

Exercise TIGER PARBET



Team Members

Col Charlie Sykes Late PWRR



Charlie joined the Army in 1990 after graduating from the University of Oxford. He joined the 1st Battalion Princess of Wales's Royal Regiment which he later commanded from 2008-2010. He has undertaken a variety of staff roles throughout his career and is currently working within Army HQ.

Charlie is a keen mountaineer having been on military expeditions across the globe and is looking forward to leading the team in Nepal.

Maj Al Mason. AGC(ETS) MSc BSc (Ed) Hons

Maj Al Mason is Devon born and bred, graduating from Exeter University before passing out from the Royal Military Academy Sandhurst in 1996. Maj Al Mason has spent his whole career in various forms of education and training, teaching everything from Maths, IT, Spanish and Military Studies. Following a Masters Degree at Edinburgh University, he is now working as an army training advisor.

He has participated in a number of military and civilian expeditions, climbing / mountaineering in the UK, Spain, the Alps, the Pyrenees, Canada, Nepal, Tibet, Norway and Ecuador. In addition to climbing he enjoys all types of kayaking, windsurfing, sailing and family life doing all of the above except more carefully.



He commented, "hopefully we will have lots of MAD fun."

SSgt Chris Elfleet, RAMC



Chris was born in Sheffield and from a very early age had a love of the outdoors through dog walking and hunting with his dad. He joined the TA at 17 (29 years ago!) and has completed several periods of FTRS duty on expeditions as a medic in Guyana and Zimbabwe. He has also worked as a PSI for his unit and completed a tour of Afghanistan. Chris has become his units SME in summer and winter walking and climbing, regularly planning and leading unit expeditions.

Chris has lead expeditions for various commercial companies over the last 9 years to all 4 corners of the globe, specialising in trekking around 4500 meters to 5500 meters. He has also been on his own climbing trips reaching his high point on Kange Yatse in India of 6400 meters. Chris will be returning to the part of

Nepal he travelled independently through in 2012. A regular climber and visitor to the Costa Blanca and the French Alps, he can be found every winter in Scotland working his way through the Munro's (62 to go) and suffering the joys and frustrations of Scottish winter climbing.

Maj Chris Warner MEng MSc CEng MIMechE RE

Chris grew up in Derbyshire where his taste for the outdoors was nurtured as a member of the Army Cadet Force. As an undergraduate at Sheffield University the outdoors became more of an obsession as he decided that he was foremost a climber; studying was always in second (or third) place. Upon graduation Chris spent a few months trekking and mountaineering in the Cordeilla Blanca region of Peru followed by a few more "living the dream" snowboarding and ice climbing in the Chamonix valley.

Commissioning into the Royal Engineers in 2005 he has served in Germany, Afghanistan, Iraq and the UK. He recently completed an MSc through Cranfield University and became a chartered engineer following a 16-month attachment to BP in Aberdeen. Presently he is the Senior Instructor for Engineering Management at the Royal School of Military Engineering.



Married to Liz, a serving RE captain, they have a baby daughter, Philippa and a German Wirehaired Pointer, Dougal. Chris will miss them all when deployed on Ex PARBAT TIGER but won't say which he will miss the most!

Lt Dom Watson, RIFLES



Dom grew up in the south of England, migrating north to Newcastle University where he read Politics and Economics. When not working he spent most of his time climbing and immersing himself in the local culture. Dom joined the British Army in September 2012, passing out of the Royal Military Academy, Sandhurst in 2013 and commissioning into 3rd Battalion, The Rifles. Dom is currently a platoon commander based in Edinburgh.

From a young age Dom has been interested in sports such as kayaking and trekking but he is most at home climbing which has taken him all over the world to locations such as the Rockies and the Himalayas. Dom spends most summers in the Alps and gets away to other locations as often as possible.

LCpl Gareth Goodwin, MI

Gareth from Marple, Cheshire describes himself as a moderately experienced mountaineer. Family in the Brecon Beacons gave him a taste for mountains from an early age. Before joining the army Gareth traveled to South East Asia and attended a Raleigh International expedition to Ghana. He joined the army in 2010 and entered the Intelligence Corps serving in Afghanistan in 2012. Taking the Haute route through the Alps in 2012 reminded him that climbing mountains wasn't all hard work. Coming across the expedition by chance he jumped at the chance to get some bigger mountains under his belt.



