

Connect

**ROYAL
AIR FORCES
Association**

The charity that supports the RAF family

Summer 2017

Our RAFALO of the year

Each year we award the Wally Marriott Trophy to the RAF Association Liaison Officer (RAFALO) who has made an outstanding contribution to the Association's work. This year's award was presented at the 2017 Annual Conference in Yarnfield and we are pleased to say the recipient was Sergeant Paula Murphy.

Nominated by RAF Association Station Officer Geoff Burton, he describes Paula as: "one of the best RAFALOs I have ever worked with. She leads from the front and by example, every single time." Paula has been the Senior RAFALO at RAF Scampton since 2012, and is the driving force behind the incredibly successful team. The team has multiple plaudits to its name as a result, winning the Air Show plate in 2013 and 2014, as well as coming away with three awards at this year's Conference.

Fundraising is at the heart of what Paula does as a Senior RAFALO. In 2016 alone her team raised over £12,000 on station, with events including; competing in the Pathfinder March, Brew for the Few coffee and cake mornings, gate collections and assisting the Association's fundraising events team at local airshows. The team also organised and hosted the annual Swing Wing concert, with music performed by the RAF College Cranwell Band to an audience of 370 people and VIP guests. Teaming up with RAFALOs from RAF Waddington, they regularly operate an Association stall at Lincoln Christmas Market, raising in excess of £24,500 over the past four years.

Paula is also an active and enthusiastic member of the RAFALO and local community, she often hosts local branches on the Station, showing them around the Heritage Centre and sustaining their link with the RAF, past and present.

She willingly gives her free time, organising and delivering her team's efforts, supporting the local branches and constantly raising the profile of the Association.

Geoff credits Paula as a shining example, saying she is: "A true giant among her contemporaries and at the vanguard of the RAFALO cohort." Paula is one of the many RAFALOs who serve as a vital link between serving personnel and our branches. Representing service personnel at branch events, raising awareness on stations and fundraising for the cause, week in week out. Paula does all of this, with enthusiasm and heart, pushing her team forward to receive the praise, rather than taking it herself. She is certainly a worthy recipient of this award.



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rafa.org.uk

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Message from the Secretary General

In the last issue of Connect we told you that over half of serving personnel within the RAF are members of the Association. This number continues to steadily increase, but as ever we need your help to continue this growth. So far this year over 3,800 new members have joined, a very healthy figure and one that indicates another promising year for the Association.

The Association's Annual Conference took place for the first time in Yarnfield. Of special note was the annual RAFALO Conference, which was held on the Friday afternoon. A great opportunity for all RAF Association Liaison Officers to share their knowledge and ideas, ready for the year ahead. Hopefully those who joined us at Conference will have come away feeling enthused and full of fresh ideas. I'd also like to congratulate RAF Scampton's Sergeant Paula Murphy, who was awarded the Wally Marriott, RAFALO of the Year trophy.

Finally to Volunteers' Week, where we said thank you to each of our 3,340 volunteers for the work that they do. It really is invaluable. Volunteers are the lifeblood of the Association, without whom much of our vital welfare work could not be carried out. You can read about two serving personnel that dedicate their spare time to the Association on page 3 of this issue.

Nick Bunting
Secretary General



Membership update

So far in 2017 over 3,800 new members have joined us. This is a great start to the year and puts us on target to beat our increase from last year. However we cannot continue this without your help. Over 50 per cent of serving personnel are members of the Association. Which means that there are still some who aren't. It might even be you! To become a member visit www.rafa.org.uk/join and you could start receiving all of the member benefits that go with being part of the Association. If you're already a member, then invite your friends, colleagues and family to become part of the Association.

Social media update

In the past few months our social media has gone all out to engage with our followers. Whether it's taking part in our weekly Twitter quizzes or finding out more about aerodynamic cows, make sure you're part of the conversation:

@RAFAssociation
 @RAFAssociation

Get Connected

Follow us on social media and help us to show the great work we do for the RAF family, as well as getting the latest news on our work.



Volunteers' Week

The first week of June marked Volunteers' Week. A week dedicated to all of those that give up their valuable spare time to help charities. This year we said thank you to all of our incredible volunteers and introduced seven of them, including two serving personnel. We asked what volunteering for the Association means to them. Here's what they said:

Cameron is based at RAF Lossiemouth, he has just started volunteering for us as a fundraising team leader and is enthusiastic about what the role involves:

If you were to recommend volunteering for the Association to others, what would you tell them?

