

Defence**F**ocus

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OPERATION OLYMPICS

- Britain's biggest peacetime security operation
- Meet the military athletes going for gold

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EDITOR'S NOTE

DefenceFocus

For everyone in defence
Published by the Ministry of Defence

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Advertising
Advertising sales are handled by Shun Tamura at Ten Alps Media. Tel: 020 7657 1810
email: shun.tamura@tenalps.com

Distribution
The magazine is distributed through major military bases, depots and MOD offices.

Printed by Corporate Document Services Ltd on 100 per cent recycled paper



TRISTAN KELLY

The more observant will have noticed that there is a new name heading this column. I have taken over in a caretaker role following the departure on VERS of our erstwhile editor Danny Chapman who should now be enjoying a well-deserved rest. Over three years he's piloted *Defence Focus*, as well as news on the website and intranet, through some turbulent seas. A big personal thank you to Danny and we wish him well in his new endeavours.

Producing the magazine sometimes feels like a marathon effort and no less so than this month. This is our Olympics issue and as the great event draws near (or is in full flow when you read this) members of our Armed Forces will be hard at work not only to ensure a safe and successful games but also going for gold in many of the myriad events. Lorraine McBride has been hard at work chasing down the athletes to give us all some inspirational reports from inside the Team GB Camp. Meanwhile, Ian Carr has been

allowed through the perimeter to find out what's involved in the biggest peacetime operation ever mounted by the Armed Forces.

Just like the Olympics, the Army 2020 announcement seems to have been a long time coming. Many individuals and units will be busy digesting the news to figure out what it means for them. For a view from the top on what it means for the Army and for Britain take a look at our article by General Sir Peter Wall. Meanwhile, Leigh Hamilton has been looking at some of the help available for those starting a new life on Civvy Street.

Lest we forget, this is all happening against the backdrop of continuing operations in Afghanistan. While coverage in this issue has lost out to the Olympics, be assured that our roving reporter is currently in theatre and will bring us all up to date next month on the progress being made to transfer authority to Afghan forces. Until then, remember that all the latest defence news can be found on the intranet and MOD website.

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IN MEMORIAM

DEATHS ON OPERATIONS – 26 MAY TO 1 JULY 2012



Captain Stephen James Healey

Captain Stephen James Healey, from 1st Battalion The Royal Welsh, was killed by a blast from an improvised explosive device while on patrol in his vehicle in the Nahr-e Saraj district of Helmand province on Saturday 26 May 2012.



Corporal Michael John Thacker

Corporal Michael John Thacker, from 1st Battalion The Royal Welsh, was killed in Afghanistan on Friday 1 June 2012 after coming under small arms fire in the Nahr-e Saraj district of Helmand province.



Private Gregg Thomas Stone

Private Gregg Thomas Stone, from 3rd Battalion The Yorkshire Regiment, was killed in Afghanistan on Sunday 3 June 2012 after coming under fire from a group of insurgents in the Nahr-e Saraj district of Helmand province.



Lance Corporal James Ashworth

Lance Corporal James Ashworth, from the 1st Battalion Grenadier Guards, was killed in Afghanistan on Wednesday 13 June 2012. He died as a result of enemy action while on patrol in the Nahr-e Saraj district of Helmand province.



Corporal Alex Guy

Corporal Alex Guy, from 1st Battalion The Royal Anglian Regiment, was fatally wounded on Friday 15 June 2012 while leading his section forward to assist a group of Afghan soldiers who were pinned down following an insurgent ambush.



Warrant Officer Class 2 Leonard Perran Thomas

Warrant Officer Class 2 Leonard Perran Thomas, from the Royal Corps of Signals, was killed on Sunday 1 July 2012 in a small arms fire incident at Checkpoint Kamarack Pul in the Nahr-e Saraj district of Helmand.



Guardsman Craig Andrew Roderick

Guardsman Craig Andrew Roderick, from the 1st Battalion Welsh Guards, was killed on Sunday 1 July 2012 in a small arms fire incident at Checkpoint Kamarack Pul in the Nahr-e Saraj district of Helmand province.



Guardsman Apete Saunikalou Ratumaiyale Tuisovurua

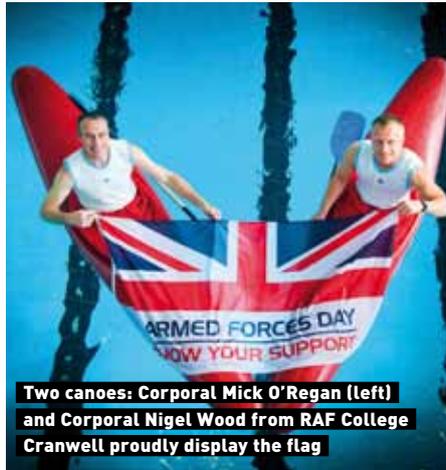
Guardsman Apete Saunikalou Ratumaiyale Tuisovurua, from the 1st Battalion Welsh Guards, was killed on Sunday 1 July 2012 in a small arms fire incident at Checkpoint Kamarack Pul in the Nahr-e Saraj district of Helmand.

ARMED FORCES DAY



Fire drill: Red Watch crew members from Camels Head Fire Station conduct drills on the Maritime Firefighting Training Unit

Picture: LA(Phot) Rob Gillies



Two canoes: Corporal Mick O'Regan (left) and Corporal Nigel Wood from RAF College Cranwell proudly display the flag

Picture: Gordon Elias



Sea salute: RFA Mounts Bay steams past at the Armed Forces Day National Event in Plymouth



Service personnel visit Wembley to meet the England team, including Ashley Cole, Andy Carroll, Wayne Rooney and boss Roy Hodgson

Picture: Sgt Jez Doak RAF



Aerial thrills: The Red Arrows provide an exciting finale in Plymouth

Picture: SAC Ben Tritta



Calendar girls: entrants for Plymouth's Calendar Girls contest at HMNB Devonport

Picture: LA(Phot) Rob Gillies & Joel Rouse



Good view: people came in their thousands for the fourth annual Armed Forces Day in Plymouth

TENS OF THOUSANDS OF PEOPLE UNITED ACROSS GREAT BRITAIN TO CELEBRATE ARMED FORCES DAY ON 30 JUNE 2012



Picture: LA(Phot) Rob Gillies



Depth of support: divers from the National Marine Aquarium in Plymouth take the flag into the "Eddystone Reef" tank in front of visitors

Picture: LA(Phot) Rob Gillies



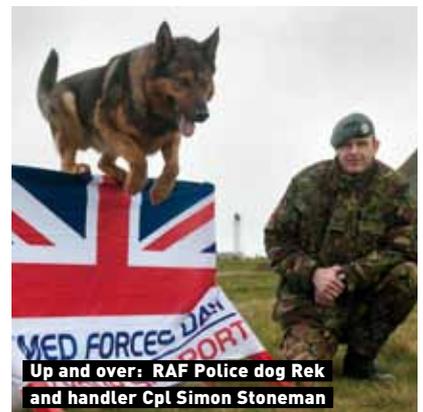
An Armed Forces Day parade in Dundee

Picture: Mark Owens



Torchbearers: Balfron soldier Captain Robbie Donaldson was one of those who carried the Olympic Flame through Alloa in Scotland

Picture: Mark Owens



Up and over: RAF Police dog Rek and handler Cpl Simon Stoneman

Picture: Leading Aircraftwoman Gemma Nagi



Irish eyes are smiling: a little boy visits the Carrickfergus Armed Forces Day event

Picture: Cpl G Moreno RLC



Search me: troops will be providing venue security during the Olympic and Paralympic Games

Picture: Sgt Russ Nolan RLC

SECURE GAMES

IAN CARR TALKS TO THE MILITARY DIRECTOR OLYMPICS ABOUT MAKING SURE THE GAMES GO WITHOUT A BANG

For five hundred days the imposing Olympic digital clock in Trafalgar Square has been relentlessly ticking off the seconds to the opening ceremony of the Games. Sightseers from around the world have posed in front of the 6.5-metre-high, four-tonne timepiece to have their photos taken. And as the number of days to go decreased, so the excitement mounted. Would everything be ready in time?

Meanwhile, far from the public eye, athletes have been spending every second training hard for the biggest sporting event on the planet. Likewise, for more than a year, the military has been planning and preparing to make sure that the Games prove to be a safe and secure event.

Taking the lead for security on British soil is of course the responsibility of the police. The military role is to provide the extra capability and manpower support that the police and the Home Office need to safeguard what will be the greatest

peacetime security operation seen in the UK – what Joint Commander, General Sir Nick Parker has described as “a complex, multi-agency operation, with one key aspect for the Defence contribution – to make sure that we know what is going on across a wide range of activities.” But what does that mean in practical terms?