Cpl Shawn Stock, 3 PARA



Shawn was born in London and lived in and around the South East of England. Being outdoors rather than indoors became the preference especially in school. Fitness was always on the agenda and a focal point which gravitated interest towards joining the Parachute Regiment.

Skills acquired in 3 Para such as working in a Recce Platoon, combat medical roles, tours of Northern Ireland, Iraq and Afghanistan became transferable to solo adventures in UK and abroad.

This taste for adventure progressed and developed after being introduced to Mountaineering, which proved captivating as the Mountains command your attention and in doing so command your respect. They can give safe passage or take this privilege away. They are, in their entirety majestic in every aspect.

Being the Expedition Medic for Parbat Tiger is a fantastic opportunity, which carries great responsibility for the Health Care of all team personnel.

"Great things are done when men and mountains meet. This is not done by jostling in the street"
William Blake.

Lt Marcus Levens R SIGNALS BSc Hons

Lt Marcus Levens was born in Bedfordshire and attended Queensbury Upper School before being employed in the construction industry. He graduated from Loughborough University and subsequently commissioned from the Royal Military Academy Sandhurst in 2012. Marcus initially spent time serving in York before being posted to 16th Signal Regiment in Germany as a Troop Commander, he is currently preparing for a posting to 3 Commando Brigade on his return from Ex PARBAT TIGER.

Marcus has been rock-climbing for 16 years and has climbed and mountaineered across four continents and is very much looking forward to leading the rock element of the team's ascent of Kyajo Ri, the main expedition objective. Having led military expeditions in Morocco, Bavaria, and the United Kingdom, Marcus has also spent time outside of work trekking through the Amazon rainforest unsupported amongst other travels and adventures. Never having travelled to Nepal this expedition will be as much a cultural as well as physical learning experience and challenge for him.



Marcus is responsible for the communication and power systems element of Ex PARBAT TIGER and has secured sponsorship and assistance from companies such as Power Traveller, NSSL, and Dalesman UK, to whom he is extremely grateful for their assistance. Being the officer in charge of the station climbing and mountaineering club for the last two years, it has been Marcus' privilege to train novice junior soldiers to a standard sufficient to be accepted on this expedition that is clearly an opportunity of a lifetime.

Staff Sergeant Ben Powell, R SIGNALS



Ben was born in April 1982 in London, he first joined the Royal Corps of Signals in 1999 serving with the Territorial Army before transferring to the Regular Army in 2001 as a radio systems engineer.

His passion for the outdoors has developed since joining the army and gaining his RLT, a climbing instructor qualification, back in 2003. He has recently taken up whitewater kayaking participating in a joint services kayaking expedition, Ex Alppaddle, to Slovenia. This is his first trip to Nepal and he looks forward to gaining high altitude experience.

Ben is currently serving in Germany with 16th Signal Regiment, he is married with two daughters. He has been assisting with the communications aspects of the expedition with Marcus and Alan.

LCpl Richard Bromley, RDG

Richard was born in Leeds in 1977 and joined the Army in 1996 as a Tank Crewman with the Royal Dragoon Guards. After various deployments to Canada, Northern Ireland, Oman and Germany he left the Army in 2003 to move back to the UK and spend more time with his family. Rich re-joined the Army in 2009 and has since completed 2 tours of Afghanistan.

Rich has been on various AT trips while been in the Army, although it has usually involved going downhill very fast on a set of ski's! He has had a passion for the outdoors from an early age which has led to him enjoying hill walking, fell running, mountaineering and skiing. On a weekend he can usually be found scrambling about on rocks somewhere in the Lake District.

Rich is a keen supporter of Adventurous Training within the Armed Forces and hopes experience gained on this expedition will help him in future adventures.



Signaller Alan Heslop, R SIGNALS

Alan grew up in Newcastle Upon Tyne where he studied at Northumbria University. His Army career started only recently, early 2012, when he joined the Royal Signals as a Communications Systems Operator. Alan has a keen and upbeat attitude to all things radio and computing.