Just by giving up a small amount of their valuable time they could help a huge number of people in ways they couldn't even imagine. The serving and former-serving members of the RAF, as well as their families that have sacrificed so much. Sometimes giving everything up, including their lives, to ensure the protection of the UK and all those who call it home.

It's a fantastic opportunity to meet amazing and interesting people. On top of that it's also a great opportunity to develop yourself as a person. If you choose a leadership role, it's a great to get people management, leadership and event organisation skills.

Kelly is based at RAF Waddington and is one of our newly trained Befrienders, here to support lonely and isolated individuals:

What is the best thing about your volunteering role with the Association?

Making people happy I think is the best thing and being there for them when they're not happy. Just helping them to not be lonely. I'm at the end of the phone if they want to call. My grandparents were lonely and they had family around. There are lots of people out there who don't have family and are increasingly lonely. I've been posted away from my grandparents for years and if we all had the mind-set that we could 'adopt' a grandparent then nobody would feel lonely.

My befriender says to me, "are you sure you want to keep coming, you don't have to." I always answer that I want to, I want to help and keep coming. The military is a family really, so in that sense they are our grandparents. It is just taking care of your family.

If you'd like to be a part of our volunteering team, find out what's available in your area at www.rafa.org.uk/volunteer/search. Do something amazing.

Another marvellous Conference

This year's RAF Association Annual Conference was held at the Yarnfield Park training and conference centre in Stone, Staffordshire from 12 to 14 May.

Friday afternoon was dedicated to our serving members, our RAF Association Liaison Officers. Their seminar included updates from the Association and the opportunity to share ideas on how we can help in their role as the link between the organisation and the serving RAF family.

Conference was officially opened Saturday morning, and after the ceremonial element came the business of Conference with a presentation by Secretary General Nick Bunting. The RAF Presentation Team led by Warrant Officer Andy Rodulson delivered an inspiring presentation on today's RAF. Air Chief Marshal, Sir Stephen Hillier, Chief of the Air Staff then gave a brief address reporting on the RAF one year after taking office and the value of the welfare work done by the Association for serving personnel. After his address, he presented the Flying Scholarships to successful cadets. Sir Dusty Miller then presented the National Presidential Certificates.

Business got underway with presentations from Chairman of the Committee, Taff Rees, Chairman of Council, Air Vice-Marshal John Cliffe and Philip Tagg, Honorary Treasurer. A number of resolutions were discussed and voted on after lunch, before Conference was closed for the day.

Taff Rees proposed the Vote of Thanks. On completion, the president welcomed Air Marshal Sir Baz North to the stage as he was voted by acclaim to be the new President of the RAF Association.

The final day of Conference started with a service of dedication to those who have given their lives for their country and for those injured and affected by what they have seen and endured. For the first time in the history of the Association's annual conferences, this was a drum head service, more traditionally held in the field of battle.

We had a successful and enjoyable conference and look forward to seeing many members and guests next year as we return to Yarnfield Park Training and Conference Centre, Staffordshire on 12 May 2018 with a service to celebrate 100 years of the Royal Air Force at the National Memorial Arboretum on 13 May 2018.



TROPHY

Winners 2016

At Conference we celebrated all that was achieved in 2016, and the trophies awarded there continually reflect the hard work and dedication of our members. So, we are proud to share the winners:

Awards for RAF Stations and Units

1 Lord Tedder Trophy Awarded to a RAF unit for the highest net collection for Wings Appeal. Once again a truly magnificent effort by all station personnel in raising such a noteworthy total in excess of £18,000. The trophy was awarded to **RAF Wittering**.

2 Sir Charles Wheeler Trophy The trophy is awarded to the home RAF unit achieving the highest net collection per head of personnel. Raising over £3,200, the trophy was awarded to the worthy recipients **RAF Scampton**.

3 Marquis of Amodio Trophy The trophy is awarded to the RAF Unit recruiting the highest number of new members pro rata to unit personnel. The station RAFALO team have worked tirelessly in promoting the Association and its work. This has culminated in an extremely successful recruitment campaign. This year the trophy was awarded to **RAF Stafford**.

4 The Ken Jago Trophy Awarded to the overseas unit achieving the highest net collection per head of personnel. Having raised over £500 the award was awarded to **RAF Akrotiri** who continue to raise funds in support to the Association.