Speaking to *Defence Focus*, Brigadier Richard Smith, who was appointed Military Director Olympics in May last year, pointed out that this tri-Service operation may be huge, but it has been built on existing joint operations that routinely ensure UK security with the military working alongside the civil agencies and authorities.

Straight away an Olympics team was set up comprising both military and civilian personnel working at the operational level, reporting to General Sir Nick Parker.

“I say we operate at the operational level,” said Brigadier Smith, “because we provide that gearing between the

strategic planning work done by the MOD, which is pan-Whitehall, and the work that we do for the Director of Counter Terrorism, UK Operations. Underpinning all that is the work we do at tactical level.”

The Brigadier needed to bring in some bespoke expertise – media specialists to engage with communities explaining what was going to happen and why. He also needed policy specialists, so that when the strategy was agreed and the work was pushed down to the tactical level he could be sure that everything being done was in line with what MOD ministers had demanded. “We got three high grade civil servants who had just come back from service in Afghanistan to do that,” he said. Deciding to deploy ground-based air defence around London was an example of this process in action explained the Brigadier: “The Joint Commander will say ‘from my perspective, this is my military advice’, we make sure that advice goes into the MOD at the right level so that when

ministers make their decisions they have all the information they need.”

But the planning discussions between Defence and the Home Office started well before the Brigadier’s appointment. And as a clearer view of requirements emerged, so the requests from the London Organising Committee of the Olympic and Paralympic Games (LOCOG) for military support increased. In the end, 17,000 military personnel will be engaged in the operation, some 7,500 more than are deployed to Afghanistan.

This military contribution will deliver specialist and niche capabilities such as bomb disposal and high risk search, venue security, and the normal support that the military extend to the police in dealing with the unexpected.

The scale of this operation may be unprecedented, but there is nothing new about the concept. Military Aid to the Civil Authorities is well established, and as Air Vice-Marshal Stuart Atha, the Air Component Commander for the Games, said, speaking at a press facility at Blackheath: “One of my hats is that I’m the UK Air Defence Commander responsible for defending the skies over the UK, 365 days of the year. What we have done for the Olympics is extend that plan and place a particular emphasis on the Greater London area and the Home Counties.”

For the military, what this all amounts to is a tri-Service, multi-layered, integrated approach. For the rest of us that means all prudent, precautionary preparations have been made, and everything is put in place with the minimum of fuss, and with the minimum of disruption.

In May, over a nine-day period, Exercise Olympic Guardian took place, testing the capabilities that would be deployed on land, in the air and on the water. It was of course an essential examination to make sure that everything worked together as planned, and that the response to any imagined threat was tested. “The military liveex was really important,” said Brigadier Smith. “It allowed us to build up an understanding of what was normal air traffic over London so we could spot anything that was out of place. But

it also allowed us to check the viability of the sites: could we maintain our operational output? Were our reaction times acceptable? Did we have the right coalition of radars? And it meant we could check if the assets worked in an integrated way, and we could exercise alongside the civil agencies such as the police and the Civil Aviation Authority.”

There were two other objectives – engaging with the public to reassure them and dispel any myths that they might wake to find soldiers lurking in the shrubbery, and to convince anyone with malign intent that the Games were no soft target. “The Games is a great opportunity for us to integrate with the public in a way we wouldn’t normally,” said Brigadier Smith. “We want them to see us at our best, let them get to know us and show them that we really appreciate the support they have shown for our troops in Afghanistan.”

As an extra insurance that those encounters are happy ones, the 11,000 troops providing venue protection, although already skilled in basic security, will have an extra five days training to tailor their military skills and tune them to the ethos of the Games. “We have put

to cause the minimum of disruption, they mean it. Shift patterns have been organised so that handovers don’t inconvenience residents on the school run; thought has even gone into which kind of fencing will surround the ground-based Rapier systems. Should it be opaque – or would it be less alarming if you can see through it and maybe chat to the troops? And, of course, no-one wants to scare the horses. Literally. “We have actually demonstrated to LOCOG and the equestrian organisation that flying helicopters off HMS *Ocean* using flight paths that are screened by buildings will minimise the disruption.”

But like any operation it is, as the Brigadier readily admits, the logistics that can catch you out. Without having the right people in the right place at the right time, no plan, however elegant, is worth the Gantt chart it’s printed on. Accommodating 17,000 personnel is no small task, especially when you need to take the strain off what will already be a heavily burdened transport system. So, wherever possible, the aim has been to use existing infrastructure, even if that means temporarily adding to it and keeping travel time to no more than an hour.

“ 17,000 military personnel will be engaged in the operation, many more than are deployed to Afghanistan. ”

a lot of thought into making sure our personnel are ready to fill the roles in the right atmosphere and with the right approach,” said Brigadier Smith. “We have had our trainers trained by the G4S experts who will be operating alongside them. But we mustn’t forget the Paralympics, we must make sure that we treat them with the same importance.”

No-one does detail better than the military, and when they say they want

“So we will have personnel operating out of RAF bases such as Waddington and Halton, and Army bases such as Hounslow. We will also be using TA centres, and we have built temporary deployed accommodation at other locations.

With a roof over their heads, even if it’s a canvas one, the next problem is to get everyone fed and able to get to their place of work. So to keep the engines running – both human and mechanical, contracts providing catering, transport and fuel have been extended.

Brigadier Smith appreciates the effort that has gone into making it all possible. “None of this would happen without a huge number of people working unsung behind the scenes.”

And come the Games, behind the scenes is where the military want to stay. Let’s hope all of the attention is on Usain Bolt. Or even better – Jessica Ennis. **DF**

Sky eye: Blackheath is one of a number of locations where ground-based air defence systems will be placed



Picture: Graeme Main

OLYMPIC SECURITY

WE TAKE A LOOK AT THE TRI-SERVICE MILITARY CAPABILITY SUPPORTING THE POLICE IN BRITAIN'S BIGGEST EVER PEACETIME SECURITY OPERATION

ON LAND

During the Olympic and Paralympic Games, 17,000 military personnel will be on the ground helping the police maintain security at the Olympic and Paralympic venues and villages.

■ Up to 11,000 Service personnel will be helping to provide venue security; 5,000 troops will provide specialist capabilities such as bomb disposal, search and dog teams. 1,000 troops will provide logistic support.



Joint ground-based air defence: providing defence against fixed wing aircraft, helicopters and missiles

IN THE AIR

Air defence is about detecting what is happening in the skies above you, understanding what you are looking at, deciding if it is a threat, and, if it is, dealing with it quickly. This is how it is done.

■ Around the clock, using binoculars with thermal imaging detection systems, Army air observers located at a number of sites will keep an unblinking watch on the skies around the capital.

■ Three Royal Navy Sea King helicopters will provide surveillance to spot any threats and then, if needs be, direct air, sea and ground forces to intercept the threat.

■ RAF Pumas based at Ilford TA Centre, and Royal Navy and Army Lynx helicopters operating from HMS *Ocean*, moored at Greenwich, carrying RAF Regiment snipers, can be tasked to intercept and redirect aircraft that stray into restricted airspaces.

■ RAF E-3D Sentry aircraft flying from RAF Waddington will supplement ground-based radar and can control fighter planes and other aircraft, and also provide airborne security.

■ Ground-based, laser-guided Rapier systems and Starstreak high velocity missiles will be positioned to detect and deal with close-in air threats. They will be operated by Army Royal Artillery personnel.

■ No 1 Air Control Centre mobile radar type 101 will be deployed to Kent to augment the picture provided by existing ground radar, and the Centre can take tactical command and control of intercepting aircraft.

■ The control and reporting centre is where air and ground-based radar and other information warning of suspicious airborne activity is coordinated, and will provide tactical control of all intercepting aircraft.

■ Four Typhoon fighter jets based at RAF Northolt will be tasked to intercept unauthorised aircraft that enter restricted airspace.



 E-3D Sentry aircraft will provide electronic surveillance

ON THE WATER

Amphibious assault ship HMS *Ocean* will be moored on the River Thames at Greenwich, while HMS *Bulwark* and RFA *Mounts Bay* will be keeping everything shipshape in Weymouth Bay.

■ HMS *Ocean* berthed at Greenwich will be the maritime hub for police-led operations with Royal Navy and Army Lynx helicopters on board. In addition there will be up to 600 troops aboard comprising soldiers and Royal Marines.

■ Patrol boats and rigid inflatable boats will rapidly carry Royal Marines to a scene, who can be tasked to shoot out the engines of suspicious craft on UK waterways.

■ HMS *Bulwark* will be positioned off the Dorset coast to provide security during the sailing events armed with Goalkeeper weapon systems, enhanced radars and sensors. Also aboard will be up to 350 Royal Marines.

■ RFA *Mounts Bay* will be providing support in Weymouth Bay.