Alan's first taste of adventurous training came from school trips to the Brecon Beacons where he learnt the basic skills of being in the hills. His adventurous side was reignited whilst at university where he found a passion for climbing and spent his spare time at the local gym climbing wall. Mountaineering is a new experience and he's devoted himself entirely to this training. Recently pushing himself both mentally and physically on pre Expedition training in Italy and Switzerland. From having limited mountaineering skills he gained the skills and experience required to achieve the Alpine Mountain Foundation qualification. Even reaching a level where he has led a group up and down different terrains in Switzerland.

Alan said, "My role within this expedition will be based around communications and I will be assisting in any other aspects. To me this is a once in a lifetime opportunity and I am looking forward to some good times and having some new experiences being put my way."

Capt Sandy Hennis BEng R SIGNALS



Sandy grew up in Cornwall where as a member of the scouts she was introduced to outdoor activities. She started her Army career as a Radio technician in 1999 before commissioning back into the Royal Signals in 2006. She has worked with various types of communications both in Germany and the UK, completing tours of Kosovo, Iraq and Afghanistan before leaving the Regular Army to join the Reservists in 2014.

From a young age Sandy has loved any pursuit that gets her outdoors and she has been able to build on this during her military career. She has participated in military expeditions climbing, caving, kayaking and trekking around Europe and the US. In addition to mountaineering Sandy is also a keen kayaker and living on the edge of the Peak District is now spending more and more time climbing. She can usually be

found living out of her camper van somewhere near the coast or wandering in the hills with her dog Bracken.

Sgt Jonathan Jones (Jonesy) REME

Jonathan grew up in Kent and joined the Royal Electrical and Mechanical Engineers in 2002 and has since served in Afghanistan, The Falkland Islands, Canada, Cyprus. He enjoys all types of adventure training except for water based activities. Jonathan has been lucky enough to have climbed in Spain and also ski the Canadian rockies with the Army

Jonathan is married to Claire and has two children, Ollie 3 and Rosie 3mths. He plans to get them both into the hills as soon as possible.



Musician Rachel Johnson



Rachel is a Musician in the Army Reserve, playing flute with the Lancashire Artillery Band since 2010, providing musical support to the British Army everywhere from Bolton to the Falklands. Alongside band engagements, Rachel is active as a recitalist and freelance orchestral flautist around the UK as well as undertaking PhD study at the Royal Northern College of Music.

Rachel has spent the last decade playing on everything from grit outcrops to frozen Peak District waterfalls, in addition to mountaineering and skiing in the Alps, High Atlas and Andes. In July 2013 Rachel participated in the AMA Peru expedition, summiting peaks up to 5800m. Lucky enough to live on the edge of the Peak, Rachel has spent time working as a climbing instructor and is also a member of Kinder Mountain Rescue Team.

2Lt Graham Stephenson BSc MSc RA

Born and raised in Liverpool Graham developed a love for the outdoors at his school, Liverpool College, through the scouts and the CCF and by the age of 17 was heading off to India for his first major expedition high altitude trekking. After school he attended the University of Manchester and his passion for the hills intensified and developed from hillwalking to climbing and skiing especially during a year exchange at the University of Calgary an hour from the Canadian Rockies. During his time at the OTC Graham spent as much of his free time as possible doing AT, leading trips and gaining qualifications in all aspects of mountain sports.

After leaving Manchester with an MSc and a BSc Graham set off travelling the world for 14 months, including 8 months living in Banff in the heart of the Canadian Rockies where he could devote his time to his love of skiing and climbing. On returning to the UK he transferred to 103 Regiment Royal Artillery, commissioned from the Royal Military Academy Sandhurst in August 2013.



Graham serves in 208 Battery in Liverpool as Troop Commander of A Troop, The Liverpool Irish and is a freelance AT instructor. He is the Equipment Officer for the trip and has ensured that the team will arrive at base camp with everything they need for a successful ascent. This will be Graham's first climbing trip to the Himalayas and he is looking forward to the greater challenge after successful ascents in the Alps and Andes. Graham has climbed, skied and led expeditions all over the world from Greenland to New Zealand and, as one of 2 Alpine Mountain Leaders on the team, will be responsible for all aspects of climbing during Ex Parbat Tiger.

When not in the mountains Graham can be found kayaking, sailing or at Anfield following his beloved Liverpool FC.