



TeamForces
FUNDING MILITARY SPORT & ADVENTURE

Impact report

December 2024 - November 2025

We are a registered charity that raises funds for sport, challenge and adventure within the Armed Forces community, improving health, wellbeing and recovery.

We help the best get better





The Team Forces Podcast

Our podcast brings to life the extraordinary individuals and organisations we support, sharing inspiring stories of remarkable achievement and offering a powerful insight into the real impact a Team Forces grant can make.

Visit theteamforcespodcast.podbean.com



"It is a huge privilege to host the Team Forces Podcast, and each and every person I speak to is nothing short of extraordinary. Every conversation is a reminder of why Team Forces exists. These are not just incredible athletic feats - they are stories of resilience, identity, and the life-changing power of pushing beyond what you ever believed possible. I'm proud that this podcast gives these voices a platform, and I hope their stories move you as much as they move me."

Heledd Kendrick, Team Forces Podcast Host



Together, we are not just supporting activity - we are shaping outcomes, changing perceptions and making a difference where it matters most.

Team Forces Impact Report 2025



TeamForces
FUNDING MILITARY SPORT & ADVENTURE

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ABOUT US

We improve the lived experience across the armed forces community through the power of sport, challenge and adventure. Our initiatives improve health, wellbeing, recovery and create equal opportunity by promoting excellence, equality and inclusion.

Team Forces exists to turn ambition into impact - consistently delivering against our objectives while maximising social value, sustainability and long-term prosperity across the Armed Forces community.

Through a growing and increasingly targeted grant-making programme, we are building a diverse and high-impact portfolio of beneficiaries. Our funding distribution reflects both breadth and intent – ensuring investment is directed where it delivers the greatest outcomes:

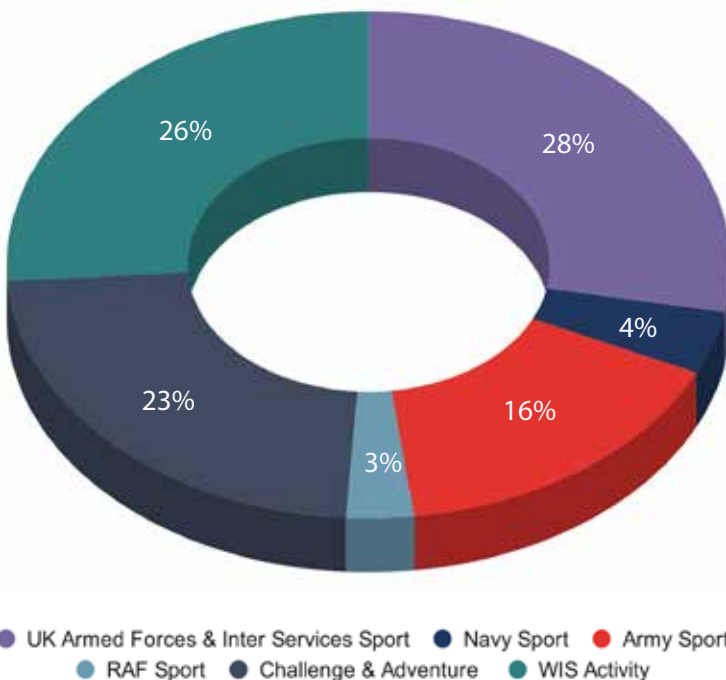
- 28% supporting UK Armed Forces & Inter Services sport
- 23% invested in individual Service sport (Army, Royal Navy and RAF)
- 23% enabling challenge and adventurous training for the Armed Forces community
- 26% dedicated to Wounded, Injured & Sick (WIS) activities, driving recovery and inclusion
- As well as targeted support for military elite athletes and aligned charities.

This balanced portfolio demonstrates our dual focus: sustaining core sporting structures while accelerating impact through recovery-led and high-challenge initiatives.

Our industry partners are fundamental to this success of the Team Forces programme; often going the extra mile and sponsoring an activity which particularly resonates with company values and interests. But whether through enabling trustees to award grants, sponsorship or a combination, their continued support is the catalyst that drives the Team Forces mission - enabling us to scale our reach, accelerate delivery and deepen our impact. Together, we are extending opportunity to more individuals and organisations, while creating measurable and lasting social value.

We proudly support serving personnel, veterans, families and community organisations, as well as individuals undertaking exceptional and inspiring challenges. By carefully aligning resources across these areas - and prioritising initiatives with wider social benefit - we are making a meaningful contribution to the health, wellbeing and operational effectiveness of the UK Armed Forces.

2025 FUNDING DISTRIBUTION



OUR AIMS AND OBJECTIVES

Our work is focused on supporting purposeful physical activity, challenge and sport as vehicles for meaningful change in the Armed Forces Community. Through funding support and the aligned delivery partners and charities, we aim to:

- Improve mental health, wellbeing and overall quality of life
- Inspire ambition, adventure and the pursuit of personal achievement
- Promote equality, diversity and inclusion across all areas of participation
- Create greater opportunity and visibility for para athletes
- Deliver transformative developmental experiences that build confidence and resilience
- Support vulnerable groups and strengthen the wider Armed Forces community
- Promote excellence by supporting representational sport at all levels, including elite and international competition
- Increase accessibility through grassroots participation, widening engagement in sport and physical activity
- Enable recovery and rehabilitation by supporting wounded, injured and sick (WIS) personnel and veterans through challenge and competition.



“
Together, we are not just funding activity - we are delivering impact, creating opportunity and making a lasting difference.
”

OUR GOOD CAUSES FUND

Our Good Causes Fund is central to how we deliver impact. It focuses on initiatives that inspire, improve mental health and strengthen both individual and collective wellbeing.

Through our grants, we actively increase inclusion, broaden participation and contribute to levelling up where inequality of opportunity exists. Every grant is carefully selected to ensure it delivers meaningful and measurable outcomes for those we support.

We take a structured approach to impact measurement, enabling us to assess the return on investment (RoI) across all projects - for beneficiaries, trustees and partners alike. Our Social Value Reports demonstrate that by investing in purposeful challenge and activity, we are improving wellbeing, inspiring achievement and strengthening communities.





Across 2025 Team Forces has continued to translate purpose into measurable impact - turning ambition into achievement, adversity into opportunity, and support into lasting social value. The projects detailed within this report collectively demonstrate the breadth, depth and effectiveness of our model: targeted funding, aligned partnerships and a relentless focus on outcomes that matter.

At the heart of our impact is a simple but powerful principle - challenge changes lives for the better. Our funding distribution reflects this clearly. Over a quarter of our investment is directed towards Wounded, Injured and Sick (WIS) activities, accelerating recovery and inclusion. A further 23% enables challenge and adventurous activities - two of the most transformative pathways for building resilience, confidence and long-term wellbeing. Alongside this, sustained investment in Armed Forces sport (28%) and Service-specific delivery across the Army, Royal Navy and Royal Air Force (23%) ensures that performance, participation and representation remain strong across the military landscape.

ENABLING EXTRAORDINARY ACHIEVEMENT

From world-first expeditions and international sporting success to historic milestones in adaptive and inclusive performance, Team Forces funding has enabled individuals to operate at the very highest level. These are not isolated successes; they are visible proof points that talent, when backed with belief and resource, can transcend perceived limits. While elite athlete funding represents a small proportion of our portfolio, its impact is amplified - creating role models, raising standards and inspiring participation across the wider Armed Forces community.

DRIVING RECOVERY, RESILIENCE AND WELLBEING

A significant proportion of our impact is delivered through initiatives supporting wounded, injured and sick (WIS) personnel and veterans. Participants consistently report improvements in mental health, confidence and sense of purpose through sailing programmes, endurance challenges, expeditions and rehabilitative sport. These experiences provide more than short-term benefit - they act as catalysts for long-term recovery, helping individuals rebuild identity, regain independence and re-engage positively with life beyond service.

STRENGTHENING COMMUNITY AND CONNECTION

Team Forces-funded projects create environments where shared experience drives connection. Whether through family reconnection weekends, team-based endurance events or multi-day expeditions, participants rediscover camaraderie, rebuild relationships and develop strong peer networks. This sense of belonging is particularly impactful for those transitioning from service or experiencing isolation, reinforcing the enduring strength of the Armed Forces community.

EXPANDING OPPORTUNITY AND INCLUSION

Our approach continues to prioritise accessibility and inclusion, ensuring that opportunity is not limited by financial circumstance, background or ability. Funding for cadet expeditions, grassroots sport and adventurous pursuits removes barriers to participation - particularly for disadvantaged groups. The result is increased diversity, greater social mobility and a broader, more representative pipeline of talent and engagement across the military landscape.

DEVELOPING LEADERSHIP

Many of the supported activities deliver direct benefits to Defence capability. Adventurous training and high-performance sport build leadership, decision-making, resilience and teamwork under pressure - skills that translate directly into operational effectiveness. From junior ranks to senior leadership, participants return to their roles stronger, more cohesive and better prepared for the demands of service.

THE MULTIPLIER EFFECT OF PARTNERSHIP

None of this impact happens in isolation. The support of our industry partners remains fundamental - providing the "oxygen" that sustains and grows our work. Their investment enables us not only to fund individual projects, but to scale impact, unlock additional opportunities and extend our reach across the Armed Forces community.

In summary, the 2025 impact portfolio reflects a charity operating with clarity of purpose and increasing effectiveness. By backing people, potential and purposeful challenges, Team Forces is delivering meaningful, measurable and lasting change - improving lives, strengthening communities and enhancing the overall effectiveness of the UK Armed Forces.

Together, we are not just supporting activity - we are shaping outcomes, changing perceptions and making a difference where it matters most.

Funders & Donors

Our impact is only possible through the continued support of our funders and donors. While some organisations provide direct contributions to the Foundation, all members play a vital role through their commitment to the Good Causes Fund - collectively enabling us to deliver meaningful, measurable change across the Armed Forces community.

Their support is the driving force behind our work, allowing us to fund transformative initiatives, expand opportunity and reach those who need it most. We extend our sincere thanks and appreciation to all our funders and donors. Their commitment not only sustains our mission - it amplifies it, helping us to change lives, strengthen communities and deliver lasting social value.





OUR IMPACT

A selection of beneficiary reports on the following pages help to illustrate our social value impact on sport, challenge and adventure within the armed forces community.

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Amy Taylor

International Showjumper

Team Forces was proud to support Chief Petty Officer Amy Taylor, Air Engineer at 846 Naval Air Squadron, in achieving a major milestone in 2025 - representing Great Britain and the Royal Navy on the International Showjumping circuit.

Amy has been a member of the Royal Navy Equestrian Association since 2015 and has served as Training Coordinator and Treasurer for nine years. A consistent Armed Forces representative, 2025 marked her breakthrough season on the international stage with her mare, True Cavalier (Clara).

With the support of Team Forces, Amy competed at the CSI1* Peelbergen Spring Tour in the Netherlands - funding that covered essential entry fees and transport costs, without which international representation would not have been possible.

Competing against some of Europe's most experienced riders, Amy and Clara progressed throughout the week to secure:

- A Top 10 international placing for Great Britain
- Qualification for the CSI1* 1m15 Final
- Their first FEI ranking points
- A podium finish in the Final, placing 4th overall
- Contribution to a Great Britain team victory

This achievement made Amy the first Royal Navy rider to represent Great Britain at Peelbergen at CSI1 level*, breaking new ground for Service equestrian sport.

Beyond results, the impact has been significant. The exposure gained has strengthened recruitment messaging for the Royal Navy, particularly in promoting opportunities for women in high-performance sport while serving. Two weeks after her international debut, Amy went on to win the London International Horse Show Qualifier at the RAF Championships and later represented the UK Armed Forces at London International Horse Show - where Team Forces also supported the riders.

In recognition of her exceptional season, Amy was awarded Royal Navy Sportswoman of the Year 2025 - a testament not only to performance but to leadership, resilience and service.

Team Forces' grant did more than enable competition - it helped a serving Chief Petty Officer represent her country in uniform on the international stage, inspiring others across the Armed Forces community and demonstrating what is possible when talent is matched with belief and support.

All of my achievements this year have been possible due to the support of Team Forces. It represents belief, encouragement and the kind of backing that fuels ambition long after the funding itself has been spent. Team Forces turns what could be a solitary ambition into a shared mission. Success becomes something celebrated together.

Chief Petty Officer Amy Taylor RN

Corie Mapp

Para Bobsleigh Champion

Team Forces is proud to support Corie Mapp, a former Household Cavalry soldier, operational casualty and double amputee whose journey from life-changing injury to world-leading athlete exemplifies resilience, determination and excellence at the highest level.

In the 2024–25 season, Corie achieved a remarkable milestone, becoming European Para-bobsleigh Champion, building on an extraordinary competitive record that already includes World Champion, World Cup Winner and three-time World Championship medallist. These achievements place him firmly among the most successful athletes in his sport globally - while continuing to represent the very best of the Armed Forces community on the international stage.

Team Forces' grant played a mission-critical role in enabling Corie's season. In a sport where funding is limited and costs are significant, our support directly contributed to training, travel and competition access - ensuring that his campaign was not only viable, but successful. Without this backing, the season would have been significantly curtailed, or potentially unable to proceed at all.

Corie's journey to this point is one of extraordinary character. Born in Barbados, he left school at 16 and later served in the Barbados Police before moving to the UK to join the Household Cavalry - becoming the first Barbadian to ride in Trooping the Colour. Following operational service in Afghanistan, where he served alongside Prince Harry, Corie's life changed dramatically after an IED explosion resulted in the loss of both legs.

