrate on things you aren't great at or need to work on. Understanding what you are good at can give you an edge over your competitors so identify key skills and use them in your plan. Don't be afraid to acknowledge your strengths and use them to your advantage.

# "A young pregnant woman had been caught in a blast"

Serving in Afghanistan as a nurse and midwife brought home the value of the NHS for Reservist Maj Roz McMeeking (QARANC)

WHEN I served in Afghanistan one incident in particular gave me a real appreciation of what the NHS provides.

A young pregnant woman and her brother had been caught in a blast – as I remember it was an IED.

She had an abdominal injury and tragically lost her unborn child

If this happens in the UK, there is always the opportunity for a mother to see and hold the baby. The team offered this to her but she did not want any of the attention – she didn't even accept all of the painkilling medication that we made available to her.

I realised that in Afghanistan the infant and adult mortality rates are much higher than the UK.

Against the

backdrop of everything that was happening in her country this woman, resilient and so strong, simply wanted to move on with her life.

It made me appreciate the peace and stability of home – and that not everyone has organisations like the NHS to rely on.

There were local civilians all around us when we were in Helmand. However, you quickly realise you cannot help the entire population when you have an important operational role to fulfill.

This can be a dilemma because when you are in a hospital in the UK you are used to treating everyone.

In Afghanistan several members of a single family would often turn up at the gates of Camp Bastion and ask for help. We could not possibly deal with every case.

You certainly bring experiences like this back with

you and being there was culturally a real eye opener.

It sometimes comes as a surprise when I tell people what I do in the Army – midwifery is not a role that you tend to associate with the Service.

When I joined the Queen Alexandra's Royal Army Nursing Corps as a Regular in the 1990s, the profession was massive.

This is far from the case now. With recent deployments where there have been large civilian populations, however, the role has become perhaps more operationally important than it has been for some time.

I'm a Reservist now, just like a large number of health service staff. The skills they forge in the Army directly benefit UK hospitals.

These days I work at University Hospitals of Morecambe Bay NHS Foundation Trust and the organisation clearly appreciates my military role because they give me leave to do it.

As much as anything else, I believe the Army gives you a real 'can do' attitude, which is vital in this profession.



# HACK IT UP

Been coughing for a while? Your body could be trying to tell you something. Here are some things to bear in mind...

► **EVERYONE** gets one from time to time, but there are certain occasions when a cough could be a sign of something more serious. If you have chest pain, find it difficult to breathe or cough up blood, be sure to see the doc straight away. They might take a sample of mucus, order an X-ray, arrange an allergy test or need to check how well your lungs work. And although most coughs go away on their own, there are some occasions where further investigation might be needed.

## Most coughs

are caused by colds or flu but other causes can include smoking, heartburn, allergies, infections like bronchitis and – very rarely – lung cancer.



## Smoke?

Then prepare yourself for some grief from the doc. And with good reason. Your lungs can be badly affected by smoking. Coughs, colds, wheezing and asthma are just the start. Cigarettes can also cause fatal diseases such as pneumonia, emphysema and cancer.

## What can help with coughs:



**Fluids** (not the alcoholic kind)



**Lemon and honey mixed with hot water**, can be as effective as over-the-counter cough medicine

**3**

If you have been coughing for this number of weeks or more, get checked out. It's probably nothing serious but it's best to be sure.

Visit [www.nhs.uk](http://www.nhs.uk) for more information



# NO HOLDS BARRED

A deployment to the Cyprus buffer zone can open up a world of challenge – and opportunity – for troops

“  
WE'RE REQUIRED  
TO DIFFUSE  
POTENTIALLY  
EXPLOSIVE  
SITUATIONS  
”



**I**T HAS an undeserved reputation as a soft tour, where the only lethal object most troops encounter comes with a paper umbrella. But Operation Tosca – the UK's contribution to the United Nations peacekeeping force in Cyprus – is potentially one of the trickiest deployments a British soldier will face.

This is because it places demands on them that their regular training doesn't necessarily take account of.

“In many respects we'll be doing the opposite of our day job,” says LCpl Ally Hutton (SG, pictured below), one of the 224 Scots Guards personnel deploying to Cyprus later this month.

“We will be de-escalating situations and not fighting back.

“We may need to act firmly on occasions – during riot control, for example. But in general we must hold back and not be aggressive, even if the red mist descends.”

Cyprus may be a renowned tourist haven but away from the packed beaches the atmosphere can be volatile – especially around the United Nations buffer zone, a demilitarised strip of land that has separated the Turkish-occupied northern half of the island from the ethnically-Greek Republic of Cyprus since 1964.

The British-controlled section of this zone covers Nicosia, an area littered with official crossing points and where opposing forces are just yards apart in places.

Here, Service personnel keep the peace between two communities with a deep suspicion of each other – one that stems from many centuries of conflict.

Troops must stop violations of the controlled area by either side, often negotiating sensitive situations along the way.

“This is much more of a thinking man's operation and a question of getting the mindset right,” explains Lt Col James Leask, commanding officer of the Scots Guards battlegroup.

“We are in most instances the

supporting act; we have no powers of detention and will be backing up the civilian agencies.

"The situation is potentially politically delicate, and we could find ourselves involved in old disputes among locals.

"So things are not as straightforward as they seem; there's always a danger you could act rashly and encounter serious ramifications further down the line," added the officer (pictured below).

To complicate matters further, an estimated 15,000 people live within the buffer zone itself, with locals regularly moving in and out to farm, commute or hunt wild animals.

Ensuring these individuals have the necessary permits is part of the job and it can require lots of tact and negotiation.

"Some of the Royal Lancers who are out there now came back to brief us and stressed how different the work is," says Sgt Andy Reid (SG).

"They emphasised how important diplomacy is, to not get excited and to respect the sensitive relations between the two sides."

The peacekeeping force is also responsible for preventing prohibited crossings by smugglers and illegal immigrants, some of whom are looking for an easy way to enter the European Union.

It's a growing problem and around 1,000 incidents involving UN troops occur within the buffer zone each year.

Even though many of these tasks are a world away from traditional soldiering, they offer opportunities for inexperienced soldiers to develop their leadership skills.

Thanks to the low-key nature of the unarmed patrols, junior ranks get the chance to assume section commander duties, providing briefs to commanding officers and dealing with issues on their own out on the ground.

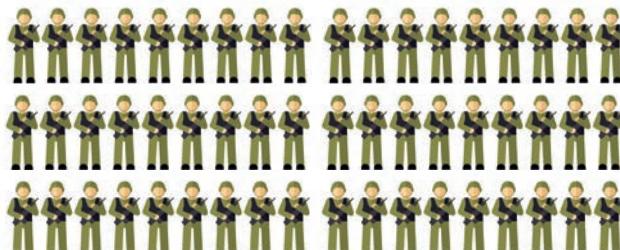
"The majority of the soldiers on patrol in the buffer zone will be guardsmen and lance corporals, which will be great because we'll be the ones on the spot, making decisions as we see fit," adds LCpl David Liliequist (SG).

"We'll need to quickly work out what's going on between the two sides and not be biased in the way we treat people.

"At times we'll be required to think on our feet and diffuse potentially explosive situations, so I'm sure we'll come away better soldiers for the experience."



# IN NUMBERS: Op Tosca



# 50,000

Estimated minimum number of Turkish, Greek and Cypriot troops on the island

# 224



Scots Guards deploying to Cyprus

# 860

UN troops on peacekeeping duties at any one time

# 10

Chefs travelling out for the next Op Tosca tour, plus seven medics, five engineers, six clerks and one Reservist



# 180.5

Length, in kilometres, of the buffer zone

# 346

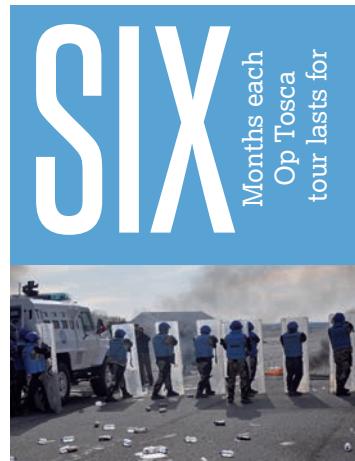
Square kilometres covered by the divide

# Three

Width, in metres, of the zone's narrowest section. Located in the Old City of Nicosia, it is called "Spear Alley" because it's claimed the Greeks and Turks used to lean out of their bedroom windows and try to stab each other with bayonets taped to broom handles



Sectors that exist within the buffer zone. Since 1993 British forces have been responsible for the central region. Slovakia currently manages the eastern sector and Argentinian forces the west.



**Personnel have lost their lives while serving in the UN peacekeeping force in Cyprus**  
– 99 due to accidents, 45 to illness and 15 because of malicious acts





**W**HEN the British Army's deadly gunship was first called into action above the fierce fighting that raged in southern Afghanistan it immediately proved to be a battle winner.

Formidably armed – with Hellfire missiles and rockets mounted around a powerful 30mm chain gun – it tore into enemy positions, providing troops on the ground with confidence as much as physical protection.

In the days of the ferocious Op Herrick contacts, the opposition had little answer when the platform they dubbed “the mosquito” appeared over the horizon.

But fast-forward to now, with sophisticated threats from state players, and the scenario is very different.

# APACHE TERRITORY



Attack helicopter returns to its roots in conventional operations



“  
The key issue crews will have is that they will be flying lower in a higher threat environment  
”

Surface-to-air missiles, electronic countermeasures designed to disorientate crews and a battlespace populated by highly professional personnel are all likely in future operations.

“The key issue crews will have is that they will be flying lower in a higher threat environment than in Afghanistan,” says Brig Mike Keating, deputy commander and operations director at the Joint Helicopter Command.

“Proximity to the ground brings all kinds of clutter – whether that is geography like hills or weapons ranging from small arms to systems designed to shoot at aircraft.

“These are the sorts of hazards our personnel are going to have to face – but the soldiers are the lifeblood of the Army Air Corps. The most important element of Apache are the people in the cockpit.”

Although British crews who have never flown in these sorts

of theatres are learning to work differently, the threat is far from alien to Apache.

Conventional foes – in the shape of armoured vehicles – were the prey that designers at Hughes Helicopters had in mind when the concept was first considered as a replacement for the US Army’s AH-1 in the 1970s.

There is further good news. the gunship is being upgraded – with a new, more powerful AH-64E incarnation of the aircraft being imported from the USA (page 12).

Additionally, it is being paired with Wildcat, which designates targets and frees attack helicopters to carry greater missile payloads (*Soldier*, July).

For Apache crews of 3 Regiment, who are not being named for security reasons, training is key to flying the platform in the environment for which it was intended. ➤



“  
There is more variety  
to the work compared  
to the days of Herrick  
”

→ A staff sergeant pilot with the Wattisham-based outfit believes the change in threat will broaden the experience of crews who are building on lessons from Afghanistan.

“There is more variety to the work compared to the days of Herrick,” he explains. “Back then operational tempo was high and the training was all geared towards the desert.

“But recently we’ve been exercising with the Royal Artillery, who have been testing us with their Rapier air defence system. Clearly, many of our potential adversaries are going to have this type of equipment.

“Among the other threats we have to think about is our GPS equipment being jammed – a conventional enemy will be capable of doing this and we need to be able to continue fighting with the aircraft.”

The NCO, who transferred to the Army Air Corps from the

Royal Signals, emphasises that peer-on-peer warfare requires a departure from tactics of the past.

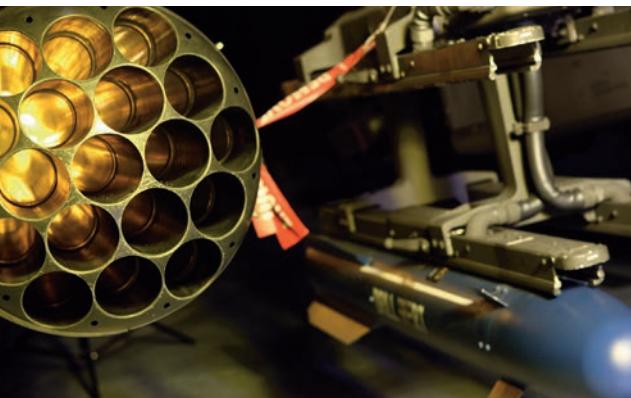
In Afghanistan, aircraft operated in pairs to back up troops in close contacts with Taliban fighters.

But recent exercises have seen packs of up to eight Apaches take to the skies – which operationally would bring nearly 130 Hellfire anti-armour missiles to bear on the enemy.

According to the pilot, crews are proving themselves highly versatile in meeting these demands, with recent manoeuvres testing their mettle.

Drawn from across the Army, those in the cockpit are as diverse in experience as they are skilled in the sky. But all have the same mindset as the ground forces they serve – a commitment to delivering a shattering blow to the enemy.

“I was in The Parachute Regiment for nine years and I



saw the effect that the Apache can have during two tours in Afghanistan," says a sergeant, who has now traded his SA80 assault rifle for attack helicopter flight training.

"You knew the people up there were soldiers first – that's a great feeling."

The Serviceman's infantry experience gives him an understanding of the pressures that colleagues on the ground could be under – and a determination to do everything possible for them.

"This aircraft is undoubtedly a battle winner," he asserts. "And my previous role has definitely provided me with greater tactical awareness, which benefits the job I have now."

A lieutenant, who is also training on Apache, believes the diversity of backgrounds in the corps is among its most significant strengths.

"It is great to have officers and NCOs working so closely together – there is a lot to be gained from a range of experience," he says.

"We are training for any eventuality and the numerous situations we could face."

The game may have changed for the Army Air Corps over the last four or five years – with more developments to come – but the outfit is well equipped with the kit and crews needed to face enemies.

And with the addition of Wildcat into the pack, there are new opportunities to exploit in terms of firepower.