■ Royal Navy divers will provide a maritime bomb disposal capability.



 HMS *Bulwark* will be providing protection for the sailing events

Gone: Permanent Secretary Ursula Brennan has returned to the Ministry of Justice

BRENNAN BOWS OUT

Picture: Allan House

AFTER TWO YEARS IN MOD'S HOT SEAT, PERMANENT SECRETARY URSULA BRENNAN IS LEAVING A SHRINKING DEPARTMENT WITH NO REGRETS
INTERVIEW: LORRAINE MCBRIDE

If a week in politics is a long time, then two years as MOD's top boss must feel like a roller coaster. Wars in Afghanistan and Libya, the 2012 London Olympics, the departure of Defence Secretary Dr Liam Fox and Defence Transformation are all milestones in MOD history, but the real game-changer has been bringing in a balanced budget that has had a significant impact on the Department's size and shape.

Ursula Brennan started her Civil Service career in 1975 and rapidly rose through the ranks. She assumed the top job (making her the first female head of the MOD) in 2010 in the wake of the Strategic Defence and Security Review. Ask what it is *really* like to be the Permanent Secretary

and Ursula Brennan eschews a politician's sound bite. "Well, partly of course, I've got to know MOD, so things that seemed bizarre when I arrived don't seem quite so strange several years on," she smiled.

"I think that one thing that does feel different, is a more... [*she hesitates slightly*] corporate is a slightly depressing word," she continues, "because it sounds dull. But there is genuine desire among the senior team to work together to solve things, though I think emphasising distinctiveness is still important."

She doesn't mean the three Services locked in age-old tribal budgetary battles over whether to fund an aircraft carrier at the expense of a Tornado, so often played out in damaging press headlines, but the

military and civilians teaming up for the greater good.

"The truth is when you cut an organisation to begin with you keep running around trying to do what you did before with fewer people," said Ursula.

"However, the scale of the requirement to slim down our organisations, not just in Defence but the impact on the economy and public spending, has meant that all of us had to stop and say 'hang on a minute, we can't carry on the way we were'.

Once that penny dropped, new ways of working together emerged. She cites the Voluntary Early Release Scheme and the HR team's diversity work as a prime example of "we're-all-in-it-together", but ask if progress is being rolled out across

the Department and Ursula says with admirable frankness that it's "really hard to tell".

"When I get out and about, people have an opportunity to tell me how life works at the coalface, but I don't see it day-to-day in quite the same way that some people can," she explained, aware of the tricky perception of ivory tower syndrome held by some whenever she visits far-flung corners of Defence.

Now that the MOD's infamous £38bn deficit has been eliminated, the Department is evolving into a new era of Transforming Defence. The key to getting it right lies in strategy and governance with clear-cut accountability.

The restructure included a new Defence Board chaired by the Secretary of State, a slimmed down Head Office, and new business models for equipment capability teams that mean beefing up responsibility for Front Line Commands.

She yearns to strip back the MOD's notoriously layered briefing culture that requires multiple staff to be briefed in turn before reaching the boss.

Ursula knows that the lines between true leadership and mere line management can blur and calls on bosses to let staff know what they expect from them.

"I think the best line managers that I worked for said 'have you got the resources? Well, now go away and do it'. Keep in touch, and if you hit a problem or your boss thinks 'actually, there's a bigger picture here', they help straighten it up and put you back on the right road again.

"It doesn't mean that they're always in the room every time something happens. Nor does it mean that post-streamlining they pass the buck up the chain and plead 'nothing to do with me gov!' because I don't think that's leadership either. I don't think we've got that one cracked yet."

Her biggest bugbear is persuading staff to write punchy briefs. "Occasionally if I get something really good, I tell people 'you gave me a lucid simple note in plain English which I understood straight away'.

"Some people are capable even if their subject is complex and others write reams of technical jargon which I then struggle to understand. It remains a problem in MOD - we're not good at writing succinctly."

By contrast, she cites a better understanding of spreadsheets and the implications of runaway budgets. Some people even gripe that the bean counters have taken over the world and that the Department is obsessed with money.

"I don't think that's fair," countered Ursula. "We're genuinely trying to say 'we know what our budget is so how can we be sure that we're spending money on what

matters most?' All this time spent trying to get the budget in balance hasn't just been about accountants crunching numbers. It's about senior members of Defence asking 'what is our top priority?' and that comes down to value."

She emphasises the importance of wiping out profligate procurement. "We're not going to promise to deliver equipment we can't afford. We're going to promise and then deliver even if it means delivering a smaller number of projects."

Ursula points out the folly of fudging decisions and racking up costly project delays which was borne out by Bernard Gray's report that showed how the MOD burns money from constantly repricing projects.

"It's the classic lesson in any business. If we get things wrong and redo them, we waste money. Get it right first time, we will save money."

Where the MOD succeeds is through peerless crisis planning. "If you compare us to other government departments, the

But isn't it just a classic example of a military mind in action? "You could argue that," observed Ursula. "But it's a really interesting lesson that the military said 'if you ask us to do something then we ask how much is it going to cost? How long will it take? What will be the knock-on impact?'

"The Civil Service isn't usually as disciplined, so that's a lesson I've learned. If you've got something seriously difficult, then slightly haphazard planning won't do."

"Secondly, I've learned just how impressive the military and civilians are when a crisis blows up. With Libya, it wasn't just military planning, there were civilians who knew what action we needed to take before engaging in a campaign. I was really impressed by people's professionalism who understand that, as well as the combat role, there is an important Department of State role."

Her successor's task is to inject a sense of belief in staff. She wants bosses to reconnect with people, asking them

“ The world isn't black and white. It's lots of shades of grey ”

MOD really is impressive," said Ursula. "Take the threatened tanker drivers' strike, Departments came together and General Sir Nick Parker took charge. A real discipline fell into place asking 'what's the problem? What are you asking us to do? How should we equip ourselves? And how do we equip ourselves in future to make sure that it's sustainable in the long run through serious analytical planning'."

'what's preventing you from doing the job in the way that you know best?' and 'can we do something to help?'

She thinks the next phase will mean drafting in private expertise to get the job done in the best way. "It's difficult when reform plans come across as criticism of the Civil Service. The world isn't black and white. It is lots of shades of grey."

"There's stuff we are really ace at that nobody does as well. But there are some things frankly where we need to pull our socks up, and others where it doesn't make sense to carry on when the private sector could do them better."

Ursula has returned to the Ministry of Justice to grapple with the challenge of transforming the courts, prisons and legal aid on a drastically reduced budget.

I wonder if she is sad to be leaving with so many projects on the go following such intense turbulence. She nods and says she catches herself scribbling notes.

"I think 'no, my successor will be doing that, not me'. Yes, that's sad, but also it's really nice to go back somewhere I know, which is the Ministry of Justice, so I'm looking forward to that - and they've got plenty of problems." 



Back then: Ursula Brennan outside Main Building

Picture: Allan House

FIT FOR PURPOSE

SURGEON GENERAL VICE ADMIRAL PHILIP RAFFAELLI TALKS TO IAN CARR ABOUT KEEPING THE ARMED FORCES HEALTHY



Picture: Harland Quarrington

DF: What is the role of Surgeon General?

PR: My formal position is the professional Head of the Defence Medical Services (DMS). Which means I have end-to-end responsibility for the appropriate delivery of our three principal outputs: medical operational capability, healthcare provision, and subject matter expert and health advice. All of which adds up to ensuring we have the maximum number of suitably healthy personnel who are fit for task, and who, as a result of what we do, remain as healthy as possible – Promote, Protect and Restore.

DF: Why is the SG organisation now part of JFC?

PR: I am a very strong supporter of the Joint Forces Command concept. The medical services exist either to make people from across the three Services well and keep them fit, or to deploy a medical capability to operations. Over the years, particularly in the operational environment, we have increasingly been delivering an effect by working jointly. In the Role 3 hospital at Bastion, you don't know until they take their mask off if that man or woman is Army, Navy or RAF, or even if they are regular or reservist or indeed what nationality they are. We have a successful track record in harnessing capabilities and focusing on the specific skills we need.

JFC was created to bring together unique military

and civilian strengths to support the delivery of success on operations. That is absolutely what we do, so to be part of it makes perfect sense.

DF: So is there a need for Single Service healthcare provision?

PR: I'm convinced that you should do cloth-on-cloth care where you can. Recognising and understanding Single Service requirements and the environments in which they operate is important. But the bottom line is, when you need a doctor, nurse or medical assistant to intervene, you want somebody who is properly trained and as fit for purpose as you can make them. We are not a cheap option, so the more efficient and effective we can make that, the better.

DF: Is it that kind of thinking that is behind the creation of the Defence Primary Healthcare?