5 Sir Geoffrey Bromet Trophy Awarded to the station or unit that demonstrates exceptional achievement in support of the Association. Without exception **RAF Benson** has demonstrated its unswerving allegiance to the Association in providing their support of the RAF Associations in fundraising and membership events.

6 The Airshow Plate Awarded for the exceptional achievement by an RAF Unit in support of the many airshows that take place throughout the UK. For their ever-presence and valued support at our many airshows **RAF Scampton** are the worthy recipients.

7 Wally Marriott Trophy Awarded to the RAFALO judged to have made an outstanding contribution to the Association. For her superior performance as an Area RAFALO and untiring dedication towards the betterment of the Association **Sergeant Paula Murphy** is our RAFALO of the year.



All photos © Heidi Burton



DSAE Cosford goes to extremes in fundraising

The RAFALO team at DSAE Cosford came up with an energetic way to fundraise as it hosted an evening of extreme sports.

More than 80 people took part in the evening, squeezing themselves into zorb suits for the zorb football, hurling dodgeballs and finding out just what is involved in extreme archery!

Competition between the teams was fierce and everyone battled hard to be crowned champion of the various sports. Overall it was a fantastic evening of laughter, sweat and extreme fun, raising £469 in the process. The teams had so much fun, they're thinking of setting up another competition in December.

'Tour of Lincs' in aid of RAF Association's work

A group of RAF personnel cycled an incredible 82 mile 'Tour of Lincs' in a single day to raise funds for the RAF Association.

Led by personnel from RAF Scampton, 13 riders took part in the tour that visited all of the RAF stations in the area. The group made sure to stop at each station to raise funds and talk about the work of the Association. Event organiser Senior Aircraftman Stu Coutts said: "The Association does lots of amazing welfare work that we'd like to support – from helping parents record their children's favourite bedtime stories before they are deployed overseas, to providing befriending volunteers for isolated elderly former servicemen and women, and so much more."

The group raised a fantastic £855 overall, which included around £100 from events at each station. A great example of different stations working well together to put on a fundraising event.



Brew for the Few

A great way of fundraising for the RAF Association is to hold a coffee and cake event. The Association is launching this year's Brew for the Few to raise funds and remember all those that fought during the Battle of Britain.

A Brew for the Few is so versatile. They can be large or small and are a great way to catch up with friends, family or colleagues.

If you'd like to host your own Brew for the Few have a look at our website www.rafa.org.uk/brew or email wings@rafa.org.uk. Maybe you've hosted a Brew for the Few already this year, send in your pictures and it could be your station featured in the fundraising pages next issue.



RAF Leeming take on a half marathon



When Senior Aircraftman Tom Garland decided to take on the Sheffield half marathon he asked his friend Senior Aircraftman Thom Dobson for help with fundraising. Little did Thom know he would end up running side by side with Tom!

As they lined up on a bright Sunday morning, there was a great atmosphere and a sense of anticipation was in the air. Running together to raise money and awareness for the RAF Association was fantastic. Thom says: "people offered words of encouragement and it was a very enjoyable route." Both set a target of completing the race in under 1hr 45mins and both were very pleased with their final times.

Fundraising together for the Association, they managed to raise a fantastic £300.00. They enjoyed themselves so much, they're thinking of entering next year!

Joint collecting tins

The RAF Association and the RAF Benevolent Fund have teamed up once again to bring you joint collection tins on station. Now instead of having to choose which of the charities to donate to, you won't have to. All donations are split equally 50:50, so do encourage visitors and personnel alike to donate to us.



Parachuting Padre

A parachuting padre will throw himself out of an aircraft on a Wednesday in late summer to help raise funds for the Association's Wings Appeal and welfare work.

Rev Flight Lieutenant Mark Perry, currently stationed at RAF Lossiemouth and soon to move to RAF Northolt, was inspired by a meeting with the Association's former President, Sir Dusty Miller: "I have raised money for charities before, and thought this was a really good cause. I am impressed by how the Association supports serving and ex-serving RAF personnel and their families whenever they are in need."



Rev Mark is aiming to raise at least £800 and his jump is scheduled for 30 August 2017 in the Midlands. He laughs and says, "Faith is great, but a parachute is a wise precaution."