In the same way the Taliban feared the appearance of Apache over Afghan battlefields in the past, the Service's most sophisticated piece of kit will not take long to earn the respect of future adversaries either. ■



## How one regiment's radical new menu is boosting fitness levels among troops

Report: Richard Long Pictures: Peter Davies and Graeme Main

# JUNK FOOD FIGHTERS



IT'S been a long day on the tank park: you've refuelled with an evening meal but the hunger returns before lights out. What do you do? Order a takeaway? Or head to the Naafi for a snack of biscuits and crisps?

Well, if you serve with The Queen's Royal Hussars there's a far healthier option available when it comes to satisfying such night-time yearnings.

The Sennelager-based unit has introduced an experimental policy that allows troops to return to the cookhouse for a late supper, where they can order fresh low-fat dishes that lack the

high levels of added sugar and salt found in traditional forms of junk food.

The innovative initiative is part of a wider overhaul by commanding officer Lt Col Nick Cowley, who wants to ensure the regiment is fully deployable while providing more dining choices for his personnel.

"We still need to feed our people at 1700-1800," he told *Soldier*. "If they've done PT in the morning followed by a full day on the tank park they will be hungry."

"But we were finding they were hungry again by 2100." 



"At that time the only option was the shop, a pizza or takeaway. But those foods do not offer the nutrients needed for training the next morning."

The trial has been well received and cookhouse customers can either eat in or take out.

And at a cost of just three euros it represents a far cheaper option than anything served at the local kebab house.

While the food ticks all the right boxes in terms of value, it also delivers in taste.

On *Soldier's* visit troops had the choice between egg fu yung with rice or penne pasta in arrabiata sauce.

Freshly cooked and prepared by Army chefs, the menu was elevated by a simple squeeze of lemon or some extra chilli to offer truly delicious meals.

The plates are all presented with information on fat, calorie, salt and sugar content so the diners know exactly what is going into their bodies.

Lt Col Cowley's focus has also fallen on the most important meal of the day – breakfast.

Gone is the prospect of a full English ahead of morning PT and in its place is an early, light serving of toast and fruit followed by a healthier "athlete's breakfast" later on.

"During my time in the Service one of my main concerns has been that we are not providing food for people at the right times of day and are not helping them make the right choices," the officer explained.

"The traditional Army breakfast has always been a fry-up before PT. Afterwards, the standard answer was the Naafi wagon and something like a bacon sandwich.

"But now we are doing PT every day so you have to feed soldiers like athletes in order to maintain fitness levels, speed their recovery and avoid injury.

"Eating something like a spinach and avocado omelette, having just done exercise, is the perfect way to set you up for the day.

"It gives you the right energy, improves concentration levels and helps the body's muscles recover."

The omelette is a key feature of the new-look breakfast but more traditional tastes are also catered for.

However, bacon and sausages are now grilled instead of fried and there is a focus on poached and scrambled eggs.

Fried bread has also been removed from the hot plate and is only available on request.

Cookhouse contractors Naafi have backed the change in direction, with executive chef Adam



Richardson relishing the prospect of devising new menus for the soldiers.

Supported by a team of 12 Army cooks, the dishes focus on healthy processes and deliver the balanced diet personnel need to excel in the day job.

"I jumped all over the idea," he said. "We have implemented healthy options before but now we have the chance to really deliver as we have the support from above.

"The uptake has been good and on some evenings we have fed up to 70 people.

"It gives guys the chance to finish work, go to the gym, do what they need to do and then get something substantial in their bodies.

"In terms of breakfast, the fry-up was habit eating so it was quite a shock when we took the unhealthy elements away.

"We still offer bacon and sausage but everything is grilled.

"If you do PT one of the worst things you can do is come in and have fried bread from the hot plate because as it sits there the oil becomes thicker; that isn't good for the digestive system.

"I like to put healthy options forward and being given this opportunity is phenomenal. It's something that has been missing."

Cpl Jai Gannon said the change in approach has made a real difference among his colleagues.

"Today people are more conscious about what they're eating," he added. "If they are doing extra phys or working into the evening, the late meal helps them the next day.

"Last night I had the egg fu yung. It was cooked in front of me and was brilliant value for money. There are also healthy lunch options such as chicken or fish with vegetables.

"We start our PT sessions fairly early in the morning and I don't want to eat beforehand. The athlete's breakfast is great as it allows me to get the right food, when I need it."

With the health initiative now bearing fruit, the QRH will be well prepared for the challenges to come – and in 2019 these will be plentiful.

The troops embark on a live-firing package in north Germany with their Challenger 2 tanks in February, ahead of a 30-day battle group test at Batus in Canada.

A unit move to Tidworth follows, and their commitments conclude with a deployment to Estonia.

"This is a real opportunity for the regiment," Lt Col Cowley said. "I'm confident we will deploy as mentally and physically fit as possible." ■



“  
IT'S SOMETHING  
THAT HAS  
BEEN MISSING  
”

# FOOD FOR THOUGHT

» CHEF Pte Abi Robertson (RLC) has been with the Queen's Royal Hussars for three years and said the new approach has enhanced her fledgling career.

"It has been a good boost for everyone," she said. "I'm learning different styles of cooking and working with different ingredients."

"It is about healthy eating. We look to steam food and not fry it, use water instead of oil and use less fat."

"It has helped me develop as a chef. I can show people what I am capable of, rather than just preparing the day-to-day lunches and breakfasts."

"In the UK it is different and I will go back with more experience than other chefs my age. Being here has given me the chance to be seen and heard."



## TRAINING TURNAROUND

● The Queen's Royal Hussars' new approach to dining has been implemented alongside a trial of the Physical Employment Standards, which were introduced by the Army last month (page 7).



“

# IT'S A VERY GOOD DAY IN THE OFFICE

”

Reservists make the most  
of mountain masterclass

**E**ARLY autumn in the Italian Alps. The sun beats down as a handful of tourists admire the view from the top of Mount Pirchiriano.

Below, the Susa Valley stretches away into the distance while above, the imposing walls of the Sacra di San Michele monastery tower against a cloudless blue sky.

Most visitors to this popular vantage point arrive via the road that winds gently up the hillside to the summit.

But for thrill seekers, there is an altogether more taxing route.

Snaking up the vertical cliff face that forms one side of the peak is a system of steel cables and ladders – the so-called Via Ferrata, or “iron way”.

The vertigo-inducing course is a stern test of physical fitness and courage, so naturally, if you’re a British Reservist undergoing annual training in the area, that’s the route you take.

A total of 140 members from 3rd Battalion, The Royal Anglian Regiment are spending two weeks in Pinerolo, near Turin, as part of Exercise Roman Star, and the climb is day three of a basic mountaineering package.

Catching his breath after the scramble, Pte Tom Whitehead admits that heights have never been his forte.

“Standing at the bottom and looking up I was sort of dreading it,” he tells *Soldier*.

“But you have to push yourself – that’s what the Army is all about.

“It’s not pink and fluffy – and in a way that’s why we’re doing this.

“Everyone helps each other out and you don’t want to be the guy who doesn’t go through with it.

“I’m not saying I want to do it again any time soon but if I end up facing something similar I know I can.”

Throughout the exercise, the British Reservists are working alongside troops from the 3rd



66  
We're taking the  
best of UK and  
Italian tactics  
99



 Alpini Regiment, the Italian Army's elite mountain warfare unit.

It's clear that what these soldiers don't know about operating at altitude isn't worth knowing – they emerge from the three-hour climb looking as if they had been for a gentle stroll.

"I'm gobsmacked at how they can do this," says LCpl Jason Spence.

"I was struggling going from one bit to the next and I just had a daysack on – they do it with full kit, at night, in the ice, in the rain – and then they'll go and do an exercise afterwards.

"It's really impressive.

"During the first part I was shattered, then one of their sergeants told me to stop pulling myself up and start pushing more with my legs.

"That made a big difference. I wasn't using so much energy and got to chill and enjoy it a bit more instead of clinging on.

"You could say this is a very good day in the office, all in all."

As well as covering the basics of climbing, the exercise includes mountain warfare and urban operations phases, during which both sides are encouraged to exchange tactics and procedures.

The package culminates in a final test exercise that promotes interoperability between the British and Italian personnel.

Pte Adele Gamblin (RAMC) agrees that the experience poses plenty of challenges.

Having scaled back her career as a hairdresser to devote more time to the Reserves, the medic says she enjoys throwing herself into the infantry role.

"We're learning all sorts," she explains.

"The terrain is different – you are in the mountains, there are trees and uneven ground, so if you're in staggered file on a slope, covering

#### Who's who?

Formed in the 19th Century to defend the alpine passes and valleys from invasion, the 3rd Alpini Regiment is the Italian Army's specialist unit for operating in mountainous terrain, carrying out assaults and raids at altitude, ski-patrolling and climbing.

## QUICK Q&A

### What are you aiming to achieve during Exercise Roman Star?

My focus is on ensuring that training is different to the activities troops would do in the UK. It would be simple to come here and use our own tactics but why bother doing that when we could do it on Salisbury Plain? What's better is that both sides are delivering training – we're taking the best of UK and Italian tactics and fusing them to produce something else.

### Operating at altitude is challenging – what qualities are you hoping to develop in your troops?

Resilience is key, as well as motivation, self-discipline,

fitness and fortitude. Those are some of the key Army values and standards but they are also transferable skills they can take back to the work place.

### Who is your typical Reservist in this battalion?

You can't put a finger on it. I have bricklayers, a rocket scientist, someone who makes prosthetics for TV's Supervet, teachers and policemen. The one thing that unites them is their desire to serve. Some of them work long, long hours and they still turn up at the weekend and give it their all, or use their annual holiday to come away and train. Everyone I meet in the Regulars who sees the Reserves in action is staggered by their level of commitment.

**Lt Col Matt Woodeson, CO of 3rd Battalion, The Royal Anglian Regiment**

different arcs, you would drop back to be able to see better.

"Some of it was quite challenging, especially the night ambush. We climbed a mountain, in the dark, with our night vision on.

"It's been full on but pushing yourself makes you a better soldier."

For LCpl Spence the exercise was an eye-opener in more ways than one.

Currently attached to the unit from sister formation, 2nd Battalion, The Royal Anglian Regiment, the 29-year-old says working alongside Reservists has highlighted how the criticisms sometimes levelled at them are unfair.

"Everyone in the Regulars will tell you they're part-timers but it's not like that at all," he adds.

"Some of them have been in for 12 years so they're not just here for a few months – their commitment is outstanding.

"I take my hat off to them. I could not work full time and still come on a Wednesday or put a shift in at the weekend. They do what we do but in a cramped space of time.

"So packages like this are really good for

bringing them on."

In an endorsement of the battalion's training programme, over the past six months 49 of its soldiers have either transferred to the Regulars or deployed in support of the regiment's 1st and 2nd battalions around the globe in places like Cyprus and Afghanistan.

And the process works in reverse too, with a significant number of those leaving Regular service opting to continue in a Reserve capacity.

LCpl Spence has a theory on why this should be.

"I think the Army is like a drug," he continues. "It's the biggest drug in the world and when I leave I don't think I'll be able to stop completely.

"You still miss the blokes and these guys are exactly the same as the people you get at battalion.

"Once you get a taste for it, no matter what you do, you'll always want a bit more."

Not every training serial these troops undergo will be as idyllic as this visit to Bella Italia, but with opportunities such as these to sweeten the deal, it's easy to see the appeal of Reserve service. ■

## FACING YOUR FEARS

Scared of heights? These soldiers have some advice for overcoming altitude-induced jitters...



Pte Tom Whitehead,  
R Anglian

I just kept telling myself the only way I was getting off the mountain was to go up – you can't go back down. Everyone else was doing it and that spurs you on.



Pte Robert Howard,  
R Anglian

Break the climb down into sections and don't look too far ahead. Just plan the next two or three moves, get that out of the way, and take it from there. And try to have a laugh and a joke – it keeps your mind off it.



Senior Corporal Major Enrico Balbo, 3rd Alpini Regiment

I'm mountain troop and I've also been a paratrooper during my time in the Army but I'm actually very scared of heights. What I always try and remember is that my equipment and training will save my life. I put all of my faith in my kit.



# STRAIGHT TO THE TOP

# TOP

**T**he Chief of the General Staff's Briefing Team is constantly on the road, visiting units all around the world to obtain views from soldiers about every aspect of life in the Service.

Its quarterly report, highlighting important trends and areas of concern, is passed on to the senior leadership for informing key decisions and policy changes.

Here's a selection of the issues that have been raised over the past few months...

## Tempo

People want to be busy, but everyone has a limit. In general, the demand on a soldier's time is becoming excessive.

Brig James Coote, Assistant Chief of Staff, Operations, comments:



The Army remains heavily committed to more than 20 operations overseas, as well as a wide variety of defence engagement and training.

On any given day there are more than 5,000 personnel deployed, and approximately 25,000 held at readiness for contingent operations.

The demand is particularly high at the moment; deployments to Oman on Exercise Saif Sareea and Trident Juncture in Norway are adding significantly to those numbers. At the same time we are stood by to provide support to the

Caribbean if needed.

Much of this is "good busy" – the stuff we all joined the Army to do – but I recognise that there is still lots of "bad busy" out there and, set against a decreasing pool of personnel from which we can draw, the tempo can feel punishing.

The Army's Directorate of Operations and Contingencies manages commitment levels across the Army and works to drive down the bad stuff wherever it can; for example, last year it reduced the burden for support to experimentation and training tasks by more than 16,000 days, which equates to 65 soldiers a day.

But there is more we can do, and we will continue to work closely with units and the MoD.