PR: Establishment of the DPHC is integral to a commitment made by the Service Chiefs to continue to improve medical care to the Armed Forces. So medical centres, regional rehabilitation units and departments of community mental health will operate much as they do now, but will be carefully, and over a period of time, brought together under one single organisation with the delivery of primary healthcare run on a regional basis, but in a coordinated and harmonious way.

DF: The Service Chiefs are behind the DPHC model?

PR: They and the VCDS and CDS clearly support and respect their medical services and recognise the important contribution they make to morale as well as physical fitness, so it was not a position they took lightly. Last year they spent about six months seeking confirmation and reassurance that the move to a unified primary care service was going to maintain the quality they had grown to expect from their own Single Service primary healthcare. They have also made it clear that wherever possible they would like cloth on cloth service to understand the environment their patients work in. But they also recognise that a uniformity of delivery of the same policies and practices, given the peripatetic nature of the military and their dependents, will add to the consistency and quality of care their people receive, whichever medical centre they might go in.

DF: Is that desire to achieve a consistent approach affected by the use of locums in medical centres?

PR: Locums can often be extremely high-quality practitioners, certainly those are the type we seek. What they can lack is the occupational health side of the treatment in a military context. Now, if I have a bad ankle I can see an NHS GP and they will give me the right treatment. What they won't be so good at is knowing whether I am fit enough to go to sea in a

submarine or to parachute out of an aircraft. That is certainly an area where having healthcare delivered by men and women from the RAF, the Navy or the Army can be an advantage. That's why we train our civilian practitioners on the same basis, so that they do have that understanding, and are familiar with our electronic records, so they make sure that your medical category is correct.

DF: You say DMS is not a cheap option. What can you do about that?

PR: We make sure that our posts are properly defined in terms of job spec, the skills and experiences required, and then select the best person for the job. Now, if you want a tooth taking out I'll make sure it's a dentist who does it, if you want your belly opening up, I'll make sure a surgeon does it, which is why there are some posts that are specifically tied to professional qualification. Outside that we follow the approach laid down in Top Structures, Next Steps. First, does the task need doing? If it does, can it be provided by someone outside the organisation? Could it be undertaken by a MOD civilian (many of our civilians provide healthcare, they don't just work in admin) or is it necessary for a military person to do it? Finally, must it be a specialist? Each time you go up a step in terms of requirement there is a cost implication.

DF: So what else drives that decision?

PR: Our first requirements are what outcomes do we want for our patients and what do we want to provide our commanders with? Then we look at how we can put in place most efficiently and effectively a structure that does that. For us, form follows function.

DF: Will the organisational changes such as DPHC and JFC increase efficiency?

PR: Creating a single headquarters from five separate ones (the three Single Service organisations plus PJHQ's provision overseas in Gibraltar, Cyprus and elsewhere, and the British Forces in Germany) will mean we can remove some HQ function duplication – for instance we will have only one financial team.

Each of the Services work to somewhat different models so we are looking to take best practice from each during the Defence Primary Healthcare initial operating capability phase. We are going to run a pilot starting in October to test how a clinically-led regional structure backed by a small DPHC HQ works, before we move to full operating capability. And by April 2014, JFC will have been in existence long enough for us to take a wider view of what we need.

DF: What effects will the reduction in the Armed Forces head count have on you?

PR: There will be a couple of significant effects. Firstly, the DMS, like everyone else in Defence, will be expected to deliver our share of personnel reductions – both military and civilian. The loss of 25,000 civilians across Defence is also important for us. We have spent a lot of time looking at situations where we can use civilian personnel, not just in policy or administration, but in healthcare delivery. So we need to be careful that in making savings we do not affect our healthcare delivery. If we can reduce duplication and reduce our HQ

overheads that will make it an easier ask of our people. Of course as the total Armed Forces population and their dependents reduces, particularly overseas, the number of patients who come through the door will also reduce. So we will have to ensure that we have the right medical centre in the right areas, manned with the right people for the population they will be expected to serve in the future. **DF**

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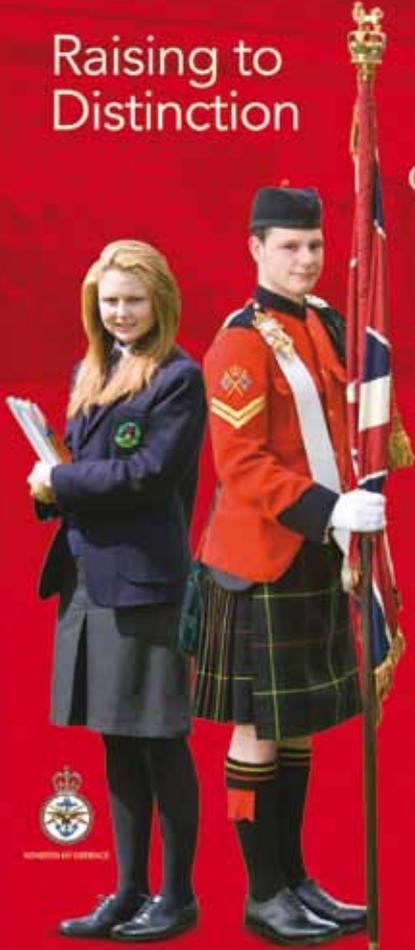
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PARSIFAL, VALKYRIE AND HERCULES

THREE PROGRAMMES ARE HELPING MOD SCIENTISTS AND ENGINEERS WORK WITH INDUSTRY AND ACADEMIA TO DELIVER BATTLE-WINNING KIT

■ This article was first published in Defence Codex - the magazine for Defence Engineering and Science, Issue 11, Spring 2012



The requirement to support current operations in Afghanistan remains the highest priority in Defence. And, since 2007, MOD scientists and engineers have been working with industry and academia on rapid research and development programmes to deliver capability into theatre within a rolling six to 12-month time frame.

This work is driven by operational requirements and is both proactive and reactive – responding quickly to changes in threat and insurgent posture. Led by Capability Ground Manoeuvre and the Permanent Joint Headquarters, the three programmes for enhancing protection, capability and burden-reduction have



Big beast: a Mastiff armoured patrol vehicle in Afghanistan

Picture: Cpl Ian Forsyth RLC

delivered exceptionally capable and world-leading equipment. This has ranged from vehicle mine protection upgrades to minimising the telltale signs of a vehicle's specialist role. These three programmes are called Parsifal, Valkyrie and Hercules. They support UK forces to maintain the initiative in the technology battle in order to improve our freedom of manoeuvre and expand tactical capabilities.

PARSIFAL - protection

Parsifal focuses on protection enhancements. Originally created in 2007 to address the new threats experienced in Iraq, Parsifal has consistently delivered science and technology into urgent operational requirements for Operation Telic and Herrick to maximise survivability of troops.

All vehicle types in Afghanistan are protected by armour fits developed through the Parsifal programme and much of this work is highly classified. However, innovations such as Tarian anti-rocket propelled grenade netting, the outstanding protection provided by Mastiff and the highly innovative new Foxhound vehicle have been widely publicised. Parsifal also focuses on base security and infantry

soldier protection, where a recent success story has been the development of the three-tiered pelvic protection system that has dramatically reduced injuries from improvised explosive devices.

VALKYRIE - ISTAR

Valkyrie focuses on C4ISTAR, lethality and mobility enhancements for both mounted and dismounted troops. It addresses UK Armed Forces' research priorities, primarily focusing on identifying, derisking and demonstrating concepts that offer the potential to have an immediate impact on operations. It also conducts research to support improvements in training, doctrine and logistics. The Valkyrie programme consists of over 30 work packages ongoing or completed.

HERCULES - reducing burden

Hercules focuses on reducing the soldier burden. Soldiers in Afghanistan have to carry heavy loads made up of armour, weapons, electronic equipment and combat supplies. Understanding the adverse impact on performance, Project Hercules aims to address this by investigating options to reduce the physiological, cognitive and thermal burden on the soldier on



Picture: Andrew Linnett

foot. Hercules consists of over 20 work packages spanning the survivability, lethality, mobility, sustainability and human factor domains. Activities are focused around derisking and demonstrating new lightweight technologies, improving a soldier's physical preparations for operations, and advising on new tactics, techniques and procedures to reduce the overall burden.

Parsifal, Valkyrie and Hercules demonstrate Defence Science and Technology Laboratory industry and academia successfully working together. 

Foxy: the light protected patrol vehicle Foxhound



Picture: Andrew Linnett



LIFE BEYOND THE MILITARY

LEAVING THE ARMED FORCES CAN BE A DAUNTING PROSPECT. LEIGH HAMILTON INVESTIGATES THE SUPPORT THE MOD PROVIDES THOSE LEAVING THE MILITARY

After years of living a structured lifestyle, which could involve fighting on the front line, entering what might seem like the comparatively quieter civilian world can take its toll if the transition isn't properly handled. Around 20,000 personnel leave the Services every year. This can be due to a natural end to their career, redundancy, or medical discharge. Each of these individuals has access to tailored support and advice years before they are discharged, to ensure they are as well-prepared as possible.

