WAR IN BURMA

The Victoria Cross to Ferdinand Simeon LeQuesne

Britain had been engaged in fighting in Burma on a small scale since the late 18th century but this fighting intensified in the 19th century into what became known as the First, Second and Third Burmese Wars. After the Third Burma War, Upper Burma was annexed by the British on 1st January 1886. The Third Burma War had taken a heavy toll on the combined British and Indian force, mainly from sickness with epidemics of malaria, dysentery and typhoid fever resulted in heavy wastage.

The terrain dictated that the method of evacuation of the casualties would be initially by hand but later by pony and elephant. Where possible rivers were used and large steamers were employed as floating hospitals. (1)

The rate of admission for disease in 1888, per 1000 strength was 2367.45 and deaths 48.49. In 1889 they were 2144.55 per 1000 and deaths 30.19, a slight reduction. (2)

After the Third Burma war there were further expeditions in the main conducted to control the hill tribesmen, the expeditions concerning this paper being the Kachin Hills Expedition of 1893.

KACHIN HILLS EXPEDITION

The Kachin Hills form a mountainous district of Upper Burma inhabited by the Kachin people who had been raiding columns and settlements for some years. Numerous small actions and two large expeditions were mounted against the Kachins to bring the major troubles to a halt, which happened in March 1893. There re-occurred some minor troubles for some years after, necessitating a strong police force remaining in the area for some years.

One such expedition was sent to destroy the village of Tartan which had been rebuilt by the rebels after its destruction in February 1889. The force consisted of 2nd Norfolk Regiment and sixty men of the 42nd Ghurkha Light Infantry. The whole force was commanded by Captain Otway Mayne, 2nd Norfolks with 25 year old Surgeon Captain Ferdinand LeQuesne as the medical officer. (3)

FERDINAND SIMEON LeQUESNE

LeQuesne was born in Jersey on the 25th December 1863, the third son of
Lieutenant Colonel Giffard N LeQuesne, a retired Royal Jersey Artillery officer and Augusta W LeQuesne, née Simeon.

He was initially educated in the Channel Islands and later underwent medical training at Kings College Hospital. He qualified as a licentiate of the Society of Apothecaries in 1885; MRCS in 1886 and a Licentiate of the Royal College of Physicians, also in 1886. Commissioned as a Surgeon Captain on 28th July 1886 he was attached to the 2nd Norfolk’s and proceeded with them to Burma. (4)

LeQuesne’s presence on the return to Tartan on the 4th May was regarded more a morale booster than a necessity. The Chins were not expected to fight but to follow their practice of abandoning their village on the approach of the column. By 0930am the column was above what looked like the abandoned village and Captain Mayne deployed his forces and the final advance into the village began. When almost at the bottom of the hill the troops discovered two fortified stockades which immediately came to life as heavy fire poured from them. One of the first to fall was 2nd Lieutenant Michel, leading the main party forward. Forced to withdraw, the troops pulled back with Michel’s body but he still remained exposed to the Chin fire. A Private Charles Crampion went and fetched LeQuesne to treat Michel’s wounds. (5) Here he dressed the wounds aided by Crampion and two Gurkhas, all the time under constant Chin fire. After about ten minutes LeQuesne and his helpers brought Michel’s body under cover. Observing this brave act, from a position about thirty yards away, was Captain Mayne, who himself was wounded. LeQuesne now dashed across the fire swept hillside to Mayne’s side and commenced dressing his wounds at which point he himself was wounded. Mayne’s own statement testifies to the bravery of LeQuesne ….the splendid coolness and gallantry displayed by Surgeon LeQuesne in attending to the wounded, he himself being exposed during the whole time to a very hot fire, under which several men dropped; this was more especially the case while attending to 2nd Lieutenant Michel, owing to his extremely exposed position. I consider that Surgeon LeQuene’s conduct is deserving of the highest possible recognition (6)

By now some eleven officers and men had been killed and with only two doolies, Captain Westmoreland, on whom command now rested, decided that withdrawal was the only option. (7) This, the force did, leaving Tartan burning once again. Some days later a force returned again to the scene of the action and destroyed the now unoccupied stockades.

On 29th October 1889 LeQuesne’s name appeared in the London Gazette with notification of the award of the Victoria Cross

‘Displayed conspicuous bravery and devotion to duty during the attack on the village of Tartan, by a column of the Chin Field Force, on 4th May 1889, in having remained for the space of about ten minutes in a very exposed position (within five yards of the loopholed stockade from which the enemy was firing), dressing with perfect coolness and self-possession the wounds from which Second Lieut. Michel, Norfolk Regiment, shortly afterwards died. Surgeon LeQuesne was himself severely wounded later on
whilst attending to the wounds of another officer’.

The Victoria Cross was presented to him by General BL Gordon at Rangoon in December 1889.

LeQuesne recovered from his wounds and took part in further actions in Burma including with the Chin Lushai Field Force in 1890, the Wuntho Field Force in 1891 and the Kaukwee Expedition. He was awarded the Indian General Service Medal 1854-95 with three clasps and was further ‘Mentioned in Despatches’.

After a year in England from 1893 to 1894 India beckoned again and service in Bengal until 1900 and then the Punjab until 1901, during which time he was promoted to the rank of Major, in May 1898. In November 1901, with the Anglo Boer War almost three years old LeQuesne found himself in South Africa, where he served until 1902 and was awarded the Queens South Africa Medal with clasps for Cape Colony, 1901 and 1902 and was once again ‘Mentioned in Despatches’.

After a further two years in England he returned to Bengal until 1909, being promoted Lieutenant Colonel in 1906. With the outbreak of war in 1914 LeQuesne joined the BEF, serving in the war until 1918, when he retired. On retirement he took up the post, amongst others, of Honorary Surgeon to the Metropolitan Hospital London. His recreations were shooting, racquets and lawn tennis; presumably he developed his love for the former whilst in India. He remained a bachelor throughout his life. (8)

Ferdinand Simeon LeQuesne died on 14th April 1950, aged 86 at 6 Victoria Square, Clifton, Bristol. He was buried at Canford Cemetery, Westbury-on-Trym, Bristol, on 19th April 1950.

References
2. Cantlie, A History of the Army Medical Department
5. Private Crampion was recommended for the Victoria Cross for his actions but was awarded the Distinguished Conduct Medal (DCM). He was awarded a bar to the DCM during the Anglo Boer War.
6. Statement by Captain O Mayne 2nd Norfolk Regiment regarding operations on 4th May 1889. The National Archives, WO32/7404
7. Copy of the report by Captain CH Westmoreland, 42nd Goorkha Light Infantry, Fort White, dated 5 May 1889 to District Staff Officer Chin Field Force. The National Archives, WO32/7404
8. LeQuesne VC File, Army Medical Services Museum
MY TIME IN THE ARMY
(CONTINUED)

John Silkstone’s story continues.

JUST A TRIM ROUND THE EDGES, PLEASE!

On the morning following our arrival, the squad marched to the camp barber. Having had a haircut before leaving home was no excuse for not having one now; the old saying about what’s under your beret is yours didn’t apply. My hair was cut so short I thought I was auditioning for the lead role in ‘The King and I’. The trip to the barber became a Wednesday morning ritual.

PART ONE ORDERS

Part One Orders is the word! God put his table of laws on stone. Our Battery Sergeant Major put the Commanding Officer’s every ultimatum upon his daily paper Part One Orders tabloid. Part One Orders are like a page in a diary, giving all the main daily events. Destiny is not written in the stars, it is written on Part One Orders and woe betide the soldier who doesn’t comply exactly with its wording.

DISCIPLINE

Discipline is the screw, the nail, the cement, the glue, the nut, the bolt and the rivet that holds everything in the army together. The Prussians have it; the Arabs don’t. In between is the Englishman. He accepts it, and adjusts it to his national character. The result is a disciplinarian of ferocity, patience, and infinite humour, who will go to hell and back, provided that the QM’s Department provide the tea and bacon sandwiches. The principle is simple: lay it on thick, fast and often, with firmness, fairness and consistency. The end result is, THE BRITISH SOLDIER.

A SENSE OF HUMOUR

A sense of humour enables us to think the unthinkable, accept the unacceptable, discover new relationships, adjust better and maintain our mental health. Without it we would probably be dull and dimwitted, trapped in a world that’s too harsh and serious to bear.

ENOUGH WAR SURPLUS STOCK TO FIGHT WORLD WAR III.

I think that this is a good point at which to pass some comment on the kit I had been issued with. I will start with the world famous World War II jungle green ‘drawers Dracula’ (boxer shorts type underpants). One size fits everyone. They had four rubber buttons on the front to fasten them up, and two cords at the back to adjust them. What more could a man ask for? They enabled the air to circulate around your midsection, while killing any ideas of passion that you may secretly have harboured. The khaki flannel shirt always smelt of mothballs. Its purpose was to serve as a shirt, nightgown and bathrobe. It was wool-based, and made your skin itch like mad; causing a rash that never seemed to go away. It reached down to your knees. The issued brown plimsolls didn’t stay brown for long. We were ordered to blacken them with boot polish. They were the nearest thing to a pair of carpet slippers that the army issued. The trousers were so long that they hurt me under the arms, while the jacket was so large that it hung from the neck like a bell tent. The theory
was that I would grow muscles and eventually fit the battle dress. Gunner Fox confirmed that every recruit had a housewife for his own personal use. I can’t begin to tell you the disappointment I felt when I found out that it was the name given to our sewing kit. Finally there were the hobnailed boots that your feet were broken into, when it should have been the other way around.

**BULL PARADE**

Every evening from 18-00 to 19-00 hours was Bull Parade. Changing into denim working dress, I’d lay my ground sheet on the bed and place my kit on top; I’d then start polishing my boots to a very high shine. The same thing happened to the brasses. As we worked, we’d all answer questions on Regimental History, Victoria Cross winners, Battle Honours, customs and personalities and, as a confidence-building exercise, we had to stand up and tell the rest of the squad about ourselves. At 18-55 hours all kit had to be back in lockers, and the room cleared by 19-00 as it was time for ‘The Archers’ on the radio.

**THE MULTICOLOURED SOLDIER**

Having been issued with military clothing, we now had our civvies boxed and secured in the RQM Stores; it felt good to blend in with the rest of the troops on camp. What I didn’t comprehend was that our kit was made up of mixed colours. Getting dressed started with a First World War issued oatmeal vest, followed by jungle green drawers Dracula, grey socks, khaki flannel shirt, bleached off-white tie, green pullover, brown battle dress, black boots, and topped off with a dark blue beret.