What followed was not defined by limitation, but by relentless progression. Within months of his injury, Corie was not only recovering but competing - across golf, cricket and sitting

volleyball at the inaugural Invictus Games. His introduction to bobsleigh revealed an exceptional natural talent, and within just two years he had reached the pinnacle of the sport, winning both the World Cup and World Championships.

In 2025–26, Corie has continued to evolve - not only as an elite athlete, but as a leader. Alongside his competitive success, he has begun training as a para-bobsleigh trainer, ensuring that his knowledge, experience and mindset can be passed on to future generations. This transition represents a significant multiplier of impact - extending the value of Team Forces' support beyond individual achievement to long-term capability development within the sport.

From a Team Forces perspective, Corie's story captures the full spectrum of our mission. It demonstrates how targeted investment can enable elite performance, support recovery and rehabilitation, and create enduring impact through leadership and mentorship.

Corie is not only a champion - he is a role model, a trailblazer and a powerful ambassador for what is possible after life-changing injury. His continued success inspires others across the Armed Forces community and beyond, reinforcing the message that with the right support, determination and opportunity, there are no limits to what can be achieved.

Team Forces is proud to stand alongside Corie as he continues to push boundaries on ice and beyond.



Countless thanks for Team Forces' fantastically loyal support and encouragement ... It has literally been mission critical! This season would have been exceptionally difficult, probably shorter and perhaps non-existent without Team Forces' wonderful help - which has also enabled me to start training to be a para-bobsleigh trainer.

Corie Mapp, European Para-Bobsleigh Champion



Craig Wood

Record-breaking Solo Pacific Sail

Team Forces is immensely proud to have supported former British Army rifleman Craig Wood in achieving a truly historic milestone - becoming the world's first triple amputee to sail solo, non-stop and unsupported across the Pacific Ocean.

Craig's 7,000+ nautical mile voyage - the equivalent of over ten times the length of the UK or twice the length of the Great Wall of China - saw him depart Mexico in March 2025 and arrive in Hiroshima, Japan, 90 days later. Battling unpredictable weather systems, isolation, sleep deprivation and significant technical failures, Craig sailed a third of the way around the world aboard Sirius II, averaging 3.6 knots across 7,506 nautical miles of open ocean.

This achievement is made even more extraordinary when set against Craig's story.

At just 18 years old, shortly after deploying to Afghanistan, Craig lost both legs and his left hand in an IED explosion. He suffered two collapsed lungs, lost 27 pints of blood and endured over 20 operations during four and a half years of intensive rehabilitation at Headley Court. It was, in his words, *"a mental and physical battle."*

Reflecting on that period, Craig has said: *"At points it almost got the best of me... but I couldn't change my situation, so I decided to be the best triple amputee I could be."*

Sailing - a childhood passion Craig shared with his father - became his path forward. Through Turn to Starboard, one of the organisations we support, he developed the skills to manage a vessel, even adapting his catamaran with electric winches and modified controls for one-handed operation. It restored purpose,

freedom and belief: *"It helped me overcome the feeling of being trapped and showed me that even with my handicap everything is possible. A new world of opportunity opened up."*

During his Pacific crossing, Craig faced torn sails, a seized engine, equipment breakdowns and even a damaged prosthetic limb. Yet he repaired what he could, improvised what he couldn't, and pressed on. He even baked bread one-handed and grew a tomato plant at sea - small acts of normality in an extraordinary environment.

For Team Forces, Craig's journey represents exactly why we exist - to support serving personnel and veterans in turning adversity into achievement through challenge and adventure.

Craig's resilience, courage and determination reflect the very best of the Armed Forces community. He is not only a world record holder - he's a trailblazer and an inspiration. Craig's voyage is more than a record. It is a statement of possibility. It is proof that catastrophic injury does not define the limits of a life. And it is a powerful example of how the right support, combined with extraordinary determination, can lead to something truly world-changing. Team Forces stands proudly alongside Craig - celebrating not only a history-making expedition, but the enduring message that there are no limits.

I'm so proud to have completed an expedition that many thought impossible. I found it a spiritual experience that made me even more appreciative of the life I have been able to create for myself after everything that happened to me.

If I can help change the perception of disability, and show how sailing can transform the lives of those affected by trauma - it will have been well worth it.

Craig Wood



Dan Smith

Yukon Solo Expedition



Team Forces was proud to support British Army veteran and experienced survival instructor Dan Smith with a grant to help mount his ambitious Yukon Solo expedition - a remote, unsupported canoe journey through the Canadian wilderness along the Hess River.

Following a 13-year military career, including operational tours in Afghanistan, Dan transitioned into adventure leadership, using extreme expeditions as a platform to inspire resilience, personal growth, and recovery through challenge. The Yukon expedition represented his most demanding undertaking to date: a solo descent through isolated alpine terrain, navigating powerful rapids, wildlife hazards, and prolonged periods of complete self-reliance.

The Team Forces grant played a crucial role in enabling the expedition, contributing towards specialist preparation, logistics, and safety requirements necessary for operating in one of the world's most remote environments.

The expedition demanded constant resilience and decision-making under pressure. Dan described the anticipation of being flown into the Yukon wilderness and dropped at the start point as both daunting and motivating, noting the challenge of tackling major rapids alone while remaining alert to the realities of the environment, including wildlife and extreme isolation.

Dan is no stranger to pushing his limits in aid of others. In 2018, he kayaked the length of Great Britain to commemorate the centenary

of the end of World War I - a challenge that demonstrated both his adventurous spirit and his commitment to honouring veterans.

Beyond the physical achievement, the expedition delivered a wider impact aligned with Team Forces' objectives. Dan uses his experiences to inspire veterans and wider audiences to reconnect with the outdoors, demonstrating how challenge and adventure can rebuild confidence, purpose, and wellbeing after military service. His ethos - to explore, inspire, and support - closely reflects the values underpinning Team Forces' investment in sport, challenge, and adventure as vehicles for positive change.

Through media engagement, speaking opportunities, and podcast appearances, the expedition also helped raise awareness of the role charitable funding and partnerships play in enabling veterans to undertake transformational projects that benefit both individuals and the wider Armed Forces community.

The Yukon Solo expedition stands as a strong example of how Team Forces grants enable ambitious individuals to push boundaries, inspire others, and showcase the enduring resilience developed through military service.



This expedition was about more than just the miles. It was about testing the boundaries of self-reliance, pushing through hardship, and showing others - veterans and civilians alike - that with the right mindset, you can take on any challenge. I hope my journey inspires people to pursue their own goals, however big or small.

Dan Smith

Darren Edwards

South Pole Sit-Ski Expedition



Team Forces was proud to support former Army Reservist and adaptive adventurer Darren Edwards through a grant that helped enable his ambitious Redefining Impossible South Pole expedition - a pioneering attempt to complete the longest sit-ski journey in polar exploration history.

Darren set out to travel 222 kilometres across Antarctica by sit-ski, journeying from 88° South towards the Geographic South Pole in temperatures as low as -45°C. For someone living with a high-level spinal cord injury, the expedition represented an extraordinary test of endurance, determination and adaptive capability in one of the harshest environments on Earth.

Darren's journey to Antarctica began with a life-changing moment in 2016 when a rock-climbing accident in North Wales left him paralysed from the chest down. After months of intensive care, surgery and rehabilitation, he committed himself to rebuilding his life through challenge and adventure.

Since his injury, Darren has become a pioneering adaptive adventurer, using extreme expeditions to challenge perceptions of disability and demonstrate the power of resilience. His achievements include kayaking from Land's End to John O'Groats, competing in the World Marathon Challenge, and completing major expeditions across some of the world's most demanding environments.

The Redefining Impossible expedition represented his most ambitious undertaking to date.

TESTING THE LIMITS OF ADAPTIVE EXPLORATION

Despite months of meticulous planning and preparation, the expedition encountered conditions and logistical challenges greater than the team were ultimately able to overcome, and the South Pole was not reached under Darren's own power.

However, the expedition achieved something highly significant. Darren and his team successfully pushed into uncharted territory for adaptive polar travel, operating in areas of Antarctica where a sit-ski had never previously been used. In doing so, they explored the very edge of what is currently possible for individuals with spinal cord injuries undertaking polar expeditions.

Although the team did briefly reach the Geographic South Pole during the expedition, the journey itself became less about a geographic endpoint and more about redefining expectations and expanding perceptions of human capability.

While the geographic objective ultimately proved beyond reach under the conditions encountered, the expedition stands as a powerful demonstration of courage, determination and transparency in the face of extreme challenge.

By supporting Darren Edwards' expedition, Team Forces helped enable a project that pushed boundaries, inspired audiences worldwide and opened new conversations about resilience, possibility and life after injury.

In Darren's own words, the expedition was never simply about reaching a place on the map - it was about expanding what people believe is possible.



“*Redefining Impossible was never truly about the South Pole - it was about hope. Each of us faces defining moments in life where the greatest challenge is internal: you versus yourself.*”

Darren Edwards

Ex Iridium Lense

DSCOM Ski Expedition

Team Forces was proud to support Exercise IRIDIUM LENSE 25, enabling 12 personnel from Defence Supply Chain Operations & Movements (DSCOM) to undertake an adventurous training expedition to Flaine, France.



DSCOM is a 160-strong tri-Service unit based at MOD Abbey Wood, delivering Defence's only 24/7 strategic movement and supply operations room. Operating in a high-pressure, relentless environment in support of live operations, opportunities for respite, team cohesion and adventurous training are limited - particularly as DSCOM has no access to a station gymnasium fund or equivalent adventurous training budget.

Despite contributing 70% of the expedition costs internally, the unit faced a financial shortfall that would have prevented the exercise from proceeding. Team Forces' timely grant proved decisive in bridging that gap, directly funding ski hire, lift passes and accommodation - ensuring junior personnel, who might otherwise have been unable to afford participation, could deploy.

The expedition brought together a cross-rank team from Junior NCO to OF5 level, meeting DSCOM's objective of fostering cohesion across its diverse tri-Service workforce. With three instructors engaged, participants progressed across Ski Foundation Level 1 and 2, including introduction to ski touring and off-piste development.

Conditions were far from easy. Severe snowstorms and white-out conditions tested resilience, judgement and teamwork, while off-piste touring in deteriorating weather demanded calm decision-

making and mutual trust. Every member of the team safely completed the exercise, having been pushed well beyond their normal comfort zones.

Beyond technical qualifications, the impact was far deeper. The expedition provided much-needed decompression from sustained operational pressure, strengthened cross-rank relationships and reinforced leadership, resilience and mutual reliance - qualities directly transferable to DSCOM's critical operational role.

For a lodger unit without access to traditional funding streams, Team Forces' support ensured adventurous training remained accessible and inclusive, delivering meaningful impact for those who underpin Defence operations every day.

Team Forces' last-minute support has undoubtedly been the difference between success and failure.

Colonel Ceri Morton



Ex Leviathan

CCF Sailing



In 2025, Team Forces was proud to support Exercise Leviathan, an adventurous training exercise for CCF Army units. Organised by The Ulysses Trust in conjunction with the Tall Ships Youth Trust, this initiative continues to demonstrate the transformative power of challenge, opportunity, and trust in young people.

Setting sail from Portsmouth, forty cadets - many from disadvantaged backgrounds or with additional needs - embarked on a journey that, for most, was entirely outside their previous experience. With no prior sailing knowledge, they stepped aboard 72-foot yachts and into an environment that demanded resilience, teamwork, and adaptability from the very first moment.

Over the course of the expedition, cadets learned to sail, navigate, and maintain large vessels in challenging conditions across the English Channel. Faced with rough seas and unfamiliar demands, they developed not only practical sailing skills, but the ability to communicate, problem-solve, and support one another under pressure.

From a Team Forces perspective, what makes Exercise Leviathan particularly impactful is its ability to accelerate personal growth in a short period of time. Removed from their usual environments, cadets are given both responsibility and trust - and consistently rise to meet it. As one participant commented *'It gave me a huge boost in confidence and opened up a new opportunity that I would never have had anywhere else.'*

The outcomes extend far beyond the experience itself. All participants achieved recognised qualifications, including Duke of

Edinburgh Gold expedition credit and Royal Yachting Association certifications. Notably, over half of the cadets were invited to continue their journey as volunteer leaders - a powerful indication of both their capability and the confidence they developed during the exercise.

What is equally evident is the broader, lasting impact. Feedback from cadets, volunteers, and parents highlights significant improvements in confidence, teamwork, resilience, and motivation. For many, this was not just an expedition, but a turning point - opening doors to new opportunities and shifting perceptions of what they are capable of achieving.

From a Team Forces perspective, Exercise Leviathan represents more than an adventurous training activity. It is a carefully structured developmental experience that creates meaningful, lasting change - particularly for those who may otherwise face barriers to opportunity.

By supporting programmes like this, Team Forces is helping to ensure that young people are not defined by their starting point, but by their potential. The success of this year's exercise reinforces the value of continued investment in initiatives that build confidence, character, and aspiration through challenge and shared experience.



I learnt so much in such a short time and gained so many memories, as well as having the chance to build friendships with people I don't usually meet.

Ex Leviathan Cadet

The whole experience was a huge boost. It gave my daughter great life skills and motivated her to work harder so she can have other similar opportunities

Parent of one of the Cadets





Force Atlantic 24

World's Toughest Row - Atlantic

In December 2024, Team Forces proudly supported Force Atlantic 24, an all-female military team who set out to take on one of the most demanding endurance challenges on earth - the World's Toughest Row across the Atlantic Ocean.



Departing from La Gomera in the Canary Islands, the crew faced a 3,000-mile journey to Antigua, rowing unsupported across open ocean for weeks at a time. The race is widely regarded as one of the ultimate tests of resilience, requiring competitors to battle relentless fatigue, unpredictable weather systems and prolonged isolation while living aboard a small ocean-rowing boat.