The Career Transition Partnership (CTP), which is a partnering agreement between the Ministry of Defence and Right Management, provides resettlement services for those leaving the Royal Navy, Army, Royal Air Force and Royal Marines, and also acts as an intermediary for employers wishing to hire Service leavers.

To date the CTP has helped over 170,000 personnel with the tricky transition to civilian life by offering guidance, workshops and courses.

Advice, guidance and support are available from the CTP two years before discharge until two years after leaving service, if the individual is eligible in accordance with current policy.

After receiving word that they are leaving the Forces, a Service leaver is given a briefing which clearly outlines what they can expect in the coming months and they will be given in-Service resettlement advice before attending a three-day Career Transition Workshop (CTW).

CTP's Marketing Communications Manager Karen Carroll said:

"Obviously it's a scary time for a lot of people and we're aware of that. The first thing Service personnel need to do is get registered with the CTP through their Service Resettlement Advisor and get the process started.

"Then they can go onto the three-day transition workshop and start to work with a career consultant.

"They will develop and follow a Personal Resettlement Plan which will include resettlement activities to meet the needs of the individual and aspirations for their future career."

Service personnel possess a wide range of skills and a work ethos which make them very valuable assets to civilian employers.

These skills include leadership, being able to work as part of a team, discipline, maturity and acceptance of responsibility.

Lieutenant Commander David Sargent is one of the many Service personnel who have benefited from the CTP. He was notified in September 2011 that he was being made redundant as part of Tranche 1 of the Armed Forces Redundancy Programme.

After serving for almost 13 years as a Logistics Officer with the Royal Navy, Lieutenant Commander Sargent relied heavily on the guidance provided by the CTP during the year before he left the Armed Forces.

After initial contact with the CTP, Lieutenant Commander Sargent attended a CTW at the Regional Resettlement Centre (RRC) Cottesmore which set the tone for the rest of his transition experience:

"When I attended I was still in shock after being made compulsorily redundant," Lieutenant Commander Sargent said. "The CTW was a real wake-up call and made me think very long and hard about what I needed to do. It got me into the job-seeking mindset."

During his military career, Lieutenant Commander Sargent gained

“ The CTW was a real wake-up call ”

extensive experience in logistics and supply chain management. Planning to utilise his existing military skill-set, Lieutenant Commander Sargent set his sights on finding work in the field of logistics. He said:

"I found myself referring time and again to CTW and the notes I was provided with. Certainly as my job search continued, I found the lessons learned were more and more relevant."

Although focusing on logistics vacancies, by chance he came across an advert for a position of Business Manager at a local school:

"I saw the job specification and realised that it was almost identical to that of a Naval Logistics Officer."

Lieutenant Commander Sargent still uses his military experience on a daily basis, and said:

"Be it management of people, things, money, infrastructure, the experience gained has proved utterly invaluable."

Johnny Wrench served for 23 years in the Army and took voluntary redundancy in 2011. He explained that any kind of redundancy can knock the

stuffing out of you.

"I was at the Army headquarters dealing with the aftermath of the impact of the 9/11 attacks and how we would go about preparing contingency plans for similar attacks," he said.

"One moment I was looking at very, very important matters that had a significant and profound impact on the future of the Armed Forces for the next 10, 15, maybe 20 years, and the next moment I was looking for a job on the outside.

Although Johnny had carried out extensive research into what the civilian world could offer him, his experience with the CTP helped him secure a position at a management consultancy. He said:

"When I saw my advisor, I found the meeting extremely useful and helpful. Overall it backed up the research I had already done."

Changes in family circumstances can be a catalyst for some personnel to seek voluntary redundancy.

After 14 years as an RAF Puma navigator, Sarah Murnane decided to apply for voluntary redundancy to spend more time with her young child.

After being approved for redundancy, Sarah attended a CTW at

RRC Northolt. She said:

"Before I joined the Air Force I wanted to teach, so the advisor encouraged me to look into that. The meeting with her was so useful, she knew so much."

During the CTW, Sarah was encouraged to look for jobs online and it was during the workshop that she applied for a position as a geography teacher - which she got.

Luckily the skills Sarah had gained during her time in the RAF ensured she was well-equipped to face a classroom of rowdy children in her new job.

"When I got hit in Baghdad, that was quite scary. Kids playing up in the classroom is comparatively not scary at all."

To those who may be facing redundancy, Sarah advised:

"You've got to find a job that suits you and don't underestimate the skills that the military has given you."

Life after active service has the potential to present new opportunities.

Visit www.ctp.org.uk for more information. 

THE ROAD TO FUTURE FORCE 2020

IN AN ARTICLE WRITTEN FOR *THE TIMES*, GENERAL SIR PETER WALL OUTLINES THE THINKING BEHIND ARMY 2020



Under Army 2020 the Reserves will take on a greater role

Picture: Sgt Russ Nolan RLC

Today (Wednesday 4 July) the Defence Secretary Philip Hammond will set out what the Army is for.

After the experiences of the past ten years there is unlikely to be much of a national appetite for protracted war. Yes, the United Kingdom faces new threats from terrorism and cyber attack. But in an era where there has been no threat of conventional invasion since the end of the Cold War, some might ask why we can't shrink our Army by even more than the significant numbers already announced.

Fighting wars through precision attacks from air and sea has obvious political as well as military attractions. And if that won't work then why not rely on our allies to do the hard yards? Or support a local proxy

force to deliver "boots on the ground"?

The answer lies in the level of assurance that we as a nation require when our interests are being threatened and we are vulnerable. The world is not going to be any less confrontational just because of its economic plight; in all probability it will be more so.

Some threats we face will come from well outside the military sphere: challenges to our economic interest, to our values and beliefs, to the conditions that underpin stability around the world. Diplomacy and negotiation will always be our first resort. But the credibility of these approaches often depends on the implicit understanding that military options exist - and that, when the preferred means aren't working, we may need to turn to them. And that, when we do, they must work.

VITAL NUMBERS

THERE ARE PEOPLE OUT THERE READY TO HELP YOU

Increasingly that means forming coalitions that include regional partners as well as our traditional allies. They are becoming ever more important in political and military terms, but also to confer international legitimacy on our actions. We should only commit forces when we have a clear understanding of the nuances of the situation at all levels - including the human terrain. Understanding that is critical as both Iraq and Afghanistan have demonstrated. Such a level of clarity is hard to come by.

We have designed Army 2020 against this backdrop. Our future force will be structured around three core purposes. The first is intervention and conventional deterrence; the second is overseas operations in multinational alliances to prevent conflict at source; the third purpose is activity within the UK - partly to make us more responsive to domestic operations such as flood relief and the Olympics and to improve homeland resilience, but primarily to ensure that we can sustain the reformed Army Reserve that will be a key element of our new forces.

The Army Reserve will include armoured forces and light forces, intelligence and surveillance. It will work with the Royal Navy and the Royal Air Force as well as government departments and NGOs (Non-Governmental Organisations). It can be adapted to handle smaller operations, or configured as a full-scale brigade for a sustained period, as we currently operate in Afghanistan. Given warning it will field a division for even larger challenges.

Despite a reduction of 20 per cent in our regular manpower, our future capacity will not be far short of its current level. We have managed this by building a high dependence on the new Army Reserve, and a support network of specialist contractors. This is a ground breaking change. But I am confident that with imagination and the help of employers and industry - supported by changes to legislation - this will work.

Relocating the Army from Germany calls for some focused spending on new bases - and the sooner we can do this the better. We will have important new equipment, including the excellent capabilities returning from Afghanistan.

But what of our officers and soldiers who are so critical to this venture? They are to be found in the warrior generation that has fought courageously in Iraq and Afghanistan. We need them to soldier on into the new era, and we need people of comparable courage, talent and commitment to join them.

After our departure from Afghanistan in 2014 life in this new Army is going to be different for sure; but it will be just as challenging. So we will look after them and their families. The ongoing redundancy programme is unavoidable. We must do everything possible to support those soldiers making the transition into civilian life. Equally we need to ensure the military continues to attract the best.

Change is always difficult, and for an organisation as mindful of its history as the British Army this is especially so. I am confident that Army 2020 is imaginatively configured and properly resourced to meet the future demands of this uncertain world, manned by soldiers of the highest quality. 

RN Benevolent Trust: Grants, advice and income supplements for veterans. Call 0239 2690112 or email rnbt@rnbt.org.uk.