## Pay, allowances

The loss of trade pay for some cap badges is seen as unfair. Often, two individuals doing the

same job have different trades and can be paid different wages. The loss of accelerated incremental progression is also seen as a disincentive. Why volunteer for more responsibility and work if you get nothing in return?

Col Phil Bassingham-Searle, Army Pay Colonel, replies:



With rank comes additional responsibility and under Pay 16 it remains the primary determinant of pay.

Promotion from lance corporal to corporal is a minimum of a six-and-a-half per cent pay increase, and there is at least five per cent on promotion to sergeant or even more for those who are on lower increments.

Personnel are paid based on their rank, experience (increment level) and trade.

Each trade has been allocated to one of the four pay supplements.

“The Army remains heavily committed to more than 20 operations overseas”



These are determined by a comprehensive job evaluation process. This produces a through-career score, which enables trades to be assessed and compared.

It takes into consideration when individuals are employed out of trade (in joint Service environments and training centres, for example) and the amount of time they are in their trade-specific role.

So it is possible for two individuals of different trades to be employed in similar jobs but paid from different supplements, as they are remunerated in accordance with their primary role.

This was similar under Pay 2000, where instructors at training regiments were paid from either the high or low pay band depending on trade.

Accelerated incremental progression (AIP) was introduced to recognise the acquisition of specific skills and credentials and was linked to the attainment of class one qualifications.

However, it was divisive, with each Service applying it in different ways and removed under Pay 16. Since then it has sometimes been a struggle to encourage personnel to upskill.

The Service is introducing a lump sum payment for completion of engineering professional qualifications and a class one course. Details will be published soon.

This will help mitigate the loss of the AIP for most trades affected but it remains an issue for the Royal Armoured Corps and I'm looking forward to working with their manning team to explore potential solutions.





## Training Policy

The standard of soldiers arriving out of training is a concern. Some new arrivals cannot pass basic fitness tests or are not mentally robust enough. While units should continue to develop these individuals, there is often nobody left to assist them when key personnel have been trawled away.

Col Mark Gidlow-Jackson, Assistant Head Operate, Headquarters, Land Warfare Centre, says:



“There are several reviews under way as part of the trade training transformation programme. They will ensure that initial trade training delivers soldiers fit for employment in their first role, in the most efficient manner and time.

There has been no change in policy – either to training objectives or to physical output standards.

Trainees are not to be released to the Field Army until the annual fitness test standard has been achieved.

Where, very unusually, a soldier is deficient in training (because, for example, there has been a pyrotechnic ban) these deficiencies are captured and passed on.

Units have an acknowledged and well understood role in nurturing, mentoring and developing their soldiers on their arrival – just as they always have.”

## Accommodation

The poor state of infrastructure due to a lack of funding and soldiers' annoyance at not being able to cook in the block are the main concerns.

Brig Andy Sturrock, Head of Infrastructure Plans, Directorate of Basing and Infrastructure, comments:



Years of under investment have left some parts of our estate in poor condition.

It will take some time to reverse this but, as highlighted in July's issue of *Soldier* (page 7), the delegation of infrastructure funding and the formation of an expert team in Regional Command has put the Army back in control, so we can direct money to where we most need it.

Snack preparation facilities are present in some locations but, in response to feedback about cooking in the block, Home Command are running a trial to better understand what's required to expand this across the whole estate. This will conclude next month.

Balancing safety, hygiene and infrastructure needs will come at a cost and ultimately we need to decide whether this is a higher priority than repairing boilers and showers.

We also need to consider how this would affect the offer to single soldiers, which is based on the provision of single living accommodation and centralised feeding.

Under future housing plans, after four years of service soldiers will have the choice to opt for external, self-catered, rental accommodation.”



## Chief of the General Staff, Gen Mark Carleton-Smith, says:

The CGS Briefing Team is an important tool for me to ensure that you are receiving my message directly. As importantly, your feedback is presented to me without filters, allowing me to understand the challenges you face as well as what you find good and enjoyable in your military service. Thank you for taking the time to engage honestly with my team and please continue the conversation.



## Top Positives

### Adventurous training and sports

This is seen as the biggest plus about life in the Army and makes up a huge part of the non-financial benefit. A reduction in the ability to conduct these activities is considered the equivalent to a cut in pay.

### Pay and allowances

Despite the negative concerns raised by some, the fact that our wages are both transparent and stable is recognised as a good thing.

### Facilities

Access to good quality gyms for free is seen as a big positive.

### Education

The ability to obtain civilian qualifications through Army career courses and day-to-day work is viewed as a huge benefit.

### Medical

Despite the system being stretched in many areas, the medical support is reported as being outstanding when required.

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# Work



Picture: Mike Weston

## 'Let us beat German retreat'

AM based in Germany with 1st Battalion, The Princess of Wales's Royal Regiment, and have served here happily since 2007.

When the frankly backward-thinking decision to pull out of the country was announced many of us were devastated.

Then came a ray of hope when we heard that the Army will retain some presence in Germany.

I hope the top brass use some common sense and take a compassionate view of the people who would like to remain – especially those who are married to Germans, own homes and have children in schools.

Perhaps the Service can help some of us to stay here by offering jobs – especially at the junior non-commissioned officer level – even if a minor piece of retraining is required.

That would be a great decision and demonstrate the Army really does consider individual personnel.

At the current time there seems to be some secrecy surrounding what and who will stay in Germany and I fear that those in privileged positions will snap up all the jobs without any consideration for those who are left.

Many of us are intrinsically linked to the country, which is only natural when we've been here for a decade or more. – **Cpl Lee Burton, PWRR**

**Maj Marius Visser, Strategy**

**Directorate and Maj Shaun Meneer, Army Personnel Centre, reply:** In line with the Army 2020 strategy, British Forces Germany will continue the scheduled drawdown that is due to end in under two years' time.

You are clearly aware that the Service plans to retain some capability in Germany.

The workforce requirements are currently being finalised and are likely to see opportunities in a number of departments that support and enable training.

It is envisaged that these capabilities will be staffed by a mix of Regular, full-time Reserve service and civilian personnel.

There may be some limited employment opportunities that allow junior non-commissioned officers and privates to remain in Germany based on their cap badge, knowledge, skills and experience, the needs of the Service and individual circumstances.

The Army Personnel Centre will continue to advertise and fill assignments in a fair and transparent manner.

Those who wish to be considered for one of these posts should engage with their career management officer to see if they have applicable skill sets and to discuss applying for a post.

“  
Many of us were devastated  
”

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

✉ mail@soldiermagazine.co.uk  
{@soldiermagazine}

## PROMOTION POSER

● I CANNOT see the benefit of doing an artificer course aside from gaining a qualification.

As a Royal Electrical and Mechanical Engineer I have seen first-hand how artificers work the longest hours in the workshop and take on the highest workload.

Young tiffys appear to age massively in their first year and all they get in return is a relatively meagre pay rise from sergeant.

As a result I'm struggling to justify this to myself let alone to the long haired general at home. — **Name and address supplied**

**Col Clare Phillips, Colonel REME, responds:** REME staff sergeant artificers are competent, by virtue of their selection, education and training, to exercise independent command, leadership, engineering and managerial judgement.

Their selection is an extremely competitive process.

There are several benefits of becoming an artificer including promotion to staff sergeant in supplement level three on completion of the relevant course; enhanced promotion prospects to warrant officer first class with the resultant through-career earnings and pension benefits; training to become a professional engineering leader in the REME and a route to becoming a commissioned officer; a recognised path to becoming an incorporated engineer with a professional engineering institution; and the recognition of being the focal point for technical engineering advice across the Army and defence.

There are opportunities available for those who do not follow the artificer route too. REME artisans can promote to warrant officer, seek a late entry commission, gain professional engineering accreditation and be employed in a range of roles.

It is for each soldier to determine which path is best so I would advise you to seek advice from your chain of command to match your personal career aspirations with the many opportunities that are available in the REME.



## Scheme sent to back of the class

**H**AVING left the Army after ten years' service, I'm keen to gain a qualification in career guidance.

I'm currently employed in this field and absolutely love it, but without such an endorsement of my skills my future in the profession is limited.

I want to do a course and intend to use my credits to fund 80 per cent of the cost.

However, the enhanced learning credits advisory service (ELCAS) told me they couldn't process my claim until it had been registered on their website.

This is despite the fact that my course provider – Open University – told me more than two months ago they were adding the syllabus to the ELCAS website and that they have previously accepted learners for funding without their courses being on the list.

They have even provided the ELCAS number and scheme code which I included in my claim.

It has taken nine weeks and 16 email exchanges with the Army ELCAS team to be informed that they are unable to process my claim and I'm now at a loss as to who to gain support from.

Following changes to the scheme, I now only have until March 2021 to use my credits up, rather than 2023 under the previous rules.

I feel that the system is working

against me when it is supposed to be one of the benefits of having served in the Armed Forces. — **James Katsande, ex-REME**

**Maj Carolyn Silva, Individual Development Branch, replies:**

Enhanced learning credits is a tri-Service scheme and all learning providers need to successfully pass the ELCAS screening process.

Courses are also subject to similar scrutiny to ensure they are set at the right level and the learning provider has the authority to deliver them.

The Open University has more than 370 approved programmes so I recommend you contact them again to check they submitted an application to ELCAS for the one you wish to do. Once it has been approved your claim will be processed.

The reduction in post-service access to ELC funding was a result of the New Employment Model project, agreed with government ministers.

Now, those who left the military between April 1, 2011 and March 31, 2016 have until March 31, 2021 to use their outstanding credits and those who departed from April 1, 2016 have five years after discharge to use theirs.

**“**  
The system is working against me  
“

## ‘WHY SHOULD I SHARE ACCOMMODATION WITH JUNIOR SOLDIERS?’

● I AM a regimental sergeant major living in substitute Service single accommodation (SSSA). The contractor Mears has tried to place another occupant of lower rank into the property with me. However, the regulations state that it should be someone of equivalent rank as this situation can be intimidating for the junior soldier. Can someone please explain the rules to me? — **Name and address supplied**

**Col Nathan Sempala-Ntege, Assistant Head of Personal Services, replies:** When allocating SSSA, junior officers (captain and below) and all other ranks in multiple occupancy properties are required to share with individuals of the same sex and similar – not equivalent – rank. Details of the regulations can be found in chapter seven of **JSP 464**.



## Hair today gone tomorrow

WHILE attending a recent recruiting event I couldn't help but notice that a large percentage of the potential soldiers were sporting facial hair.

It made me wonder how many of them were put off joining up because they can't have a beard.

I have 38 years of full-time service under my belt so I've seen more than my fair share of changes, but one constant seems to be the attitude we have to facial hair – and I still can't understand why we are so against this as an organisation.

I have heard the respirator excuse trotted out many times but, frankly, that really doesn't make sense.

Rightly, we allow certain individuals to have beards for religious reasons – and they are as likely to require the use of that piece of kit as any of us.

The most annoying reason though is is tradition – just like the one where we wore red tunics and advanced slowly towards the enemy. Enough said.

We are an organisation that needs to recruit and putting up artificial barriers because of an inability to change isn't what we are about. – **Capt Dave Somerville, RE**

**Lt Col Rachel Emmerson, Employment Branch, Army Manning, replies:** Thank you for your letter which highlights several valid reasons why dress regulations are constantly being reviewed regarding facial hair.

As you highlight, Army policy (AGAI 59) already allows beards to be worn in uniform with the commanding officer's authority, which will usually be granted only

on medical or religious grounds, or where tradition permits.

Of note, it does highlight that operational effectiveness cannot be jeopardised and facial hair must be modified if required to ensure protective equipment does its job.

As the Service becomes more diverse and we update policy to support represented faiths, we expect the sight of serving officers and soldiers with beards to become more familiar.

We must also ensure the Army attracts as many potential applicants as possible, while maintaining the right appearance policies to protect the culture and ethos from which we derive our operational effectiveness.

As such we routinely review such regulations, including those relating to facial hair.

“The most annoying reason is tradition”

## Is this reward for failure?

● WHEN I joined the Army in 1997 as a married man I was informed that the needs of the Service come first and my family a very close second – a sentiment that still holds true in my eyes.

I was also told my loved ones were my responsibility and that if they caused any problems I would be held accountable.

Now I'm seeing soldiers rewarded with the postings and jobs they want because of family welfare problems.

I feel I'm being punished for success while others are being rewarded for failure. – **WO2 Andrew Stiles, RAMC**

**Lt Col Thomas Armitage, Chief of Staff, Army Personnel Centre, responds:** When the Army Personnel Centre makes assignment decisions key factors are considered; manning priorities, individual knowledge, skills, experience and preferences.

Career managers strive to meet all of these but this can be a challenge.

They will always try to strike a balance to meet the best outcome for the Service and the individual soldier or officer.

Personal and domestic circumstances, which could include childcare provision, can be articulated on the posting preference proforma submitted by the applicant.

This will be taken into account by the board during post selection, but this is just one consideration and rarely the single driving factor.

Some personnel may have to make a trade-off between the desirability of a post and domestic stability.

## ‘ARMY TWITTER ACCOUNT DOESN’T REPRESENT OUR WOMEN’

● I AM consistently disappointed to see a lack of representation of women on the official British Army Twitter account.

In the last 50 photographs it has published, fewer than five feature female soldiers and the majority of them are celebrating sporting achievements rather than the graduations or deployments that other images document.

Around a fifth of Twitter users are said to be aged between 18 and 24 which, surely, is the target age for recruiting.

If the organisation genuinely aspires to increase the number of women in its ranks perhaps making this social media platform more representative would be a good starting point.

The squadron I command is truly diverse with

an abundance of highly impressive female soldiers but it feels to me as if we are perpetuating the message that this is a “man's Army”. – **Name and address supplied**

**Col Chris MacGregor, Assistant Head, Army Media and Communications, responds:**

Thank you for your feedback. We have been working with our digital content providers to try to ensure that more diverse material is sent through for use on the main British Army Twitter account. We would welcome your squadron's input to tell your story, so please feel free to contact **@BritishArmy**.