For Team Forces, the expedition represented far more than an athletic challenge. The project embodied the values at the heart of our mission - courage, teamwork, leadership and the empowerment of service personnel through adventure and challenge.

Rowing in rotating shifts day and night, the team endured towering seas, sleep deprivation and the psychological strain of continuous effort. Every mile demanded determination, trust in one another and the mental resilience developed through military service. With no escape from the environment and no external assistance, success depended entirely on preparation, discipline and collective spirit.

The achievement of Force Atlantic 24 demonstrated the growing impact of female leadership within the Armed Forces adventure community. By stepping into an arena historically dominated by male crews, the team became powerful role models, inspiring others to pursue ambitious goals beyond perceived limits. The team took 46 days and 55 minutes to reach Antigua, arriving second in the women's category, 13th in Fours and 18th Overall.

Team Forces' grant helped enable the expedition to move from ambition to reality - supporting preparation, equipment and the logistical demands required to mount a safe and credible ocean crossing. In return, the team delivered a powerful example of what challenge and adventure can achieve: building confidence, strengthening resilience and showcasing the extraordinary potential within the Armed Forces community.

Their successful Atlantic crossing stands not only as a remarkable endurance accomplishment, but as a story of empowerment and inspiration - proving that with the right support, individuals and teams can achieve far more than they ever imagined possible.



A wild adventure, the hardest thing that I've ever done. It took a lot, it took teamwork, it took resilience, it took problem solving.

Imogen O'Brien, Force Atlantic Skipper

Gun Pull Challenge

John O’Groats to Land’s End



Team Forces is proud to have supported the remarkable Military vs Cancer Field Gun Pull, in which a one-tonne field gun completed an incredible 900-mile journey from John O’Groats to Land’s End. This extraordinary challenge tested endurance, teamwork, and determination across the UK Armed Forces community.

Supported by a Team Forces grant, the event brought together over 1,300 volunteers - including serving personnel, veterans, and civilians - who each contributed to hauling the 1,000 kg artillery piece an average of 20 to 25 miles a day over 45 days. The challenge began on 1 September and concluded at 12:00 GMT on 31 October, with a triumphant arrival at Land’s End.

The Field Gun Pull has so far raised an outstanding £94,000 (and rising) for Military vs Cancer, with a target of £150,000. These funds will provide direct financial assistance, respite breaks, and essential wellbeing support for Armed Forces personnel, veterans, and their families affected by cancer.

Founded by Warrant Officer David Bathgate, who has personally

lost family members and comrades to cancer, Military vs Cancer was created not only to raise vital funds but also to break stigma and encourage the military community to seek help when they need it most.

The Field Gun Pull stands as a powerful symbol of unity across the Royal Navy, British Army, and Royal Air Force, showcasing what the Armed Forces community can achieve together in the face of adversity.

Team Forces is proud to have played a part in this extraordinary feat - one that demonstrates the strength of shared purpose, the impact of charitable support, and the enduring spirit of service that continues to define the UK Armed Forces community.



I wanted to personally thank you and everyone at Team Forces for your incredible support during the Military vs Cancer Field Gun Pull from John O’Groats to Land’s End. The success of this ambitious challenge was made possible by the generosity and commitment of organisations like yours. Your backing meant far more than logistical or financial support - it reflected the same values that carried our gun teams across every mile: teamwork, endurance, and service to others.

David Bathgate, Chief Executive Officer of Military vs Cancer





Hari Budha Magar

Seven Summits Challenge

“Every mountain brings its own challenges, but for me these are amplified with my disability. Although not the most technically difficult mountain I’ve climbed – Aconcagua was physically and mentally exhausting as I climb three times slower than able-bodied mountaineers.”

Hari Budha Magar MBE

In 2025, Hari Budha Magar continued to push the boundaries of human endurance and possibility through major expeditions to Mount Aconcagua and Puncak Jaya, achieving further world-first milestones and moving closer to completing his historic Seven Summits goal.

Having lost both legs above the knee while serving in Afghanistan, Hari faced profound physical and psychological challenges during his recovery. Through adventure and mountaineering, he rebuilt confidence, identity and purpose - values closely aligned with Team Forces’ belief in challenge as a pathway to recovery. As Hari has reflected: *“Losing my legs didn’t end my life - it gave me a new mission to show what is still possible.”*

ACONCAGUA, S. AMERICA (6,961M) - FEB 2025

In February 2025, Hari reached the summit of Mount Aconcagua (6,960.8m), becoming the first double above-knee amputee to summit the highest peak outside Asia.

This climb marked a defining moment in his journey. While Aconcagua is considered non-technical compared to other Seven Summits, it presented intense physical and mental challenges. Hari climbs at a significantly slower pace than able-bodied mountaineers, requiring exceptional endurance, patience and meticulous planning - particularly in managing extreme weather conditions and limited rescue options.

The summit push was especially demanding, requiring the establishment of an additional high camp and complex adaptations, including changing prosthetic limbs in harsh alpine conditions. His success stands as a powerful testament to perseverance and adaptive capability at the highest level.

PUNCAK JAYA, OCEANIA (4,884M) - OCT 2025

In October 2025, Hari successfully summited Puncak Jaya (Carstensz Pyramid), one of the most technically demanding peaks in the Seven Summits Challenge. This achievement marked another world-first milestone, reinforcing his position at the forefront of adaptive mountaineering.

Unlike Aconcagua, Puncak Jaya required advanced rock climbing across exposed ridgelines, combined with the logistical challenges of operating in remote jungle terrain. For Hari, this meant adapting to highly technical climbing conditions while managing the additional complexity of prosthetic use on steep rock faces.

Completing this climb represents a significant step forward in his Seven Summits journey and highlights his ability to overcome a wide spectrum of extreme environments - from high-altitude endurance to technical alpine climbing.



IMPACT & REACH

- **Multiple World-First Achievements**, including becoming the first double above-knee amputee to summit both Mount Aconcagua and Puncak Jaya.
- **Global Media Coverage**. Hari’s achievements have generated widespread international media attention, amplifying awareness of Team Forces’ mission and the potential of adaptive athletes.
- **Veteran & Community Inspiration**. His journey continues to inspire wounded, injured and sick veterans, demonstrating what can be achieved with the right support, mindset and opportunity.
- **Advocacy for Disability Inclusion**. Challenging perceptions and breaking barriers, Hari’s expeditions promote greater understanding of disability, resilience and inclusion on a global stage.

Hari’s journey goes far beyond mountaineering. As a former Gurkha and double above-knee amputee, he continues to challenge perceptions of disability, inspiring veterans and individuals with life-changing injuries across the globe.

Team Forces’ early grant support helped unlock wider sponsorship and momentum behind the Conquering Dreams - 7 Summits campaign, enabling access to specialist adaptive equipment, expedition preparation and international climbs.

With six of the seven summits now completed - including his historic ascent of Mount Everest in 2023 - Hari is on the verge of becoming the first double above-knee amputee to complete the Seven Summits Challenge, a feat achieved by fewer than 500 people in history.



HMS Oardacious Valkyries

World's Toughest Row - Atlantic

Team Forces was proud to support the HMS Oardacious Valkyries in achieving a historic milestone - completing a 3,000-mile unsupported row across the Atlantic Ocean and becoming the first all-female Royal Navy team to row across any ocean.

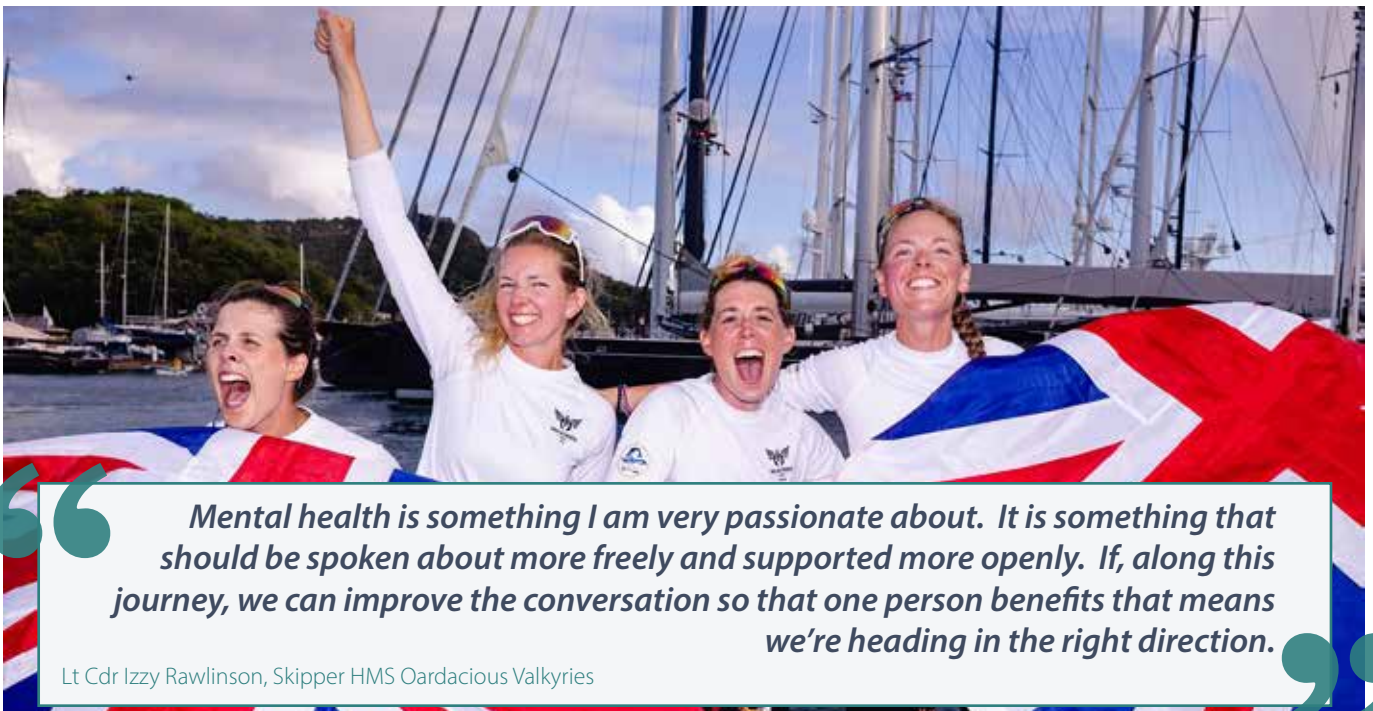
Competing in the World's Toughest Row, the team departed La Gomera in the Canary Islands on 13 December 2024 and arrived in Nelson's Dockyard, Antigua, after an extraordinary 46 days, 12 hours and 26 minutes at sea. Rowing in relentless shifts of two and a half hours on the oars followed by just 90 minutes of rest, day and night, the crew faced towering waves, extreme fatigue, salt sores and seasickness - enduring the physical and psychological demands of one of the world's toughest endurance challenges, including spending Christmas away from their families.

Their vessel, Captain Jim - named in memory of Captain Jim Simpson - was entirely self-sufficient, carrying provisions for up to 55 days and relying on solar power and onboard desalination to produce fresh water. The team consumed over 5,000 calories per day, each losing approximately 12kg during the crossing, while maintaining the physical output required to propel the boat across the Atlantic at an average speed of around 3.5 knots. Daily life onboard demanded constant resilience, from managing exhaustion to entering the ocean mid-journey to remove barnacles from the hull - essential to maintaining speed and progress.

Beyond the physical achievement, the expedition delivered powerful social impact. Through the HMS Oardacious campaign, the team raised more than £200,000 to support mental health and wellbeing initiatives within the submarine community and the wider Armed Forces family. The challenge also served to break down barriers, with the Valkyries becoming visible role models for female participation in high-performance and traditionally underrepresented areas of service life.

Representing the Fleet Air Arm, Surface Fleet and Submarine Service, the team demonstrated exceptional teamwork and determination throughout. Their success stands as a testament to the growing impact of female leadership within the Armed Forces.

Team Forces' support helped enable this extraordinary challenge - delivering not only a world-class endurance achievement, but lasting impact across the Armed Forces community through inspiration, awareness and meaningful fundraising.



Mental health is something I am very passionate about. It is something that should be spoken about more freely and supported more openly. If, along this journey, we can improve the conversation so that one person benefits that means we're heading in the right direction.

Lt Cdr Izzy Rawlinson, Skipper HMS Oardacious Valkyries

Honorable Artillery Company

Everest Expedition 2025

Team Forces was proud to support the Honourable Artillery Company (HAC) Everest Expedition with a grant in 2025, contributing to a landmark achievement in military adventurous training and leadership development. The expedition culminated in the successful summit of Mount Everest by the UK's first mixed-gender military team - a powerful demonstration of resilience, teamwork and ambition at the highest level.

Following four years of preparation, training and progressive expeditions, HAC climbers Sgt Tim Beckett and LCpl Charlotte Alder reached the summit of Everest (8,849m) on 19 May at 08:43, alongside teammates and supported by experienced guides and Sherpas. Their success represented not only a mountaineering milestone, but the realisation of a long-term programme designed to strengthen leadership, endurance and operational resilience within the Army Reserve.

A second summit team demonstrated equally strong leadership and judgement when deteriorating weather conditions forced them to turn back just below The Balcony at 8,350m. Despite months of preparation and the proximity to the summit, the team prioritised safety - an outcome widely recognised within expeditionary mountaineering as a mark of professionalism and sound decision-making.

Beyond the summit itself, the expedition delivered wider impact. Team members contributed to the Global Atmospheric Plastic Survey, collecting glacial samples to support international research into microplastic pollution at extreme altitude. The project also built on earlier training expeditions, including a successful ascent of Himlung Himal, helping to develop mountaineering capability and adventurous spirit across the HAC.