"Lumpy Jumpers" take to the skies to mark 75th anniversary of the RAF Regiment

On 9 July, eighty five former and currently serving RAF women will take part in a mass sky-diving event to commemorate the 75th anniversary of the RAF Regiment.

The 'Lumpy Jumpers' – a politically incorrect slang term for women in the armed forces that has been reclaimed by the group – will jump from air bases around the UK. The event will raise awareness of veterans' issues and raise funds for the welfare work of the RAF Association.

The jump has been coordinated with the assistance of the RAF Sports Parachute Association and instructors will be donating their time to assist the Lumpy Jumpers throughout the event.

Each jumper has pledged to raise a minimum of £500 each for the event – with the aim of raising a grand total of £37,500.

The group is calling on supporters of the RAF, the wider RAF family and the general public to donate to the cause via <https://mydonate.bt.com> and searching for 'Lumpy Jumpers' fundraisers.

Appeal for information

The Royal Military Police Special Investigation Branch are appealing for information regarding two allegations of historical serious sexual assault. These occurred in the Warrant Officer's and Sergeant's Mess, Montgomery Barracks, Berlin and near Havel Lake, Gatow, Berlin, during 1987.

Did you serve in Berlin at this time?

Do you have any information?

If so please call 33 Section SIB, Catterick
on 01748 872998

RAF Waddington team get help for their holiday home

Members of the RAF Association Lincoln Branch visited RAF Waddington to present a generous £1,000 donation to the Waddington holiday home. The donation will be used to update furnishings and continue to meet the demands of the guests who stay at the caravan, situated in Haven Thorpe Park Holiday Centre.



RAF Fylingdales gets a boost thanks to local branch

RAF Fylingdales was delighted to receive a donation of £552.50 from the RAF Association's Ryedale Branch to help refurbish the station contact house.

The kind gesture from the local branch was a real testament to their support to service personnel and the great relationship they have with the local branch. It will undoubtedly help to reinvigorate the contact house, providing separated families with a comfortable and homely place to stay.



Bedtime reading as important as ever for UK parents and children

RAF Association's Storybook Wings project helps serving parents to 'make it home' for bedtime

70 per cent of parents read to their child at least once a day*, according to new research from the Royal Air Forces Association.

The Association surveyed members of the public to find out more about the average bedtime in a UK household. Despite technological advances, a surprising 83 per cent of parents and grandparents still prefer to read physical books to their child/grandchild, rather than using devices like a Kindle or iPad.

The Gruffalo was cited as the most popular children's book, with 40 per cent of respondents naming it in their top five, and its writer, Julia Donaldson, the most popular author with 63 per cent of respondents naming at least one of her books in their top five.

While stories at bedtime retain enduring popularity, serving RAF parents who currently use Storybook Wings spend an average of 110 nights away from home every year, meaning they often miss the chance to read to their children. Given that the RAF family includes almost 200,000 children under the age of 16, the Association launched the Storybook Wings scheme to make sure that children can hear their parent's voices when separated.

The scheme, which helps serving parents and grandparents record their favourite stories, has been used by 371 serving personnel in the last year making 62,604 bedtimes better. Storybook Wings recording devices are now available at 32 RAF stations in the UK and personnel are also able to record stories while on active duty, with two recorders in Afghanistan plus others in Cyprus, the Netherlands and at RAF Mount Pleasant in the Falkland Islands.

Shameera Mandhu, Storybook Wings welfare project officer, RAF Association, said:

"These findings highlight how important storytelling is for parents and children. We understand the challenges for parents who are stationed away from home and children shouldn't have

to go for long periods of time without hearing their parents' or grandparents' voices. By helping them to record their favourite stories, we hope to bring mum and dad home for an extra special end to the day.

"The scheme is open to serving parents and grandparents who are stationed away from home, whether that is overseas or within the UK."

Flight Sergeant Wayne Swiggs, a Storybook Wings participant, said:

"Being stationed away from home and the family is always tough but, unfortunately, it comes with the territory. It means the world to me to know that my sons will hear my voice every night before they go to bed. Storybook Wings has been an invaluable means of maintaining that strong connection with my boys and has really made it seem like almost no time has passed since I was last home."



*parent respondents

About the survey

The Royal Air Forces Association conducted an online survey of 184 members of the public in February 2017.

* Meeting the Needs of the RAF Family.