Also, any unit can take over the main British Army Snapchat channel for a day.

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 ArmyPers-Parents-Network@mod.gov.uk  
 [www.army.mod.uk/personnel-and-welfare/army-parents-network](http://www.army.mod.uk/personnel-and-welfare/army-parents-network)



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### COMPETITIONS

**Spine line winners:** Shaun Hills, Ealing, London; Victoria Ford, Huyton, Liverpool

**Our Girl DVD:** Mr Ramsay, Newport, Isle of Wight; Wendy Sparrow, Andover, Hampshire; Lina Finau, Aldershot, Hampshire



### DIARY

**Until December 1:** *The Military Ink* exhibition at the REME museum in Lyneham, Wiltshire looks at troops' tattoos through the ages. See [www.rememuseum.org.uk/whatson](http://www.rememuseum.org.uk/whatson) for more information



### DIRECTORY

**ABF The Soldiers' Charity:** 020 7901 8900; [www.soldierscharity.org](http://www.soldierscharity.org)

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

**Armed Forces Christian Union:** 01793 783123; [www.afcu.org.uk](http://www.afcu.org.uk)

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

**Armed Services Advice Project:** 0808 800 1007; [www.adviceasap.org.uk](http://www.adviceasap.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

**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)

**Blesma, The Limbless Veterans:** 020 8590 1124; [www.blesma.org](http://www.blesma.org)

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

**Care After Combat:** [www.careaftercombat.org](http://www.careaftercombat.org)

**Career Transition Partnership:** 020 7469 6661

**Children's Education Advisory Service:** 01980 618244; [dcyp-ceas-enquiries@mod.uk](mailto:dcyp-ceas-enquiries@mod.uk)

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

**Defence Humanists:** [www.defencehumanists.org.uk](http://www.defencehumanists.org.uk)

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

**Family Escort Service:** 020 7463 9249

**Felix Fund – the bomb disposal charity:** 07713 752901; [www.felixfund.org.uk](http://www.felixfund.org.uk)

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

**Forces Pension Society:** 020 7820 9988

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

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

**HighGround:** [www.highground-uk.org.uk](http://www.highground-uk.org.uk)

**Joint Service Housing Advice Office:** 01252 787574

**Medal Office:** 94561 3600 or 0141 224 3600

**Mutual Support (multiple sclerosis group):** [www.mutualsupport.org.uk](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.rbli.co.uk](http://www.rbli.co.uk)

**Scottish Veterans' Residences:** 0131 556 0091; [www.svronline.org](http://www.svronline.org)

**Single Persons Accommodation Centre for the Ex-Services:** 01748 833797; [www.spaces.org.uk](http://www.spaces.org.uk)

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

**Stoll:** 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 and Garter Homes:** 020 8481 7676; [www.starandgarter.org](http://www.starandgarter.org)

**The Veterans Charity:** 01753 653772; [info@veteranscharity.org.uk](mailto:info@veteranscharity.org.uk)

**Troop Aid:** 0121 711 7215 or 07734 384260

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

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



### INTELLIGENCE

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

**ABN 82/18:** Army sexual harassment survey report

**ABN 81/18:** LGBT inclusive policies and benefits

**ABN 80/18:** National Inclusion Week – September 24-30, 2018

**ABN 79/18:** Army Reserve Command Board filter rules

**ABN 78/18:** Climate assessment policy (first revise) now live

**ABN 77/18:** Army social media policy

**ABN 76/18:** The award of the ABF Carrington Drum Trophy for 2018/19

**ABN 75/18:** Army Reserve employer notification 2018/19

**ABN 74/18:** Army black, Asian,

minority ethnic network conference – October 2, 2018

**DIB12/18:** *The Sun* Military Awards

**DIN 2018DIN01-110:** Civil Service senior leaders scheme, future leaders scheme which incorporates META, and the MoD high potential development programme

**DIN 2018DIN01-108:** The Armed Forces Disability Champion and Chronic Conditions and Disability in Defence Network meeting – London, September 26, 2018

**DIN 2018DIN01-107:** Change to overall performance grade required for yearly incremental progression

**DIN 2018DIN01-106:** The MoD's rewards to inventors scheme

**DIN 2018DIN01-104:** Support available to Service personnel assigned to European Joint Support Unit supported posts in Europe

**DIN 2018DIN01-103:** Defence Medical Rehabilitation Centre Stanford Hall referrals process

**DIN 2018DIN01-102:** Permanent transfer overseas – schooling allowances

**DIN 2018DIN01-101:** Warrant officers common assignments positions plot selection, management and procedures

**DIN 2018DIN01-100:** Tri-Service Fiji support network "Sala ni Tui" (Crown) Club – September 5, 2018

**DIN 2018DIN01-099:** MoD Education Support Fund 2019

**DIN 2018DIN01-098:** Joint Casualty and Compassionate Centre – request for casualty exercise participation

**DIN 2018DIN01-097:** Safety-related positions; manning priorities

**DIN 2018DIN01-096:** The Army Dependents' Trust – annual trustees report and accounts

**DIN 2018DIN01-095:** Joint Casualty and Compassionate Centre contact details and visit/briefing request procedures

**DIN 2018DIN01-094:** Dental treatment rates overseas

**DIN 2018DIN02-011:** Obsolescence of certain end cryptographic units

**DIN 2018DIN02-010:** Reporting of personal data breaches

**DIN 2018DIN02-009:** MoD access to IHS Janes material

**DIN 2018DIN02-008:** Agreement between MoD and National Police Chiefs' Council covering firearms exercises in civilian clothing

Continued on page 54

**DIN 2018DIN02-007:** Investigatory Powers Act 2016

**DIN 2018DIN03-019:** Shipment of goods by air or surface to sovereign base areas and British Forces Cyprus

**DIN 2018DIN04-055:** Deletion of obsolete NSW'S 7RU within the land equipment OSVP vehicle support team

**DIN 2018DIN04-154:** ACOG NSN 1005-01-584-7705 declared obsolete

**DIN 2018DIN04-153:** Covert body armour, out of service notification

**DIN 2018DIN04-152:** Physical training equipment service repair and maintenance provision

**DIN 2018DIN04-151:** Withdrawal of PRC113 radio equipment

**DIN 2018DIN04-149:** Cyber security model pilot for extant contracts

**DIN 2018DIN04-148:** Declaration of obsolete – FireStorm

**DIN 2018DIN04-147:** Eye movement desensitisation and reprocessing equipment

**DIN 2018DIN04-146:** Requesting technical working environment

**DIN 2018DIN04-145:** Functional capability equipment

**DIN 2018DIN04-144:** Amendments to operational medical modules contents – December 2017 until January 2018

**DIN 2018DIN04-143:** Activation of units and organisation to James

FMT93X and capability inspections

**DIN 2018DIN04-142:** Mk6, Mk6a, Mk7, lightweight parachutist, Mk1 sniper helmet and Gentex "sniper" helmet out of service dates

**DIN 2018DIN04-141:** Distribution of maritime spare gear lists via web enabled type B database

**DIN 2018DIN04-140:** Equipment care competition

**DIN 2018DIN04-139:** Commercial off-the-shelf mini unmanned air system type airworthiness authority approved remotely piloted air systems list

**DIN 2018DIN04-138:** Defence standards – beyond review date with no sponsor

**DIN 2018DIN04-137:** MoD global positioning system receivers – potential performance issues

**DIN 2018DIN04-136:** Provision of an unscheduled courier transportation service for the collection and delivery of freight within the United Kingdom including Northern Ireland and EU member states

**DIN 2018DIN04-134:** Supersession of the Virtus yoke and belt and their integration

**DIN 2018DIN04-133:** Removal from service of the mortar 60mm M640

**DIN 2018DIN04-132:** Declaration of out of service date armoured fighting vehicle crewman vest

**DIN 2018DIN04-131:** Provision of aircrew visual correction

**DIN 2018DIN04-130:** Defence Equipment and Support marine systems support partner – contract maturity, capabilities and limitations

**DIN 2018DIN06-026:** Compensation scheme for radiation linked diseases

**DIN 2018DIN08-007:** Non-entitled accommodation rates

**DIN 2018DIN10-035:** Armed Forces bouldering league 2018-2019

**DIN 2018DIN10-034:** AGC Alpine Ski Championships 2019 – Exercise White Lion

**DIN 2018DIN10-033:** Army Squash Rackets Association – major events 2018/19

**DIN 2018DIN10-032:** Exercise Hard Ride – Army Motorcycle Championships 2018

**DIN 2018DIN07-096:** Qualified space instructor course 7 – call for applications



## REUNIONS

**116 Coy and 18 Coy (Amph), Royal Army Service Corps and 18 (Amph) Sqn, Royal Corps of Transport ex-Fremington Camp reunion** at the Barnstaple Hotel, Barnstaple, Devon on October 13. All former members of these units, including attached arms and widows,

are welcome. For more details contact [don.turner1@talktalk.net](mailto:don.turner1@talktalk.net)

**8 Regiment RASC/RCT/RLC 17th anniversary reunion** weekend and dinner, October 19-20. Friday at the Army Reserve Centre, Wigan and Saturday at The Village on the Green Club, Aspull, Wigan. Events are open to any ex-member of 8 Regiment who served between October 1962 and July 2012, along with their guest. For further details email [jimmyasp@hotmail.com](mailto:jimmyasp@hotmail.com)



## SEARCHLINE

**Scott Irvine joined 243 Provost Company, Royal Military Police** in July 1989 after completing basic training at Browndown, Gosport. The former Reservist has lost his passing out photograph and is trying to track down a new copy. Anyone who can help with this matter is asked to call Mr Irvine on 07593 576463.



## ROADSHOWS

**The Army Engagement Group** wants to hear from members of the public who would like an invitation to one of its roadshows. For more information call 01276 412880 or visit [www.army.mod.uk/engagement](http://www.army.mod.uk/engagement)

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The image is a horizontal advertisement for Vista Ties. At the top, the word 'VISTA' is written in large, bold, blue letters, and 'TIES' in slightly smaller blue letters. Below 'VISTA' is the text 'THE BESPOKE TIE SPECIALIST' in a smaller blue font. To the right of the banner, the text 'Bespoke Regimental Ties Made In Britain For 35 Years' is displayed. The red banner contains the text 'Order your Ties & Cummerbunds early for regimental events' in white. It also features a circular crest with a heraldic design and the text 'NORFOLK & WAVENYARD' and 'P.R.'. Below the banner, the text 'silk to polyester ties, bow ties, clip on ties, skinny ties, standard ties & cummerbunds.' is written in white. A blue background image shows several ties with different designs. A white rectangular box in the center contains the text 'FREE DESIGN SERVICE' in bold black letters. At the bottom, the text 'our ties are woven & hand finished in the UK in your regimental design & colours' is displayed in white. The bottom left corner has the phone number '01903 266883' and the bottom right corner has the website 'vista-ties.co.uk'.

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## ARMY SPORTS LOTTERY

### 30 June 2018

1st Prize (£10,000): 2nd Lt M Channell, 29 Cdo Regt RA, Plymouth Hoe. 2nd Prize (£5,000): Sig B Sandiford, 2 Signal Regt, York. 3rd Prize (£4,000): Cpl S Swiniger, 8 Bn REME, DSEME, Chippenham. 4th Prize (£3,000): LCpl D Butler, ARTD RG RR(W), Preston. 5th Prize (£2,000): LCpl J Jones, MPGS, Brawdy, Havefordwest. 6th Prize (£1,000): LCpl S Thomas, 2 Sqn, 1 Regt RLC, Bicester. Consolation prizes (£500): Capt L Richardson, HQ SG DMG, Lichfield; Pte A Tremlett, 1 R Irish, Ternhill. Consolation prizes (£200): WO2 G White, MCTC, Colchester; Spr R Jehu, 48 Sqn, 39 Engr Regt, Kinloss; WO2 M McGinn, 4 (Mil Trg) Sqn, RSS, Blandford Forum; SSgt M Harper, 20 Coy, 3 Bn REME, BFPO 22; Cpl N St John, 20 Sqn, 36 Engr Regt, Maidstone; Cpl P Riseborough, 4 Coy, 1 CS Bn REME, Catterick Garrison; Cpl C Stevenson, 821 Sqn, 33 Engr Regt, Safron Walden; LSgt C Mortimer, C Coy, 1 Coldm Gds, Windsor; LCpl F Buatavatava, SG, Aldershot; LCpl K Bestwick, 65 Forres Sqn, 39 Engr Regt; Pte M Fitzmaurice, 12 Sqn, 3 Med Regt, Preston; Cfn T Lindgren, 14 Coy, 6 CS Bn REME, Tidworth; Pte M Hayton, Sp Coy, 1 Yorks, Warminster; Capt F Robertson,

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LIFC(A), Salisbury; Sgt S Cranston-Walt, 42 Engr Regt, Huntington. Consolation Prizes (£100): Sgt A High, 2 Coy, 5 Bn REME, BFPO 39; Sgt G Nevison, 8 Bn REME, DSEME, Chippenham; Cpl C Raath, HQ 43, (Wx) Bde, Tidworth; Sgt V Rae, 16 Med Regt, Colchester; Capt M Woods, 28/143 Bty, 19 Regt RA, Tidworth; LCpl S Hopkins, B Coy, 1 R Welsh, Tidworth; Pte J Redway, B Coy, 2 R Anglian, BFPO 58; Pte A Kelly, 18 Fd Coy, 3 CS Bn REME, BFPO 22; Pte C Gilligan, C Coy, 2 R Anglian, BFPO 58; Lt Col A Wilson, Army HQ, Andover.