From a Team Forces perspective, the expedition demonstrated how ambitious challenges create lasting benefits for the Armed Forces community. Participants strengthened leadership skills,



confidence and teamwork under extreme pressure, while inspiring wider engagement with adventurous training across the Army Reserve. Plans are now underway to establish a permanent HAC mountaineering group, ensuring the legacy of the expedition continues.

By supporting the HAC Everest Expedition, Team Forces helped enable an achievement that combined exploration, scientific contribution and personal development - reinforcing the value of challenge and shared endeavour in building resilient, capable service personnel.



The HAC Everest Team will be collecting glacial microplastics samples to support global efforts to understand how microplastics travel and impact our ecosystems, as part of the Global Atmospheric Plastic Survey. GAPS is the first and largest project of its kind to collect microplastics samples from across the planet. The HAC Everest Team is the first research expedition to take a microplastics sample from the top of Everest.

From z6z.co/hac-expeditions

Jon White

GB Para Kayaker



Team Forces is honoured to support para-athlete Jon White, a former Royal Marine Commando and triple amputee whose journey from frontline service to elite sport exemplifies resilience, determination and excellence. Jon represents Great Britain in both Marathon and Ocean Racing Kayaking (SurfSki).

Jon was seriously injured in Afghanistan in 2010 when he stepped on an Improvised Explosive Device (IED), an incident that cost him three limbs and changed the course of his life. Since then, his road to recovery has seen him learn to walk again and emerge as a highly accomplished para-athlete - proving that a strong will and sharp mind can overcome almost anything.

In 2025, Jon delivered an outstanding competitive season that progressed his long-term ambition toward Paralympic success and significantly elevated his profile on the international stage. Despite injury setbacks, illness and logistical challenges in the lead-up to major events, he demonstrated remarkable focus and resilience. At the 2025 Canoe Marathon Para European Championships, Jon produced a commanding performance to claim gold in the KL2 class, showcasing his tactical strength and physical endurance against a world-class field.

Building on this success, Jon then travelled to the 2025 World Championships, where he again excelled. Competing against the best in the sport, he achieved a gold medal in his classification and placed 4th overall in the open Paracanoe race, going head-to-head with elite paddlers beyond his category.

His determination to compete at this level came despite a demanding season, including a fall at the Exeter Haslar Marathon that resulted in significant stump pain, a challenging SurfSki race on the south coast, and even a bout of food poisoning just days before a key race in Cornwall. Throughout, Jon adapted, refocused and rebuilt his strength to peak precisely when it mattered.

Looking ahead, Jon has set out a clear performance pathway toward the Los Angeles 2028 Paralympic Games. His programme blends cross-discipline fitness development - marathon, SurfSki and sprint racing - with targeted preparation for international sprint events.

Team Forces' support since 2023 has been instrumental in Jon's development as a world-class para-athlete. Beyond financial backing, our contribution has helped provide:

- **Access to international competition**, enabling regular racing at European and world levels.
- **Structured performance preparation**, including training and travel support that makes elite participation possible alongside his professional and personal commitments.
- **A platform for wider inspiration**, helping share Jon's story of resilience across the Armed Forces community and beyond.

Jon's achievements in 2025 have inspired many, proving that with targeted support and belief, para-athletes can excel on world stages, challenge expectations and elevate the profile of Armed Forces sport.

Team Forces is proud to stand alongside Jon as he continues his journey toward future championships and Paralympic ambition - celebrating not just medals, but the resilience, teamwork and grit that underpin every stroke he takes on the water.

The Paracanoe open race in Vienna was for any athlete who has a disability that is not covered by the current classification system and I was very happy with my 4th place. I hadn't realised that prior to the race, it was decided that impairment categories would be individually medalled for the International Canoe Federation to exhibit the categories they would like to see added to the Paralympic programme in the future. To my surprise, I found out post-race, that I had won gold in my classification!

Jon White

Jonny Huntington

South Pole Expedition

In 2024–25, Team Forces was proud to support former British Army officer Jonny Huntington in achieving an extraordinary personal ambition: to ski solo and unsupported to the South Pole. Our grant helped enable Jonny to undertake one of the most demanding endurance expeditions on Earth - and ultimately to make history.

On 6 January 2025, Jonny successfully completed the 911km (566 miles) Antarctic crossing, becoming the first person with a disability ever to ski solo and unsupported to the South Pole. Over 45 days, he hauled a sled weighing more than 90kg across some of the harshest terrain on the planet, skiing for up to 11 hours a day in temperatures as low as -40°C. Jonny also set two additional world records in the coordinated impairment hemiplegia category - for both distance and speed.

Jonny's achievement is particularly remarkable given the challenges he lives with following a devastating stroke in 2014, which left him with permanent paralysis and reduced mobility down his left side. Throughout the expedition he battled extreme fatigue, unpredictable snow conditions and frequent falls, yet remained driven by a powerful purpose: to demonstrate what is possible through resilience and determination.

Earlier in the journey, after covering his first 300km, he described the daily realities of the challenge: *"It is all about getting back up, brushing yourself down and moving on."* Reflecting on reaching the Pole, Jonny said: *"I'm exhausted - but so proud... there was no way I was going to give up. I just needed to keep putting one foot in front of the other."*

The expedition embodied the values Team Forces seeks to promote through its grants - resilience, recovery, and the power of ambitious challenge to support personal growth after injury or adversity. By backing Jonny's project, Team Forces helped demonstrate that disability does not define potential, inspiring both the military community and wider public audiences around the world.

Jonny's success has left a lasting legacy, showing that with belief, preparation and support, seemingly impossible goals can

be achieved. His journey continues to inspire others facing life-changing injury to redefine what they believe is possible.



While disabled athletes have skied to the South Pole before as part of a team, I am proud to have been the first to do it alone. As a stroke survivor and former British Army Officer, this means everything to me.

Jonny Huntington



Marcus Bolin Webb

British Army Biathlete

In 2025, Team Forces was proud to again support British Army Biathlete Marcus Bolin Webb, contributing to a breakthrough season that marked a significant step forward for both Marcus and British Biathlon.

Following strong performances in the previous season, Marcus earned a nation quota place at the 2025 Biathlon World Championships in Lenzerheide - the first time since 2018 that a GB male athlete qualified through a top-30 nation ranking rather than a wildcard entry. The Championships represented one of the sport's largest global platforms, attracting over 85,000 spectators, a worldwide television audience exceeding 160 million viewers, and broadcast coverage across 53 territories.

Despite a challenging start to the season after contracting COVID just weeks before competition began, Marcus demonstrated exceptional resilience and professionalism. Working closely with his coach, Anders Sørensen, he adapted his programme, prioritising altitude training in Italy to rebuild performance capacity ahead of the World Championships. The revised approach proved highly successful.

At Lenzerheide, Marcus delivered the strongest British male World Championship Sprint result since 2013, finishing 76th, a significant improvement from 93rd in 2024. Even more notably, he ranked joint sixth-best shooter out of 116 competitors, highlighting world-class technical progression despite having only five seasons of skiing experience.

The momentum continued through the remainder of the season, culminating in a career-best 42nd place finish at the IBU Cup in Otepää, Estonia - clear evidence of sustained development and growing competitiveness at international level. His performances contributed to breaking long-standing British benchmarks and demonstrated the upward trajectory of GB Biathlon.

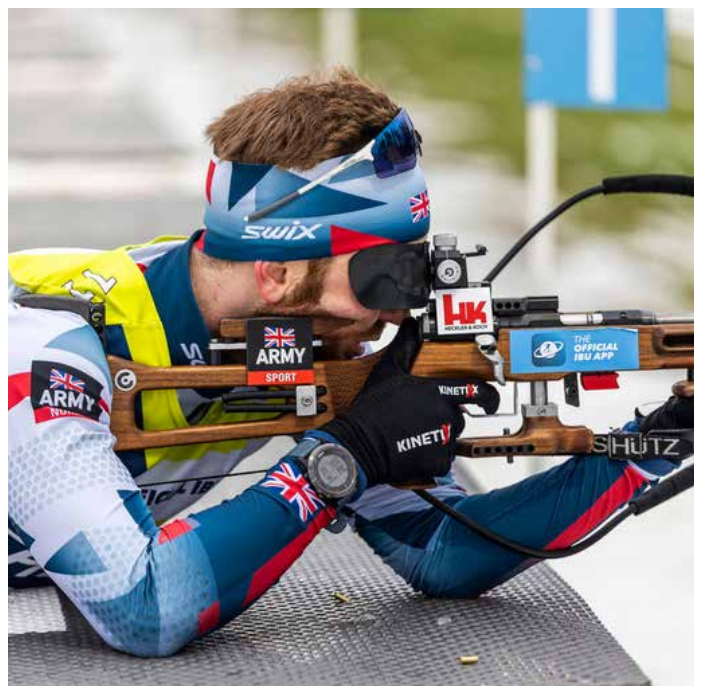
Team Forces' support formed part of the wider backing that enabled Marcus to maintain elite training standards, compete internationally and pursue Olympic qualification. In April 2025, his progress was recognised through selection as one of just ten professional athletes supported by the British Army across all sports.

Marcus's journey reflects the core mission of Team Forces: enabling service personnel to pursue excellence through sport, showcasing resilience, adaptability and ambition while inspiring others across the Armed Forces community. His progress demonstrates how targeted support can help athletes transition from national representation to genuine international competitiveness on the world stage.

ABOUT MARCUS BOLIN WEBB

Marcus Bolin Webb is a British Army officer of English and Norwegian heritage who has been skiing since the age of three, building a strong foundation in Nordic sport from an early age. He joined the British Army in 2018 and quickly progressed into competitive biathlon, making his debut at the Army Nordic Championships in 2019. His rapid development in the sport led to selection for the International Biathlon Union Cup in 2021, where he represented Great Britain.

Following this breakthrough, Marcus was selected by Team Blåne in Lillehammer to train full-time. Widely regarded as the world's capital of biathlon, Lillehammer offers access to world-class facilities, coaching and competition pathways - providing an elite environment for Marcus to continue his progression at the highest level of the sport.



It's been a very successful season at the highest level of biathlon, despite a rocky start due to illness. I've surpassed British records that have stood for over a decade, and my trajectory remains on track for Olympic qualification.

Marcus Bolin Webb

Mission : Everest

7-day Speed Ascent

Team Forces was proud to support Mission : Everest with a grant in 2025, helping enable one of the most ambitious mountaineering challenges ever attempted by a team of military veterans.

The expedition brought together four former British military personnel - Anthony Stazicker, Garth Miller, Kevin Godlington, and Al Carns - who set out to achieve an extraordinary objective: travel from the UK to the summit of Mount Everest and return home in just seven days - a journey that traditionally takes eight to ten weeks due to the need for acclimatisation at high altitude.

Through months of preparation and cutting-edge training techniques, the team successfully completed the challenge in May 2025, setting a new record for the fastest round trip from London to the summit of Everest and back.

Departing London, the team travelled to Kathmandu before flying directly to Everest Base Camp. From there they rapidly ascended through the mountain's high camps, reaching the 8,849-metre summit before returning to the UK - completing the entire journey in just seven days.

This remarkable achievement was made possible through an innovative approach to acclimatisation, including months of hypoxic training in simulated altitude environments and advanced physiological preparation prior to the expedition.

Beyond the record attempt, the mission had a powerful charitable purpose. The expedition aimed to raise significant funds and awareness for veterans' causes and organisations supporting Armed Forces families, including charities assisting bereaved military children.

The expedition also highlighted innovative approaches to mountaineering, reducing time spent on the mountain and lowering environmental impact compared with traditional long-duration Everest expeditions.

MISSION : EVEREST DELIVERED SIGNIFICANT IMPACT:

- A record-breaking ascent of Mount Everest, completing a London–Everest–London journey in just seven days
- Raised funds and awareness for Armed Forces charities, supporting veterans and military families
- Showcased the resilience and capability of the veteran community on a global stage
- Inspired the wider Armed Forces community, demonstrating how service values translate into extraordinary achievements beyond military life.

The expedition was not only a remarkable feat of endurance and planning - it was also a powerful platform for raising awareness of veterans' causes and inspiring others through the example of service personnel continuing to push boundaries long after their military careers.

By supporting Mission : Everest, Team Forces helped enable a project that combined adventure, innovation, and charitable purpose - delivering a powerful message about the strength, resilience, and determination that defines the Armed Forces community.

Mission : Everest stands as a compelling example of how bold ideas, strong partnerships, and the values forged through military service can come together to achieve something truly extraordinary.



We may have reached the top of the world, punishing as it was, in record time but our mission to raise resources and awareness for veterans and armed forces charities across the UK, and to deepen the ties between us all, has just begun and we will continue until we reach that goal.

Al Carns, Minister of State for the Armed Forces

Rachel White

Jordan Trail Challenge



In 2025, Team Forces was proud to support a unique endurance challenge undertaken by Royal Navy Leading Marine Engineer Rachel White, who set out to run the entire length of Jordan along the Jordan Trail. The expedition aimed to test the limits of endurance and resilience while demonstrating the determination and mental strength that characterise the Armed Forces community.

In November 2025, Rachel successfully completed the challenge over 13 days, covering a total distance of 675 kilometres from the northernmost point of Jordan to the Red Sea in Aqaba. To achieve this, she averaged more than 50 kilometres per day while climbing over 18,000 metres of elevation along the route.

The expedition required careful planning and logistical support. For most of the route, she camped close to the trail while being supported by a small local team who travelled in a safety vehicle. They provided vital food, water and safety support at checkpoints each day and assisted with camp set-up each evening, helping ensure the challenge could be completed safely across remote terrain.