The squad’s first photo, I’m first left in the front rank

**YUG = YOU USELESS GET**

In the British Army, all recruits are equal, with the same kit, same equipment, same training and same rate of pay. Anyone deprived in civvy Street had a chance to make something of themselves. Individual personalities began to show through, and broke down into the following characters.

- **Parasites** - those that lived their lives at other people’s expense.
- **Wasters** - were basically lazy, and didn’t care about anybody or anything.
- **Flyboys or Spivs** - thought that they were Wheeler Dealers, the ‘Del Boys’ of the day?
- **Barrackroom Lawyers** - always knew better than the sergeants or bombardiers. This type could get you into serious trouble.
- **Bullies** – who saw brute force as the only answer to everything?

Finally there was the **YUG**. **YUGs** were totally naive about life in general; they were so sincere in their action that it was hard to be angry with them.
The whole squad got punished for their stupidity. Ours was Ginger Morrison, he was known as a mummy’s boy. Everything had always been done for him, and he’d never learned the basic survival skill of blending in and becoming invisible. Even in a football crowd he stuck out like a sore thumb! YUGs should carry a Government health warning. They are a liability on the battlefield and occasionally get you punished for their actions. However they certainly make everyone around them look good. It came to light in the NAAFI that Ginger was a great piano player, and so he was transferred to the Military School of Music.

BULLSHIT BAFFLES BRAINS.

The British Army clothing and equipment was certainly ‘off the peg,’ but ready to wear was another matter. However, it would all fall under one of the following headings.

Authorised list of products only to be used: Brasso or Bluebell metal polish, Kiwi boot polish, Meltonian or block whitening, Khaki 103 block blanco, NAAFI yellow dusters and coat hangers.

Make it fit: let it out, take it in, shape it, taper it, shrink it, stretch it, adjust it, and then assemble it correctly.

Metal: all metal objects are to be buffed down, burnished and polished. Exceptions: Beds and lockers. Fire buckets were scraped down and painted every week.

Wood: sanded down, scraped, linseed oiled, then polished, but never painted or varnished.

Leather: broken in, burned down, stretched, studded, blackened, browned, whitened or blancoed.

Canvas webbing: stripped completely down, then lightly blancoed. All brasses highly polished using the button stick, to prevent staining the canvas with brasso.

Clothes: washed, dried, bleached, loose threads removed, trimmed, cut, shaved, starched, aired, darned, patched, then dampened with a wet shaving brush, before being ironed with thick brown paper.

Laundry: one sheet and one pillow slip per week. Eight items of military clothing per bundle. No civilian items allowed in bundles. No more, and certainly no less to be handed in to the Company Stores every Wednesday morning by 07.30 hours and collected the following Tuesday at 07.30 hours.

LEARNING TO COUNT

As an aid to drill we did everything by numbers, when given the word of command from instructors. The squad would shout at the top of their voices, “One, two, three … One!” ‘One’ was the number for us to move like greased lightning; ‘two’ and ‘three’ were the pause, during which you stood perfectly still; the final ‘one’ was to complete the movement.

We would move around the drill square shouting “One, two, three,” between each movement, as well as marching at one hundred and twenty paces a minute. Thirty minutes of drill was very exhausting, and even more so for the smokers.
WEAPON TRAINING

I enjoyed weapon training because eventually we would put our newfound skills into practice on the ranges. I could strip down, clean and reassemble a Lee Enfield 303 rifle blindfolded. The end of basic training classified me as a marksman on the 303 and the Bren gun, and earned me an extra six pence (2.5p) a day.

PAY PARADE

Every Thursday at 11.00 hours, the Troop Commander sat at a scrubbed and finely sanded six-foot table. We queued, marched forward, halted, saluted smartly, received our pay - seventeen shillings and nine pence (89p) - and signed the AB 64 part II, (pay book). The remaining pay, £1.50, was left in credits for when we went on leave. A few of the flyboys would seek permission for money to be sent home to their mothers, who quickly returned it to them in the form of a postal order.

METAL LOCKER STANDARD ISSUE

For the first three weeks we didn’t have a metal locker. Our clothes where hung on hangers at the top of the bed, while a steel box at the bottom held small items. A large box on the wall was divided into four and held our nicely boxed clothing items. When we received the metal locker, we had to remove the boxes and wooden clothes pegs from the wall and repaint the walls. All this was done in the evenings, so as not to disrupt our training.

The locker was six feet high, three feet wide and two feet deep and painted olive green. It contained everything you owned, and was secured with a NAAFI padlock.

Inspections saw its doors open wide, displaying its contents to the world. Your complete set of World War II canvas webbing and steel helmet sat packed out squarely with cardboard on the top.

A photograph of the locker layout was pinned to the room’s notice board, and had to be adhered to. Clothing was hung on the left; of course it had to face right.

Top of Locker: large pack, small pack, ammunition pouches, and webbing;
Top shelf: mug, knife, fork, spoon, respirator, socks and gloves;
Second shelf: clean towel, with your full complement of washing and shaving kit neatly laid out on top;
Third shelf: PT kit;
Fourth shelf: shirts, underwear, etc.

The bottom shelf displayed your highly bulled boots, while the draw was for your personal items and was lockable.

LOCKER INSPECTIONS

We had a locker inspection every day except Sunday. It was an integral part of the room inspection. There was nowhere to hide anything, so you had to clean everything you possessed. Each billet had a locker diagram pasted to a board; your layout had to mirror the diagram. If you didn’t put one hundred and fifty per cent effort into it, when you returned to your barrack you’d find the entire contents on the floor. This was known as having your locker ragged. Worst still was to come back and find everyone’s kit in a single big heap. This was where the correct numbering of property came into its own.

Once a month we had a kit check. We all got up extra early to lay out all of our clothing, kit and equipment on top of our beds - all as per the regimental
diagram. This allowed the kit to be checked at a glance, and should there be anything missing it would be spotted at once. Everything had to be fully serviceable, correctly numbered and spotlessly clean. The item to be checked was called out, and you showed it. On the morning of the kit check, breakfast was taken in shifts to prevent any petty pilfering by other marauding squads.

THE PRACTICE: hold the item out in front of you, showing your regimental number. It was inspected by the Barrack Room Trained Soldier or NCO carrying out the Inspection.

THE THEORY: put it back on your bed without unfolding or undoing it, so it could be placed straight back into your locker undisturbed.

THE REALITY: a kit check normally deteriorated into a changing parade, giving you twice as much work to get the items ready for the next inspection - but you soon learned to go into overdrive with the kit changing preparation.

CHANGING PARADE

These always started in full battle dress (B.D.). The name and order of dress was announced, followed by ‘Change!’ The rush was then on to change out of your present dress and into something else, such as PT kit with shower-kit. Next it was out of the PT kit and into fatigue kit and working boots. This left your bed and locker in a shambles, undid days of hard work, and disheartened you profoundly.

BEDDING BLOCKS

Each billet was issued with a short length of wood with markings on it. The length of the piece represented the length of your bedding block. From the end of the piece of timber to a mark about two-thirds up its length equalled the width of the bedding block, precisely! The bedding block was made up of three blankets, sandwiched with your two sheets and then wrapped in your fourth blanket. The two pillows, with pillowslips, were placed on top. The main thing to remember was never to hide anything in the block, for it wouldn’t be there when you got back.

ROOM INSPECTIONS

There was a troop inspection every day except Sunday. Each Thursday was a battery commander’s room inspection. Wednesday afternoon was sports, which finished early, so the rest of the afternoon and evening was spent preparing for the inspection. With scrubbing brushes, long bars of green Fairy Soap, buckets of hot water and rags, the floor would be scrubbed spotless. Once dry, a small amount of polish would be buffed into the lino and left to dry; it would then be bumped till it had a gleaming shine. Windows were washed and dried to a diamond shine with old newspaper. The fire hand-pump was unrolled, tested, washed, blackened and put back in place. Fire buckets were painted. Once dry they were refilled; two with water and one with clean sand.

The six-foot table and two benches were taken outside and scrubbed. Sinks, baths and toilets were cleaned with small amounts of sand. The monthly issue of a small canister of Vim was a sacred item and was not to
be used. Paintwork was washed and dusted up to a height of ten feet. The outside area was tidied and the gardens turned over. The room notice board was updated and rewritten. Finally, mops were washed clean and loose fluff removed from brooms and bumpers; all handles were scraped down with razor blades and wiped with a bleached cloth until virgin white. Then the lot was laid out for inspection. The British Army was a sanitized and spotless machine.

**SUNDAY MORNING CHURCH PARADE**

At 09.30 hours every Sunday, in best dress and bulled boots, we stood in three ranks, each with a clean white hanky and small bible/hymn book in his left hand and a three-penny piece in his right. We marched to the church in squads, but were allowed to walk back individually. One Sunday, someone placed a brass button in the collection plate. I thought the world had come to an end. We were marched back to our room and changed into PT kit. The next hour was taken up with a forced march and run. It never happened again.

**PT = PHYSICAL TRAINING, OR IS IT PHYSICAL TORTURE?**

The PT staff was just as unbending and demanding on our bodies. They wore ‘Dennis the Menace’ red and black hoop tops, dark blue serge trousers and white plimsolls. No badge of rank was worn; they clearly didn’t need it to rule their roost. They milked every last ounce of effort out of you and then, when you thought that you couldn’t go on, they made you do it all over again. I continually surprised myself with my own physical achievements. I began to do things that I thought only Tarzan could manage. The Drill Staff would castigate us for not reaching the tremendously high standards they set us. The Physical Training Instructors also had their standards: first, it was press-ups followed by legs raised and chins to the beams; next was squats, and then we would move to bunny hops, vaulting over the wood horse, and climbing ropes - sometimes with full kit. It was all finished off with a one-mile run, still in ‘full field marching order’ (FFMO) i.e. 40 kilos of kit. My running strategy was to keep with the front bunch and stay there. I’d keep up a good pace, but not so fast that the ones at the rear couldn’t keep up - for if that happened the lead pack was made to run on the spot until the rest of the squad caught up. They knew exactly how far to push us. Of course, on rare occasions there was praise for a job well done. Not that I can think of hearing one.

**THE DEPOT ASSAULT COURSE**

At the rear of the camp was the assault course. The squad was shown over it, obstacle by obstacle and in PT kit, by one of the PT instructors. No one got wet, hurt or shouted at. All in all it was a very pleasant afternoon. The following morning, dressed in FFMO, we went for a five-mile march which finished at the assault course. We stopped two hundred yards from the course, and had to carry a man one hundred yards in a fireman’s lift; he then carried you the last one hundred yards to the obstacles, which had now grown completely out of all proportion. We were tired, disorientated and had fragmented into little groups. The pleasant afternoon of yesterday now became the nightmare
of today, and we were glad when the morning was over.

