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of Defence

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17 November 2017

E-mail address: [REDACTED]

Dear [REDACTED],

Thank you for your email of 1 November in which you requested the following information:

*"I will be getting university students to run in the old 'silver shadow' running shoes, the newer PT-1000 trainers and the combat boots. Testing the difference in impact forces sustained between the three.*

*My query - is there anyone I can get in touch with regarding;*

- *Which training shoes are issued to recruits.*
- *Can I acquire 3 pairs each of the silver shadows, PT-1000 and combat boots*
- *Information on recruit training stages;*
  - When do they start training runs, what footwear is used.*
  - When are combat boot runs included (which training week)*
  - What speeds are these run at."*

I am treating your correspondence as a request for information under the Freedom of Information Act (FOIA) 2000.

A search for the information has now been completed within the Ministry of Defence, and I can confirm that some of the information in scope of your request is held.

The training shoes issued to recruits are the Magnum shoe fitness trainer for outdoor use and the Hi Tec viper court for indoor use.

The request for silver shadows, PT-1000 and combat boots is not a request under the FOIA. However, under section 16 of the Act – Advice and Assistance – I can confirm that the silver shadows and PT-1000 are no longer used in-service. I can only suggest, therefore, you search on-line for these products. With regard to combat boots, we no longer issue the black combat boot but recruits are offered a choice of boot combats as follows:

Altberg Defender (UK)  
Haix Scout (UK)

Bates (Patrol)  
YDS Kestral (Patrol)

Iturri Mendalls (Desert)

YDS Desert Scout (Desert)

Iturri Magnum (L/W Desert)  
YDS Desert (L/W Desert)

Haix Alaska (Cold weather)  
Iturri Karimor (Cold weather)

You should be able to obtain these from a number of sources such as the manufacturers or Army surplus stores.

With regard to recruit training, I can confirm that running commences in Week 7 with the outdoor shoe. The speed of training runs are based on 75% Maximum Heart Rate. The Army no longer runs in boots as part of training activity.

Also under section 16 of the FOIA, you may find the publications in the following links of interest to your research:


<https://www.ncbi.nlm.nih.gov/pubmed/24714532>

<https://www.ncbi.nlm.nih.gov/pubmed/28800005>

If you have any queries regarding the content of this letter, please contact this office in the first instance. Following this, if you wish to complain about the handling of your request, or the content of this response, you can request an independent internal review by contacting the Information Rights Compliance team, Ground Floor, MOD Main Building, Whitehall, SW1A 2HB (e-mail [CIO-FOI-IR@mod.uk](mailto:CIO-FOI-IR@mod.uk)). Please note that any request for an internal review should be made within 40 working days of the date of this response.

If you remain dissatisfied following an internal review, you may raise your complaint directly to the Information Commissioner under the provisions of Section 50 of the Freedom of Information Act. Please note that the Information Commissioner will not normally investigate your case until the MOD internal review process has been completed. The Information Commissioner can be contacted at: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Further details of the role and powers of the Information Commissioner can be found on the Commissioner's website at <https://ico.org.uk/>.

Yours sincerely,

  
Disclosure and Litigation Leader