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active

What's on? 8

Find out what events are coming up, courtesy of FS Colin Harding's regular report.

RAF Athletics 18

Pre-season fine-tuning for RAF athletes. Track and field athletes prepare for the season ahead in Cyprus.

Reach for the Skye!

20

2203 (Hatfield and De Havilland) Squadron and 2313 (Beaconsfield) Detached Flight, Air Training Corps, teamed up to attend a week of adventure training on the Isle of Skye. The worst part of the trip was the midges!

Exercise Slick-Rock Challenge

24

Our initial hike in Slickrock country was to Delicate Arch, in Arches National Park. Warning signs along the route included snakes and mountain lions! Sgt G P Owen reports.

Inca Gold 28

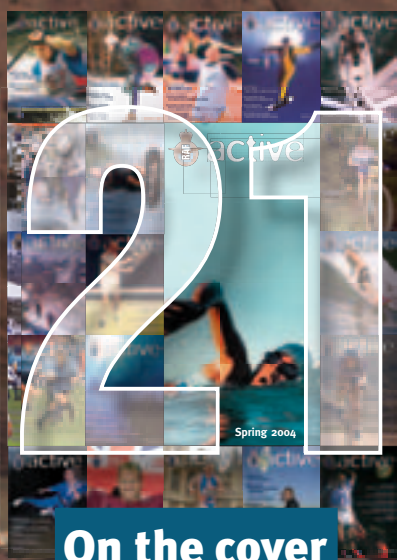
The climb to the pass took one hour 20 minutes. The descent from the pass to the base of the valley (3,200m) was every bit as precipitous as the guidebooks described. WO Paul Harding describes a fascinating journey to Cusco, the ancient Inca capital high in the Andes.

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On the cover

RAF Active celebrates its 21st issue!

Marathon Des Sables

36 700 competitors from over 16 countries gathered in the Western Sahara Desert to attempt the Marathon Des Sables (the Marathon of the Sands). All harboured a secret and slightly perverse desire to hurt themselves in ways that can only be achieved in the planet's harshest climate.

Exercise Mayan Finn

46 FS Paul Goodwin leads the RAF Sub Aqua Association, Expedition Mayan Finn, to a second Royal Jubilee Trust Award for sub aqua expeditions in three years.

RAF Squash Association Tour **48**

27 squash players of varying ability descend on Lanzarote for a week of pre-season training and competition. Their destination was Club le Santa. Sqn Ldr Power tells all.

RAF Benevolent Fund

52 Going for Gold! John Robertson, ex-RAF Wittering, has been selected as a member of the British sailing squad to represent Great Britain in the Paralympic Games to be held in Athens in September 2004.

London Marathon

54 The RAF Falcons pound the streets of London, all in aid of the Muscular Dystrophy Campaign.

Sailing Anyone? **58**

'Thankfully, I was reading DCIs in July last year when I first saw details of a Joint Services Adventurous Sail Training Centre expedition called Caribbean Endeavour.' Chris Waddilove, RAF Kinloss, explains all.

RAF Power Lifting

62 Dave stole an early lead with a 275kg squat to Duncan's 245kg, but Duncan clawed back 10kg with a big 165kg bench press. John Gordon reports on some very heavy metal.

RAF Ladies' Golf

66 A season's report from several RAF golfers, from novice to pro

Product Trials **70**

Nikwax, Koobi Saddles, Memory Maps, Walking Boots...
free gear!

Webwatch

72 Gareth's wanderings on the web