Photo taken the day before our drill parade outside one of the vehicle hangars

**A WHOLE MONTH GONE!**

On the Monday morning of the fourth week, we were informed that on Thursday we were to parade for our first inspection and drill test in front of the Adjutant. The night before, we stayed up late to bull boots, clean brasses and iron Battle Dress (BD). Thursday morning dawned nice and sunny, and a nervous excitement ran amongst us. At five minutes to nine we formed up in three ranks, ready to march onto ‘The RSM’s Sacred Square’. The order was given to ‘right turn’; as we did so the sky opened up and a torrential thunderstorm started. We marched onto the square and into the vehicle hangars for shelter, and stood there like drowned rats, with water dripping off our berets and battle dress to lie in pools at our feet. Meanwhile, the Adjutant sat in a Land Rover and was driven across the square in the pouring rain to inspect us. After a quick inspection, we performed our drill test in the hangar. It was about eighty paces long, and we stood in the middle covering roughly half of its area. We were given the order to right turn and then quick march. We marched ten paces and saluted to the right, a further five paces and were given the about turn. We marched forward ten paces and saluted to the left, a further few paces to the brick wall of the hangar and saluted to the front, which was followed by ten paces of slow march - and so it went on.

The inspection over; the Adjutant congratulated us on passing our first drill test. He then said, “You have all done well, and so I’m granting you a Saturday night leave pass to visit the local town till 23.59 hours.” This was to be our first time outside the camp since our arrival four weeks before!

At 13:00 hours on Saturday, we climbed aboard the three-ton vehicle outside the guardroom and travelled to Oswestry. Though only seventeen, being in uniform gave the local landlords the impression that we were of an age to drink. With a pound in your pocket, you felt like a rich man. A group of us went into one of the pubs and ordered five pints. The five pints of Courage ale were placed upon the bar, and the landlord asked for six shilling and three pence (37.5 new pence). Raising our pint we toasted, “The best of health to one and all.” Quaffing a mouthful of beer, I soon found out why it was called Courage. You needed lots of Courage to drink it; I thought it was bloody awful. After travelling around the world and drinking lots of different beers, I still think that Courage is the worst beer I’ve ever tasted, with Tiger beer a close second. The rest of the day went fine; it was nice to have a day when no one shouted at you. At 23:00 hours we assembled outside the NAAFI Club to catch the three-ton vehicle back to camp.
“WITH A MAGAZINE OF TEN ROUNDS - LOAD!”

After many lessons of weapon training, we were taken to the ranges. With a magazine of five rounds, we loaded our Lee Enfield 303 rifles. Lying on the ground, we fired at a target 250 yards away. After each round, we waited while the man in the butts pointed a red arrowhead stick at the hole in the target. After five rounds, each man's rifle was zeroed in correctly by one of the armoury NCOs. At ten hundred hours, all firing on the range ceased. There was no NAAFI on the ranges, however, and at this time of day a Red Shield Wagon (Salvation Army) would pull up. Its two-woman crew would serve us with tea, coffee, cold drinks, bacon sandwiches and sticky buns.

Over the years this routine had been worked out to a fine art, and the one hundred and twenty men on the ranges would all be served within the thirty-minute tea-break.

“SAM, SAM, PICK UP THY MUSKET!”

THE CREED OF THE USA MARINE CORPS: This is my rifle. There are many like it. But this one is mine. My rifle is my best friend. It is my life. I must master it as I must master my life. My rifle, without me, is useless. I must fire my rifle true. I must shoot straighter than my enemy, who is trying to kill me. I must shoot him before he shoots me.

RECRUIT TRAINING

The sixteen weeks of recruit training was very hard and tough on the mind and body. The object of the whole exercise was to break the clay of the boy and mould it into a man - not just any man, but into a man who trained to think for himself, and capable of looking after himself and others. Some people see this as a form of bullying. I see it as a necessity. If a man is going into battle situations, then he needs to know what to do and how to do it, and to be able to complete the task given without endangering the lives of those around him.

PARTING OF THE WAYS

After sixteen weeks of hard training, we finally had a Passing Out Parade, which our families were invited to attend. The parade started at 11.00 hours on a Saturday morning, finishing just before lunch. When the parade was over, we were all going on seven days leave, after which we had to report to another. I was off to Kimmle Camp, near Rhyl in North Wales.

KEEP THE ROADS SAFE

Kimmle Camp was a driving school for lorry drivers (heavy goods vehicles today). Here they allowed me to drive around the country lanes of North Wales. “Let’s keep death and destruction off the road in England,” said my instructor. He also had a novel way of teaching me not to let the three-ton vehicle roll backwards on a hill start. He would place a packet of Woodbine cigarettes under the rear wheel of the vehicle before you started off. It wasn’t just any packet of Woodbines; it was my packet of Woodbines. As I didn’t like smoking flat cigarettes, it didn’t take me long to learn how to do a hill start. There were no synchronized gear boxes or hydraulic steering in those days. It was all double de-clutch when you had to change gear, and a day’s driving was hard work.
HIGH OH SILVER, AWAY

Another time I was on guard duty and I was manning the barrier by the main gate on the 04:00 – 06:00 stag. At 05:30 hours I opened the barrier to let the milkman enter the camp. The milkman did his deliveries with a horse and cart which he parked outside the guardroom and went inside with a pint of milk. While he was doing that I saw the early morning Land Rover coming up the road to collect the kitchen lads from the married quarters and so I opened the barrier. As the vehicle approached the gate it back fired and startled the horse which set off down the road like a cavalry charge. The milkman was off and running after the horse and cart which was now bumping about so much that it was throwing bottles and crates of milk of the cart. I had to remain on guard until 07:00 while the rest of the guard with brushes and buckets swept up the broken glass and washed away the spilt milk.

A DISAPPOINTMENT

While at Kimmle camp, I volunteered for the paratroopers. I had to pass a fitness test, which fortunately I managed to do. A week later, the group of us who had passed the physical had to attend a medical. After the examination, another chap and myself where informed that we had a slight heart murmur, and that we would not be allowed to jump from aeroplanes. I was very disappointed to say the least. Years later, I wrote this poem.

WHERE WARM THERMALS FLOW

Down in the hollow that’s known as The Dell
The ash and the oak are blooming in spring.

Forest floor painted with nature’s bluebell
While high in the branches, birds nest and sing.
Out of the nest there peeks a small fledgling
Not ready for flight though craving to go,
With wings open wide in blue skies soaring
To be in the air where warm thermals flow.

On terra firma where man has to dwell
Stands a young boy, who’s hoping and wishing,
To fly on high with a sleek Philomel
That’s turning and soaring, dipping and gliding.
Facing the sky where soft winds are whispering

(to be continued)

AMS ATHLETICS MEETING

The annual AMS Inter-Unit athletics competition is now taking place on 23rd and 24th at RMA Sandhurst.

The Admin Instruction is appended to this newsletter.

Those members wishing to attend the AMS Athletics Meeting are requested to contact the Army Medical Services Command Sergeant Major WO1 (Comd SM) M Brabin in order to gain access to RMA Sandhurst. He can be contacted on ArmyMed-AMS-CRSM@mod.uk

On the subject of Sports, I have received a copy of the AMS Sports Newsletter which I thought might be of interest to members and this is also appended to the newsletter.
AMS WOs’ & SGTs’ PAST & PRESENT DINNER

The AMS Command Sergeant Major has informed me that arrangements for this year’s event have been finalised and the Dinner is taking place on 1st October 2016 at RMA Sandhurst. The Admin Instruction will be out shortly and hopefully will be published in next month’s newsletter.

Pictures from last year’s P & P can be viewed by going to:

https://drive.google.com/folderview?id=0B3Het1UjJDraVWxzaEstQU1rZjA&usp=sharing

CAMPAIGN FOR THE NATIONAL DEFENCE MEDAL

The reasons a ‘National Defence Medal’ should be awarded in 2016 (Taken from feedback of over 6,500 veterans and services of HM Armed Forces)

Once instituted the National Defence Medal is an award exclusive to United Kingdom.

It recognises all those service men and women from United Kingdom who gave an allegiance, oath, or affirmation to the reigning monarch to defend United Kingdom. This medal serves to honour the achievement and contribution of those from United Kingdom who served in HM Armed Forces and defended the nation at home or on foreign land at some time since 1945.

It will be awarded in accordance with criteria for Regular, Territorial/Reserve/National Service and Volunteers who served or are currently serving in the Army, Navy, and Air Force at some time since 1945.

It recognises defence service and does not contravene any of what are referred to as guiding principles for the Institution of medals.

It requires defence service to be attested reckonable service in United Kingdom Armed Forces. This is a tour of duty required to serve from the time of enlistment. The medal defines defence service undertaken throughout a tour of duty. It includes all those who served in support of any operation in times of crisis, emergency or arduous service conditions.

It recognises the day to day dangerous situations that perpetually pervade life as a member of the Armed Forces.

It recognises combat operations for which campaign medals may not be awarded.

Special Conditions:
In the event defence service was brought to a premature end prior to the completion of the required period of service as a result of military unit disbanding, restructure, amalgamating, by death or injuries while on duty or by no fault of the service persons. The National Defence Medal will be awarded to all those who served, including immediate relatives of the deceased.

‘We must never forget that all those who served in HM Armed Forces are deserving of gratitude and respect of the nation for their sacrifice to keep United Kingdom safe. This comes with a duty of care owed to them for their defence service.’
WHAT COST VETERANS RECOGNITION?

ARCHIVE RETRIEVAL ‘COSTS’ VETERANS’ RECOGNITION

The following is an entry on the homepage of the NDM website http://nationaldefencemedal.webs.com by Colonel (Retired) Terry Scriven the Co-Chairman, National Defence Medal Campaign.

The cost of archive retrieval of personal records, put out to contract at £25.00 a time, has been responsible for the failure of Government to recognise millions of veterans.

Whilst the Nation was commemorating 100 years since the beginning of the First World War and reaffirming their promise that 'we will never forget', the government chose to bury the bad news that a National Defence Medal (NDM) would not be awarded to all those servicemen and women who had kept the Nation, its territories and its interests safe and secure since the ending of the Second World War as it would cost too much.