### 7 July 2018

1st Prize (£20,000): WO2 A Sinclair, DIO, Andover. 2nd Prize (£10,000): Cpl S Newman, JSSU (D), Lincoln. 3rd Prize (£8,000): Maj J Kelly, 202 Fd Sqn, 75 Engr Regt, Failsworth. 4th Prize (£6,000): Ssgt M Mills, Wks REME, 3 AAC, Ipswich. 5th Prize (£4,000): Cpl L Reddish, HQ Coy, 1 Rifles, Chepstow. 6th Prize (£2,000): Maj A McDougall, MoD Abbeywood, DE&S Land. Consolation Prizes (£1,000): WO2 G Ponsford, 9 Coy, 4 CS Bn, REME, Tidworth; Lt T Griffiths, Sp Coy, 3 Para, Colchester. Consolation Prizes (£400): WO2 S Housden, DMG (SE), Frimley; Sgt K Dowdles, HQ Armour Centre, Wareham; SSgt A Poole, 1(RSS) Signal Regt, Blandford Forum; Name withheld, Hereford; LCpl D Grainger, 51 Sqn, 17 P&M Regt, RLC,

Marchwood; Sgt R Ellenor, E Bty, 1 RHA, Tidworth; Pte D Johnston, 64 Sqn, 6 Regt RLC, Thirsk; Cpl W Richardson, C Coy, 2 Lancs, Preston; Cpl L Taylor, 63 Sqn, 13 AASp Regt RLC, Colchester; Lt N Chrzanowski, 37 Sqn, 36 Engr Regt, Maidstone; Cpl O Tonks, LAD REME, 32 Regt RA, Salisbury; Pte V Gurung, 28 Sqn, 10 QOGLR, Aldershot; Lt S Halliday, 7 Sqn, 21 Engr Regt, Ripon; Pte A Wardley, DCHET, Lichfield; Maj H Willis, CM CSS, APC, Glasgow. Consolation Prizes (£200): WO2 L Catterick, PRU Northern Region, Broomfield; Sgt M Edwards, 47 AD Sqn, 13 AASp Regt RLC, Carterton; Name withheld, Hereford; Cpl D Derbyshire, 174 Pro Coy, 3 RMP, Telford; Spr D Stoneman, 63 Zonnebeke Tp, 3 RSME, Camberley; Capt C Gardner, 2 ITB, ITC, Catterick; Pte C Graham, Sp Coy, 3 Para, Colchester; LCpl G Hunter, C Coy, 4 Scots, Catterick; Lt Col I Poole, DSCOM, Abbey Wood; Maj T Odling, JFD, JSCSC, Shrivenham.

### 14 July 2018

1st Prize (£10,000): WO2 J Allen, ATR (G), Grantham. 2nd Prize (£5,000): Gnr B Bexon, 26 Regt RA, BFPO 113. 3rd Prize (£4,000): Cpl R MacDonald, RMAS, Camberley. 4th Prize (£3,000): Name withheld, MoD Leighton House, London. 5th Prize (£2,000): Lt Col P Conn, Army Insp, Andover. 6th Prize (£1,000): Pte D Rodell, 27 Regt RLC, Aldershot. Consolation prizes (£500): Cpl I Burenivalu, HQ Coy, 1 Yorks, Warminster; LCpl J Bosomworth, 50 Sqn, 36 Engr Regt, Maidstone. Consolation prizes (£200): WO1 C Unsworth, LAD REME, 32 Engr Regt, Catterick; WO1 A Day, 13 Coy, 6 Bn REME, Tidworth; WO2 A Marshall, 517 STRE (Wks), 66 Wks Gp RE, Chilwell; Sgt K Brown, 7(Trg) AAC, AACen, Stockbridge; Sgt K Taylor, B Sqn, SDG, St Andrews; Cpl A Baxter, 17 Sqn (EOD), 101 Engr Regt, Saffron Walden; Sgt R Jay, 24 Bty, 14 Regt RA, Salisbury; LCpl S Barlow, 35 Sqn, 5 Armd Med Regt, Catterick; Spr A Howard, 17 Sqn (EOD), 101 Engr Regt, Saffron Walden; Sgt C Brand, AFC, Harrogate; Pte J Cooper, HQ BFSAI, BFPO 655; Pte A Pavlopoulos, 75 Sqn, 4 Regt RLC, Abingdon; Sig A Baylis, 251 (UK Ops) Sig Sqn, Aldershot; Spr B Godden, 24 Sqn, 1 RSME Regt, Chatham, Lt Col N Morton, 7 Para RHA, Colchester. Consolation prize (£100): WO2 A Briggs, HQ 77 Bde, Thatcham; WO2 P Cutmore, 53 MI Coy, 5 MI Bn, Leeds; Capt E Ruddy, 26 Sqn, 32 Engr Regt, Richmond; Capt C Broumley Young, HQ 77 Bde, Thatcham; LCpl D Grundy, 2 Sqn, 1 Regt RLC, Bicester; Air Tpr C Spearman, 4 Regt AAC - 656 Sqn, Ipswich; Cpl I Royals, LAD 77 Sqn, 35 Engr Regt, BFPO 22; Spr H Clare, 58 Sqn (EOD), 33 Engr Regt, Saffron Walden; Pte J Greenwood, LAD REME, 3 RHA, Newcastle-Upon-Tyne; Sgt D Glyn, 202 Fd Hosp, Birmingham.



# WE'RE SAYING THANK YOU TO THE WW1 GENERATION

To mark the final year of the First World War centenary, The Royal British Legion is inviting the public to take part in a movement to say Thank You to the First World War generation – all who served, sacrificed and changed our world.

We will thank nurses and soldiers, factory workers and porters. We will thank people of all nations – not just those who fell on the battlefields, but those who played their part on the home front and those who returned to build a better future for generations to come.

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# REVIEWS

MOVIES

## SHOCK AND AWE

Hacks go to war with US political system over Iraq

THE immediate aftermath of the September 11 attacks on New York and Washington was a strange time, when the US and its allies were grappling for a response to an unprecedented terrorist atrocity. With an American public left shocked and understandably demanding the perpetrators be swiftly brought to justice, it did not take long for the name of the likely culprit to enter the collective consciousness – Saudi-born Islamic fundamentalist Osama bin Laden.



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MUSIC

# MOVIES



The events that followed had a surreal twist.

Limited military action was launched during late 2001 in Afghanistan, where it was believed the mastermind was being harboured by the hardline Taliban regime.

But attention then focused on an old adversary – Iraqi leader Saddam Hussein, and allegations that he was developing weapons of mass destruction.

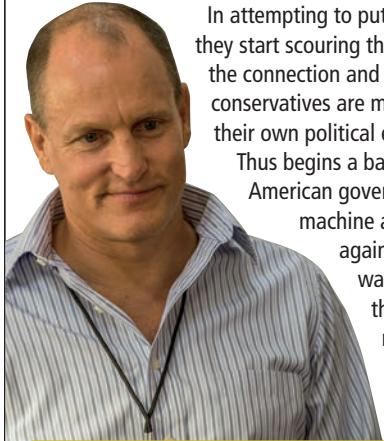
It is against this backdrop that the story of *Shock and Awe* – the soundbite for the bombing campaign that ultimately rained down on the Middle East country – begins.

Based on real events, the plot follows a Washington-based editorial team writing for the Knight Ridder newspaper group who are astonished that the George W Bush-led administration is attempting to prove a link between religious zealot bin

Laden and the secular Iraqi president.

In attempting to put the record straight, they start scouring their sources to disprove the connection and argue that US neo-conservatives are manipulating the facts for their own political ends.

Thus begins a battle between the American government's press relations machine and hacks fighting against the grain – in the wave of patriotism gripping the nation, most of their media counterparts are unquestioningly reporting the government line.



## VERDICT:

A well-crafted story of Iraq war-era journalism



Given that journalists sitting at their PCs and conducting interviews do not make for the most dramatic of footage, *Shock and Awe* is surprisingly compelling with the building drama of the period – and inevitable countdown to conflict – well conveyed.

A series of impressive performances underpin the movie throughout, with the film's director **Rob Reiner** solid as old school editor John Walcott. **Woody Harrelson** and **James Marsden** respectively excel as embattled journalists Jonathan Landay and Warren Strobel.

**Tommy Lee Jones** also puts in a decent showing as Joe Galloway – a veteran reporter and former Vietnam War correspondent who joins in the search for the truth.

As much a political statement as decent filmmaking, *Shock and Awe* encapsulates the beginning of an era that would ultimately have far-reaching consequences for the UK and other American allies.

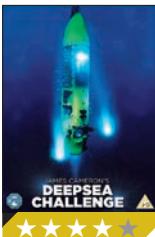
The prospect of action against Saddam would see heated arguments in Westminster and anti-war demonstrations. The debates would culminate in years of Op Telic tours, with Iraq remaining the focus for a multinational force – including the British Army – to this day.

Arguments for and against whether the military action of 2003 should ever have been undertaken will no doubt be resolved in the future and the cold light of history.

But as well as providing a snapshot of a moment in time that followed the dreadful events of September 2001, *Shock and Awe* offers a useful view that clear heads are crucial in the wake of any catastrophe – as well as the need for an inquisitive media to hold leaders to account. ■

REVIEW: CLIFF CASWELL, *SOLDIER*

## DVD/DIGITAL RELEASES



### Deepsea Challenge

Out now

OSCAR-WINNING director **James Cameron** asks

the question: how is it we know more about the surface of the moon than our own oceans? This documentary shows the answer is simple – we haven't explored them. With that in mind he dives solo to the Pacific's deepest and darkest place, a full seven miles below the surface. And he has to custom-build a craft to get him there. From conception of the idea to Cameron's successful return from the sea's darkest depths, this is 90 minutes of interest and intrigue. It is well worth a watch.

**Cpl Scott Roberts, Rifles**



### Of Gods and Warriors

Out now

VIKING movies are all the rage at the moment and there is something of a glut in the market of straight-to-DVD offerings. This British effort clearly wants to ride on the coat-tails of *Game of Thrones*, drawing in a host of homegrown thespians to star in a film that tries to not promise too much on a limited budget (having **Terence Stamp** as Odin helps). And, as far as it goes, if you like the BBC version of *The Last Kingdom* and fancy a bit of extra "Norse god" action then it's not too bad. The protagonist, a warrior princess played by **Anna Demetrio**, provides a different take on the standard fare and delivers a solid performance.

**Maj Alex Janaway, RAMC**



### The Captain

Out now

A BLACK and white German film with subtitles? What was *Soldier* thinking? I persevered. Set in the dying days of the Second World War and based on real events, our man is a deserter who, through a bizarre series of events, reinvents himself as a merciless officer. Mustering a band of likeminded reprobates, he becomes embroiled in the massacre of absconders, taking to the task with aplomb. Ultimately this film proves the adage that absolute power corrupts, absolutely. I enjoyed the anarchic breakdown in military discipline but this is not for everyone.

**Maj Neil Johnson, AAC**



### The Last Witness

Out now

A FICTIONAL retelling of the Katyn massacre during the spring of 1940, this title is set seven years later. It follows journalist Stephen Underwood (**Alex Pettyfer**) as he struggles to uncover the truth behind the mass graves of 22,000 Polish officers and civilians. This is a great movie for anyone with an interest in the Second World War and a dark period in European history. **Micheal Gambon** is always brilliant and **Talulah Riley's** performance is amazing. A fantastic film that needs to be seen – I would highly recommend it.

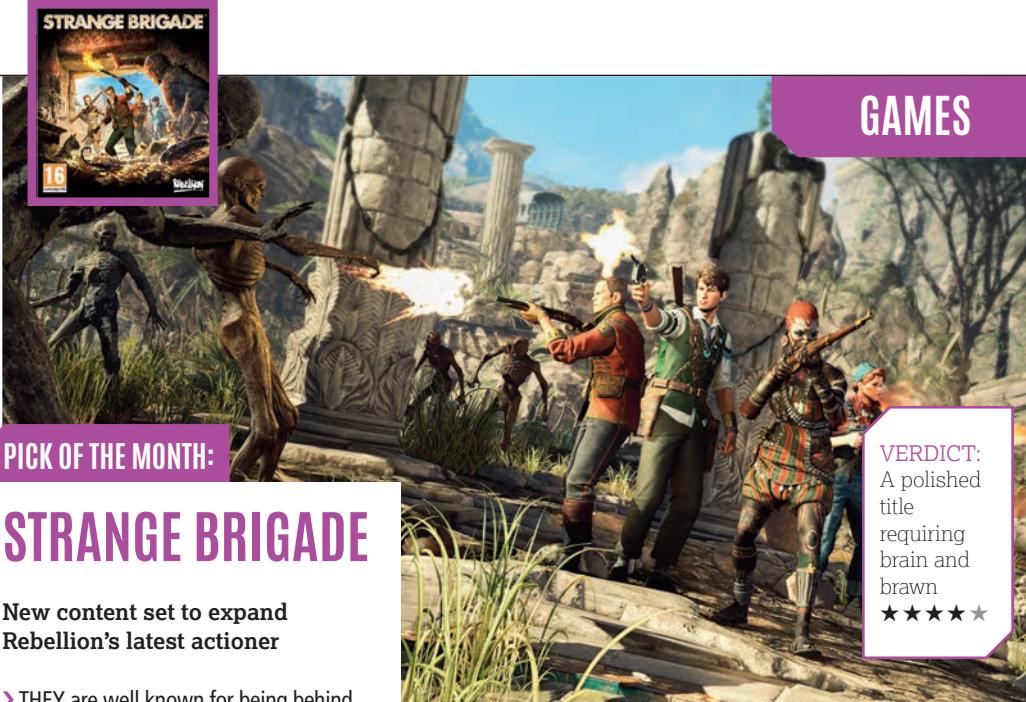
**Sgt Adam Jackson, Para**



Shock and Awe is out now on DVD/digital release.