The Jordan Trail presented a wide range of environments and physical challenges. The northern section of the route passed through rural areas where packs of wild dogs created unexpected obstacles. From there the trail moved into mountainous terrain before reaching Petra, one of the Seven Wonders of the World, and then continued south through long, exposed desert landscapes towards the Red Sea.

“Watching the rock formations and landscapes change as I progressed down the country was fascinating and made every stage of the journey feel unique.”

From a Team Forces perspective, the challenge demonstrated the powerful role that endurance and adventure can play in showcasing the resilience, discipline and determination developed through military service. The expedition also highlighted the ability of individuals within the Armed Forces community to set ambitious goals and inspire others through their achievements.

Team Forces is proud to have supported this remarkable achievement. The challenge stands as an example of the determination and endurance that members of the Armed Forces bring to every endeavour, while also demonstrating how targeted support can help turn ambitious ideas into successful and inspiring accomplishments.

I’m hugely grateful to everyone at Team Forces for supporting the challenge and believing in the idea from the start. Their backing made it possible to turn an ambitious idea ... into a reality.

Rachel White

Steven Reynolds

Mongol 100 Ultra Marathon

Team Forces was proud to support veteran Steven Reynolds as he undertook the extraordinary Mongol 100 Ultra Marathon in March 2025.

Steven served with the Royal Electrical and Mechanical Engineers. During his military career he deployed on operational tours to Afghanistan and Iraq, serving in demanding roles supporting UK military operations.

In 2011, Steven sustained life-changing spinal injuries while serving in Afghanistan. The injuries eventually led to his medical discharge in 2016 and marked the beginning of a very difficult period in his life. At the time, he could walk only short distances, struggled with chronic pain, and faced severe mental health challenges including Post-Traumatic Stress Disorder.

Like many injured veterans transitioning out of service, Steven experienced a profound loss of identity. His role as an Army officer had been central to his sense of purpose, and the sudden end of his military career left him feeling isolated and overwhelmed. His mental health deteriorated significantly, and in 2018, he was hospitalised following a suicide attempt.

Steven's recovery began with the support of a charity dedicated to helping veterans rebuild their lives after injury. Through innovative programmes - including pain management, sports rehabilitation, employment support and mentoring - the organisation provided the structure and guidance that helped him regain stability and rebuild his confidence.

Over time, Steven made remarkable progress. He secured full-time employment in the professional services sector and gradually rebuilt his physical capability, completing a half marathon in Rome in October 2024. He also overcame his reliance on pain medication and alcohol, finding healthier ways to manage both his physical pain and mental wellbeing.

THE MONGOL 100 CHALLENGE

Determined to give back and inspire other veterans facing similar struggles, Steven set himself one of the most demanding endurance challenges in the world: the Mongol 100 Ultra Marathon.

The event takes place across the frozen surface of Lake Khovsgol in remote northern Mongolia, where temperatures can fall to -40°C . Participants must cover 100 miles over four days, combining running and Nordic ice skating across the frozen lake while camping overnight in the wilderness.

For Steven, the challenge required months of intensive preparation, including learning to ice skate from scratch. The race itself presented extreme physical and mental demands: sub-zero temperatures, isolation, fatigue, and the constant strain placed on a body already affected by long-term injuries.

Despite these challenges, Steven successfully completed the Mongol 100, demonstrating exceptional determination and resilience. Steven undertook the challenge not only as a personal test, but also to show what is possible when injured veterans receive the right support.

His goal was simple but powerful: to demonstrate that with support rather than sympathy, veterans can overcome extraordinary adversity and achieve what others may believe to be impossible.

Steven's journey - from life-changing injury and mental health crisis to completing one of the toughest endurance races on earth - stands as a powerful example of the strength, determination and spirit that defines the Armed Forces community.



I chose the Mongol 100 because it represents a unique combination of extreme challenges - testing both physical and mental resilience far beyond what might seem possible for someone with my injuries. As someone with limited mobility, no background in ultra-marathons, and no experience in extreme cold environments, this was never going to be an easy undertaking. But that is exactly the point.

By completing the Mongol 100, I want to demonstrate that with the right support - not sympathy - veterans, including those who are injured, are capable of achieving extraordinary things that others might assume are impossible.

Steven Reynolds - paraphrased from his grant application



Veterans in Action

VE-80 Overland Expedition



In 2025, Team Forces was honoured to support Veterans In Action (VIA) with a grant towards their powerful VE-80 Overland Expedition - a 4,000-mile journey across Europe combining remembrance, reflection and post-traumatic growth.

Marking the 80th anniversary of Victory in Europe, the expedition brought together a dedicated group of veterans, many living with PTSD, to travel in convoy from the VIA Centre in Andover through France, Belgium, Holland, Germany, Poland, Slovakia, Austria, Luxembourg and back to the UK. Along the way, they visited some of the most historically significant and sobering sites of the Second World War - including the beaches of Normandy, Hürtgen Forest, Arnhem, Bastogne, Gross-Rosen, Project Riese and Auschwitz-Birkenau.

While the journey honoured the immense sacrifices of the WWII generation, its deeper purpose lay in supporting the recovery and growth of modern veterans.

VIA's model centres on long-term engagement, skill development and peer support - harnessing the strengths veterans already possess and applying them to structured, purposeful expeditions. The VE-80 expedition provided shared challenge, responsibility and reflection in an environment where participants felt understood and supported by others with similar lived experience.

Travelling together through landscapes shaped by conflict allowed space for difficult conversations, collective remembrance

and renewed perspective. The combination of physical journey, historical education and camaraderie created a uniquely therapeutic environment - one that encouraged participants to confront the past while focusing on forward momentum.

Importantly, VE-80 also strengthened international veteran collaboration. For the first time, VIA was joined by veterans from the United States (Fox Bravo) and Israel (Restart Global), fostering cross-nation dialogue on supporting those living with the effects of war.

Team Forces' grant contributed to enabling this ambitious and meaningful expedition to take place. By supporting initiatives such as VE-80, Team Forces helps create opportunities for veterans to rebuild confidence, rediscover purpose and strengthen social bonds through structured challenge and shared experience.

The VE-80 Overland Expedition stands as a powerful example of how remembrance can coexist with recovery - honouring the past while actively investing in the wellbeing and future of today's Armed Forces community.



The aim was to commemorate the end of the Second World War, but there was a deeper purpose behind the journey... It's incredibly important that we don't believe we have all the answers when it comes to supporting those affected by PTSD. By working internationally, we can share best practice, learn from one another, and continue to build approaches that truly help veterans move forward.

Billy MacLeod MBE, Veterans In Action

Zara Lachlan

Record-breaking Solo Row



Team Forces is immensely proud to have supported 21-year-old Zara Lachlan in completing a truly historic world first - becoming the first woman and youngest person ever to row solo, unsupported and non-stop from mainland Europe to mainland South America.

After 97 days, 9 hours and 20 minutes at sea, Zara arrived in French Guiana on 1 February 2025, completing a 3,600 nautical miles (4,100 miles) crossing of the Atlantic. She is only the second person in history to complete this demanding route.

Zara's expedition was not without immense challenge. She endured injuries, a broken oar, severe weather that rolled her boat, near-collision with a larger vessel and encounters with orca and sharks. The section through the Canary Islands proved particularly brutal, with relentless headwinds limiting her to just 11 miles after 21 hours of rowing.

Despite being new to ocean rowing, Zara embraced the journey - overcoming her fear of swimming to clean her hull at sea and immersing herself in the raw beauty of the Atlantic.

For Team Forces, Zara's achievement represents exactly what we aim to enable - bold ambition, resilience under pressure and the courage to test personal limits. Zara's success is a testament to the power of human potential and the spirit of adventure we strive to foster at Team Forces.

Beyond the world record itself, Zara's journey has inspired thousands - particularly young women - proving that age, experience and expectation are no barrier to extraordinary achievement when belief and support align.

Team Forces is proud to have helped Zara reach the start line - and even prouder to have stood behind her as she rowed into the history books.

It was tough. At some points ... really tough. But it's in those moments you find out what you're really made of. I just had to grit my teeth and row.

None of this would have been possible without the huge amount of work and support from Team Forces. They took my crazy idea and made it a reality.

Zara Lachlan



Zara Lachlan was a 21-year-old physics student at Loughborough University at the time of her row. In September 2025, she joined the British Army, beginning her officer training at the Royal Military Academy Sandhurst.

Climb 2 Recovery

Climbing Courses for WIS Veterans



Team Forces has been supporting Climb 2 Recovery (C2R) since 2020. C2R supports seriously and chronically wounded, injured, sick, disabled and disadvantaged service people and veterans through a year-round programme of residential adaptive and progressive climbing and mountaineering courses. In 2025, Team Forces' support to C2R contributed to a year of significant growth and, more importantly, meaningful and sustained impact within the veteran community.

What stands out is the strength of a peer-led, trauma-informed model that consistently reaches those who often do not engage with traditional services. Veterans arrive carrying trauma, isolation, and loss of identity, and find instead a trusted community built on shared experience, safety, and belonging.

Membership has grown by 150%, driven entirely through word-of-mouth - a clear reflection of both need and credibility. Alongside this, over 1,200 training days were delivered across 11 courses. Yet the real impact lies beyond delivery. Within these environments, individuals rebuild confidence, form genuine connections, and begin to rediscover purpose.

"I arrived not knowing if I belonged anywhere. I left feeling part of something again."

The outcomes are clear. The vast majority of participants report improved mental health, with many experiencing significant change, and most remaining engaged beyond their initial course. This sustained engagement highlights a key strength: C2R is not a one-off intervention, but a pathway. Veterans progress from participation into development and, in many cases, into leadership roles, supporting others in turn.

From a Team Forces perspective, this creates a powerful and sustainable model of recovery - one that extends beyond the individual into families and wider communities. It also fills a critical gap between clinical treatment and reintegration, focusing on the non-clinical foundations of recovery such as connection, purpose, and belonging.

As demand continues to grow, the challenge will be scaling this work without losing the trust, authenticity, and peer-led culture that underpin its success.

"Seeing others further along in their journey gave me hope that things can change."

We are proud to support C2R in delivering an approach that is not only effective, but transformative - helping veterans move beyond survival and towards a renewed sense of identity, community, and purpose.

2025 has been a landmark year for C2R and the veteran community it serves. The impact of this support is evident not only in delivery, but in the depth of change experienced by participants.

- 150% growth in new membership, driven entirely by trust and word-of-mouth
- 1,237 fully funded training days delivered, exceeding targets by 25%
- 11 courses delivered across the UK, including additional capacity added to meet demand

Behind these numbers are powerful human outcomes: veterans rediscovering purpose, connection, and identity.

"Climb 2 Recovery is a consistent reminder that life can be worth living."

C2R Participant





Climbing Out

Wellbeing support for Veterans

Team Forces is proud to have supported Climbing Out over a number of years - an organisation delivering truly life-changing programmes that use outdoor adventure to support recovery, rebuild confidence and restore purpose for those facing significant personal challenges.



In 2025, Climbing Out delivered seven core programmes, supporting participants from across the Armed Forces community. These intensive five-day experiences combine adventurous activity with structured personal development, equipping individuals with the tools to better manage trauma, build resilience and regain control of their lives.

Participants arrive at very different stages of their journey, yet what is consistently evident is the profound transformation that takes place over the course of each programme. Individuals leave with renewed confidence, a clearer sense of direction and a belief that positive change is possible.

"After just five days I feel back in control... after years of wandering in the dark, I've found the light."

A key strength of Climbing Out lies in its long-term approach to recovery. Beyond the core programmes, Team Forces' support has helped enable a continuum of engagement designed to sustain progress:

- **Level 2 Programme (Scotland):** A more advanced five-day expedition involving 12 participants, focused on autonomy, leadership and deeper personal development. Participants demonstrated remarkable growth, stepping into vulnerability and building resilience through shared experience.
- **Walk and Talk Programme:** Monthly events engaging over 70 participants, helping maintain physical activity, peer support networks and ongoing wellbeing.
- **Online Programme:** A major innovation in 2025, extending Climbing Out's reach to individuals unable to attend residential courses, ensuring that life-changing tools are accessible to a far wider audience.

This layered model ensures that recovery is not a one-off intervention, but an ongoing journey supported by community, connection and practical tools. For many, Climbing Out represents a turning point:

"Climbing Out has given me a new lease of life... a safe space to explore and rebuild."

Equally important is the power of community. The shared experience of challenge and achievement fosters deep, lasting connections. Many participants describe the Climbing Out network as a 'second family' - a trusted support system that continues long after the programme ends.

The impact of Climbing Out extends far beyond the individual. The return on investment is evident across multiple areas:

- **Recovery & Rehabilitation:** Supporting individuals to rebuild their lives following trauma
- **Mental Health:** Providing practical, non-clinical tools that complement formal treatment
- **Community & Belonging:** Reducing isolation through strong peer networks
- **Resilience & Employability:** Developing transferable skills, confidence and independence.

Climbing Out is a powerful example of how the right environment - combining challenge, support and connection - can unlock human potential, even in the most difficult circumstances.

Team Forces' ongoing support has helped Climbing Out expand its reach, enhance programme delivery and innovate for the future. This partnership reflects our shared belief in the power of sport, challenge and adventure as catalysts for recovery and growth.

Climbing Out has given me the tools to move past my trauma and look to a future where I can not only cope, but thrive.

Climbing Out Participant

Flying For Freedom

Microlight Courses for WIS Veterans



Team Forces is proud to have supported Flying for Freedom over a number of years - an organisation delivering a truly unique and powerful form of recovery through aviation. By enabling Wounded, Injured and Sick (WIS) service personnel to take to the skies, Flying for Freedom provides opportunities to rebuild confidence, develop new skills and rediscover a sense of purpose.