In 2008 David Cameron, promised a review of all outstanding military medal claims and that the Honours and Decorations Committee, responsible for making recommendations on the institution of medals, would become more transparent. As Prime Minister he directed, in 2011, the Ministry of Defence to carry out the long overdue medal review.

The review turned down all medal submissions which stretched back over 65 years, including medallic recognition of the Arctic Convoy and Bomber Command veterans. Freedom of Information Act requests by NDM campaigners discredited the review, showing it had been a paper exercise, carried out over just two weeks and without speaking to a single veteran. The Prime Minister and Deputy Prime Minister were unimpressed and directed Sir John Holmes, a retired diplomat, reporting to the Cabinet Office, to carry out a fresh independent medal review.

Sir John made a point of speaking to all chairmen of the numerous medal campaign groups and in his first report (June 2012) he recommended to the Prime Minister that the NDM was worthy of further study and the complete medal system be more open and transparent. This paved the way for the old rules governing medals to be updated and the award of the Arctic Convoy medal and Bomber Command medal clasp to be agreed.

Although Sir John’s final report was completed in December 2013, it was not published and has still not been made public. Two meetings of the Honours and Decorations Committee subsequently followed but with a total lack of transparency.

Finally, eight months after Sir John had submitted his ‘secret' recommendations, a Government statement was made on the 29 July 2014 in the House of Lords, the day before they left for their summer holidays, and a week after the MPs had left for their summer recess. The HD Committee had evidently not been persuaded that a strong case could be made at this time for the institution of the NDM and it was too costly. Debate and questions in the House on a sensitive matter had been avoided.

Despite the PM’s wish that the HD committee deliberations be more transparent, they were not, and Sir John's review over two years had in
the end been little better than the previous discredited MoD two week review. All veteran medal campaigning groups had again been kept totally in the dark, had no idea how the decisions had been made by the HD committee or the case that had been placed before them and consequently no opportunity to appeal. It had become yet another discredited review despite all of Sir John’s enthusiasm and hard work.

Sadly, seven years campaigning by NDM activists has seen many die or become infirmed and this is mirrored across the veteran community. A letter I received this week from a 76 year old veteran was particularly poignant,

“I have campaigned for many years but now see no prospect of an NDM in my life time. It disappoints the hell out of me. I am now prepared to die unadorned alongside thousands of others who will suffer the same disillusionment and disappointment. I have a wife who is now fully dependent on me and I must conserve my faculties and strength – goodbye folks.”

During the coming days I will write to the Prime Minister and Deputy Prime Minister to seek their explanation as to why a case that has been proved to be so strong for recognition of millions of this Nation’s veterans, can be turned down on what appears to be the false calculations of cost by the MoD, even a former Armed Forces Minister, Sir Nick Harvey says the MoD have got it wrong?. Why is it an alternative to the £25.00 a time archive retrieval system the Government has set in place cannot be considered, there are plenty of former service personnel from a ‘Can Do’ society waiting to be asked to become involved? Why is the call for greater transparency that they and Sir John Holmes have openly embraced been ignored and a two year medal review become discredited?

If you wish to obtain further information on the Campaign for the NDM then please go to:

http://nationaldefencemedal.webs.com /
Members can also join the FB Group by going to:

https://www.facebook.com/groups/NationalDefenceMedal/

Brian Sheppard a former member of the RAMC and Derbyshire Police Force is the Administrator of the Group and has recently placed the following post on the Group:

“Can all people who apply to join the closed group of the Campaign for a National Defence Medal for UK veterans, give admin some idea of your military service or connection to the military so that a decision can be made whether to approve you. Some applications are made just to make mischief or to advertise their goods or services to ex-military personnel. Unless we know a little about you there will be no approval.

Admin“

KENDREW BARRACKS OPEN DAY

Kendrew Barracks was formerly RAF Cottesmore and, Cottesmore is a village in the north of the county of Rutland in the East Midlands. Those members who live in the East Midlands or surrounding area may wish to visit and take advantage of the Open Day at Kendrew Barracks on Saturday 21st May 2016.

The leaflet containing information on the event is appended to this newsletter.

POPPY PIN – ONCE A MEDIC ALWAYS A MEDIC

Brian Sheppard has informed me that the above poppy pin is now available having previously run out due high demand.

If you wish to purchase a poppy pin then please go to and order one at:

http://www.poppypins.co.uk/WP/product/once-a-medical-always-a-medical/

THE FRIENDS OF MILLBANK

“Keeping Alive the Memory of Millbank”

The Chairman and Committee of the Friends of Millbank invite you to a Lecture commencing at 6:30 pm Friday 27 May 2016 Registration and refreshments from 5:30 pm at the Chelsea College of Arts 16 John Islip Street, London SW1P 4JU formerly the Royal Army Medical College

Artists, War and the Sensory Imagination since 1914 Presented by Dr Ana Carden-Coyne
**Entrance to the Chelsea College of Art and Design**

is the Atterbury Street Entrance

Nearest Underground Station is Pimlico on the Victoria Line

Published by the Chairman

info@friendsofmillbank.org 2016

**FORTHCOMING REUNIONS AND EVENTS**

The following are dates for your diaries:

**RAMC CORPS SUNDAY CHURCH SERVICE – SUNDAY 19th JUNE 2016**

To celebrate Corps weekend a Church Service and parade will be conducted on Sunday 19 June 2016. The service will be held at the Royal Garrison Church of All Saints Aldershot commencing at 11OOhrs. Please be seated by 10.45hrs.

This will be followed by a March Past of Serving Personnel, Old Comrades and members of the RAMC Association, with appropriate music being provided by the AMS Band. The service and March past will be followed by the RAMC Lunch. All serving personnel should wear Service/No2 dress with accoutrements (NO swords).

**RAMC LUNCHEON ON CORPS SUNDAY – SUNDAY 19th JUNE 2016**

The RAMC Annual Luncheon for Regular, Serving and Reserve members of the RAMC, members of the RAMC Association, Old Comrades and their guests will be held at the Princes Hall, Aldershot following the RAMC Corps Day Church Service and March Past on Sunday 19 June 2016. The cost for serving, retired and association members is free. Guests - £5.00 per head. Places for the Annual Luncheon may be reserved by completing the form appended to this Newsletter and, must be sent to the RHO, with a cheque for guests made payable to 'The RAMC Charity'.

Closing date: Friday 3 June 2016. Tickets for the Luncheon will be sent out by post.

**CONFIRMATION OF YOUR BOOKING WILL BE SENT VIA POST OR EMAIL, PLEASE ENSURE YOU INCLUDE YOUR FULL RETURN ADDRESS**

**AMS REUNION AT NATIONAL MEMORIAL ARBORETUM**

Like last year, this is an opportunity for the veterans of the four Corps of the Army Medical Services to pay their respect and remember those who have fallen during the various Wars and conflicts, not only during our time, but also of yesteryear. Serving members are cordially invited to come along and join us veterans on this special day.

The Reunion will take place on Saturday 6th August 2016 at 1030 hours in the RAMC Grove of the National Memorial Arboretum, Croxall Road, Alrewas, Burton-on-Trent DE13 7AR. There will be a short service and anyone wishing to lay a wreath or place a cross will be able to do so. Our party has been generously loaned the Wreath of Remembrance for the morning. Following the service, members may wish to take the opportunity to visit other memorials within the NMA.

Refreshments will be served at Litchfield Barracks and, all members
attending the Reunion are cordially invited to attend and participate in refreshments from 1400 hours within the Barracks. The organizer is currently negotiating the menu and costings with the Catering Representatives.

Those who wish to attend this event please visit FB Group at https://www.facebook.com/events/1146462065368902/ and inform Diane Donnelly if you are attending and require refreshments.

There's no dress code, wear what you feel comfortable in, it's just a nice casual day out with friends, mufti/berets if you'd like to wear them.

There will be a raffle, to raise funds for charity. Any prizes donated will be gratefully received.

LABORATORY TECHNICIANS REUNION 2016

Jonathan Swan is organizing the 2016 Lab Tech Reunion which is taking place on Saturday 1st October 2016 at the former Royal Army Medical College, John Islip Street, Millbank, London. The Reunion is open to former Laboratory Technicians and former members who were posted to the College.

Programme of Events:
1400 - Meet at RAM College
1430-1530 - Tour of site
1600 - White Swan
1900 - Curry

Major Gary Fitchett has kindly agreed to talk about “the RAMC BMS today”, and Wing Commander (Ret’d) Biggs will conduct a re-orientation tour of the former RAM College.

Those ex Lab Techs out there who would be interested in attending the Reunion should visit

https://www.facebook.com/events/489225907942483/

and let Jonathan Swan know if you intend to attend this reunion.

PICTURES FROM RAMC REUNITED 2016

I have enclosed some pictures that were taken at the RAMC Reunited reunion during the weekend 5-8th February 2016. If you wish to review more pictures taken at the reunion then please go to:

http://www.ramcreunited.co.uk/liverpool2016.html

Welcoming Committee - Norma and Mac McHale and Gloria McCran
Graham Mottley, Paul Ace Whittick and Dave Gargett

Dusty Miller, Bryan Smith and Paul Cusswell

Bugsy Cuthbertson, Jim Lacey, Phil Vandenberg and Paul Kinlan

**ABSENT BRETHERN**

Colonel (Ret'd) Jim Anderson

**RIP Jim**
ARMY MEDICAL SERVICES (AMS) ATHLETICS INTER UNIT AND INDIVIDUAL CHAMPIONSHIP MEETING 23-24 JUNE 2016

Reference:

A. Army Medical Services Sports Union Policy - dated Feb 2011.

1. Introduction. The annual AMS Inter-Unit athletics competition is an open meet, run in compliance with British Athletics rules. The Competition is to be hosted at the Royal Military Academy Sandhurst (RMAS) in accordance with Reference A and is open to all Regular and Reserve AMS units. CO 4 Armoured Medical Regiment, Lt Col S Nadin RAMC, has kindly agreed to host this year’s event.

2. Availability. Lt Col P Reynolds RAMC, Chairman AMS Athletics, kindly requests that Commanding Officers encourage their unit’s participation in this Competition. All individuals from Medical/Dental Centres etc, who wish to take part, may do so for their nearest medical unit. Personnel from Reserve Fd Hosp's/Medical Regt's may take part for their affiliated Regular AMS Unit (see Annex B).

3. General. The championships will be run in two parts. The heats will be contested on Thu 23 Jun 16 with the main event and finals contested on Fri 24 Jun 16. All Units holding trophies from last year’s competition are to return them to the Cmd RSM, prior to the event. The following change will be in force for this year’s championships:

   a. The top three veteran males (40+) and veteran females (35+) in their respective 5000m races will be awarded prizes. This will be taken from the results of the actual race and not run as a separate race.