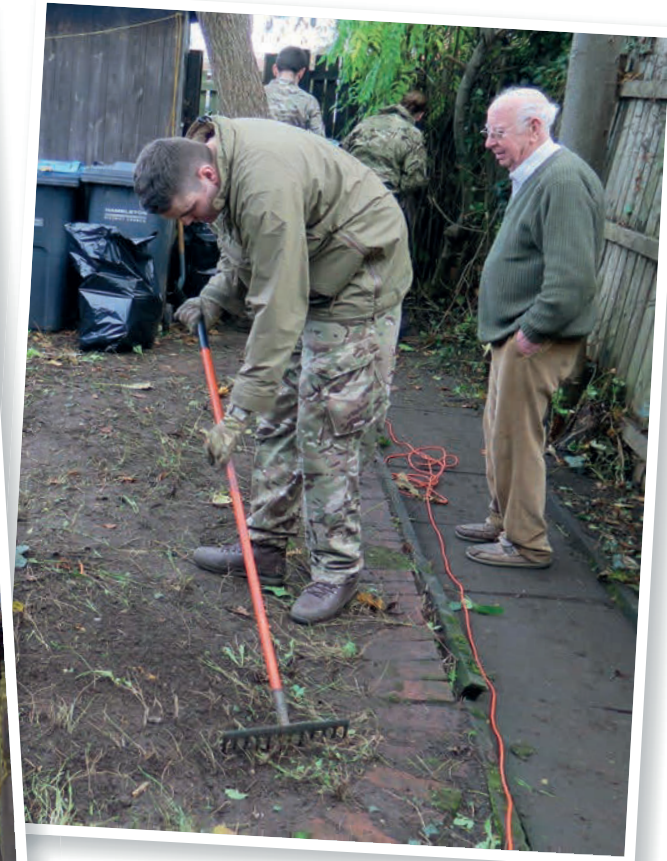
December 2015. Research by RAF Benevolent Fund and Compass Partnership.

RAF Association team helps ex-serving man



Four members of the RAF Leeming RAFALO team ventured out to the village of Leeming Bar to brighten an ex-serviceman's day and improve his quality of home life; by doing a garden tidy up. Raymond served as a supplier in the RAF during the 1950s working out of various explosive storage areas and oxygen plants in the UK and Cyprus.

Raymond was already in contact with his local RAF Association branch when the team from Leeming was alerted to Raymond's need for a little more help. As soon as they found out, the team from RAF Leeming jumped right into making plans and preparing tools.



However, none of the planning prepared them for the magnitude of the task. Undeterred, the team started with sweeping and shovelling the piles of fallen leaves, moving garden slabs and positioning the outdoor furniture. Once completed it meant that Raymond's pride and joy was much more accessible and he could sit out in his garden over the summer months.

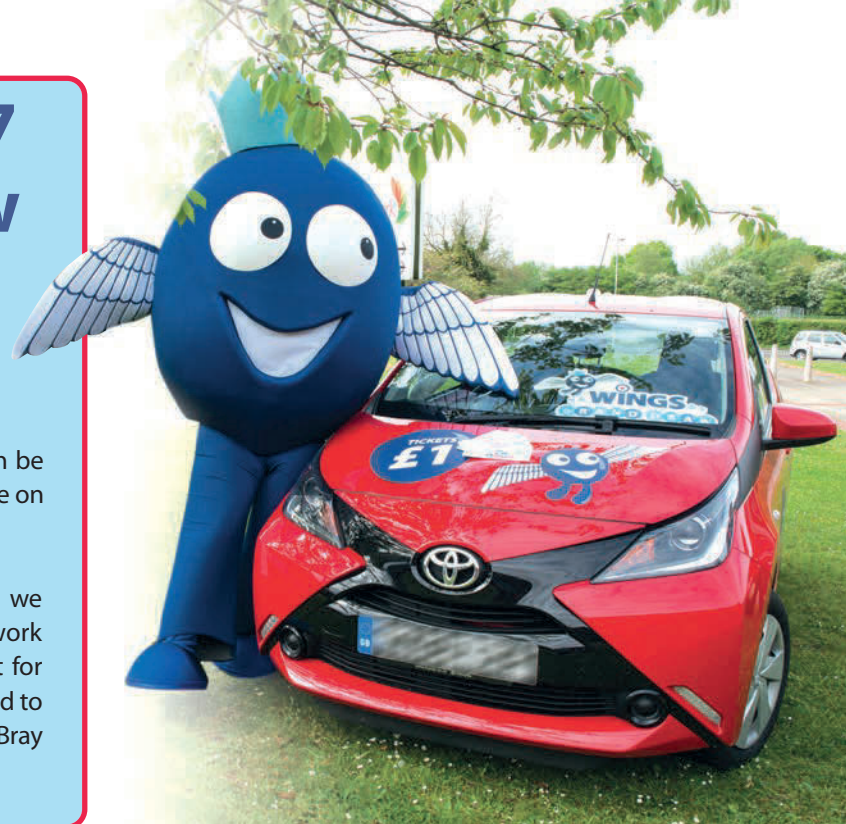
When the team had cleared away all of the debris they shared a cup of tea and a chat with Raymond. Through the sharing of stories, they found out about Raymond's RAF career as a supplier, and told their own experiences. Returning to the station that evening, the team reflected on a job well done, knowing that Raymond could once again enjoy his garden.