Throughout 2025, Flying for Freedom continued to deliver a consistent and impactful programme of activity, combining regular flying opportunities with targeted veteran engagement events. Around 40 WIS veterans took part in dedicated air experience days, gaining first-hand exposure to microlight flying in a safe, supportive and highly motivating environment.

For many participants, the experience of flying represents far more than a one-off activity - it is a transformative step in their recovery journey. Aviation demands focus, responsibility and trust, helping individuals regain confidence, overcome self-doubt and re-engage with new challenges.

A key milestone in 2025 was the strategic consolidation of operations at Popham Airfield. This move has significantly strengthened Flying for Freedom's operational capability and sustainability:

- Improved aircraft availability and utilisation
- Reduced overheads and increased efficiency
- Centralised expertise and support in a single, dedicated location

The organisation has also secured planning permission for a future clubroom and training facility, which will further enhance delivery - creating a permanent hub for training, recovery and community building.

Team Forces' support has enabled Flying for Freedom to expand its reach and develop valuable partnerships. A standout collaboration in 2025 was with the Taxi Charity for Military Veterans, which enabled veterans - including Chelsea Pensioners - to attend flying events, transported in iconic London black cabs.

This partnership not only removed barriers to participation but also reinforced the sense of community and shared experience that underpins effective recovery programmes.

DEVELOPING SKILLS AND FUTURE OPPORTUNITIES

Pilot training remains central to Flying for Freedom's mission. In 2025, continued progress was made in developing new WIS pilots, with one trainee approaching solo standard - a significant milestone expected to be achieved in early 2026.

This structured pathway provides clear progression, goal-setting and a renewed sense of independence, demonstrating what can be achieved with the right support and environment.

Flying for Freedom delivers meaningful and measurable outcomes aligned with Team Forces' mission:

- **Recovery & Rehabilitation:** Supporting veterans to rebuild confidence and independence
- **Mental Wellbeing:** Providing a focused, empowering activity that supports psychological recovery
- **Skills Development:** Creating pathways into aviation and structured personal progression
- **Community & Belonging:** Reconnecting individuals with a supportive peer network.

Flying for Freedom stands as a powerful example of how opportunity, trust and challenge can help individuals rediscover what they are capable of.

IMPACT

Team Forces' continued support has played a vital role in enabling Flying for Freedom to consolidate, grow and innovate. This partnership reflects our shared belief in the power of sport, challenge and adventure - in this case, aviation - as a catalyst for recovery and transformation.





Forces Wives Challenge

Community Interest Company

Team Forces proudly supports Forces Wives Challenge, a Community Interest Company (CIC) dedicated to uniting women who have partners in the Armed Forces through adventure and challenge.

The need for initiatives like FWC is clear. The Armed Forces Continuous Attitude Survey (2025) highlights that 64% of Service personnel cite the impact of Service life on family as a factor in considering leaving, while over 50% of spouses report feeling disconnected from the wider military community. These challenges directly affect retention, morale and operational effectiveness across Defence.

FWC addresses these issues head-on by creating opportunities for military spouses to build confidence, develop skills and form meaningful connections. Through Team Forces support, FWC has delivered a diverse and impactful programme of outdoor activities over the past year, including climbing, canoeing, sailing and multi-day expeditions. These activities provide far more than adventure - they create a platform for personal growth, resilience and community.

Military life often brings isolation through frequent relocations and long separations. FWC offers a powerful counterbalance, building a supportive network of over 2,000 women who share common experiences and challenges. Through participation, individuals are encouraged to step outside their comfort zones, reconnect with their own potential and develop a renewed sense of identity and purpose.

The impact is both immediate and long-lasting. Participants consistently report:

- Increased self-confidence and independence
- Improved mental and physical wellbeing
- Stronger peer networks and lasting friendships
- A greater sense of belonging within the Armed Forces community

Crucially, the benefits extend beyond the individual. By strengthening confidence and connection among spouses, FWC contributes directly to family stability, Service morale and ultimately retention within the Armed Forces.

A key development has been the creation of the FWC Adventure Academy, which equips participants with recognised outdoor and leadership qualifications. To date, over 80 qualifications have been achieved, enabling women to progress into leadership roles and ensuring the sustainability and growth of the programme. This initiative not only empowers individuals but also builds a pipeline of skilled female leaders within the adventure and outdoor sector.

IMPACT

Team Forces remains committed to supporting initiatives like FWC that deliver meaningful, measurable impact. By investing in the wellbeing and development of military families, we are helping to build a stronger, more resilient Armed Forces community - where individuals feel connected, supported and empowered to thrive.



Your unwavering support and belief in us over the last few years have truly enabled us to reach many more women in our community. We know that Team Forces shares our belief in the power of adventure to build confidence, resilience and connection - something that will certainly help our community navigate these turbulent times. Thank you.

Heather Sharp, Founder and CEO of FWC

Gwennili Trust

Respite Sailing for Military Veterans



Team Forces is proud to provide ongoing support to Gwennili Trust, a charity that has been transforming lives since 1995 through accessible offshore sailing experiences for the Armed Forces community - particularly those facing injury, illness or significant personal challenge. Through the unique environment of life at sea, Gwennili creates powerful opportunities for recovery, connection and personal development, enabling participants to rebuild confidence, independence and purpose.

In 2025, Gwennili delivered another exceptional programme of activity, supporting 172 members of the Armed Forces community through a series of recovery sailing weeks, Solent flotillas and structured training courses.

- 32 yachts chartered and crewed, operating fleets of four to seven vessels
- Dedicated volunteer crews, many with military backgrounds
- Safe, inclusive and immersive offshore environments for all participants.

These programmes provide far more than recreational opportunity - they create structured, supportive settings where individuals can re-engage with challenge, teamwork and achievement.

SKILLS, QUALIFICATIONS AND CONFIDENCE

Through initiatives such as Sailing Vision Week and accredited Royal Yachting Association training pathways, participants achieved recognised qualifications, including:

- 2 Day Skipper certifications
- 6 Competent Crew qualifications.

These achievements represent more than technical progression - they mark significant steps in rebuilding confidence, independence and transferable life skills that support both recovery and future opportunities.

A POWERFUL ENVIRONMENT FOR RECOVERY

Sailing provides a uniquely effective recovery setting. The demands of navigation, teamwork and shared responsibility encourage participants to focus fully on the present moment - reducing anxiety while fostering resilience and renewed purpose.

Personnel Recovery Centres consistently recognise the value of the programme, noting that its impact: *"Cannot be measured in a spreadsheet."*

For many, the experience is life-changing. One serving Army officer recovering from complex PTSD reflected: *"In over 18 months of therapy... there hasn't been a single week that has been as positive as the week sailing with Gwennili."*

Another participant shared: *"It gave me something I hadn't felt in a long time - a reason to keep going."*

Beyond mental health recovery, participants also report significant improvements in confidence and independence. A Royal Navy participant recovering from stroke described how learning navigation and helming the boat supported both physical and psychological rehabilitation.

REBUILDING COMMUNITY AND BELONGING

A defining strength of Gwennili's programme is the sense of community it fosters. Veterans, reservists, serving personnel and families sail together, rediscovering the camaraderie and shared identity often missed after operational service.

As one RAF veteran living with long-term PTSD described: *"What the military community was - bonding, laughing and working together again."*

The adaptability and professionalism of Gwennili's instructors - many of whom are veterans themselves - ensures that individuals of all abilities can participate and progress at their own pace, within a culture of inclusion, dignity and mutual respect.

TEAM FORCES IMPACT

Team Forces' continued support ensures these transformative opportunities are delivered at no cost to participants, removing financial barriers and enabling meaningful recovery, reconnection and growth through adventure at sea.

We are proud to support Gwennili in delivering life-changing experiences that go beyond activity - providing renewed hope, restored confidence and the rediscovery of joy for those who have given so much in service.





Little Troopers

Family Reconnection Weekends

In 2025, Team Forces was proud to support Little Troopers through funding of their Family Reconnection Weekends, a flagship initiative designed to help military families rebuild connections following periods of deployment, separation and the unique pressures of service life.

Delivered as part of Little Troopers' All Together Programme, the weekends provided forces families with the opportunity to step away from daily routines and spend meaningful time together in the outdoors. Hosted at activity centres in Portland, the New Forest and Brenscombe, and delivered in partnership with Activate Outdoors, each three-day programme combined adventure, shared experiences and dedicated family time in a supportive environment.

Across four weekends in 2025, 32 military families - representing all three Services - and a total of 118 participants took part. Families were encouraged to disconnect from screens, meet others with shared experiences and focus on rebuilding relationships through adventure. Activities included climbing, kayaking, coasteering, archery, raft building and bushcraft, alongside structured opportunities for both family bonding and peer connection among children.

The impact of the programme was significant.

- 94% of families rated the experience as extremely valuable.
- 100% said the activities met or exceeded expectations.
- 71% reported that the weekend significantly strengthened family relationships, with the remainder noting meaningful improvement.

Beyond the statistics, feedback highlighted the emotional value of the experience. One parent shared: "After a tough year with another long deployment, this gave us a breath of fresh air to switch off and just enjoy being a family again." Another family described the weekend as "one of the best we've had in years," emphasising how shared adventure created space for laughter, reconnection and renewed confidence.

Importantly, the weekends also allowed children to meet others who understand the realities of military life - helping reduce feelings of isolation and building supportive peer networks.

IMPACT

Team Forces' support enabled all four weekends to be delivered fully funded, removing financial barriers and ensuring equal access for families across the UK. Each family benefited from more than 25 hours of shared activities, creating lasting memories and strengthening relationships at critical moments before, during or after deployment cycles.

These weekends proved to be far more than a short break. They provided a vital opportunity for families to reconnect, recharge and return to service life stronger together - perfectly reflecting Team Forces' mission to improve the lived experience of the armed forces community through meaningful, shared experiences.



Your investment and support has had a real and lasting impact on so many military families - a huge thank you from all of us.

Louise Fetigan MBE, Founder and Operations Manager of Little Troopers



Mission Motorsport

The Forces' Motorsport Charity



Since its inception in 2012, Team Forces has been proud to support Mission Motorsport, recognising early on the transformative power of motorsport as a vehicle for recovery, rehabilitation and long-term opportunity.

Over the past 14 years, this partnership has helped establish a collaborative and values-driven approach to supporting those affected by military operations. Through structured, team-based motorsport activity, beneficiaries rebuild confidence, resilience and independence - key components in recovery and transition.

Mission Motorsport's programmes provide far more than sporting engagement. Participants develop practical and transferable skills - including mechanical competence, logistics, leadership and management - which directly support employability and long-term career pathways.

Over the past year, Mission Motorsport has continued to deliver impact at scale across sport, employment and community engagement.

- 1,520 beneficiaries supported through participation in structured activity
- Nearly 2,200 person-days of delivery across a nationwide programme
- Expanded UK footprint, with karting and activity delivered across ten locations
- Increased female participation, with women now representing 20% of attendees

The charity's inclusive approach has broadened significantly, with increased provision for spouses, families and carers. This has strengthened the sense of belonging and community, ensuring that support extends beyond the individual to the wider Armed Forces network.

Programmes range from accessible entry points such as indoor karting and open days, through to flagship events including the Race of Remembrance - a powerful and symbolic fixture that brings together recovery, reflection and shared achievement.

SKILLS, EMPLOYMENT AND PROGRESSION

Mission Motorsport continues to play a vital role in bridging the gap between recovery and meaningful employment. Over the past year, the charity has strengthened pathways into motorsport and wider industry through:

- Development of new drivers, marshals and race officials
- Expansion of vocational training opportunities
- Stronger partnerships with industry to support employment outcomes.

These initiatives ensure that beneficiaries are not only supported in their recovery but are equipped with the skills, confidence and direction needed to thrive beyond their military careers.

A SAFE ENVIRONMENT FOR RECOVERY AND BELONGING

A defining strength of Mission Motorsport is its ability to provide a safe, inclusive and year-round environment where peer-led activity fosters camaraderie, shared understanding and personal growth.

Underpinned by values of equality, dignity and mutual respect, the charity creates a space where individuals feel supported, valued and empowered to progress at their own pace.

As reflected by participants at the 2025 Race of Remembrance: *"Freedom from my brain... life-affirming... feeling valued in quiet moments... the place to be for veterans."*

TEAM FORCES IMPACT

Team Forces' early and sustained support has played a role in enabling Mission Motorsport's growth and long-term impact. From the outset, this partnership has helped unlock opportunity, scale delivery and strengthen outcomes for the Armed Forces community.

We are proud to continue supporting Mission Motorsport in delivering life-changing experiences - demonstrating how sport and challenge can support recovery, build skills and create lasting impact for serving personnel, veterans and their families.





Team Endeavour Racing

Powerboat racing for veterans

Team Forces is proud to support Team Endeavour Racing UK, an organisation that uses high-performance powerboat racing to deliver meaningful outcomes for veterans and those affected by military service.

In a sport defined by intensity, precision and teamwork, Team Endeavour Racing UK provides a powerful platform for individuals to rebuild confidence, rediscover purpose and develop resilience. Through participation both on and off the water, beneficiaries become part of a united team - where trust, accountability and shared goals are central to success.

The 2025 season marked another demanding and rewarding chapter for the team, with strong collective performance across all areas of delivery.

- Four boats qualified for championship points, reflecting a significant competitive achievement
- Continued development of participants through structured team roles including drivers, co-pilots and shore crew
- Strengthened team cohesion, professionalism and performance under pressure.

In a challenging and unforgiving sport, these achievements demonstrate what can be accomplished through determination, collaboration and shared belief. Each milestone reflects not individual success, but the strength of a team working together toward common goals.