# «WIN

● OUT now on DVD and digital, *The Last Witness* tells the story of the bloody Katyn massacre in the Second World War. Directed by Bafta award nominee **Piotr Szkopiak**, whose own grandfather was murdered in the atrocity, the plot unfolds when an ambitious English journalist comes across a disturbing spate of suicides. *Soldier* has teamed up with Signature Entertainment to offer five readers a copy of this title on DVD. To be in with a chance of winning one, tell us what year the Katyn massacre occurred. Answers to the usual address or via email to [comps@soldiermagazine.co.uk](mailto:comps@soldiermagazine.co.uk) by October 31.



## GAMES

### PICK OF THE MONTH:

## STRANGE BRIGADE

New content set to expand Rebellion's latest actioner

➤ THEY are well known for being behind the gritty *Sniper Elite* series – but Oxford-based studio Rebellion has swapped the world's battlefields for the ruins of ancient civilisations for its latest offering.

Drawing heavily on influences from boy's own tales and the Saturday morning cinema serials of the 1930s, the team set about crafting a world of new technology, where airships could transport explorers to far-flung destinations and the spoils of antiquity were waiting to be claimed.

The result – *Strange Brigade* – is effectively a third-person interactive B-movie focused on an exclusive group of fortune seekers, each with their own abilities. Both character and location line-up are set to grow in the coming weeks with a host of downloadable content.

"We wanted to be a bit tongue-in-cheek and have fun with the title," Rebellion boss Jason Kingsley (pictured below) tells *Soldier* during a visit to the studio. "Our inspiration was the cover of an adventure book where a character is fighting off a tiger while driving his vintage Bugatti – that about sums it up."

"*Strange Brigade* is set in a particular era – one that is portrayed in stories and probably never really existed. But games are about escapism."

The title certainly does not lack imagination – with Kingsley's influence and personal interests rubbing off on the project.

A trustee of the Royal Armouries, the video games industry veteran regularly jousts and has long been a keen student of times past.

"I've been in the trustee role



### »WIN

● We have teamed up with Rebellion to offer two winners the Xbox One collector's edition of *Strange Brigade*. Beautifully packaged, the extras include a model of the airship featured in the game as well as extra content. To stand a chance of winning, tell us in which country the Aztecs built their civilisation. Answers to the usual address or [comps@soldiermagazine.co.uk](mailto:comps@soldiermagazine.co.uk) by October 31. Good Luck!

for the past four years now and love military history, particularly the post-Roman period up to the medieval era," he continues. "Horse-based combat is a special interest."

Having now overseen four titles in the *Sniper Elite* series, he has also worked with former soldiers, bringing his empathy for the past into his work.

*Strange Brigade* – which in the game is the name of the explorers' outfit – has its own ex-Army character in Frank Fairburne, a crack shot. "He is world weary," Kingsley adds.

"The characters are individuals and the downloadable content will feature new people from around the world.

"Although the game reveals that *Strange Brigade* is run out of a corner of London via a door marked 'exports' it has global reach."

The title certainly has plenty of expansion potential. *Soldier* sampled the Xbox One version of the release, and was impressed with the slick gameplay and exciting visuals.

A mix of action and adventure, it requires a balance of mental dexterity to solve the puzzles while taking down enemies. Opponents include undead hordes, giant scorpions and lethal, spear-throwing zombies. Dealing with them in multiplayer co-op mode is particularly satisfying.

All in all, this is a playable and fun outing, which delivers on its B-movie aspirations in spades. ■

INTERVIEW: CLIFF CASWELL, SOLDIER



## GAMES RELEASES



### Warhammer 40,000 Inquisitor Martyr

PS4, Xbox One and PC

SET in the far-flung future of the 41st millennium where there is only war, *Inquisitor Martyr* adopts the much-loved style of the *Diablo* series. It presents players with three primary character options that each exhibit their own strengths. You'll need their abilities to push through level after level of enemies equipped with rapid firing weapons or blades bathed in energy. Though this third-person actioner isn't as smooth or as well thought out as *Diablo*, nor does it feature as many collectables, it still presents an interesting romp through various locations in deep space, where your foes are only too eager to throw themselves against you. It also caters for those who like to team up with friends, providing four-player co-op missions.

David McDougall, civvy



### Train Sim World 2018

PS4, Xbox One and PC

SIMULATION games are often a highly diverse bunch, all with varying degrees of success. *Train Sim World 2018* is no exception. On the surface this release is a well-crafted and realistic recreation of what most people travelling to London have to put themselves through every day, joining zombie-like passengers inhabiting eerie stations. That said, it's definitely an exacting, niche title, where even starting a train is almost identical to the real-life instruction manual in its precision. To quote Jeremy Clarkson, "power" isn't really an option here – neither is the word excitement. But if you're more akin to James May, for whom arriving on time and in the right train is more important, then this game will be right up your station.

David McDougall, civvy

## BOOKS

### PICK OF THE MONTH:



## VIETNAM

Latest Max Hastings offering reveals "epic tragedy"

DO a Google image search on the fall of Saigon and the first hit is the dramatic photo of a helicopter perched on a roof, a long line of desperate evacuees waiting to board.

The picture became a symbol of America's ignominious exit from its campaign in Vietnam, which had dragged on for 20 years and cost the lives of 58,000 soldiers.

Among the crowds fighting to get into the US embassy in the final hours was a young reporter by the name of Max Hastings, who had intended to stay to cover the communist takeover but at the last minute decided to make a break for safety.

More than 40 years later, and talking to *Soldier* about his new book on the conflict, he admits to having been "childishly thrilled", in those early days of his career, at the concept of earning a living as a war reporter.

"But as one gets older," he reflects, "one goes from regarding the thing as a romantic adventure to realising, actually, it's a vast tragedy in which there are almost no redeeming features."

The new title, *Vietnam*, lays bare what he calls the many "cruelties and follies" of the conflict.

Told chronologically, it begins in French Indochina and is peppered with hundreds of first-hand accounts from all sides, with Hastings (pictured right) mining oral records and conducting some 100 interviews with survivors.

"I'd like to think no one has written a book quite like this before in trying to tell the whole story," he explains.



#### VERDICT:

A grim but compelling portrayal of humanity at its absolute worst



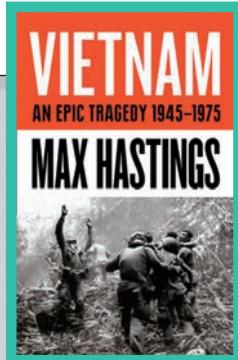
"Most tell it from the Vietnamese side or the American side but I've tried to capture the global perspective.

"Of course soldiers play an important part in wars – they decide who wins and loses.

"But I've come to realise that in any decent book about conflict you also have to write about victims.

"For every soldier there are countless victims and the stories of what some of the Vietnamese experienced are absolutely horrendous."

Hastings identifies the policy failings that contributed to the US defeat, among them indiscriminate bombing campaigns that served only to unite the North Vietnamese against America.



*Vietnam* by Max Hastings is out now, priced £30



Pictures: Getty Images, Toby Madden



Meanwhile their southern counterparts lacked a credible government to rally behind, rendering victories on the battlefield all but meaningless – a point he believes Western leaders would do well to remember in the 21st Century.

And like never before, the unfolding disaster was laid bare on television screens, turning the tide of public opinion in the US against the war.

Hastings explains: "Things that had previously been shielded from the folks back home – atrocities, the burning of villages, the killing of civilians, a vast prostitution industry – all of these horrible realities were brought home every night on live TV and people began to understand what war was; and they didn't like it."

He recalls a troubling sortie: "I flew with a Skyraider bomber and we were strafing a village.

"No one had any embarrassment about showing you terrible things going on, or cared that you had a BBC reporter in the cockpit and of course one was rather shocked.

"But it's not true, as some American right wingers believed, that the media lost the war for the US – the generals did that all on their own."

Saigon fell on April 30, 1975. While the Americans withdrew to lick their wounds, the aftermath for the Vietnamese people proved every bit as tragic as the war itself.

"It was ghastly," says Hastings.

"There was famine, collectivisation, oppression, concentration camps, and wave after wave of boat people willing to make any sacrifice, take any risk, to get away from communist rule.

"Having now experienced communism they saw a purpose in resisting it that they couldn't see when the war was going on.

"It was very striking how many Vietnamese I interviewed realised this."

Up to three million combatants and civilians died during the Vietnam War – the true figure is unknown.

The conflict may seem somewhat remote to British readers today, but this account will surely become the first port of call for anyone wishing to understand this awful chapter. ■

INTERVIEW: BECKY CLARK, *SOLDIER*

## BOOK RELEASES

### Indianapolis

by Lynn Vincent and Sara Vladic

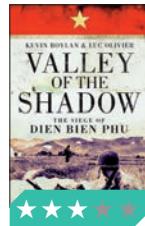


THIS is a superb book about a sorry tale in the history of the US Navy. In 1945 the USS *Indianapolis* had just delivered the atomic bomb to the Pacific island of Tinian, ready to be dropped on Japan by air, when she was sunk by enemy torpedoes. Nearly 900 crew went into the water; only 316 survived – the rest lost to exposure and sharks while awaiting rescue. This is a tale of mistakes at high levels and a captain court martialled to cover them up. It is a really good read that goes a long way to address some of the wrongs done at that time.

Andy Kay, ex-RS

### Valley of the Shadow

by Kevin Boylan and Luc Olivier

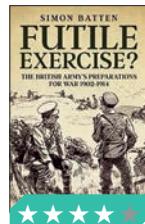


THERE have been many books on the siege at Dien Bien Phu in 1954. The defeat of 15,000 French troops by 50,000 Vietnamese soldiers had widespread ramifications, paving the way for America's attempt to take the reins in the region, and toppling the government back in France. This title comes at the battle from different angles, examining factors that could have led to a different outcome. I found it a bit heavy going in places as the authors' attention to detail, as well as the amount of charts and diagrams, is mind-boggling. But those who enjoy such in-depth material will find it a worthwhile read.

Tony David, ex-RE

### Futile Exercise?

by Simon Batten



IN the aftermath of the Boer Wars the British Army staged a series of large-scale exercises as it prepared for the possibility of a modern conflict in Europe. With an eye on the Imperial German Army and a tight timetable for its own reform, the Service conducted various complex manoeuvres involving up to 45,000 troops, 12,000 horses, early aviation and even trains. This excellent – and very topical – volume examines the content, execution and value of this huge investment of time and money. It is a thought provoking, if slightly pricey, read that is certainly relevant to current challenges.

Mike Peters, ex-AAC

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## MUSIC



### PICK OF THE MONTH:

## TRUE MEANINGS

Star adopts reflective approach on latest solo undertaking

► IN a career spanning more than 40 years **Paul Weller** has showcased an ever-changing musical output.

His efforts have taken him from success with **The Jam** and **Style Council** to a hugely varied solo path that has featured funk, soul and numerous other genres along the way.

His fourteenth offering as an individual artist – *True Meanings* – follows a significant personal milestone for the star, who turned 60 earlier this year, and this landmark has made a definite impression on the lyrics and style presented here.

Acoustic guitars and subtle orchestration underpin the record and there is a strong sense of reflection throughout the tracks.

With a seemingly simple approach in place it may come as a surprise to learn that this is Weller's most collaborative effort to date, with more guests featuring than on any album he's been involved in before.

Folk stars **Martin Carthy** and **Danny Thompson** offer their skills on *Come Along*, **Lucy Rose** provides backing vocals on *Books* and there's

**VERDICT:**  
Age proves no barrier for the modfather  
★★★★★

even a low-key appearance from firm friend **Noel Gallagher**.

The supporting cast stretches much further with a series of co-writing credits throughout the track listing.

Weller also assumed the role of producer on all but two of the 14 songs and recorded the album at his own Black Barn Studio.

It is built around the track *Gravity*, which he admitted was written five years ago but wasn't suited to the material released at the time.

Set against a backdrop of strings its tranquil feel sets the tone for what is to come.

*Wishing Well* boasts an early **Neil Young** sound and the simple, but elegant, *Come Along* is almost like a nursery rhyme.

Themes of loss, death, life and mortality are constant, which is no surprise given the age he has now reached, and they combine to create another interesting diversion in a career that shows no sign of slowing down yet. ■

REVIEW: RICHARD LONG, *SOLDIER*



### MUSIC RELEASES



#### Slow Air by Still Corners

THIS is the fifth instalment from multi-instrumentalist **Greg Hughes** and singer **Tessa Murray**. Their previous work has relied upon synth-heavy dream-pop but, now relocated in the US, this album tries to be more guitar based and psychedelic. Opener *In the Middle of the Night* has a simple guitar line that is underpinned by a deep bass that pulsates throughout the whole song, with Murray adding her dreamy vocals on top. It wouldn't be out of place on an early **Pink Floyd** record. *The Message* has a catchy **Chris Isaac** vibe and is certainly atmospheric but from here the band return to their previous synth sounds to middling effect. *Black Lagoon* and *Fade Out* are excellent, but *Welcome to Slow Air* loses its direction halfway through and *Whisper* is just boring.

**Damian Hern, ex-AGC (SPS)**



#### Black Honey by Black Honey

APPARENTLY, indie-disco is on the rise in the music scene and, for once, I can see why. Following the example of **Blondie** and **No Doubt**, having a female lead singer certainly sets **Black Honey** apart from the competition. With Britpop-esque guitar sounds and synth-disco keyboards, the band's musical soup is best displayed on *Midnight* – a track that will have you head-nodding at your local trendy vegan nightclub. Swiftly following on is my personal favourite, *What Happened to You*. This has a hint of **Ting Tings** meets **Girls Aloud**, which can only be a good thing. The Brighton-based four-piece are definitely a band to look out for in the future and as a debut offering this is well worth a listen.

