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PRESS RELEASE

FIELD TRAINING WEEKEND AT RAF BARNHAM

Air Cadets from 1220 (March) Squadron recently conducted a 24 hour exercise on the training area at RAF Barnham in Suffolk. On Saturday morning twelve cadets met at the Squadron HQ in March for a final briefing and kit check before travelling to the training area.

On arrival Pilot Officer Lyndsay McGregor from 10F (Luton Airport) Squadron lead some refresher training and was aided in this by two of her Cadet Sergeants. The subjects covered included shelter building, camouflage and concealment and movement in the field. The March Air cadets took the information on board and were ready to commence the exercise devised by Lyndsay in the late afternoon.

They cadets were split into two sections lead by Sgt Tim Kightly and Cpl Daniel Woods. For the remainder of the weekend they were to manage their teams and make sure that while aiming to complete the scenarios and tasks put to them they also took care of their team's welfare. They made sure that each cadet was fed and watered by cooking and eating the 24hr Rations that were supplied. They also had to keep an eye on each other particularly as they were operating in sub zero temperatures.

At the end of the weekend the teams successfully completed the exercise and all of the cadets had thoroughly enjoyed themselves. After clearing away and returning to the squadron they were given a comprehensive debrief before being dismissed. They were all looking forward to going home to the luxury of a warm bath and a hot dinner!

For further information on 1220 log onto the website at www.1220atc.org.uk .

Kirsty Burnham

Flt Lt

OC 1220 Sqn

Attachments:

2010 01 Jan 31 Barnham 012 – air cadets under training at RAF Barnham

2010 01 Jan 31 Barnham 014 – air cadets under training at RAF Barnham