RN Association: Comradeship for all serving and ex-Service members of the RN, RM, QARNNS, WRNS, Reserves, RFA and RNXS. royal-naval-association.co.uk

Royal Marines Benevolent Fund: Relieves hardship among serving and former Marines and dependents. royalmarines.charities@charity.vfree.com or call 02392 547201.

ABF The Soldiers Charity: Support to soldiers and veterans. www.soldierscharity.org or call 0845 241 4820.

RAF Benevolent Fund: Help for RAF personnel past and present. rafbf.org or call 0800 1692942.

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Army Welfare Service: HQ AWS has relocated to Upavon. Confidential support for soldiers and families. army.mod.uk/welfare-support/family/default.aspx or call (UK) 01980 615975.

RAF Association (RAFA): Comradeship and care for current and former RAF members. rafa.org.uk/welfare.asp.

HIVE: Tri-Service information covering issues like education and health. 167 offices. hive.mod.uk.

Royal British Legion: Charity providing financial, social and emotional support to vets and serving, and dependents. www.britishlegion.org.uk or call 08457 725 725.

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Eastern area office - HMS Nelson - Tel: 023 92 722 712 - after hours 023 92 726 159.
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Northern area office - Helensburgh - Tel: 01436 672 798 - after hours 01436 674 321 (Ext 4005)
RM Welfare - 01752 836 395 (via duty officer, guardroom RM Stonehouse).

ROWING FOR GOLD

ARMY OFFICER AND TEAM GB ROWER, CAPTAIN HEATHER STANNING, IS TIPPED AS A HOT MEDAL HOPE. INTERVIEW: LORRAINE MCBRIDE

WITH THE clock fast-ticking down to London 2012, Royal Artillery officer Captain Heather Stanning is in the best form of her life. Fresh from winning gold in the World Cup regattas in Belgrade and Lucerne in the women's coxless pairs, she, along with crewmate Helen Glover, hope to use victory as a springboard for success in the Olympics.

Aged 27, Captain Stanning will make her Olympic debut this month, a day after the opening ceremony.

Her major breakthrough came with Helen at the 2010 World Rowing Championships in New Zealand when the British pair doggedly hung onto the coattails of the reigning world champions, the New Zealand pair, to win silver.

Rowing legend Sir Steve Redgrave predicts that Team GB's rowers will make it a record medal haul at this year's Olympics, but Captain Stanning is taking nothing for granted.

"It's very exciting to be part of this," she says. "But at the same time, every day is an important training day and there is so much we can do between now and then."

The daughter of Royal Navy officers, Captain Stanning believes the military lifestyle was hard-wired into her as a child, making it, along with the attraction of adventure training and opportunity for sport, a natural career choice. She won a sixth-form Army scholarship at Gordonstoun School and was commissioned from Sandhurst in 2008, moving into 32 Regiment Royal Artillery.

Then, two years ago, she was released from Army duties so she could attempt to row her way into Olympic selection. "The Army have been absolutely fantastic at supporting me and giving me time off while it has clearly been a busy time," she says.

"I've popped down to see the Regiment in Larkhill whenever I can or they pop over to see me. They've been superb about making sure that I'm OK,

still enjoying it and getting what I want from it."

She credits her Army training with helping her to keep a clear head and stick to her goals. "What I learned at Sandhurst was that you're given your mission and you stick to it."

Captain Stanning enjoys most outdoor sports and before taking up rowing she was a passionate sailor and snowboarder, though both sports are now on hold.

She has also given up cheese, which presumably has the approval of the Team GB rowers' dietician - but don't get her started on ice baths. "I really hate the cold," she laughs.

She says of her training regime: "In winter, it's lots of long miles, long sessions in the gym. Come summer, we start doing more racey stuff and that's more fun. My social life goes out of the window a bit with lots of early nights but it's sensible. We train so hard to get our bodies in good shape that we're not going to throw it away for a night out. That'd be ridiculous."

The Olympic rowing events start a day after the opening ceremony at Eton Dorney near Windsor, where Team GB race in trials, adding a frisson to the thrill of a home Games.

"It's familiar but at the same time it's going to look very different when they put the grandstands up, filled with 30,000 spectators," says Captain Stanning. "And friends and family who maybe wouldn't be able to travel halfway around the world are going to be there, which will be fantastic."

A former troop commander, Captain Stanning will return to Army duties in September. She may well be doing so as an Olympic gold medallist.

"Hopefully," she says, "seeing an officer achieve something on the world stage will inspire other soldiers. And part of my performance will be a way of saying thank you to 32 Regiment Royal Artillery."

In-form: Royal Artillery officer Captain Heather Stanning



GOLD WINNER

ROYAL NAVY OLYMPIC GOLD MEDALLIST LIEUTENANT PETE REED IS MAKING FINAL PREPARATIONS FOR LONDON 2012

Do you mind if we sit down?" asks Lieutenant Pete Reed, glancing at his chunky sports watch. "I need to be quick because I'm cold and hungry." He's not being brusque, just keen to conserve energy for another gruelling rowing session at Caversham Lakes near Reading.

Lieutenant Reed is the 31-year-old Royal Naval officer who won gold at the Beijing Olympics four years ago in the men's coxless four event.

Now he will be competing in his second Olympics, defending his medal alongside Alex Gregory, Andrew Triggs Hodge and Tom James. He insists anything less than gold would be a disaster. "It would be a nightmare to get a silver medal or less so we just need to focus on being as good as we possibly can be, learning all our lessons over the last few years."

To become an Olympic gold medallist requires an uncommonly dedicated talent and mindset and Lieutenant Reed is convinced that officer training at the Britannia Royal Naval College, Dartmouth, shaped him into the Olympian he is today.

"At Dartmouth, I learned about teamwork, determination, dedication, and enthusiasm – and those qualities are exactly what I'm using every day to get the job done," he says. "I wasn't the same guy before I joined the Navy that I became after training and I don't think I could have done this sport for as long as I have if I hadn't gone through Dartmouth."

Lieutenant Reed joined the Navy for many reasons but mainly the military lifestyle: "I didn't want an office job – I wanted to be part of something that mattered more. That pointed me in the direction of the Royal Navy."

He was also drawn by the opportunity to train with the world's best and he won a naval bursary before returning to the fleet and serving as one of its youngest officers, training alongside wiser, older heads.

Taking part in the 2012 Olympics at Eton Dorney "is an opportunity to be



Picture: Peter Spurrer/Intersport Images

part of history," he says, "to realise every sportsman's dream. And to win gold in a home Olympics would be spectacular."

And hopes for the men's coxless four are high. "The expectation gives us the kick we need to deliver," Lieutenant Reed says. "There'll be a lot of pressure. But that's what you want when you're going into battle."

He has little doubt that military support has helped him to reach the pinnacle of sport and knows that his Navy payslip has provided a cushion that other impoverished athletes don't enjoy.

"It keeps me living a lifestyle that isn't extravagant but a little bit ahead of some of my peers," he says. "It means I can eat the right food, get the right rest and have the right quality of living so that I can train harder than I would otherwise. And that has kept me at the top for a long time."

"And having the Navy behind me and their training is absolutely synonymous with the personality and characteristics that you need to be a top rower."

"I can't quite find the words at the moment to describe how supportive the Navy has been. I wouldn't be rowing if it wasn't for the Navy. To have the Senior Service backing you when you're training each day and to be as proud as I am to be wearing the white ensign on my kit spurs me on. It's something that will be with me as I cross the finishing line." **DR**

Picture: Shane Wilkinson



Picture: PO (Phot) Terry Seward



Stuart Laws



Corinna Lawrence

CUT ABOVE THE REST

STUART LAWS IS TRAINING PARTNER TO BRITISH FENCER CORINNA LAWRENCE, REPORTS LORRAINE MCBRIDE

You cannot underestimate the importance of a trusty training partner in elite sport. Marathon runners rely on fleet-footed pacemakers who often set the pace but who will never win themselves, while tennis stars rely on partners to 'hit' with and champion boxers train with a sparring partner as part of their entourage.

Stuart Laws runs the MOD's GEMS scheme that encourages staff to submit brainwaves that save the Department money. But when Stuart's not helping the Ministry to save millions of pounds, he devotes his energies to training Britain's senior women's fencing champion Corinna Lawrence in her quest to win Olympic gold.

Stuart started fencing back in school. "A local club did a demo and the people were so sociable; I have stuck with it ever since," he said.

It is a sport that combines feline, balletic grace with a cardiovascular workout. Players wear close-fitting metallic fabric bodysuits and where the attacker hits the foil a red or green light illuminates.

Corinna has won the British Championship 11 times. The pair met at London Thames Fencing Club at

Roehampton University, where Stuart is chairman.