4. Competition Entry. In accordance with Annex O of Reference A, all Regular and Reserve Medical Units are invited to enter teams into AMS Corps events. All units wishing to take part in the competition are to complete Annex A and return it to Capt Breed, Micheal.Breed551@mod.uk by COP Fri 3 Jun 16. Please note that due to the amount of changes that historically happen on the day regarding athletes nominated to take part in an event, units are requested to return a realistic not optimistic event participation list (Annex A).
This list will help organise the amount of heats that need to be run on day one. Team captains are to hand in a full nominal roll of competitors for each event to the competition organiser Capt Breed at the team captain’s brief at 1000hrs on Thu 23 Jun 16.

5. Forecast of Events Thu 23 Jun 16:
   a. 1000hrs – Team Captain’s brief, programme of events issues.
   b. 1100hrs – Official’s and Assisting Official’s Brief.
   c. 1330hrs – Heats and Qualifiers Commence.

Forecast of Events Fri 24 Jun 16:
   a. 0900hrs – Competition start.
   b. 1130-1430hrs – Rolling barbecue lunch.
   c. 1230-1330 – Competitors break.
   d. 1630hrs – Corps Colours and Final Presentations (all to attend).

6. **1600m Medley Relay.** The final race of the championships will be the 1600m Medley Relay; this event is a mixed event where males and females may represent their Unit. Only one team per Unit will be permitted with the make-up of the runners (male or female) up to the respective unit. The race consists of 2 x 200m, 1 x 400m and 1 x 800m legs. All participating units are to enter a team in this coveted race. Due to the number of units in attendance there will be a minimum of two races; with the winning team being the fastest team from all races.

7. **Army Inter Corps Athletics Championship.** AMS athletes finishing 1\textsuperscript{st}, 2\textsuperscript{nd} or 3\textsuperscript{rd} in an event will be invited to represent the AMS in the 2017 Army Inter Corps Athletics Championships.

8. **Unit Administration.** All Unit Athletics Officers/Team captains must note the following:
   a. All Team Captains are to ensure they are conversant with the rules at Annex B.
   b. Limited changing and shower facilities are available at the running track of RMAS. Team captains are asked to ensure their athletes shower and change in this facility only, tents will be provided to store equipment and belongings.
   c. Units are required to ensure all participants are in possession of a packed lunch for Thu 23 Jun 16 as no food will be provided by the organising unit.
   d. A pay as you eat barbecue for all unit representatives will serve food from 1130hrs until 1430hrs on Fri 24 Jun 16. Alternatively, 'Fort Royal' at RMAS, an all ranks dining area serving a variety of hot and cold food, can be utilised.
   e. It is the responsibility of all individuals and unit teams to organise their own travel to and from their accommodation and the championships.
   f. Dogs are not allowed in the grounds of RMAS.

9. **Accommodation and Messing.** Individuals requiring accommodation are to book directly with Central Accommodation Booking Service on 01252 354305. All personnel accommodated in transit accommodation, including the Garrison Sgts’ Mess Annex must ensure they are paying the daily Food Charge (DFC) for the duration of their stay. This then entitles them to take meals at the appropriate mess (St Omer Bks JRDC or GSM). Nominal rolls of those entitled personnel are to be forwarded to the appropriate Catering Manager prior to the event commencement for confirmation. No accommodation is available at RMAS.
10. **Parking.** Due to other commitments by RMAS no vehicles will be allowed to park at the running track car park. Unit transport is to park at the Former Army Staff Collage (FASC) after dropping off their competitors at the track. Last year’s event was almost stopped by RMAS’s provost staff due to athletes parking on the roadways near the track; this practice is not to happen again, disciplinary action for contravening site standing orders may be implemented against those who do.

11. **Officials and Manpower Support.** Each year there is a heavy manpower burden placed upon the host unit. Once again 4AMR have kindly agreed to host this event, to this end the AMS Athletics Chairman, Lt Col Reynolds RAMC, has respectfully requested that attending units supply four non-participating personnel (minor units) or six non-participating personnel (major Units) this should include an RAPTCI or AAPT. Nominated personnel will be carrying out duties as either General Duties party or Officials; names are to be passed to SSgt Bishop RAPTC, 4MED-13Sqn-TRGWING-RAPTC, (IC Arena Party and Officials co-ord). Units who fail to provide the appropriate level of manpower support will not be permitted to take part in the event, save for those units that can demonstrate ‘exceptional circumstances’.

12. **Dress.** Units are to adhere to the dress annotated:
   
   a. Competitors – Team colours or suitable sports clothing for their respective events.
   
   b. PT Staff (assisting the event) – Boots, MTP trousers and blue top.
   
   c. General Duty personnel – Boots, MTP trousers and issued brown t-shirt carrying combat jacket.
   
   d. Spectators – As per their respective unit policy.

13. **Dispersal.** All competitors and unit representatives are expected to attend the post event presentation before being released NLT 1700hrs on Fri 24 Jun 16.

14. **Guests & VIPs.** All unit COs and RSMs will receive a formal VIP invitation. All competitors are welcome to bring families and guests, however individuals will need to make arrangements with RMAS security staff to ensure entry is permitted.

15. **Summary.** The aim of this event is to foster and encourage ‘Esprit de Corps’ and comradeship between the four Corps. It will also provide due recognition for the prowess of our sportsmen and women and thus provide a stepping-stone for their athletics development. It is also an opportunity to select individuals from the AMS to represent the AMS in the Army and Inter-Corps Athletics Championships. Finally, the most important objective is to enjoy the day.

[Original Signed]
MJ Breed
Capt
For AMS Athletics Chairman

Annexes:

A. AMS ATHLETICS CHAMPIONSHIPS 23-24 JUN 16 – UNIT AND INDIVIDUAL ENTRY MATRIX.
B. AMSSU POLICY² - ELIGIBILITY OF PERSONNEL.
Distribution:

HQ SG
AMD
PJHQ (DACOS Med)
Army HQ (DACOS Med)
HQ 1 (UK) Div
HQ 3 (UK) Div
HQ 2 Med Bde
CVHQ AMS (for NRUs)
HQ DPHC (for dist to regions)
  1 Armd Med Regt
  2 Med Regt
  3 Med Regt
  4 Armd Med Regt
  5 Armd Med Regt
  16 Med Regt
  22 Fd Hosp
  33 Fd Hosp
  34 Fd Hosp
  201 Fd Hosp
  202 Fd Hosp
  203 Fd Hosp
  204 Fd Hosp
  205 Fd Hosp
  207 Fd Hosp
  208 Fd Hosp
  212 Fd Hosp
  243 Fd Hosp
  256 Fd Hosp
  225 Med Regt
  253 Med Regt
  254 Med Regt
RCDM
DCHET
BCU
AMSTC
DMRC Headley Court
DMG(SE)
DMG(SE)
DMG(N)
DMG(S)
ATR Winchester - OC C Coy
101MWDU

Copy to:

AMS Athletics Chairman
AMS Athletics Team Manager
4 Armd Med Regt CO
4 Armd Med Regt 2i/c
AMD Sec AMSSU
ASCB Sec Army Athletics Association
RHQ RAMC Regimental Secretary
ASPT Chief Instructor
### AMS ATHLETICS CHAMPIONSHIPS 23-24 JUN 16 – UNIT AND INDIVIDUAL ENTRY MATRIX

<table>
<thead>
<tr>
<th>Unit</th>
<th>Team Captain Rank &amp; Name</th>
<th>Team Captain Contact Number</th>
<th>Team Captain Email</th>
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<tr>
<th>Event</th>
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<td>100m</td>
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<td>200m</td>
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<td>100m Hurdles</td>
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<td>110m Hurdles</td>
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<td>400m Hurdles</td>
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<tr>
<td>2000m Steeplechase</td>
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<tr>
<td>3000m Steeplechase</td>
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<td>4 x 100m Relay</td>
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<td>4 x 400m Relay</td>
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<td>1600 Medley Relay</td>
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<td>Shot</td>
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<td>Javelin</td>
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<td>Discus</td>
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<td>High Jump</td>
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<td>Triple Jump</td>
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<td>Long Jump</td>
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<tr>
<td>Tug-of-War</td>
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</table>

For the initial return, names do not need to be appended above, however team Captains are to have this form complete with names and ranks ready to hand to Capt Breed at the Team Captain’s brief at 1000hrs Thu 23 Jun 16.

It is essential for the smooth running of the event that participating Units provide the extra manpower as listed below:

<table>
<thead>
<tr>
<th>RAPTCI/AAPTI</th>
<th>AAPTI/GD</th>
<th>GD</th>
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Please note that all individual entries will be assigned to their nearest participating Unit, subject to availability in the event they wish to compete.

This entry matrix is to be returned to Capt Breed (AMS Athletics Secretary) no later than Fri 3 Jun 16, via hard copy or email to Micheal.Breed551@mod.uk

**REMEMBER YOU DO NOT NEED TO ADD NAMES TO EVENTS AT THIS STAGE, HOWEVER REALISTIC NOT OPTIMISTIC RETURNS ARE REQUIRED!**
AMSSU POLICY² - ELIGIBILITY OF PERSONNEL

1. The following information on eligibility of personnel is directly extracted from the AMSSU Policy document.

2. The following personnel are eligible to represent their units in AMSSU Inter Unit Competition:
   a. Personnel on the posted strength of AMS units listed at Annex B of Reference A, with reference to the eligibility of non-AMS personnel defined by Rule 0307.
   b. AMS personnel attached to units at Annex B of Reference A for a period of six or more months, providing the individual has the written permission of their parent unit. This provision applies to team sports only, where an individual can enter an event, such as cross-country, attached personnel may only compete as individuals.
   c. AMS personnel, not on strength or attached to units at Annex B of Reference A, or those on strength or attached to units at Annex B of Reference A who are not entering a particular competition, may be affiliated to units in accordance with the guidelines for standing affiliations. Those personnel out with the standing affiliations may apply to the Secretary AMSSU to be affiliated to another unit for the relevant competition, using Appendix 1 to Annex F of Reference A. The affiliation is only to apply for the season in question. This provision applies to team sports only; where an individual can enter an event as an individual, such as cross-country, affiliation is not permitted. A limit is set for each competition of the number of affiliated personnel eligible to represent each unit. These limits are listed at Annex F (note 3) of Reference A. The rationale for this rule is to ensure individuals can compete in their chosen sport. It is not to be used as a means of strengthening unit teams.
   d. Due to the unique nature of their role, the following MDHU units may affiliate with their Regular FD Hosp for the purpose of participating in AMS sports unless they choose to participate independently as a MDHU unit:
      (1) DMG(N) - 34 Fd Hosp
      (2) DMG (SE) - 22 Fd Hosp
      (3) DMG(S) - 33 Fd Hosp
   e. To allow the limited regular members of the AMS who are serving within Army Reserve units to participate in AMS sports the following 2 Med Bde units may amalgamate into the following regions for the purpose of participating in AMS sporting events:
      (1) North 34 Fd Hosp, 201, 204, 205 and 212 Fd Hosp (V)
      (2) Central 22 Fd Hosp, 202, , 207 and 208 Fd Hosp (V)
      (3) South 33 Fd Hosp, 203, 243 and 256 Fd Hosp (V)
   f. Any special case not covered by sub-para 0305a-e, is to be referred to the ECSU for decision, through the Secretary AMSSU. The ECSU, mindful of the aim of the Sports Union, are the sole arbiters of eligibility.