**Cpl Scott Roberts, Rifles**



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# SOLDIER SPORT



## ON THE ROAD

ELITE riders descended on the Redbridge Cycling Centre for the annual Army Road Race Championships. Scottish national champion Sgt Mark Robertson (REME) was among the contenders in action. Read more on pages 72-73...



# REDS RETURN TO LEAGUE SUMMIT

**B**ACK-to-back victories over their Forces rivals saw the Army's rugby league stars end a five-year trophy drought at Inter-Services level.

The soldiers made the perfect start to their campaign as they recorded a resounding 36-16 win over defending champions the Royal Navy on home turf.

An intense opening burst was rewarded as they gathered the ball from the kick-off and moved down field, where 2nd Lt James Farrell (REME) pounced on a smart grubber kick from Rfn Matthew Scott (Rifles) to score.

But instead of pushing on the try inspired their rivals, who saw a prolonged spell of pressure pay off when wing Luke Cooper collected a high kick to touch down in the corner.

A further setback followed in the 13th minute as Darren Bamford outfoxed opposite number Cpl Declan Baines (R Signals) to jink to the line and the agony looked set to continue as Pte Michael Hoyle (RLC) was

sin binned for leading with his arm in the tackle.

However, the numerical disadvantage proved far from costly as Baines rounded off a swift attacking move, with Pte Kieron Roche (RAMC) slotting the extras.

Skipper SSgt Jordan Kerman (RAPTC, pictured right) crashed over for a third converted score as the Army opened an 18-8 lead at the interval and they assumed further control when Cfn Jamie Laing (REME) grounded a precise kick from Baines.

Farrell fed Baines for his second try of the evening as the hour mark loomed and the Reds capped a fine display with a flowing cross-field move that was rounded off by Cfn Uraia Naulusala (REME) in the corner.

Sean Houghton and John Clay added consolation tries late on.

The Reds completed their campaign with a 42-6 win over the Royal Air Force – running in eight tries on a triumphant night in Featherstone. ■

### INTER-SERVICES RUGBY LEAGUE

#### ARMY

**36**

#### NAVY

**16**



## GAME BRIEF

**DATE:** September 7, 2018

**COMPETITION:** Army v Royal Navy, Inter-Services Rugby League  
**VENUE:** Army Rugby Stadium, Aldershot

#### ARMY

Clarke	10	Scott	9	Watkin	8
Beevor	12	Kerman (c)	11		
		Farrell	13		
		Baines	7		
		Roche	6		
		Holmes	4		
		Laing	3		
Tooth	5	Harrison	1	Naulusala	2

**SUBS:** Cartmell, Hoyle, Coleman, Ward

**LIFTING** the Inter-Services trophy ended a disappointing run for the Army, who have seen the Royal Air Force and Royal Navy share the spoils in recent times.

The Reds came close to breaking the stranglehold last season, but when the title was decided on points difference the outcome went against them.

However, there were no such problems this year as two thumping wins ensured they claimed the honours in style.

"We have built a tremendous squad and it is going from strength to strength," said head coach WO1 Ben Taylor (RE).

"I packed our bench with experienced players and there were lads there with a lot of caps. It is the interchange that wins you the game."





## SPORT SHORTS

Picture: Alligin Photography



### Sevens deliver in Denver

THE Army rugby union sevens side ended their summer season on a high with victory at the Rugby Town International competition in Denver.

Three wins from four group-stage matches saw the soldiers qualify for the quarter-finals, where they thrashed their American counterparts 38-0.

A USA All-American outfit was defeated in the semi-finals, leaving pre-tournament favourites Tigers Rugby – coached by 2017 World Rugby Sevens player of the year Perry Baker – as their opponents in the final.

However, some dogged defensive play helped the Reds cause an upset with a slender 7-5 success.

Picture: Peter Smith



### Academy on top again

THE Army completed a hat-trick of Inter-Services rugby league titles as the academy side powered their way to two wins in their respective competition.

In a high-scoring opening fixture with the Royal Navy, the soldiers raced into a 16-0 lead before their rivals fought back to build a 22-16 advantage.

But two converted tries late on saw the Reds triumph 32-22.

There was no such drama in the second match as the champions completed their campaign with a 52-6 victory over the Royal Air Force.



Picture: Roger Thompson

## POINTS PILE UP AS RUN CONTINUES



**A** 15-TRY demolition of the Royal Navy set the platform for another commanding victory for the Army women in this year's Inter-Services Rugby League Championship.

The soldiers romped to a 76-0 win in their opening fixture and a 48-6 triumph over the Royal Air Force saw them secure the title for an eleventh successive season.

The Reds' squad boasted a healthy blend of youth and experience and their superiority was obvious in the early exchanges of their battle with the Senior Service.

Forward 2nd Lt Colette Broome (RA) started the rout as she crashed over in the second minute and they extended their lead when Cpl Gabie Roger (QARANC) ghosted home in the corner.

SSgt Sarah Mitchelson (RLC) scythed through the Navy defence to add a third try after just 12 minutes and the punishment continued as a further score from Broome, as well as a brace from Cpl

Emily White (AGC (RMP)), saw the lead stretch to 30-0.

Mitchelson notched her second on the stroke of half-time and LCpl Ellie Raines (RAMC) ensured the misery continued shortly after the restart. The centre crossed again in the 47th minute and then played a pivotal role in Sgt Amy Robinson's (AGC (RMP)) opening try.

Skipper LCpl Toni Thompkins (RAMC) was the next to strike before two quick-fire efforts from LCpl Sarah Winder (RAVC) moved the score to 66-0.

Roger then claimed her second and Robinson saved the best for last as she collected a chip over the top to complete the scoring.

"We've got a lot of new faces in the team and they've had to work very hard to earn their shirts," Thompkins said.

"We could not have asked for more from them."

The soldiers continued their fine form against the RAF as a ten-try haul helped them to a resounding win. ■





# PEDAL TO THE METAL

## CYCLISTS HIT THE ACCELERATOR AS CHAMPIONSHIP RACES SHOWCASE SERVICE'S STRENGTH IN DEPTH

**T**HE Army Road Race Championships hit a new high this year as one of the strongest line-ups ever assembled took to the track at the Redbridge Cycling Centre.

Elite riders LCpl Charmaine Porter (RLC, pictured right) and WO2 Chanel Mason (RAPTC) stole the show in the women's competition as they swiftly separated themselves from the field to embark on a fierce battle at the front.

The duo rode wheel to wheel throughout before a decisive break in the final hill climb of the last lap saw Porter open the slender lead needed to seal the overall title.

The move meant Mason had to settle for second, with Army team captain Maj Emily Pantoja (AGC) claiming the remaining podium place.

"I'm really happy," the champion told *SoldierSport*. "Chanel's strengths tend to be my weaknesses.

"She is all about long, powerful effort whereas I'm a climber and sprinter.

"I think she wanted to get rid of me as soon as she could and attacked on every flat section but I was able to fight back in the curves.

"With two laps to go I went all in and that helped me secure the win."

Porter had a notable campaign with her civilian team On Form, finishing in the lead group on both days at this season's Tour de Yorkshire.

The soldier was also praised for her performance at the Tour of the Reservoir in Northumberland.

"I've really enjoyed myself and I'm hoping to be on the team for next year," she added.

"People read about my achievements on social media and in magazines such as *Soldier* and I think it is important to come back and compete in Army races like this.

"I started out here and it shows the other girls that if they train hard and dedicate themselves to the sport they can reach the same level."

Porter is not the only cyclist making a name for herself at the top. Mason and fellow soldier Capt Ejay Harris (RAMC) have represented Storey Racing – the home of Paralympic star Dame Sarah Storey – this year.

The trio's elite status means they are ineligible for the Army team that has been competing in the Cotswold League but manager Maj Tony Ireland (RLC) has been pleased with the efforts of his athletes in an injury-hit campaign.

"They are professional riders who have been competing in UCI Continental and national series races," he said.

"But we still have a lot of experienced people. We had a really difficult race where we lost three riders in one day.

"There was a dislocated shoulder, a broken collarbone and for a team of ten to lose three members in the same event is a real blow.

"It has been a challenge but they have done really well. We've got some girls who we are now developing and we'll look to bring a couple on-board for next year."

The men's race followed a similar pattern as LCpl Jack Webb (RLC) and SSgt Stefan Gloyen (RE) made an early break from the peloton and set the pace at the front.

Capt Chris Wright (AAC)



**"IF THEY  
TRAIN  
HARD  
THEY  
CAN  
REACH  
THE  
SAME  
LEVEL"**

joined them at the head of the field and the trio forged a healthy advantage going into the final stages.

Webb and Gloyen managed to break clear as the finish line loomed and it was the former who found the extra speed needed to take the win.

The strength of this season's race was highlighted by the fact that Scottish national champion Sgt Mark Robertson (REME) could only finish fifth.

"I knew I'd eventually get closed down so I kept the power on from 15 minutes onwards," Webb explained.

"The other guys joining me really helped.

"Four or five laps after the breakaway I could see the other riders closing in but as the time gradually ticked away, and I was still at the front, I started to get more confident.

"I came here hoping for a top-five finish and if it had come down to a mass sprint at the end I would have lost. But the course, with its hill climbs, really helped me."

Webb is part of the Army team that has just completed its Cotswold League campaign and, with the final rankings still to be calculated, is in contention to claim the collective honours.

Col Stuart Williams, chairman of the Army Cycling Union, believes success at civilian level coupled with the hard-fought championship races in Redbridge is a reflection of the sport's progress in recent years.

"This is one of the strongest fields we have seen for the men's and women's races," he told *SoldierSport*.

"We are providing the platform for soldiers to develop as cyclists." ■



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## » ICE SPORTS

Pictures: Sgt Ralph Merry, RAF



### INVICTUS RETURNS

A 72-STRONG team of wounded personnel and veterans will represent the UK at this month's Invictus Games in Sydney.

The squad will compete in 11 adaptive sports during the week-long extravaganza, which gets under way on October 20 and features more than 500 athletes from 18 countries.

A total of 451 potential competitors were put through their paces during team trials and the UK contingent will have a distinctly fresh feel in 2018, with around two thirds of members being newcomers to the event.

"While participating in the Games our scars are like medals that we can proudly display, instead of hiding in shame or embarrassment," said captain Mark Perkins, a former corporal in the Royal Signals.

"Invictus allows us to be judged on what we can achieve, rather than what we can't."

"To be simply selected for the UK team was an amazing achievement. To be named as captain and to represent these incredibly brave men and women is extremely humbling."



Pictures: Dominic King

## ICE CAMP SEEKS NEW RECRUITS



**"IT IS  
AIMED  
AT  
THOSE  
WHO  
WANT  
TO GIVE  
THE  
SPORTS  
A TRY"**

WITH the summer heatwave now consigned to the history books, plans for the new winter sports season are stepping up a gear.

Applications for Exercise Raging Ice One, the Army's annual ice sport camp, remain open – meaning novice athletes will have the opportunity to sample the adrenalin-fuelled pursuits of bobsleigh, luge and skeleton for the first time.

Staged in Innsbruck, Austria, the event features two week-long training packages starting on December 2 and 9 where personnel will learn all the skills they need to complete a high-speed descent on the ice.

"This is aimed at individuals with no previous experience who want to give these sports a try," organiser WO2 Graham Holmes (RE) told *SoldierSport*.

"It is a progressive week and by the end they will become competent novice sliders who will have the opportunity to compete at the Army Championships in January."

The disciplines have proved to

be a successful sporting pathway for troops in recent times, with LSgt Lamin Deen (Gren Gds) and Pte Nick Gleeson (Para) both representing Team GB in the bobsleigh at the Winter Olympics earlier this year.

Another athlete making rapid strides is luge star Sgt Danielle Scott (QARANC).

The soldier suffered the agony of missing out on Olympic qualification but finished her campaign as British champion.

She is now targeting further progress this year.

"I knew the Olympic qualification standard would be a hard ask, although I felt it was not unachievable," Scott said.

"I experienced this sport through the Army for the first time at the age of 24; many luge athletes have had a full career and retired by then."

"I gave it my all and I can look back knowing I tried my very best. I am on an upward trajectory and believe I have better performances to come."

"Watch this space; I am still as driven as ever and haven't given up yet." ■



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# SPORT SHORTS

Picture: Sgt Jamie Peters, RLC



## Riding rivalries renewed

**THE** prizes were shared between the teams as the military's top riders took to the saddle for the Inter-Services Downhill and Cross Country Mountain Bike Championships.

Just three seconds separated the Royal Navy from the Army in a fierce downhill showdown – a result that meant the Senior Service lifted the trophy for the first time.

In the cross country, the Royal Air Force dominated the men's competition but the soldiers gained their revenge in the women's race, where Maj Angela Laycock (RE) claimed another individual crown.



## Golfers gain green glory

**THERE** was a familiar feel to this season's Inter-Services Golf Championships as the Army successfully defended their team titles on the greens of Frilford Heath.

Both the men and women enjoyed success against the Royal Air Force, meaning the honours would be decided in the Reds' clash with the Royal Navy.

The soldiers made the perfect start in the women's foursomes as they opened a 3-1 lead and then pulled clear in the individual matches.

The men took a one-point advantage into their individual battles, which they also won to top the leaderboard.



# COACHES SET PERFORMANCE PLAN



**"IT HAS  
BEEN  
PRETTY  
TOUGH"**

**T**HE Army's boxers are leaving no stone unturned as they prepare for another lengthy campaign of action in the ring.

Avenging last season's Inter-Services defeat is the main motivation for the challenges to come and the fighters have already completed a series of screening sessions in the key areas of performance.