Stuart trains with Corinna for six hours every week and, in the run-up to a major competition, the pair hire a squash court as a make-do 'piste'. When he competes against Corinna, he holds back from using his natural strength.

"We concentrate on honing technique," he said. "I try to mimic the styles of the top fencers and ape their favourite moves so Corinna knows what she must do."

An accomplished club fencer himself, Stuart hovers around Britain's top 100 but reckons it can be hard to progress because it costs £20,000 to train and compete at the top level.

"There is no real money in fencing," said Stuart. "One or two competitions offer prize money, but on the whole you win vouchers. Instead, I fence for my own enjoyment and it's a good excuse to travel. My girlfriend and I go away for a city break and I'll go away and fence for a few hours on a Saturday morning."

Training leads to a frantic schedule. Stuart's bosses allow him to work flexible hours to squeeze in early morning training sessions or to compete. Despite its elite

image, Stuart says that many of the fencers making their name don't fit the hoary Henry stereotype. Fencing is a Cinderella sport and Stuart hopes that the Games will raise the profile of British fencing and he's expecting a rush of new blood after the Games, particularly if one of Britain's 10-strong squad wins a medal.

However, fencing enjoys a huge following across Europe: "You find kids lining up to collect autographs of all the competitors. In all the eastern European countries it's massive. When I went to Budapest, the local bars even cordoned off tables for fencers."

But all eyes will be on London come July and Stuart has already bagged tickets to support Corinna at the ExCel Centre, and then watch the men's event two days later. He is excited both to support Corinna and also watch many fighters whom he knows from the World Cup circuit.

Always keen to attract new faces into his beloved sport, Stuart says that many fencing clubs offer free first nights, with lessons starting from just £15.

"Fencing is an ageless sport that suits all sizes, shapes and ages," said Stuart. "No matter how old or unfit, you can still have a go and compete." **DP**

Picture: British Fencing Association



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**Pride of Ghana:
Trooper Emmanuel
Nartey prepares
for Olympic action**

**IN A SPORTS-THEMED
CHANGE TO OUR
NORMAL LOOK AT
MILITARY MEDALS,
TROOPER EMMANUEL
NARTEY, 29, WHO WILL
REPRESENT GHANA IN
JUDO AT THE OLYMPICS,
RECALLS HIS MOST
TREASURED SPORTS
MEDALS. INTERVIEW:
LORRAINE MCBRIDE**

WORLD CUP, GOLD 2009

When I won the gold medal at the World Cup in Samoa it was a special moment and the greatest breakthrough of my sporting career. The medal with the most meaning has to be my World Cup gold medal. When I was called up to represent Ghana, it was an amazing feeling and a childhood dream.

It's one of my main goals in sport and to be able to achieve it was an honour. My mum was so proud and cried tears of pure joy. Everything changed and overnight I became famous in Ghana. Now people recognise me when I walk down the street and stop to chat about how well I'm doing in sport.

I won my black belt aged just 17 and I made my international debut at the same age in the World Cup in 2001, and winning it felt amazing. I knew I was a world-class athlete but couldn't break through on the circuit. It was really frustrating and in 2009 we started on the road to Olympic qualification; then when I won, suddenly, the pressure was off. It gave me great confidence.

WORLD CUP, BRONZE 2010

My second World Cup medal was winning bronze in Venezuela. To win a gold in 2009 and then to slip to bronze was quite disappointing. It showed me that I needed to work really hard, but at the same time I realised that I had the motivation and desire to carry on.

I train hard at Bath University every single day; six hours on Monday, four hours on Tuesday/Wednesday, six hours on Thursday, four hours on Friday and two hours on Saturday/Sunday. Before a major championship my

coaches help motivate me and I meditate about winning to get in the right frame of mind before stepping on the mat. There is always mutual respect between competitors but ultimately the best fighter wins.

WORLD CUP, SILVER 2011

The Judo World Cup takes place every year on the circuit, as do the Grand Prix, the Grand Slam and the Senior World Championships; the latter is the best and where I've reached the quarter-finals on three occasions.

In Liverpool in 2011, I fought really well all day and it didn't look like I'd lose but, during the final, with just 49 seconds left on the clock, I lost concentration. It was a slip that cost me the match. Luckily, even though I didn't do as well as I hoped, silver still counted towards Olympic qualification.

Before a match, I get nervous and excited. Every athlete gets nervous but I have to make my nerves work for my own good. My judo hero is Kosei Inoue, the Japanese champion and former world number one, who is one of the most talented and skillful judo players the world has ever seen, and I'd love to follow in his footsteps.

GHANA NATIONAL CHAMPS, GOLD 2000

I was just nine years old when I started judo. Two of my older brothers then aged 16 and 12 were winning judo tournaments and bringing home medals. I always wanted their medals but they were way better than me so we became a competitive family.

Winning my very first medal in Accra in Ghana's national championships in 2000 was exciting. It also caught the eyes of Ghana's selectors for the national team.

Now I coach kids in schools for a chance to see the next generation coming up.

I display all my medals either at home in Bath or my

military unit, RAF Honington in Suffolk.

COMMONWEALTH, SILVER 2006

My first medal on the international stage was winning silver at the Commonwealth Championships in Londonderry. I have good memories but had a few restrictions travelling freely as a soldier.

I really wanted to be the Commonwealth champion and was gutted to lose to Craig Ewers, a fighter from Wales. My medals are very important and, when I look at them, memories flood back reminding me of the training, dedication and hard work I've put into my sporting career.

Eight years ago, I was released from Army duties to train full-time and compete at international level. The Army is 100 per cent supportive. They've granted me all the time off that I need to concentrate on training as well as financial support to travel abroad to compete.

BRITISH OPEN CHAMPS, 2007

I won bronze at the British

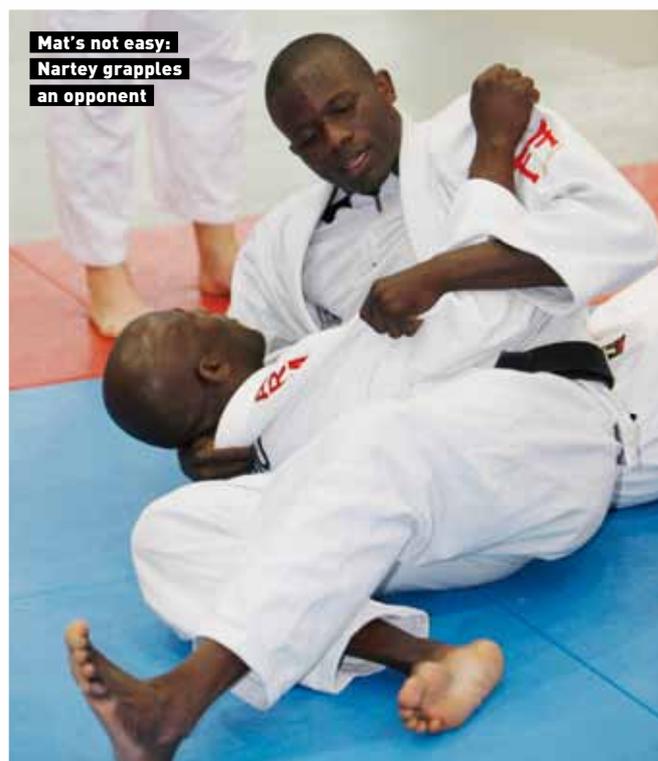
Open in Crawley, Sussex. It was a good tournament, the first international that I performed in this country, and I was the only UK-based player to win a medal.

Judo internationals draw good crowds with 10,000 supporters and it's often shown live on TV. British fans always give me a cheer, which is very important to me. Whenever I competed in the World Cup, all the British players lost, but the crowd supported me right to the end.

London 2012 will be my first Olympics and I qualified after finishing fifth in the African Championships. I'm proud that I will be the first Ghanaian to represent my country at judo.

In London my threat will come from Japan and Korea. Of course I am hopeful of a medal in the 73kg category. I'm currently seeded Ghana's number one player and 23rd in the world rankings.

After the Olympics, I'm not sure whether I'll retire. It's a decision I'll have to take after considering all my achievements and I'll speak to my unit about what I want to do in my future Army career.



Right up my nose: other people's body odour can be unpleasant

NO SWEAT

SWEATING IS NORMAL BUT SOME OF US CAN SUFFER WITH BODY ODOUR. HERE IS WHY



By Surgeon
Commander Nick
Imm, a GP at
Navy Command HQ,
HMS *Excellent*.

Hello from Whale Island in Portsmouth. It's the middle of summer and hopefully you'll be enjoying some warm weather as you read this. You might be so warm you're noticeably sweating. We all sweat. It's healthy and normal. But some people sweat a lot more than others and some suffer with body odour. Why is this?