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The final match of the year saw 21 players turn out at York GC for the Summer meet. This meet not only identifies the meet champion but also crowns the champion of the year in the specific scoring areas. After a close fought competition the prizes were awarded as follows:

**Summer Meet**
- Best Stableford score - Pte Forrest 5 Med Regt.

**Champions 2015**
- Stableford Champion - Maj Malin CM APC.
- Net score champion - Capt Reynolds 33 Fd Hosp.

The diary dates for next year are set and are:

- **7 – 14 Apr** - Proposed tour – Florida 12 places maximum.
- **11 May** - Spring Meet – Aldershot GC.
- **17 May** - Match V REGS – Frilford Heath GC.
- **3 – 8 Jul** - Army Matchplay & Intercorps Championships – Saunton Sands GC.
- **12 Jul** - Match V RLC – Tidworth GC.
- **21 Jul** - Match V R/Sigs – Basingstoke GC.
- **1 – 3 Aug** - Army Stableford Championships.
- **8 Sep** - Summer Meet – York GC.

**AMS Netball**

**Chair**
- Col A Lewis

**Secretary**
- Maj Charlotte Winship DPHC(WX)-BUL-Dental SDO (Winship, Charlotte Maj) **DPHCWX-BUL-DentalSDO@mod.uk** 94321 2749, 01980 672231

AMS Netball held a successful training weekend in September in order to select the squad for the Inter-Corps Competition.
Following this, the first ever AMS Netball Training Camp was held Oct 7-10. ‘Ex. MEDIC NETRUS’ saw a squad of 16 AMS players head to Cyprus. The 4 day Training camp involved training sessions and competition against local opposition. The squad visited Akrotiri, Episkopi and Dhekalia playing 10 matches in total. AMS won every match against some credible opposition. They also were winners of the tournament which was held on the Saturday.

Following on from a successful tour, the AMS came fourth out of 19 Corps squads at the Inter-Corps competition 22/23 Oct. This was an excellent result against the Netball giants which are RLC, AGC and R.Signals which all contain International level players. We also walked away with a Trophy for ‘Young Player of the tournament’ which was awarded to one of our new squad members, Lt Rachel Hockenhull RAMC, 202 Fd Hosp.

The Corps Netball season has now finished and the Army season starts. Several of the AMS squad members have once again been selected for trials which will be held Nov 20th at Aldershot.

Looking ahead, the AMS squad have forged such an excellent team bond this season that we are planning to enter some civilian tournaments in order to prepare early for next season.

For any prospective players who wish to get involved in AMS Netball, please contact Maj Charlotte Winship charlotte.winship100@mod.uk or find us on the AMS Netball Facebook page. We are always looking for new players.

AMS Windsurfing

Secretary - Maj M Jerrard 254MED-RHQ-TRGMAJ(Jerrard, Marti Maj)
254MED-RHQ-TRGMAJ@mod.uk Tel: 94658 5106

EXERCISE EXTREME SURF (Brazii)

After 12 months in the planning, on 23 September 2015, 11 Army Windsurfers headed to Jericoacoara in Northern Brazil for a two week sports tour of a lifetime which included myself as the OIC and Lt Col Dave Hinsley RAMC. Why Brazil? Surely this is just an excuse for a jolly in the sun I hear you ask? Well far from it my naive none watersports friends as Jericoacoara (better known simply as Jeri) is renowned as

“One of the best windsurfing locations in the world for training, and racing in arduous and challenging conditions”.

With consistent daily winds what each Army windsurfer achieved in 12 days could not be replicated in the UK or indeed anywhere in Europe in less than 6 months. Fact! Even Maui in the Hawaiian Islands which is the Mecca of windsurfing can rarely produce such consistent wind. Winds in Jeri are at their strongest between September and November averaging between 20-35 knots. This type of wind consistency along with extremely warm waters of 20 degrees Celsius allowed everyone to progress extremely rapidly. The daily air temperature was around 33 degrees Celsius, so plenty of high factor sun cream was required daily with only board shorts and a rash vest required whilst using an average sail size from 4.2 and 5.0 metre which was accompanied with small to medium sized freestyle wave or dedicated wave board.
Windsurfers were selected from across the whole of the Army Windsurfing community (AMS, RLC, RA, AAC, REME, R SIGs) although they must have displayed committed during the previous season. Pre-tour training began in earnest back in March 2015 with all of those attending encouraged to learn to ride on smaller boards (sub 100 litres) in more demanding coastal conditions. Many hours of travelling seeking out wind and waves across the UK were needed and at personal expense if the Army windsurfers were to be ready to take on the infamous wind and waves of Jeri.

Training and coaching was provided by the ASA Windsurfing Trainer, Mr Jon Metcalfe who is renowned throughout the Services and the civilian Windsurfing community. Individual strengths and weaknesses were identified early so as to developed individual plans to ensure that everyone would enhance their windsurfing skills. The daily routine consisted of an early breakfast followed by an hour of simulator and dry land exercises. This was followed by two three hour sessions on the water. Jeri is tidal but sailable at anytime.

One piece of equipment which proved invaluable as is assisted in everyone’s development as being able to see yourself on camera often allows riders to iron out bad habits or mistakes which they would otherwise be unaware of. It was also used for good comedy and much laughter as well!

For many on the sports visit, this was the first time they had ever windsurfed in waves or indeed consecutively for longer than 4 or 5 days. For many, wave riding and jumping represents the pinnacle of their windsurfing which is extremely demanding both physically and mentally. Lt Col Dave Hinsley RAMC (ASA Windsurfing Rear Commodore) mastered the forward loop and although this is technically simple move, psychologically it is by far the most difficult! At the end of the sports visit the award for the 'Most improved' was awarded to both Maj Adam Greenfield RA and SSgt Simon McCulloch RLC as both made phenomenal gains in their personal windsurfing.

Jeriocoacoara is an outstanding location to windsurf. Racing skills, carve gybing, fast tacks, blasting stance and control, loops, jumps, spins and wave riding skills were all enhanced hugely. A massive thank you must go to the ASBC, ASL, Army Sailing Association (ASA), Sp Comd and to all the Corps for their financially assistance to their windsurfers. It was without doubt the most exhilarating, most challenging, yet most rewarding sport tour ever taken on by ASA windsurfing, and it is hoped that it will not be the last.

Interested in Windsurfing contact either the AMS Windsurfing Sec Maj Marti Jerrard RAMC or the ASA Windsurfing Sec Capt Colin Jurgens AAC on 94295 3233. For windsurfing courses go to http://www.sailarmy.co.uk/windsurfing/index.html

Maj Marti Jerrard RAMC
OIC Ex EXTREME SURF (Jeri) and AMS Windsurfing Secretary
AMS Orienteering

The AMS Orienteering team entered the Inter Corps Event on 21-22 Nov 15.

**Male Team**
- WO2 M Jackson
- WO1 J Pointon
- SSgt N Gilbert
- Capt A Game

**Ladies A Team**
- Capt F Biggin
- Capt K Rye
- Capt G Frolich
- Sgt J Jackson

The Night event was held at Holmbury woods, nr Guildford:

- Male Team 4<sup>th</sup> out of 16 teams.
- Ladies Team 5<sup>th</sup> Out of 10 teams.

The Day event was held at Pitch hill Nr Cranleigh Surrey:

- Male Team 9<sup>th</sup> Out of 16 teams.
- Ladies Team 5<sup>th</sup> out of 10 teams.

The AMS had 24 runners from both Regular and Reserve units across all 4 cap badges.
AMS Sports Newsletter

AMS Football (Men)

Secretary - WO1(RSM) A Hiley
5MED-RHQ-RSM (Hiley, Andrew WO1) 5MED-RHQ-RSM@mod.uk
Tel. 94731 3909

The AMS male team have played 2 games since the last newsletter:

AMS v AAC Woolwich Cup (1-9).

AMS v AAC Massey Cup (2-1).

It is proposed to have a friendly in Jan 16 against the Army Crusaders.

The males next game will be on the 19 Feb 16 against the Inf away. Anyone interested in joining the AMS Male team are to contact Capt Bamford AMS Manager on 94731 2919.

AMS Alpine Skiing

Maj J Scott

4MED-36SQN-MRS-TP-DO (Scott, James Maj) 4MED-36SQN-MRS-TP-DO@mod.uk

The AMS alpine squad arrived in the Stubai valley, Austria on the 8th of November with their newly acquired equipment and a clear plan of what lay ahead. A vast amount of effort and planning ensured that all G4 aspects had been taken care of enabling all members to focus on their development as both proficient skiers and members of a functioning military group. Following a brief admin period the alpine training began just 24 hours following arrival in resort in ideal weather conditions.

The first week saw our integration with the Royal Engineers exercise commencing with a ‘ski off’ resulting in the AMS individuals being streamed into ability groups alongside their Royal Engineer colleagues. This ensured that all members received high level training tailored to their particular level of development. The first week saw the groups undergo tuition in the fundamentals of skiing in addition to demonstrations on ski tuning and maintenance, both of which will prove vital in the long term development of all members.

The second week consisted of race training in both Slalom and Giant Slalom disciplines. All members have approached this increase in intensity and work rate with a proactive attitude including their assistance in set up and close down procedures each day. This prepared, proactive and professional ethos was reflected in their rapid personal development as well as their favored image amongst their Royal Engineer peer group. Congratulations are also due to Maj Scott and Pte McGealy who have now passed their UKCP1 Race Coaches Course.