Win big in the 2017 Wings Grand Draw

A Toyota AYGO x-play from Forces Cars Direct worth more than £10,000, a cruise for two from Fred Olsen worth £4,000 and an Apple iPad are the top prizes in this year's RAF Association Wings Grand Draw.

Tickets for the nationwide raffle are now on sale and can be bought online, by phone or by email. The draw takes place on Friday 20 October 2017.

Neil Everall, Direct Marketing Manager says: "Last year we raised more than £100,000 for our crucial welfare work through the Grand Draw. We'd love to smash that target for 2017." Members who want to sell tickets at their events and to friends and families can place bigger orders with Jo Bray jo.bray@rafa.org.uk or by calling 0800 018 2361.



Forces Cars Direct offers us exclusive rewards



Forces Cars Direct is offering members of the Association discounts of up to 30 per cent off new cars in a new partnership. The deal includes cars from a wide range of marques and manufacturers. There are also special deals and offers that are exclusive to the Association, deals on pre-owned cars and opportunities to take up leasing plans.

Neil Everall of the Association's headquarters said: "we are delighted to offer this as part of our members' RAFA Rewards and hope many people will benefit from it."

The offer includes:

- Up to 30 per cent off new cars
- A wide range from the majority of the manufacturers
- A dashboard camera recorder for cars purchased
- Other exclusive deals and offers for Association members not available elsewhere

Find out more by calling: 01522 814010 or logging on to www.forcescarsdirect.com or www.rafa.org.uk/rewards.



Volunteers needed

Help improve our Information Environment!

The Information Environment (IE) Committee works for the RAF Association Council providing strategic oversight to ensure that all aspects of the Association's IE are business-led and delivered in an optimum fashion.

This is a challenging task, and we seek volunteers with a wide range of skills to join us in the IE Support Group to help identify IE requirements and resolve IE challenges.

If you have relevant skills and have a background that could help, you are invited to contact the IE Committee Chair via InformationEnvironment@rafa.org.uk

As a volunteer you will make an important contribution to the Association and enhance its ability to support the RAF family.

RAF Association members can find out more on the members' portal <https://rafa.force.com/login> Resources/Information Environment

Re-launching a life: Stevie Burrows' story

The broad range of support the RAF Association provides helps thousands of people every year. But sometimes we know that something more specialised is the best thing to help people through difficulties. We collaborate with the Falmouth-based sailing charity Turn to Starboard and supported Stevie when she needed a release from her difficult home life. She has three children and her husband has Gulf War Syndrome.

In 2015, Stevie and her family had been offered a family sailing trip with Turn to Starboard. The charity helps military personnel affected by operations to gain sailing qualifications and start new careers in the marine industry. They also offer sailing trips to service families who have been affected by operations. As Stevie and her husband, Ed were both former RAF, they were offered time to spend as a family on a skippered yacht. Their captain had also been part of the Royal Air Force and they spent three days swapping stories and memories. Stevie says: "It was wonderful for Ed to look back and remember the good times."

After thoroughly enjoying her time on the family trip, Stevie was encouraged to continue her sailing with the Yachtmaster course. But she could not afford to fund it. So the RAF Association stepped in to provide the money.