The set-up now has specialists in nutrition, strength and conditioning, psychology and physiotherapy in place and with technical lead Ben Stewart some six months into his post the soldiers have been able to hit the ground running.

Stewart, who was recruited from the Team GB fold, and Army lead coach Sgt James Allen (REME, pictured left) have devised a periodic training programme that will see the boxers peak at critical points in the season – the first of which is this month's Eindhoven Box Cup.

"Everything is much more structured now," Allen told *SoldierSport*. "In the past we were almost shooting from the

hip and reacting to any shows that would come up.

"The early sessions have been pretty tough and we have focused on our conditioning, rather than skills.

"It is about having an eight-week training block and then hitting that peak.

"I think losing in the Inter-Services was a blessing in disguise. Having such a lengthy winning run was like a monkey on the shoulder.

"Regaining that title has to be our ultimate goal."

Civilian Stewart (pictured above) has been impressed by the calibre on show and believes the soldiers are primed for success at the upper echelons.

"My role is to make sure this programme maximises the talent of these boxers," he explained.

"We want to create a seamless link to Team GB. The girls are already doing brilliantly in that regard and over the next two to three years we want to see a male pushing for the same."

"The competition and standard is much harder but I think it is a realistic target." ■

# SPORT SHORTS



Picture: Pat Rowney

## Pilots soar to Services win

THE Army's pilots struck a notable blow in the Royal Air Force's centenary year as they dominated the skies at the Inter-Services Gliding Championships.

Victories for Sgt Jonty Sharp and Maj Allan Tribe (both REME) in the sport and open classes set the tone for a successful week, which culminated with the soldiers claiming the overall team prize.

"We managed to fly on six of the nine scheduled days so it was a well contested competition," Tribe said.

The Service has two clubs based in the UK. For more information visit [www.armyglidingclubwyvern.com](http://www.armyglidingclubwyvern.com) or [www.angliaglidingclub.org.uk](http://www.angliaglidingclub.org.uk)



## Triumphant in Tallinn

FOOTBALLERS from 1st Battalion, The Yorkshire Regiment added further silverware to their collection as they claimed the honours in this season's Army Super Cup.

Staged in Tallinn, Estonia – where 1 Yorks are deployed on Op Cabrit – the match saw the squad defeat Reserve champions 152 Regiment, Royal Logistic Corps 2-1.

Players from both teams later attended the Uefa Nations League clash between Estonia and Greece as guests of the Estonian FA.



Picture: Roger Thompson

# SAILORS SAVOUR COASTAL QUEST



**"THEY  
RACED  
AS HARD  
AS THEY  
COULD"**

**G**ALE force winds and sleep deprivation were among the many challenges conquered by Army sailors in this year's Round Britain and Ireland Race.

Having covered almost 2,000 miles at sea, the *British Soldier* crew completed their quest in 11-and-a-half days to claim an impressive sixth place overall and fourth in IRC class two.

Of the 28 boats that started, fewer than 20 reached the finish line and the personnel briefly held the lead as the regatta sailed west along the English Channel.

A stiffer test followed as they rounded the most westerly point in Ireland and gusts of up to 50mph greeted the soldiers off the north coast of Scotland.

In contrast, there were calm

seas and light winds along the east coast.

The crew consisted of a wide variety of ranks and cap badges, with Pte Tori Davies (RAMC) the only woman on-board.

"This race was a real challenge," she said.

"There were times when the enormity of the task seemed very daunting, or morale was being battered by a lack of sleep and the weather.

"But the sense of achievement when we crossed the finish line was incredible."

Skipper Maj Will Naylor (REME) added: "Offshore racing for nearly two weeks straight is tough on the body and mind.

"Everyone stepped up, looked after each other and raced as hard as they could." ■

## Bundeswehr box office opens

TICKETS have gone on sale for next month's Games of Remembrance featuring the Army's footballers and the German Bundeswehr.

Notts County's Meadow Lane stadium will host the women's fixture at 1200 on November 8 before the action switches to Nottingham Forest's City Ground for the men's clash at 1900.

The matches will commemorate soldiers from both countries who made the ultimate sacrifice during the First World War. Visit [www.armyfa.com](http://www.armyfa.com)



# MONTH IN SPORT

## October's key fixtures...



**WHAT:** Army Women v Middlesex, Southern Counties Cup  
**WHEN:** October 11  
**WHERE:** Aldershot  
**NEED TO**

**KNOW:** A host of new players were recruited during trials week and the squad will be looking for victory in their first competitive game of the season



**WHAT:** Inter-Corps Netball Championships  
**WHEN:** October 18-19  
**WHERE:** Aldershot Garrison Sports Centre

**NEED TO KNOW:** The Adjutant General's Corps topped the standings last season but with the sport on the rise across the Army the battle for court honours promises to be fierce



**WHAT:** Army v Oxford University, rugby union  
**WHEN:** October 19  
**WHERE:** Oxford  
**NEED TO**

**KNOW:** This fixture comes at the end of

three days of training and trials and prospective players will be looking to catch the eye in front of the Service's new-look coaching set-up

## MASSEY IN NUMBERS

SEASONS  
 OF THE  
 MASSEY  
 TROPHY -  
 THE LEAGUE  
 FOR CORPS  
 TEAMS

# 26

DIVISIONS IN  
 PLACE SINCE  
 THE 2006/07  
 SEASON

# 2

LEAGUE  
 TITLES  
 WON BY  
 THE ROYAL  
 SIGNALS -  
 A RECORD  
 FOR THE  
 CONTEST

# 7

YEARS OF  
 DOMINANCE  
 FROM THE  
 ROYAL  
 LOGISTIC  
 CORPS THAT  
 WAS BROKEN  
 LAST  
 SEASON AS  
 THE ROYAL  
 ENGINEERS  
 CLAIMED  
 THE MASSEY  
 TROPHY AND  
 WOOLWICH  
 CUP

# 3



## INFANTRY EYE MASSEY RUN

**P**REPAREDONS for the new season began in earnest for the Infantry's footballers at the tri-Service Combat Cup in Aldershot.

The soldiers began their campaign with a 0-0 draw against the Royal Marines - a scoreline that was repeated in their clash with the Royal Air Force Regiment, despite forging the better opportunities over the course of the match.

The Marines claimed the honours as they secured a 2-1 victory in their final game but Infantry manager Capt Jimmy Blair (Coldm Gds) was pleased with his side's efforts despite missing out on the silverware.

"This is our first day of pre-season," he told *SoldierSport*.

"It is a great opportunity to see where we're at and to work and build towards the challenges to come in division one of the Massey Trophy.

"We're missing a few players who are away on operations but that means some new guys

can come in. We're always on the lookout for fresh talent in the Regulars and Reserves, regardless of rank."

The tournament evolved from a friendly match played last year and Blair is hoping it will become a regular fixture each season.

"It is a good standard of opposition," the officer added. "The regiment have a lot of RAF players, and a number of Marines represent the Royal Navy, so it is definitely the right level for us.

"We will go into the new campaign in confident mood. We want to build on what we achieved last season, when we finished mid-table, and strive for the next level.

"We've also made the semi-finals of the Woolwich Cup in the last two years so we'd like to go one step further in that competition as well.

"But corps football is so strong and we'll have to see what happens." ■



## GAME BRIEF

**DATE:** August 28-30, 2018  
**COMPETITION:** Inter-Services 50-over Championship  
**VENUE:** RAF Vine Lane, Uxbridge  
**RAF 143:** Sutcliffe 31, Watson 17, Pearce 16, Hill 3-31, Schofield 3-33, Carmichael 1-4, Narayan 1-25  
**ARMY 144-6:** Wiseman 33, Narayan 31, Lester 27 not out

 **SUCCESS** in the 50-over format represented a welcome boost after the Reds relinquished their grip on the Twenty20 trophy earlier in the summer.

The Royal Air Force headed into the final hoping to secure an Inter-Services double in their centenary year but the Army's bowlers had other ideas.

With the run chase proving to be a struggle early on the middle order got the job done, meaning the soldiers have now won the title for four consecutive seasons.

"I was slightly nervous beforehand but I knew the team would come out on top," said skipper Cpl Jay Boynton (REME).

"If we have a good pre-season there's no reason why we can't win a fifth title next year but we want to get that T20 trophy back; that's the big one."



# REDS GAIN SWEET REVENGE



**T**HE Army's cricketers avenged their Twenty20 defeat at Lord's with victory in this season's Inter-Services 50-over showdown.

Tight bowling and superb fielding formed the bedrock for triumphs over the Royal Navy and Royal Air Force - who both failed to pass the 200 mark while setting totals for the soldiers to chase.

The Senior Service suffered first as two early wickets from Cpl Ben Golds (R Signals), as well as scalps for Sgt Uri Hill (pictured left) and Cpl Denson Narayan (both RLC), saw the top order blown away.

From there wickets continued to fall at regular intervals and Sgt Alvin Pollard was the only recognised batsman to reach double figures as the Navy's woes continued.

A stubborn last-wicket stand of 30 - the highest of the innings - halted the Army's progress but a total of 151-9 was still way below par.

The Reds made a stuttering start to the run chase as Cfn Liam Fletcher (REME) was caught off the bowling of

Pollard before fellow opener Spr Connor Reed (RE) was dismissed for just two.

But a 72-run partnership between Pte Tade Carmichael (RLC) and skipper Cpl Jay Boynton (REME) settled the nerves as the soldiers edged towards their target.

The latter fell leg before with a half-century in his sights but Carmichael finished the job with an unbeaten 68 from 76 deliveries, with Bdr Graham Wiseman (RA) 25 not out.

The bowlers continued their impressive form against the RAF, who slumped to a lowly 143 all out.

Left-arm paceman Gnr Nick Schofield (RA) led the charge with figures of 3-33 from his ten-over spell, with the impressive Hill posting 3-31.

The Army innings followed a similar pattern to the opening game and when Carmichael was caught for 16 they found themselves teetering at 40-4.

But Wiseman steadied the ship with 33, while useful contributions from Narayan and LCpl Tom Lester (REME) saw the day end on a high. ■



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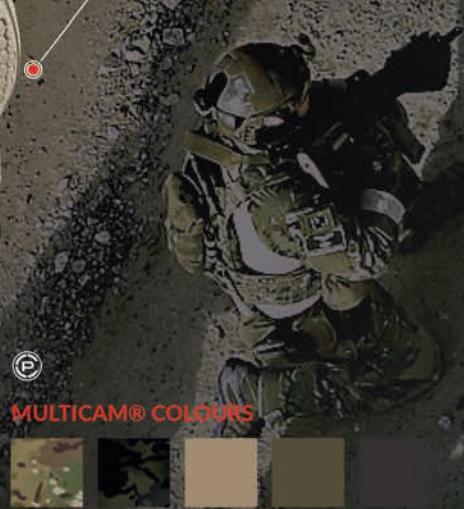
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# Final Word



I can't wait to take on responsibilities, such as leading patrols, that this tour will give junior NCOs like me who haven't had the chance to go to Afghanistan or Iraq. How we act will be vital, especially in a potentially volatile place.

**LCpl Ally Hutton, SG**



The patrols should be interesting. I served on Herrick 17 but this tour will be completely different. We'll have to step back and assess situations with a clear head and react diplomatically rather than in the way we have been trained to as infantry soldiers.

**LCpl David Liliequist, SG**



I didn't know much about Cyprus before our pre-deployment training – we've been told the eyes of the world will be upon us.

**LCpl Stevie-Ann Peters, RAMC**



I'm looking forward to learning about other armies and their cultures. I'll be working for the UN force commander who is currently a Bangladeshi and we'll have some guys in the UN ops room that's being run by Argentinian officers.

**Maj Chris Paul, Mercian**



This will be my first long stint away from the UK and I can't wait. I've been in the Army four years and have never done anything at all like this before.

**Gdsm Josh Taylor, SG**

**Pictures:** Graeme Main

**Interviews:** Steven Muncey



I'm looking forward to the adventurous training package – skiing in the Troodos Mountains and maybe some fishing as well. Also, this experience has brought the company closer together because it is our first tour away.

**Gdsm John Mathews, SG**

# In the zone

We asked peacekeepers deploying to UN duties in Cyprus for their thoughts ahead of their Op Tosca tour



As a chef, my job won't change much but the great adventurous training opportunities appeal, especially kayaking.

**Pte Kai Bromley-Morris, RLC**

# Meet Martin Russell,

## Your RIFT Armed Forces Liaison Officer



When it comes to looking after the interests of the UK's Armed Forces, I've definitely got a dog in the fight. After 24 years of infantry service, I've traded advising on weapon systems for getting Army personnel straight with the taxman - but the job's still the same: fighting for those who fight for their country. That means visiting barracks up and down the UK, attending HIVE meetings and more.

I chose RIFT because of its values and strong military ties. Their partnership with ABF The Soldiers' Charity is testament to that commitment. We'll be celebrating Big Curry Day, as always, with a range of fundraising activities. We're also honoured to welcome ABF Chief of Staff Robin Bacon to RIFT House again this year.

RIFT is built on individual attention, making sure that people are getting the absolute best out of our service. When it comes to claiming tax refunds, which is your legal right, knowledge is the key. It takes a specialist to understand tax law, and military claims are among the most complicated.

Overseas travel gets confusing fast when you're working out exactly what you're owed – but those details really matter. Getting them right means more than just extra money in your pocket. It can also save you a lot of headaches when HMRC starts asking complex questions.

MOD personnel missing out on tax refunds is a serious problem. Working with RIFT gives me the best available tools to tackle it.

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# 82%

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The number of **Armed Forces** personnel we have claimed refunds for.

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