The AMS Alpine group has begun the exercise in an ideal manner providing a solid platform to build upon with regard to their development as competent alpine skiers throughout the remainder of the ski season.
AMS Sports Newsletter

AMS Cross Country

Chairman - Lt Col P Reynolds
34HOSP-RHQ-CO (Reynolds, Paul Lt Col)
Tel: Civ. 01904 442920, Mil. 94772 2920

Secretary - Capt V Parker
2MEDX-G3-Ind-Cts-SO3@mod.uk
Tel. 94772 2618

A sincere thank you to all those who managed to enter teams and individuals in the AMS Cross Country Chps that took place at Imphal Bks, York. The event was very well attended with approx 150 runners taking part of all shapes and sizes and there was significant representation from our Reserve cohort.

The spoils were shared between 16 Med Regt (Male), DMS(W) (Ladies) and 34 Fd Hosp (Veterans) and as usual there were some tremendous performances at both the front end of the pack and the rear. North Yorkshire delivered a sunny day as it always does, which made the 3 or 6 miles that much more pleasurable.

I would ask that you continue to support Cross Country and endeavour to release those who were ‘swift of foot’ yesterday for the Inter Corps Chps in March 2016.

Full results will follow in due course to those who participated.

AMS (W) Rugby

Director - WO1 L Richens (RCDM-HQ-RSM@mod.uk ).
Manager - Sgt L McKenna (16MED-19-wardSNCO@mod.uk)
Sec - WO2 M Bowley ( 22HOSP-SPSqn-RQMS-Tech@mod.uk)

Results:

AMS v RLC - AMS won 42 – 0

On a windy Queens Avenue the AMS(W) Rugby Team kicked off against the RLC(W). For the first 20 mins of the match it was an even affair until the AMS opened the score following some good interaction between the forwards and backs. Our backs showed pace out wide and our forwards disrupted at every opportunity whether at the breakdown or lineout showing overall dominance. This dominance led to more possession and the pressure started to show with the RLC going backwards for most of the second half. The RLC entered our 22 only 5 times in the whole match and every time were firmly repelled. With the AMS fielding a mixture of experience and new blood it was good to see such a strong team performance. At least half the team where making the debut for AMS (W) Rugby and we strongly encourage any new players to get in touch.

Try scorers:

LCpl Clift x3
Pte Silcox x3
Sgt Hillier x1
Pte Harding x1
Conversions:

LCpl Gilbert

Woman of the match - LCpl Gilbert.

Forthcoming fixtures:

REME v AMS - 27 Jan 2016 - Queens Avenue - KO 1400hrs.

Local unit support at the above fixture would be greatly appreciated.

**AMS ICE SPORTS**

Chairman - Lt Col Ngozi Dufty (Defence Specialist Advisor Sexual Health and HIV, ngozi.dufty@nhs.net, 0121 424 2358)

Secretary - Capt Peter Botterill (PSAO 335 MER, 01904 442788, CRHQ 2 Med Bde)

Forthcoming events (as per the AWSA website):

23 – 30 Jan 2016 - Exercise Racing Ice 1 (Novice Training Camp Week 1).

30 Jan – 06 Feb 2016 - Exercise Racing Ice 1 (Novice Training Camp Week 2).


06 – 12 Mar 2016 - Inter Services Ice Sports Championship.
AMS Skydiving

After a successful 2015 season with AMS EX SKIES CALL 15 to the USA, static line courses at Airfield Camp Netheravon, progression training and success at the Armed Forces Parachute Championships, AMSSPA grows year on year. In 2016 we are planning another packed year. If you want challenge yourself skydiving is the ultimate test!

Upcoming events for 2016:

**Accelerated free fall training.** Ex Skies Call 16. Open to all AMS personnel. 16 places available. Contact Maj Campbell. E-mail: matt.campbell@armymail.mod.uk

**AMS 4-way skydiving team.** We are looking to form a committed AMS 4-Way skydiving team to train and progress throughout the season and compete at UK National level competitions in 2016. Further information from Cpl Biggadyke. E-mail: d_biggadyke@hotmail.com.

**Progression training.** Weekend events though the season. Open to all AMS personnel working towards FS-1 and B-licence.

**Static line training.** Weekend 1-jump courses comprising ground training and 1st static line jump. Individuals and Units are reminded that static line courses are available throughout the year at JSPC (Neveravon) and can be booked through the ATG(A) website www.atga.mod.uk.

For more information about any of these events or AMSSPA, please contact Maj Blethyn.

AMS Kendo

**Chairman** - Maj David Worsley 243 Fd Hosp.
**Secretary** - Capt Chris Jones
33HOSP-RHQ ADJT (Jones, Christopher Capt)
ARMY KENDO COURSE
Novice, Intermediate & Elite
7th – 13th March 2016

Contact:
Capt Chris Jones 9380 65622 / 02392 765622
captchristopher.jones451@mod.uk
AMS Basketball

Chairman - Col M Toney Martin.Toney354@mod.uk
Secretary - Capt W Douglas
256Hosp-roso@mod.uk
Tel: Civ. 0207 0912669 Mil. 94261 2663

AMS WOMEN'S BASKETBALL

The Army Medical Services Male and female basketball teams successfully competed in the Annual Inter Corps Basketball competition, held this year in Aldershot over the last week of November.

The teams was selected from a range of very experienced players to complete beginners, who's first time playing had been at the AMS Inter-unit basketball competition held earlier this year and were selected having showed great potential.

Prior to the competition 7 days of performance and development training was conducted in Gosport. For a lot of the ladies this was the first opportunity to practice and play together. The training week comprised of developing basic skills and the running of defensive and offensive drills; but more importantly this week facilitated the opportunity to get to know each other and bond as a cohesive team on and off the court, which as the AMS team we take great pride in.

Under the additional pressure of being the defending champions being referred to off the court as 'the team to beat' our first game of the championship was against the Royal Artillery. Despite our pre-match nerves and excitement prior to the first game the AMS ladies made a spectacular return to the court, our defensive and offensive pressure set the tone early and we went on to win our first game 43-16. Our second game was later that afternoon against AGC who we knew to be a strong team. Keen to build upon the morning’s success we went out strong and played hard for the 40 minutes and won 42-16.

On the Tuesday the ladies faced the RAPTC, although only a team of 5 players, they had one exceptionally skilled Army player and the strength and fitness levels of the other players were dually not to be underestimated. After a hard fought game we won 47-33. The AMS ladies went into our fourth game against the Royal Signals with confidence. The previous challenging games allowed us to grow as a team reflecting on the court where we comfortably won 45-11. Our final game of the pool was against RLC who we successfully beat last year in the final. Although a tough game, we played 'our game' with conviction and beat RLC 37-21. Morale within the team was high as we had beaten every team in competition already and were through to the semi finals.

In the semi finals we faced RAPTC, although we hoped at this point in the competition they would have been fatigued, they continued to provide tough competition. However, providing strong defensive plays against their star player we denied most off their offensive plays and went on to win 37-15. Having successfully won their semi-final, we were to play RLC again in the Final. Keen to capitalise on our prior win against RLC we went out with a solid starting 5, but within the first 3 minutes play it was evident it was going to be a tough game. The RLC had come out on court hard and rightfully wanting to win it. Although I feel the AMS played a technically better game in the final against some questionable referee decisions the RLC won a very close game 43-41. Although a little disappointing, the effort and commitment from the AMS Ladies on and off the court could not be faulted. We finished the competition with our heads held high, with the team consensus to continue with our efforts and come back fighting harder and stronger next year.
AMS players:

Sgt Maria Wood  
Sgt Jess Parkes (Captain)  
Cpl Lisa-marie Trotman  
Cpl Becky Collins  
Cpl Chelsea Wright  
Cpl Jodie French  
LCpl Charlotte London  
Pte Nikki Lawford  
Pte Calista Ibbitson  
Pte Dana McIntosh  
Pte Dani Eaton  
Pte Abbie Quick

Game Results:

1st game  AMS Vs Royal Artillery  
(Win 43-16)  
2nd game  AMS Vs AGC  
(Win 42-16)  
3rd game  AMS Vs RAPTC  
(Win 47-33)  
4th game  AMS Vs Royal Signals  
(Win 45-11)  
5th game  AMS Vs RLC  
(Win 37-21)  
Semi-final.  AMS Vs RAPTC  
(Win 37-15)  
Final.  AMS Vs RLC  
(Lost 41-43)
Most Valuable Player

Newcomer LCpl Charlotte London was voted this year by the team as ‘Most Valuable Player’ (MVP). On the court she showed tremendous offensive pressure utilising her height and strength taking our opponents out of the game and rebounded often with victory. Pte Njugunha also received the “Most Valuable Player” from the male team.

AMS Equestrian Association

Chairman - Col Katherine Hartington
Secretary - Maj Nicola Rush. Email: nicola.rush588@mod.uk

The Army Medical Services Equestrian Association (AMSEA) aims to provide opportunities and training for all AMS personnel at all levels from complete beginner to Corps team training. Over the last year the AMSEA has rapidly expanded with record numbers attending Beginner and Novice courses, identifying an opportunity for riders to borrow horses for military competitions and providing Team Training for a record number of riders who have access to their own horse. There is something for everyone at all levels.
This year the AMS has competed at the Combined Services Equitation Championships, Royal Windsor horse show including parading in front of HRH, The Queen, RN Championships, RAF championships, Royal tournament and Royal Artillery Hunter Trials. 4 out of the 8 riders who have qualified to jump in the military class at Olympia International horse show are AMS, there are 4 AMS riders on the Army Squad and there have been many AMS riders competing in their first competitions ever and for the Corps this year. The AMS has been the most successful Corps across military equitation this year.

Future Events;

16th Dec 2015- Olympia International Horse Show Services Jumping.

Breaking news:

4 AMS Riders, Major Nicola Rush (RAMC), Capt Caroline Bullard (RADC), 2Lt Lambert (RAMC) and LCpl Griffin (RADC) qualified in the top 8 military riders to compete in the Services jumping at Olympia International Horse show on Wed 16th Dec. This was won last year by Capt Dani Toole (QARANC). An opportunity of a lifetime to compete on a World Class stage and great achievement just to qualify. The AMS retained the title for the first time ever with a great win by 2Lt Amy Lambert.
2016

23-24th Jan - **Cotswold Training weekend** - A fantastic opportunity for AMS personnel who DO NOT OWN their own horse to attend a training weekend - all horses are hired and all levels welcome. Please contact LCpl Becky Williams on DPHC(WX)-BLA-CMT-03@mod.uk

March - Beginner Course - Warminster saddle club - detail TBC.