Since starting the Yachtmaster course Stevie has gone from being a complete novice to being able to take her children out on the water knowing that she is in control of the situation. She says it has been fantastic. One thing that she had missed since leaving the forces was the sense of friendship and support that you find living on station. She has found that again with sailing. Working in a team or with her trainer not only boosts her own confidence, but the confidence she has working with others.

The course has transformed Stevie, from a life where she felt she was: "simply existing, rather than living." Taking on a brand new challenge and succeeding is all the more impressive as Ed's Gulf War Syndrome is a long-lasting condition with chronic and acute physical and psychological symptoms.

As well as developing skills that Stevie can take forward into a new career, the support of the RAF Association and Turn to Starboard means that Stevie feels able to push forward through her sometimes challenging home life.

Coming to the end of the course, Stevie reflects that without the RAF Association she would not have even considered taking the course; financially it would have been too much of a struggle. Her hopes for the future are simple, to give back to those that have helped her and to show her three children that when life becomes a struggle, there is always the option to pick yourself up and carry on.

Stevie says: "I am incredibly grateful to Turn to Starboard and the RAF Association for this opportunity; I didn't realise how close to breaking I was. It really has been a lifeline for me."

Whether you are retired, or serving, reserves or regulars, any member of the RAF Association is welcome to sail with Turn to Starboard. To see about availability or for a course that's right for you call 01326 314262 or email tamsin@turntostarboard.co.uk.



Selection for the Invictus Games

The RAF Association supports many people in achieving their dreams, especially when those dreams may have changed due to injury. For former RAF personnel Jeff Robinson and Ben Steele, their dream is to go to the Invictus Games.



After months of gruelling practice through the cold and frosty winter months, Jeff was delighted to learn he had been picked as part of the wheelchair rugby squad to fly out to Toronto, Canada this September.

Wheelchair rugby, (originally called murderball) is as physical as the name suggests. Contact between wheelchairs is allowed, so players collide as they try and stop their opponents and win the ball back. Points are gained when the players touch the goal line with two wheels of their chair when they are in possession of the ball.

For Ben and Jeff the team spirit and the ability to maintain an active lifestyle that they have always known was a huge factor in their recovery. As Jeff says: "I cannot underestimate the positive impact that rugby has had on me. It was the spark to not only participate in sport, but to move on with my life."

We will be keeping you up-to-date on how Jeff gets on at the Invictus Games and beyond.

Rehabilitation through adventure

In September 2017 a team of intrepid explorers, supported by the RAF Association, will take on the challenge of a coast-to-coast cycle ride through some of the toughest terrain in the Pyrenees Mountains. The group from 65 Degrees North will include 15 people, two of whom served in the RAF.

The group take part in all sorts of challenging events, citing the mantra 'rehabilitation through adventure.' Their recent training camp in Portugal gave the entire group an idea of the issues

they might face on 'Raid 17'. The long physically demanding days and steep mountains were equalled by mental pressures as the riders trained to push through their barriers and prepare for the full challenge.

Next up is medical testing in Swansea, followed by a short weekend of riding before the final challenge in early autumn.

Good luck to all involved. We look forward to letting our readers know how you get on.



RAF triathletes are racing to success

RAF triathletes and RAF Association supporters Flight Lieutenants Ben Terry and Lynsey Carveth started the UK race season at the Clumber Park Duathlon. Lynsey raced in the sprint distance and posted the fastest female bike split on the day. She finished 11th overall and second of the RAF contingent. Ben competed in his first standard distance and finished 13th overall and fourth in his age group.

They joined the RAF Triathlon team in Mallorca for an intense training week in the sun ahead of the upcoming season, but most importantly in preparation for the Inter Services Triathlon clash in July. On return to the UK many of the athletes, including Ben and Lynsey, headed to the Inter Service Duathlon race at Dalton Barracks, Abingdon.



After struggling with minor back and knee injuries for much of the winter, Lynsey raced hard on the bike to climb through the field and was able to finish fourth overall. Ben had another exceptional performance with some great run splits finishing 12th overall. Unfortunately the RAF were pipped to second behind the Army in both the ladies' and mens' events.

Looking ahead, Ben and Lynsey will be aiming for the qualification rounds for the World Triathlon Championships in Rotterdam. Lynsey has been selected to race in the elite ladies race at Blenheim Palace and Ben will be racing at the Outlaw Holkham Middle Distance elite race. Both opportunities will be a great warm up as they head into the Inter Service Triathlon Championships.

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