Flying Officer Matt Dolton RAFVR(T)
Squadron Media Communications Officer
207 (Cranfield) Squadron ATC

Bedfordshire and Cambridgeshire Wing
Air Training Corps

139e High Street, Cranfield, Beds, MK43 0HZ.
Tel: 01234 757507 Mobile: 07725 584631. Email:: mattdolton299@hotmail.com

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PRESS RELEASE

On Saturday the 31st of October cadets and staff from 207 (Cranfield) Squadron ended their month on a literal high when they attended RAF Wittering to tackle its high ropes course.
The cadets started off on a part of the low ropes course taking part in an exercise which involved a lot of team work before progressing onto the high ropes course where four cadets at a time climbed a pole by strategically placing metal bars through it to create footings, and many cadets managed to reach the top and balance on a platform, holding hands with the rest of the team and leaning backwards. The activity focussed on team work and the motivation and trust needed in a successful team and cadets learnt valuable lessons in the importance of communication between all team members, Cadet Flight Sergeant Dougherty said, "*It was a very successful day for every cadet who attended, everyone gained something from it whether it was trust in a fellow cadet or reaching the top of the pole and above all everybody had a fun time. I would definitely go back and tackle the rest of the course alongside more of my squadron*."
207 Squadron are now recruiting new cadets from the age of 13 to 18. If you are interested in becoming a member, please contact the Squadron on 01234 752030 or call in at their Headquarters off Merchants Lane, Cranfield between the times of 7:30pm and 9:30pm on a Monday or Thursday evening.

By Cadet Flight Sergeant Lauren Dougherty
207 (Cranfield) Sqn

Notes to Editor

- Attached photo: 'High Ropes.jpg'
- 'Cpl Edmondson, Cdt Dodd and Flt Sgt Dougherty prepare for an ascent.'
- Picture is subject to Crown Copyright.