BUILDING CONFIDENCE, SKILLS AND BELONGING

Beyond competition, Team Endeavour Racing UK delivers meaningful personal development outcomes. Participants gain:

- Increased confidence and self-belief
- Enhanced teamwork and communication skills
- Exposure to high-performance environments requiring focus and discipline
- A renewed sense of belonging and shared identity.

These experiences are particularly impactful for veterans transitioning from military service, providing a familiar team-based structure while enabling personal growth and progression.

A STORY OF TRANSFORMATION

At the heart of Team Endeavour Racing UK's impact are the individuals whose lives have been changed through involvement in the programme.

One such example is Doug Young, whose journey powerfully reflects the organisation's purpose. Having once described himself as having *"no hope, no reason to go on,"* Doug found a pathway forward through the support, camaraderie and belief offered by the team.

Today, he is not only participating - he is thriving. His story highlights the transformative power of opportunity, demonstrating how the right environment can restore confidence, rebuild identity and create meaningful direction.

IMPACT

Team Forces' continued support has contributed to enabling Team Endeavour Racing UK to deliver impactful programmes that combine sport, challenge and personal development.

By supporting initiatives like this, we help create environments where veterans can reconnect with purpose, build resilience and achieve success - both in competition and in life beyond service.

We are proud to stand alongside Team Endeavour Racing UK as they continue to demonstrate that performance sport can be a powerful vehicle for recovery, growth and lasting impact.



From all of us at Team Endeavour Racing UK - we would like to thank Team Forces for your continued support, encouragement, and belief in what we do.

David R Taylor, Director Team Endeavour Racing UK CIC



Team True Spirit

Lakeland 100 & 50 Challenge

In 2025, Team Forces was proud to support Team True Spirit (TTS) through a grant enabling veterans and beneficiaries to take part in one of the UK's most demanding endurance events - the Lakeland 100 and Lakeland 50 ultramarathons in the Lake District.

Held between 25–27 July, the event saw 31 participants - including veterans, beneficiaries, and supporters - take on gruelling 50- and 100-mile mountain routes. Together, they raised over £4,200 for charitable causes while building confidence, resilience, and meaningful peer connections.

The Lakeland challenge provided a demanding yet supportive environment where teamwork, encouragement, and shared achievement were central to success. For many participants, the experience represented far more than a physical test of endurance - it was an opportunity to rebuild identity, restore confidence, and demonstrate personal resilience following difficult periods in their lives.

Supporting Team True Spirit closely aligns with Team Forces' commitment to funding initiatives that harness challenge, camaraderie, and shared experience to improve the lives of those connected to the Armed Forces community. Team Forces' grant contributed towards essential logistics, welfare support, and participation costs, ensuring individuals who may otherwise have faced financial or practical barriers were able to take part safely and fully.

The impact extended well beyond race weekend. Participants reported strengthened peer networks, increased self-belief through achievement, and improvements in both physical and mental wellbeing. Many have continued engaging in positive, purpose-driven activity as a result of the confidence gained during the event.

The Lakeland 100 & 50 weekend demonstrated how targeted support - including travel assistance, equipment provision, and structured team infrastructure - can unlock transformational experiences. By supporting Team True Spirit, Team Forces helped enable meaningful challenges that strengthened connection, resilience, and wellbeing across the Armed Forces community.

Veterans and beneficiaries were able to test their limits, support one another, and return home stronger - physically, mentally, and socially.



Team True Spirit, to me, feels like family. The support and love that everyone gives each other is second to none. It's the most special thing I have ever been part of. It means so much to me to be part of it and to have the opportunity to keep coming back. I know that we are all in it together.

Zoe Savage – beneficiary



True Heroes Racing

Motorcycle Racing for Recovery

Team Forces has proudly supported True Heroes Racing for the last nine years, a partnership that continues to demonstrate the powerful role of shared experience, purpose, and team environments in supporting wounded, injured and sick (WIS) service personnel and veterans.

As the UK's first and only competitive motorcycle race team dedicated to this community, True Heroes Racing offers something genuinely unique. From a Team Forces perspective, its impact goes far beyond motorsport. It provides a space where individuals can reconnect with identity, rebuild confidence, and become part of a team once again.

At the heart of the programme is a simple but powerful principle: everyone has a role to play. Whether on the track racing at high speed or working behind the scenes in the paddock, each participant contributes to a collective effort. This shared purpose creates an environment where individuals feel valued, included, and understood - often for the first time since leaving service or experiencing life-changing injury.

Through participation in high-profile events such as the British Superbike Championships, beneficiaries are not only part of a team, but part of something visible and respected. Racing in front of tens of thousands of spectators, and a much wider global audience, brings a sense of pride and achievement that is difficult to replicate elsewhere. Importantly, the focus is not solely on results, but on personal progress, connection, and experience.

From a Team Forces perspective, one of the most important aspects of True Heroes Racing is the community it creates. Time spent together at race events allows individuals to share experiences, build friendships, and open up in ways that are often difficult in more formal settings. This peer-led environment fosters trust, reduces isolation, and supports wellbeing in a natural and sustainable way.

The impact is not limited to those directly involved. Families also benefit significantly, often seeing positive and lasting changes in their loved ones. The sense of anticipation, routine, and belonging that comes with being part of the racing season provides structure and motivation throughout the year.

"It was like the old person was there... my husband appeared again, and hasn't regressed since." Military Veteran's Spouse

This kind of feedback reflects the deeper value of the programme. Beyond the activity itself, True Heroes Racing helps restore a sense of self - something that is often lost through injury, illness, or transition out of service.

After nearly a decade of support, Team Forces continues to see clear and consistent evidence of impact. True Heroes Racing delivers a model that is:

- **Inclusive** - providing meaningful roles for individuals of all abilities
- **Visible** - showcasing achievement on a national stage
- **Community-driven** - built on shared experience and peer support
- **Sustainable** - offering ongoing engagement rather than one-off intervention.

Together, we are helping ensure that those who have served are not defined by their challenges, but empowered by purpose, teamwork, and the opportunity to thrive once again.



Grants like this from Team Forces are the lifeblood of our beneficiary activity programme... the respite they and their families get ... is immeasurable.

Phil Spencer, Founder, True Heroes Racing

Ulysses Trust

Cadet Expeditions



Team Forces is proud to support The Ulysses Trust, which enables cadets to participate in life-changing adventurous training and expeditions led by cadet forces, across all three services

In 2025 alone, Ulysses Trust supported 141 expeditions, enabling 3,194 participants to take part. This included:

- 76 Cadet expeditions supporting 2,012 cadets and Cadet Force Adult Volunteers
- 34.2% of all cadet expedition grants directed toward disadvantaged participants.

No other military charity directs funding across all three services in this way - prioritising groups with the greatest socio-economic need and ensuring that financial barriers do not prevent participation.

TRANSFORMATIONAL IMPACT

The data from 2025 demonstrates exceptional impact:

- 100% positive impact on individuals - improving confidence, resilience, employability and life skills.
- 100% positive impact on units - strengthening recruitment, retention and morale.
- 100% positive impact on mental health and wellbeing.

For cadets in particular - the most diverse and socially impactful cohort - funding proved foundational rather than supplementary. Many units reported that half or more of their cadets could not have attended without grant support, with some reducing personal contributions to zero for those eligible for Free School Meals or Pupil Premium.

Cadet expeditions delivered high volumes of accredited outcomes, including Duke of Edinburgh Awards (Bronze, Silver and Gold), RYA qualifications, diving certifications, navigation awards and instructor-level qualifications. Some units achieved 100% DofE pass rates among disadvantaged cadets as a direct result of funded access.

INCLUSION AND SOCIAL MOBILITY

The Ulysses Trust Grant Application Committee assess every application on it's own merit, ensuring that money goes to the most impactful expeditions and to the most need.

In 2025, cadet expeditions demonstrated strong representation from a diverse range of backgrounds, including:

- Young people from deprived communities
- Individuals with SEND and neurodiverse needs
- Looked-after children
- Those experiencing post-COVID social and emotional challenges.

For many participants, adventurous training is far more than an enrichment activity. It serves as a powerful intervention for mental health and social development - helping to rebuild confidence, reduce anxiety, and restore essential teamwork and communication skills.

Units consistently reported growth following expeditions, with recruitment doubling or even tripling in some cases. The **“expedition effect”** creates energy, pride and aspiration that sustains cadet forces long after the activity concludes.

STRATEGIC ALIGNMENT

The Ulysses Trust aligns directly with the MOD's Strategic Defence Review ambitions to grow cadet and reserve forces, and with the Department for Education's emphasis on enrichment and outdoor learning. The programme contributes meaningfully to social value objectives, tackling economic inequality while building a pipeline of confident, resilient and skilled young people - whether they pursue military or civilian futures.

THE TEAM FORCES DIFFERENCE

Team Forces' support helps ensure that opportunity is determined by potential - not background or financial circumstance. By backing The Ulysses Trust, we are investing in confidence, leadership, mental wellbeing and social mobility at scale.

The social return on investment is exceptional. The outcomes span mental health, educational attainment, recruitment, retention and community cohesion - delivering measurable impact for individuals, units and society as a whole.



A huge thank you to the Ulysses Trust! I loved being part of the expedition and especially enjoyed all the fun we had along the way. It was an unforgettable experience!

CFC Parthana Shukla:



“Offshore adventures such as this are a great opportunity for young people to experience life at sea and meet a number of challenges head on and overcome their fears - whether it be heights, sailing in poor weather or being able to cope with being away from home in an alien and sometimes hostile environment. The cadets gained RYA qualifications but, more important than that, they all came away from the week with new friends, increased confidence, unique memories and a sense of achievement. Many thanks to The Ulysses Trust and our other funders for helping to make this trip possible.”

Commander (SCC) Noel Wheatley MBE RNR, CO of Wells-next-the-Sea Unit



Adaptive Shooting

Target Rifle Shooting

In 2025, Team Forces was proud to support injured Veteran Service personnel taking part in the Adaptive Championships at the renowned Bisley Camp supported by the National Rifle Association. The event brought together members of the Armed Forces community for a day of inclusive competition, demonstrating resilience, camaraderie, and the enduring power of sport in recovery and rehabilitation.

The Adaptive Championships provided an empowering environment where injured veterans and serving personnel could test their precision, focus, and determination across a range of shooting disciplines. Participants had the opportunity to compete in up to four different events, allowing individuals with varying abilities and experience levels to challenge themselves while enjoying the supportive atmosphere created by fellow competitors and organisers.

A highlight of this year's championships was the introduction of the Enfield Match, organised in collaboration with members of the London Enfield Rifle Association. This new competition added a historic element to the programme and proved popular with participants, offering a unique marksmanship challenge that connected modern competitors with traditional shooting heritage.

Further enhancing the experience, the Muzzle Loaders Association of Great Britain curated a fascinating display of historic muzzle-loading firearms. Competitors and their support teams were given the rare opportunity to handle and fire these historic weapons, creating a tangible link to the roots of marksmanship and deepening appreciation for the heritage of the sport.

Team Forces' support helped ensure that injured veterans were able to participate in a professionally organised, inclusive competition environment where wellbeing, confidence, and community connection were prioritised. Events such as the Adaptive Championships provide far more than a sporting challenge; they offer participants a chance to reconnect with the values of service life - discipline, teamwork, and shared purpose - while building confidence and resilience during recovery.

Throughout the day, the spirit of the Armed Forces community was unmistakable. Competitors supported one another, shared experiences, and celebrated each achievement, reinforcing the strong bonds that continue long after military service.

By supporting participation in the Adaptive Championships, Team Forces helps create an opportunity for injured veterans to rediscover confidence, build new skills, and remain connected to the sporting traditions that have long been part of military life. The event stands as a powerful reminder that, regardless of injury, the determination, camaraderie, and competitive spirit of those who serve endures.





Horse Racing

UK Armed Forces Jockeys

Team Forces is proud to support the continued development of military horse racing, a proud tradition that has existed for more than 150 years, dating back to the first running of the Grand Military Gold Cup in 1841. Throughout its history, military racing has brought together Regular and Reservist personnel from across all three Services, with both male and female jockeys competing on equal terms.

Today there are eight serving qualified military jockeys, while the development pathway aims to introduce at least one new jockey each year. Currently fourteen personnel from across the Royal Navy, Army and Royal Air Force are progressing through this pipeline.

Through the leadership of the Armed Forces Equestrian Association, a structured pathway has been created to introduce talented riders from other equestrian disciplines into the demanding world of racing. Team Forces funding plays a vital role in supporting this pathway - enabling the key training events that both bring new riders into the sport and maintain the standards of more experienced jockeys.

The first phase of the programme took place on 31 January 2025 at the British Racing School in Newmarket, funded through the Team Forces annual grant. Aspiring jockeys - many with extensive backgrounds in showjumping, eventing and cross-country riding - began the day with race-specific fitness training in the racing school gym before progressing to state-of-the-art racehorse simulators to practise riding position and style using short racing stirrups.

During the afternoon, participants experienced race riding for real - jumping steeplechase fences at increasing speeds and riding side-by-side with fellow jockeys under the guidance of professional British Horseracing Authority coaches. Each rider received detailed video analysis and coaching feedback, helping them refine their technique and identify areas for further development.

A key figure supporting this programme is Nathan Rahman, Colour Sergeant in the Royal Welsh and one of the most experienced serving military jockeys. As a British Horseracing Authority-accredited coach, Nathan provides mentoring and guidance throughout the training pipeline, supporting aspiring jockeys from their first introduction to racing through to competition.

The success of the pathway is already evident. Izzy Harrison, a Section Commander with The King's Troop Royal Horse Artillery, demonstrated the effectiveness of the training by finishing second in the McCreery Military Amateur Jockeys Hurdle at Wincanton in April 2024. Proving this performance wasn't a one-off, she followed it up with another second place in The Queen Elizabeth The Queen Mother Military Jockeys Handicap Hurdle at Sandown Park in January 2025.