March - Novice Course - Warminster saddle club - detail TBC.

1st - 2nd April - **Team training** - own horse/access to horse required.

16th April - **UK Armed Forces Equestrian Championships** - WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE.

27th April - **DMS Whittington Competition** (see attached information) - WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE.

14th May - **Royal Windsor Horse Show** - AMS team event – Loan horses are available from the Cotswold Loan scheme but riders need to have show commitment to riding these horses for 6 months prior to be eligible for team selection and be able to jump a course of 105m.

21st May - **DMS Whittington Competition** - WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE.

20 - 24th May - **DMS Whittington Summer camp** - WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE.

20 – 23 June - **Royal Tournament** – WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE – This is through the Cotswold Loan horse scheme.

22nd June - **DMS Whittington Competition** - WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE.

23rd July - **DMS Whittington Competition** - WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE.
13th - 14th Aug - **Royal Navy Championships Competition** - WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE. This is through the Cotswold Loan horse scheme.

23-25th Sept - **RAF Champs** - WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE. This is through the Cotswold Loan horse scheme.

16th - 19th Sep - **DMS Whittington Summer Camp** - WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE.

22nd Oct - **Royal Artillery Hunter Trials** - WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE.

19th Nov - **Uniformed Services Showjumping** - WE CAN ACCESS LOAN HORSES FOR THOSE WHO DO NOT OWN THEIR OWN HORSE.

For further information please join the Army Medical Services Equestrian Association Facebook page or contact the secretary on email above.

**AMS Rugby Union**

AMS Development XV vs Yorkshire UOTC 18 Nov 2015 Queen Elizabeth Barracks, Strensall.

The AMS were hosting the UOTC for the second season since forming as a team. It was cold and wet, perfect weather for the Forwards, especially as the average age of the UOTC was about 19. The two teams had turned up with good numbers with size and experience favouring the AMS Development side.

As this was a development game for both sides, the game was played over four quarters of 20 minutes. The aim of the development side is to scope for new talent for the AMS RUFC, and as such this allowed the team managers to observe new players in a competitive fixture. Considering the inclement weather conditions the tempo of the fixture remained high with both teams trying to play with ball in hand, playing attacking rugby from all areas on the pitch.

The AMS lead going into the final ten minutes of the final quarter when disaster struck. The AMS’s key ball runner was injured in the act of scoring a try. The heads dipped and some poor tackling allowed the UOTC back into the game scoring 3 unanswered try’s. The final score was 24-36 to the UOTC. A loss for the AMS Dev that will have to wait until next season to be avenged. A good day of rugby only hampered by an injury. The ethos of the game was well enjoyed by all attending. Several players put their hands up for selection for the AMS 1st XV.

Any players interested in playing rugby please contact SSgt Ford AMS Dev Team Manager. (2MEDX-CRHQ-306-PSI-SSGT (Ford, Marc SSgt) 2MEDX-CRHQ-306-PSI-SSGT@mod.uk)

AMS RUFC Committee:

Director AMS RFC Men – Capt C Crosby RAMC
Secretary – Capt H James QARANC
Head Coach - Capt S Sylvester RAMC
Manager – Maj S J Wignall RAMC
Director AMS RFC Men Development – Maj P Desbrough RAMC
AMS Dev Team Manager – SSgt Ford
AMS (L) RUFC Committee:

Director AMS RFC Women – WO1 L Richens QARANC
Secretary – WO2 M Bowley RAMC
Head Coach – Sgt C Lowe RAMC
Team Coach – LCpl S Magic RAMC
Manager - Sgt L Mckenna QARANC

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Results:

30 Sep 15    Int Corps 53 – 16 AMS
04 Nov 15    AMS  29 – 5 RAC
02 Dec 15    RAPTC 5 - 48 AMS

Next fixtures:

20 Jan 16    AMS vs AAC (Keogh Bks KO 1400).
27 Jan 16    AMS Dev vs NMS (Strensall KO 1400).

Army Medical Services Hockey Club

Secretary:  Major Rob Wise
Telephone:  07921 917934
Military:   94731 4160
E-Mail:     5MED-7SQN-OC@mod.uk

Captains:   Men:    Sgt Rich Frake    07453 326653
            Ladies:  Cpl Liana Smith    07870 279054
Ladies Manager:        Capt Emily Lawson    07530 955966
Masters:   WO1 (RSM) Mark Duffy    07551 017636

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AMS Sports Newsletter

| 2 | 20 Jan 16 | Fixture 6 & 7 | RLC & AGC | Home (Aldershot) | Games to be 25 min halves
|   |           |              |          |                  | 1230 – AMS v RLC (M)
|   |           |              |          |                  | 1330 – AGC v AMS (L)
|   |           |              |          |                  | 1330 – AGC v RLC (M)
|   |           |              |          |                  | 1430 – AMS v RLC (L)
|   |           |              |          |                  | 1530 – AMS v AGC (M)
|   |           |              |          |                  | 1630 – AGC v RLC (L)

| 3 | 7-10 Mar 16 | Outdoor Inter-Services Tournament |
| 4 | 6-8 May 16 | County Champs |
| 5 | May 16* | Inter-Corps Outdoors Tournament |
| 6 | 20-22 May 16 | County Champ Finals |
| 7 | 22 Jun 16* | Lucus Cup | AMS 6-a-side Inter-Unit competition |
| 8 | 23 Nov 16* | Marrable Cup | AMS 11-a-side Inter-Unit competition |

AMS Squash

Chairman - Lt Col Chris Millett
Dii: Christopher.Millett475@mod.uk
Tel: 936055726

Secretary - Capt Kristy Willoughby
Dii: kristy.willoughby583@mod.uk or 34Hosp-RHQ-RCMO@mod.uk
Civi: k-mwilloughby@hotmail.co.uk

Chairman’s report.

At the Inter Corps Championships in Nov, the AMS Team held on to our precious place in Div 2 … this was a hard battle and a real prize, because in 2014 (when we won Div 3 and were elevated to Div 2) our elevation to Div 2 was only the second time in 26 years that we have achieved this accolade; hence my determination to build a team that would keep us in Div 2 for (at least!) two years in a row! Krissy and Ian (and Mel before she was taken ill) arranged a series of coaching and training weekends in the North (Catterick area) and South (Aldershot and Keogh) which enabled us to field an excellent team this year. There is now strong competition to get into the ‘Top 5’ AMS player list.

Matched against other Corps, the AMS has (or soon will have) a healthy number of qualified referees (see below); a positive step commented on by ASRA President Maj Gen Tyrone Urch (Comd FTC). Furthermore, the AMS will host the annual ASRA dinner at the Former Army Staff College on Thu 21 Jan 16 (during the 3 day Army Individual Squash Championships held in Aldershot early next year); this all goes towards enhancing the profile, awareness and professionalism of the AMS throughout the wider Army community.

Summary. Thank you for your continued support of AMS Squash, it is highly valuable and much appreciated that the Chain-of-Command leans in so supportively to AMS participation in sporting endeavours, and Squash in particular.
AMS Swimming and Water Polo

Chairman – Brig Kevin Beaton

2medx-comd@mod.uk

Secretariat - Capt Dale Bairstow
dale.bairstow139@mod.uk
Tel: 01264 88 6878
- Capt Mike Forbes
mike.r.forbes@gmail.com

The annual Inter Unit Swimming and Water Polo Competition was held at Collingwood, 29-30 Oct 2015. Despite last minute changes to the venue the competition was extremely well attended and proved to be a great success. Not only was there a bumper turnout for the swimming heats but also for the Water Polo. It served as a good preparatory meeting ahead of the Inter Corps and was thoroughly enjoyed by all who attended.

The Army Inter Corps Swimming and Water Polo Championship was held in Aldershot on 02-03 Dec and recorded the biggest turnout in its 27 year history.

The AMS Team are always strong contenders and achieved good results across the board however, special mention must be made of the female squad.

The tournament bore witness to the best results ever recorded by the AMS Female Squad who won all of the available silverware including the Team Championship Shield, the Swimming Championship Trophy and also the Water Polo Cup. A few records were also broken along the way- Capt Pollard set a new Ladies 50m Backstroke time and the time for the Ladies 4x50m Medley Relay Event was broken by the combined efforts of Capt Pollard (Backstroke), Pte Baker (Breaststroke), Pte Preston (Butterfly) and LCpl Chamberlain (Freestyle).

The Womens Swimming and Water Polo Squad has been an absolutely dominating force over the last 5 years. Combined, they have held most of the available accolades for most of the time over this period although this is the first time all three trophies have been held at once, a record feat in itself.

Overall, the success of the team is not only rooted in phenomenal levels of personal dedication and hard work but also, crucially, in the support and encouragement received all year round from the chain of command. The AMS Squad has developed into a friendly, supporting network who stay in touch via our Facebook Page, AMS Swimming & Water Polo. Anyone wishing to join can also contact their unit sports rep. The next inter-unit event will be in Sep 16 and is also open to individual participants. This is a great opportunity to meet other swimmers and try swimming or water polo at an easy level- all abilities are welcome and there has never been a better time to join.
Editors blast from the past

How young does Capt Mark Gold look? And Col Phil Hubbard has not aged a bit!! Look forward to the next addition with a pic of an even younger slimmer Yates.
KENDREW BARRACKS
OPEN DAY
21ST MAY 2016

Free entrance • Free parking • Refreshments available

ARMY
(Kendrew Barracks, Cottingham
(formerly RAF Cottesmore)
www.kbopenday16.co.uk

Red Arrows
Battle of Britain Memorial Flight

Military working dog displays
Virtual reality simulators

Military vehicles and equipment
Defence Animal Centre
Veterinary and armory stands

Fed up with the same old things?
Come see the Military Working Dog displays; meet the men and women of the infantry.

The Kendrew Barracks Open Day will bring the Army, Navy and Royal Air Force units of Lincolnshire and Rutland together for all members of the local community. Come and see our top attractions, RQAUKS, our head quarters and meet the men of the infantry, and the army.

Gates open 10am - 5pm

Map included
SUNDAY 19 JUNE 2016 RAMC LUNCHEON ON CORPS SUNDAY

Events and Functions Co-ord
Regimental Headquarters RAMC
HO Army Medical Services
Slim Road
Camberley
GU15 4NP

Please reserve ........ luncheons.

Rank........... Initials............ M/F

Name (BLOCK CAPITALS).................................................................

Names of guests attending at £5.00 per person

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Full Address: .................................................................

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Post Code: .......... Contact Telephone No: .........................

Association Branch: .................................................................

Email: .................................................................