Sweat is an important way for the body to regulate its temperature and cool itself down. It's produced by millions of tiny glands in our skin. As the water in it evaporates, our temperature falls. Believe it or not, we lose roughly a litre of water in sweat every day. The amount we sweat increases with exercise, anxiety and, of course, hot weather conditions.

Fresh sweat doesn't smell unpleasant

but, after a while, bacteria on the skin start to break it down, releasing unpleasant-smelling chemicals. This is body odour, otherwise known as BO.

Body odour tends to be worst in warm, sweaty areas such as the armpits and groin. This is because sweat produced in these areas contains protein and is less able to evaporate - bacteria thrive on it and multiply.

So, what can you do to prevent body odour becoming a problem? The obvious things are:

- wash thoroughly at least daily - more if you're very active
- use deodorant, soap and an antiperspirant
- make sure it's not your clothes that smell - only wear them for a single day and wash them regularly
- when possible, choose clothes that keep you cool - natural fabrics like cotton are best

If you have trouble controlling body odour, despite following the advice above, you could ask your local doctor

or pharmacist for help. Treatments are available to reduce the amount of sweat produced or the number of bacteria around. These need to be applied daily.

If you feel that the cause of your excessive perspiration is anxiety, discuss this with your GP. There are several ways to sort this out - either with medication or by seeing a counsellor to discuss how you manage stress.

Occasionally, a medical condition such as an overactive thyroid gland is to blame. A simple blood test can check for this.

Being overweight increases perspiration as well as putting you at risk of heart disease and diabetes. If you're on the heavy side, consider having a chat with your practice nurse about a sensible weight-loss plan.

Stay healthy and I'll see you next month.

■ This is intended as general advice only. If you have any medical concerns please make an appointment to see your medic or GP. **DF**



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Fill in the grid so that every row, every column and every 3x3 box contains the numbers 1 to 9

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6	9	1	4	5	8	2	7	3
7	3	4	9	2	1	8	6	5
8	5	2	3	6	7	9	4	1

Solution to the June 2012 puzzle

CHESS



Compiled by: Carl Portman

WHO SAID THIS? "The secret to success, happiness, achieving your desires, all of the things that we as humans do and aspire to be, comes down to one concept: the ability to accurately assess your position. Everything you do in life is a move and there will be a response. This is a concept that has been bubbling in my mind and it comes alive for me at the chessboard." It was the actor Will Smith who is one of many celebrities who play the royal game.

Madonna also plays very keenly, as does Lennox Lewis and Woody Allen. It's not just for old men with beards you know. Indeed, no-one in my chess club actually has a beard – well not a proper one anyway. Chess gets such a bad press if it gets any press at all, yet, as Will Smith implies, it is a metaphor for life. It is very easy to walk away from difficulties in life – but you cannot do that on the chessboard unless you resign, which is, of course, defeat. No, chess is about the fight, about struggle and the battle of wills. It is about creative energy and the desire to accomplish something



memorable and enjoyable at the board. Let's play...

The chess problem this month is taken from the game Movsesian-Pantsulaia (European Team Championships 2012). Find the winning move for white.

Send your answers to me at carl.portman@hotmail.co.uk please. A chess-related prize awaits.

The answer to June's problem was 1. Pawn g8=rook g2. 2. Rxd2 Kf3 3. o-o checkmate. To castle, giving checkmate is rare and must feel wonderful. Has anyone ever done it? Winner to be announced. April's winner was Kelvin Marsh from MOD Main Building.

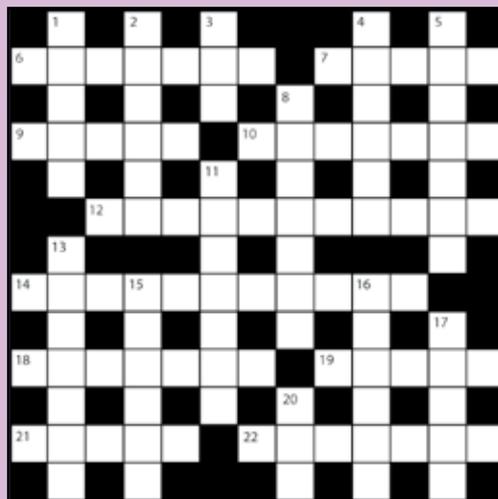
TOPICAL CROSSWORD

ACROSS

- 6. In Roman mythology, the god of water (7)
- 7. The Eiffel Tower is a tourist attraction in this city (5)
- 9. '_____' Elliot', the smash hit London musical (5)
- 10. Olympic event featuring Finn and Laser races (7)
- 12. Sporting event to be held in London from August 29 to September 9 (11)
- 14. Briton who won three gold medals at the 2008 Olympics in Beijing (3,5,3)
- 18. Violent rotating windstorm (7)
- 19. Upper part of a steeple (5)
- 21. New Delhi is this country's capital city (5)
- 22. Shylock's daughter in 'The Merchant of Venice' (7)

DOWN

- 1. Detective drama starring Kevin Whately and Laurence Fox (5)



- 2. Sir Paul McCartney's daughter, who is a fashion designer (6)
- 3. U2 song which has the line 'Have you come here for forgiveness?' (3)
- 4. Fast pace for a horse (6)
- 5. John Smith succeeded him as leader of the Labour Party (7)
- 8. Type of music from the West Indies (7)
- 11. Presenter of 'Who Wants To Be A Millionaire?' (7)

- 13. Indian dish made with meat, fish or vegetables and highly seasoned rice (7)
- 15. Football champions in Scotland in 2012 (6)
- 16. Compete against (6)
- 17. Jones, who performed at the Diamond Jubilee concert using a hula-hoop (5)
- 20. Livingstone, a narrow loser to Boris Johnson in the 2012 London mayoral election (3)

SOLUTION (NO PEEKING)

- Down**
- 1. Lewis 2. Stella 3. One
 - 4. Gallop 5. Kinnock
 - 8. Calypso 11. Tarrant
 - 13. Bryani 15. Celtic
 - 16. Oppose 17. Grace
 - 20. Ken
- Across**
- 6. Neptune 7. Paris 9. Billy
 - 10. Sailing 12. Paralympics
 - 14. Sir Chris Hoy 18. Cyclone
 - 19. Spire 21. India
 - 22. Jessica

SHEFFIELD IS THE FULL MONTY



The Copthorne Hotel Sheffield is offering a two-night stay for a family of four.

One lucky *Defence Focus* reader will win a two-night break for a family of four (two adults and two children) at the wonderful Copthorne Hotel in Sheffield. The generous prize includes breakfast, dinner on one night, including wine, and a Sunday carvery. The hotel offers 158 boutique-style ensuite bedrooms with internet access, and the 18Fifty5 bar and restaurant which

showcases award-winning Yorkshire fayre. The Copthorne is sited next to Sheffield United Football Club, close to the city centre, and effortlessly combines convenience with style and character.

For those with time to explore, the hotel's prime location makes it an ideal base for shopping at Meadowhall or the Devonshire Quarter. While, for sightseeing, Sheffield boasts many attractions including the Peace Gardens and the Sheffield Winter

Garden. The prize also includes a family ticket to the Magna Science Adventure Centre where visitors can experience a voyage of discovery. Visit the four gadget-packed pavilions themed around earth, air, fire and water.

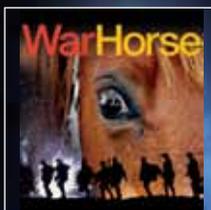
The Copthorne Hotel is offering readers a special offer of £65 for bed and breakfast, per room, with free bedroom upgrade, subject to availability, until 31 October 2012. Quote *Defence Focus* on booking. For more, visit www.millenniumhotels.co.uk/cophornesheffield and www.visitmagna.co.uk

Terms and Conditions

Prize is for two adults and up to two children sharing a family room. No cash alternatives available. Reader offer includes two breakfasts and is valid until 31 October 2012.

TO WIN

Just email your name, address and phone number to dmc-newsdesk@mod.uk by 24 August 2012. Include the phrase "Copthorne Hotel" in the subject line.



WONDER OF WAR HORSE



War Horse has won international plaudits for its genius puppetry and moving story. *Defence Focus* has one exclusive pair of tickets to give away.

War Horse is a spectacular production based on the celebrated novel by Michael Morpurgo. The National Theatre's play is brought to life by actors working alongside astonishing life-sized puppets, one of which charmed the Queen with its cameo appearance on the roof of the National Theatre during the Riverboat Pageant. A runaway success in London and on Broadway, War Horse has been seen by over two million people worldwide.

War Horse plays at the New London Theatre, Drury Lane. For more, visit www.warhorseonstage.com

TO WIN

Just email your name, address and phone number to dmc-newsdesk@mod.uk by 24 August 2012. Include the phrase "War Horse" in the subject line.



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