DEVELOPING LEADERSHIP, RESILIENCE AND EXCELLENCE

Race riding demands exceptional levels of fitness, focus and determination. Jockeys must commit to months of physical and nutritional preparation while balancing early mornings riding out racehorses for trainers - all alongside demanding careers in the Armed Forces.

Team Forces funding helps servicemen and women pursue a dream few ever realise: riding a racehorse at more than 30 mph over 4'6" steeplechase fences and competing in one of the most historic traditions in British sport.

The programme is also supported by racehorse owners and leading trainers who generously provide horses and training opportunities, allowing military jockeys to gain valuable experience riding in professional yards.

For Team Forces, supporting the military racing pathway means preserving a historic tradition while enabling today's servicemen and women to challenge themselves, develop elite sporting skills and compete on the racecourse - with the ultimate prize - being led into the winners' enclosure to receive a trophy from a member of the Royal Family.



Military jockeys and, on their behalf, the Grand Military Race Committee, are hugely grateful for the financial support provided by Team Forces. This funding is crucial to enabling both the annual training camp and other rider training events.

Charlie Lane, Chair Military Gold Cup Committee

Para Snowsport

Armed Forces Para Snowsport Team



For over a decade, Team Forces has been proud to support the Armed Forces Para Snowsport Team (AFPST), a partnership that continues to demonstrate the profound and lasting impact of sport in the recovery and development of wounded, injured and sick (WIS) personnel and veterans.

In 2025, AFPST has once again delivered a programme defined by consistency, progression, and high performance. What stands out from a Team Forces perspective is not only the level of achievement on the snow, but the strength of the pathway that underpins it - from early-stage recovery through to elite international competition.

Throughout the year, AFPST has ensured continuity of training and engagement, regardless of season or location. Through structured programmes in indoor snow domes, alignment with national competitions, and cross-discipline training such as laser biathlon, athletes have been able to maintain momentum, develop skills, and build confidence. This consistency is critical. It creates stability, fosters progression, and enables individuals to see what is possible beyond injury.

That preparation has translated directly into performance. Across Single-Service and Inter-Service Championships, AFPST athletes have represented their Services with distinction, demonstrating resilience, competitiveness, and pride. On the international stage, recent competition in Colorado highlighted not only athletic capability, but the strength of a system that enables individuals to compete - and thrive - at the highest level.

From a Team Forces perspective, however, the true value of AFPST lies in what happens beyond results. It is in the rebuilding of confidence, the restoration of identity, and the creation of a community where individuals are supported to push beyond perceived limitations.

PROJECT VOLYA

One of the most powerful examples of AFPST's impact this year has been Project Volya, an initiative that extended this model internationally to support Ukrainian veterans. By sharing expertise

in adaptive snowsport and working alongside local instructors, AFPST has demonstrated that its approach is not only effective, but transferable. The project provided not just training, but hope, connection, and a renewed sense of purpose for those recovering from life-changing injuries in extremely challenging circumstances.

This ability to create impact at both an individual and international level is a defining strength of AFPST. It reflects a model that is not only supporting recovery within the UK Armed Forces community, but also contributing to wider global efforts in rehabilitation and veteran support.

ELITE ATHLETES

At the elite level, athletes such as Scott Meenagh continue to set the standard. Returning to the Paralympic stage for a third time, his journey embodies the resilience, discipline, and commitment that sit at the heart of AFPST. His achievements are not only personal milestones, but powerful examples of what can be achieved through sustained support, opportunity, and belief.

IMPACT

From a Team Forces perspective, AFPST represents a mature, effective, and deeply impactful programme. It bridges recovery and performance, creating opportunities that extend far beyond sport. It enables individuals to rebuild, to compete, and to lead - strengthening not only themselves, but the wider community around them.

As we look ahead, our long-standing support remains rooted in confidence in both the model and the people behind it. Together, we are helping to ensure that WIS personnel and veterans are not defined by injury, but empowered by opportunity - on the snow, and far beyond it.



Team Forces have been instrumental in enabling our athletes to train, compete, and grow with confidence... ensuring that WIS personnel and veterans have access to life-changing opportunities on and off the snow.

Elizabeth Winfield, COO, AFPST



To see people who have been through the worst still laughing, smiling and enjoying themselves is the best feeling... I have no doubt they will succeed in whatever they want to do.

Steve Arnold, AFPST Athlete & Paralympian



AFPST specialise in providing adaptive Snowboarding, Nordic and Alpine skiing instruction to those with a physical or psychological condition, where tangible success can be achieved in a competitive sporting environment. By motivating, engaging and inspiring their athletes, they can help restore their physical and mental health. For further information visit afpst.co.uk

Rowing

UK Armed Forces



Team Forces is proud to support UK Armed Forces Rowing (UKAF Rowing) through an annual grant that helps sustain and develop rowing across the Royal Navy, British Army, and Royal Air Force. Our funding contributes to the training, development and competition opportunities that allow serving personnel to pursue rowing alongside their demanding military careers, while also helping the sport attract and nurture new talent.

UKAF Rowing exists to unite the strongest rowers from the three Service rowing associations and clubs, forming competitive crews capable of performing at the highest levels of British rowing. Through structured training programmes, trials and selection events, the organisation develops crews to compete in some of the sport's most prestigious competitions, including Henley Royal Regatta, Henley Women's Regatta, and the British Rowing Senior Championships.

BUILDING COMPETITIVE CREWS

Since the revival of UKAF-level rowing in 2019, the programme has grown steadily, attracting talented athletes from across the Armed Forces who are motivated to represent the Services on the national stage. The sport operates under unique constraints compared with civilian clubs: athletes are geographically dispersed across the UK and often deployed overseas, meaning crews must travel hundreds of miles to train together while maintaining their primary operational duties.

Despite these challenges, the UKAF rowing squad continues to expand. In 2025, more than 20 athletes attended selection trials, resulting in two men's coxless fours competing in the Wyfold Challenge Cup at Henley Royal Regatta, alongside a women's coxless pair competing at Championship level at Henley Women's Regatta.

The women's pair delivered a strong performance during the regatta, qualifying for the Redgrave Challenge Vase and progressing to the quarter-finals after an impressive victory in the opening heat. The result builds on the growing success of the women's programme in recent years, which has seen military crews reaching advanced stages of national-level competition.

STRENGTHENING TRAINING AND DEVELOPMENT

Team Forces' support contributes directly to the infrastructure required to build competitive crews. This includes access to coaching, training venues, and opportunities for athletes to develop cohesion despite the logistical challenges of military life.

To further build crew cohesion, members of the squad participated in an intensive training camp in Nantes, France, where athletes covered more than 230 kilometres on the water over seven days. The camp provided valuable uninterrupted training time, allowing rowers to focus fully on performance development away from the demands of their day-to-day roles.

Alongside on-the-water competition, UKAF Rowing has embraced the growth of indoor rowing as a recognised military sport. This has opened the door for a wider range of service personnel to engage with the discipline and compete at a high level.

Recent highlights include the UK Inter Services Indoor Rowing Championships being integrated into the British Rowing Indoor Championships, showcasing the strongest military athletes in the sport.

By supporting UKAF Rowing, Team Forces helps ensure that rowing continues to grow - providing a platform for athletes to pursue excellence, inspire others and demonstrate the determination and professionalism that define the Armed Forces community.

Military sport plays a vital role in strengthening the Armed Forces community. It develops physical fitness, teamwork and leadership, while providing opportunities for service personnel to represent their units - and their country - at the highest level.





Remembrance Rugby Match

UK Armed Forces vs German National Team

Team Forces is proud to support UK Armed Forces Rugby through an annual grant that helps sustain one of the many military sports programmes we champion. Our funding contributes to the development of players, the delivery of training camps, and the staging of high-level fixtures that showcase the talent, discipline, and camaraderie of the Armed Forces community



A powerful example of this support in action is the annual UK Armed Forces Remembrance Rugby Match, held at Kingsholm Stadium.

This year's fixture saw the UK Armed Forces men's team face the Germany national rugby union team in a fiercely competitive international contest. The match demonstrated the high standard of rugby developed through the UK Armed Forces rugby programme and the commitment of service personnel who balance elite sport alongside demanding military careers.

The game itself delivered an outstanding spectacle. Despite a spirited performance, the UKAF team narrowly lost 29-24 in a thrilling encounter that showcased the skill, resilience, and determination of both teams.

For Team Forces, events such as the Remembrance Rugby Match demonstrate the wider value of supporting military sport. Our funding helps enable programmes that promote teamwork, resilience, and pride in service - qualities that directly support recruitment, retention, and wellbeing across the Armed Forces.

Military sport provides opportunities for service personnel to represent their units and country, develop leadership skills, and strengthen bonds across the Royal Navy, British Army, and Royal Air Force. High-profile fixtures such as the Remembrance Match also strengthen relationships between the Armed Forces and industry partners, bringing together supporters who share a commitment to the military community.

By supporting UK Armed Forces Rugby, Team Forces continues to invest in programmes that use sport as a platform for excellence, remembrance, and community engagement. The Remembrance Rugby Match stands as a powerful example of how military sport can honour service, inspire pride, and bring together partners and personnel in a shared celebration of teamwork and resilience.

For Team Forces, the Remembrance Rugby Match highlights the wider impact our support helps to deliver:

- Elite performance opportunities for serving military athletes
- Sport as a force for connection, both within the UK Armed Forces and internationally
- Inspiration for the wider military community, showcasing dedication, teamwork, and professionalism
- Strengthened recruitment and retention, driven by visible pathways for sporting excellence

In 2025, UKAF Rugby once again demonstrated how sport can honour the past while inspiring the future - and Team Forces is proud to play a role in making that possible.



Weightlifting

UK Armed Forces



In 2025, Team Forces was proud to support the development of UK Armed Forces Weightlifting through a targeted grant aimed at helping establish and grow the sport following its official recognition within the Armed Forces in 2024.

Since receiving the grant, the association has delivered an impressive first competitive season. During the 2025/26 season to date, the team has completed two training camps and two competitive fixtures, achieving a 100% success record with victories over Brunel University and a British Clubs Select team. These early results demonstrate the strength of the programme and the commitment of the athletes involved.

The squad is already performing strongly at national level, with some athletes beginning to reach international standards—an encouraging achievement at such an early stage in the association's development. A significant milestone has been the selection of Royal Navy athlete James Wales for the Commonwealth Championships in India. This marks the first international representation for UK Armed Forces Weightlifting since the sport was formally recognised within the Armed Forces.

The programme is also building a strong development pathway. One athlete is currently progressing through the Scottish national pathway, while several others are competing for national honours. In addition, the association has developed a vibrant Masters cohort, already achieving success and medals on the international Masters stage.

With two further events planned before the end of the current season in April 2026, the programme continues to build momentum. Looking ahead, the association plans to expand its calendar to six events next year, including a potential overseas competition. There are also ambitions to invest in high-quality weightlifting equipment to support athlete development and training capacity.



From a Team Forces perspective, this grant has delivered clear and measurable impact. Our support has helped enable the early growth of a new Armed Forces sport, create competitive opportunities for service personnel, and establish pathways for athletes to progress to national and international competition.

We are proud to support initiatives that strengthen the Armed Forces sporting community, promote excellence and teamwork, and provide service personnel with opportunities to compete and develop at the highest levels.



I would like to extend a personal and heartfelt thank you for your support to this association. Without your generosity and expertise we would not have achieved all we already have this year.

Squadron Leader Jim Roden, Chair UK Armed Forces Weightlifting



GRANTS

The Team Forces Foundation regularly makes grants to a diverse portfolio of beneficiaries across the armed forces community to both serving and veteran groups as well as organisations that support the wider military family. These include:

UK ARMED FORCES SPORTS

- Biathlon
- Chess
- Cricket
- Equestrian
- Football
- Golf
- Military Jockeys
- Paragliding
- Point to Point Racing
- Polo
- Rugby
- Rowing
- Rally Team
- Shooting
- Ski Mountaineering
- Winter Sports

RAF SPORTS

- Hockey
- Motorsport
- Rugby League
- Squash
- Tennis

NAVY SPORTS

- Hockey
- Motorsport
- Polo
- Rugby League
- Sailing
- Winter Sports

ARMY CORPS AND REGIMENTAL CHARITIES

- REME
- RMAS (OUOTC)
- Royal Signals
- Yorkshire Regiment
- Army Adventurous Training Group

MILITARY COMMUNITY

- Forces Wives Challenge
- Little Troopers
- Scotty's Little Soldiers
- Ulysses Trust

WELLBEING/ADAPTIVE SUPPORT

- Armed Forces Para-Snowsport Team
- Armed Forces Equine Charity
- Climbing Out
- Climb to Recovery
- Gwennili Trust
- Flying for Freedom
- Golf - On Course Foundation
- Military Adaptive Shooting
- Mission Motorsports
- Motorcycling - True Heroes Racing
- Powerboats - Team Endeavour Racing
- Turn To Starboard



TeamForces
FUNDING MILITARY SPORT & ADVENTURE

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Team Forces

Team Forces improves the lived experience for the armed forces community through the power of sport, challenge and adventure. Our initiatives improve health, wellbeing and recovery by promoting excellence, equality and inclusion. We help the best get better.



[teamforces.org](https://www.teamforces.org)

Team Forces Funding Ltd - 07455308

Registered charity - 1144004

Team Forces raises funds in order to deliver social impact across the armed forces community through the power of sport, challenge and adventure. Our initiatives improve health, wellbeing and recovery by promoting excellence, equality and inclusion. We help the best get better.