



# 23 Parachute Engineer Regiment



Ad Unum Omnes  
*'All To One End'*



**A**s part of the British Army's Global Response Force, 23 Parachute Engineer Regiment needs to be ready for anything, at any time. Driven by infectious optimism and offensive eagerness we are a highly professional, cohesive and forward-looking organisation underpinned by collective pride, identity and ethos. Put simply, we are 'All to one end'.

On 22 June 1940 Prime Minister Winston Churchill wrote a minute to the War Office directing the establishment of a Corps of parachute soldiers. Forty eight hours later Major John Rock, a Royal Engineer, was summoned to the War Office and told to 'take charge of the military organisation of British Airborne Forces.' The rest is history. Rock Barracks, the Regiment's home in Woodbridge, proudly takes its name from John Rock, 'the father of Airborne Forces'.

Airborne Sappers are an integral part of British Airborne Forces' history, its present, and its future. All major airborne operations during and since the Second World War have seen Airborne Sappers play a major role. Indeed, the very first British Airborne operation - *COLUSSUS* – the strike on the Tragino Aqueduct in Italy in February 1941, had Captain Daly and seven Airborne Sappers at the core of an X Troop, 11 SAS operation.

As a proud, tight-knit tribe of highly trained and incredibly motivated soldiers we, along with the rest of 16 Air Assault Brigade, draw strength and inspiration from our history and the actions of our forebears. This history is, in turn, intrinsically linked to the iconic Pegasus badge worn by all soldiers in the Brigade. The 'Pegasus Ethos' is at the core of what we do and who we are and underpins our identity, professionalism and confidence. I am reassured that with such strength at our core, and with the innovative spirit, professional curiosity and adaptability of current and future soldiers, we can face an uncertain future with confidence knowing we will deliver whatever comes our way.

While the vast majority of the Regiment are Airborne Sappers, we would be nothing without the Airborne soldiers from other capbadges that allow us to function fully and make us greater than the sum of our parts. Through pride in the Brigade's Pegasus badge and collective identity in the Regiment's DZ flash we instil professionalism, motivation and work ethic that ultimately delivers on operations now and in the future. As I welcome you into the Airborne family, I leave you with the words of Lieutenant General Sir Cedric Delves, OC D Sqn, 22 SAS Regiment in the Falklands War, who said of Airborne Sappers: 'Airborne Engineers, they are tough, hard, a bit of handful to command, but plain inspiring on operations.'



23 Parachute Engineer Regiment is a close-knit family of Airborne soldiers, who, regardless of capbadge, wear the maroon beret and Pegasus flash with pride; protecting and building on the legacy of our forebears. Our strength is in our people - skill, courage and discipline, enhanced by arduous training, fosters close bonds and team cohesion rarely seen elsewhere in the Army.

As part of the Nation's Global Response Force, we are a force for good, able to deploy around the world, by whatever means necessary, to protect our family, friends and serve our Nation's interests.

23 Parachute Engineer Regiment provide Military Engineering support wherever it is needed, whenever the time. Through professional competence and by living the Pegasus Ethos. We ensure that 16 Air Assault Brigade remains:

**Formidable, Ready and Versatile**





## What Manner Of Men Are These That Wear The Maroon Beret?

**T**hey are firstly all volunteers and are toughened by physical training. As a result they have infectious optimism and that offensive eagerness which comes from well-being. They have 'jumped' from the air and by doing so have conquered fear. Their duty lies in the van of the battle. They are proud of this honour. They have the highest standards in all things whether it be skill in battle or smartness in the execution of all peace time duties. They are in fact men apart - every man an emperor.

*Of all the factors, which make for success in battle, the spirit of the warrior is the most decisive. That spirit will be found in full measure in the men who wear the maroon beret"*

*Field Marshal Bernard Law Montgomery,*

*1st Viscount Montgomery of Alamein, KG, GCB, DSO, DL*



### We are

- Volunteers
- Toughened by Physical Training
- Infectiously Optimistic with Offensive Eagerness
- Skilful in Battle
- Smart in the execution of all peacetime duties

### Who

- Have Conquered Fear
- Maintain the Highest Standards in all things
- Have a Warrior spirit

## History

16 Air Assault Brigade was formed in September 1999 by the merger of 5 Airborne and 24 Airmobile Brigades. Its name was chosen to recall 1st and 6th Airborne Divisions in WW2, and the postwar 16th Independent Parachute Brigade. This grouping created a highly agile grouping of airborne, air assault and airmobile units.

16 AIR ASSAULT BRIGADE, COLCHESTER  
216 PARACHUTE SIGNAL SQUADRON, COLCHESTER  
2ND BATTALION THE PARACHUTE REGIMENT, COLCHESTER  
3RD BATTALION THE PARACHUTE REGIMENT, COLCHESTER  
4TH BATTALION THE PARACHUTE REGIMENT (AR) PUDSEY  
7TH PARACHUTE REGIMENT (RHA) COLCHESTER  
23 PARACHUTE ENGINEER REGIMENT, WOODBRIDGE  
13 AIR ASSAULT SUPPORT REGIMENT, COLCHESTER  
16 MEDICAL REGIMENT, COLCHESTER  
1ST/2ND BATTALION ROYAL GURKHA RIFLES  
CANTERBURY



## The Pegasus Ethos

As British Airborne Soldiers we place the mission, and our comrades, before ourselves. Our bravery is founded upon determination, endurance and selflessness. We take pride in being part of an elite and we understand our responsibility to strive for the highest standards of achievement, turnout and attitude. We wear Pegasus with humility, recognising our obligation never to demean or diminish the value of others. We are a compassionate friend, but a ferocious enemy. In battle, in barracks, and at home, we always do the right thing.



**Ad Unum Omnes**

*'All to one end'*



23 Parachute Engineer Regiment provides 16 Air Assault Brigade with military engineering support at very high readiness (24hrs - 5 days notice to move) as part of the Air Manoeuvre Task Force (AMTF), the UK's Global Response Force or as part of a wider brigade deployment. We do this by delivering close support Military Engineering to the Ground and Aviation Battle Groups and general support engineering to the enabling elements (artillery, communications, logistic, medical) of the Brigade.

We provide 16 Air Assault Brigade with:

- Reconnaissance
- Mobility
- Counter-Mobility
- Survivability

Reconnaissance (FIND and UNDERSTAND) delivered by mounted and dismounted Engineer Reconnaissance Patrols:

Each patrol is mounted RWMIK vehicles (high mobility weapons platform) with Heavy Machine Gun, Grenade Machine Gun and General Purpose Machine Gun. as well as special optics and surveillance equipment

Mobility / Counter-Mobility / Survivability delivered by Parachute Engineer Squadrons. Equipment includes:

- Double Story Medium Girder Bridge
- Infantry Assault Bridge
- Medium Girder Over Bridge
- Ultra Light Airfield Damage Repair
- Light/Medium Wheeled Tractor
- Medium Motorised Grade /D5 Dozer
- Combat Water Supply Systems (CWSS)
- Assault breaching and demolitions



16 Air Assault Brigade is the UK's lead Brigade for multi-national operations (NATO, US, France – international by design) and ready for anything:

- Non Combatant Evacuation Operations (NEO)
- Crisis Response and Humanitarian & Disaster Relief (HADR)
- UK Contingencies
- Counter Insurgency Operations (COIN)
- Limited Interventions
- Warfighting at Scale (WF@S) as part of the UK's Warfighting Division

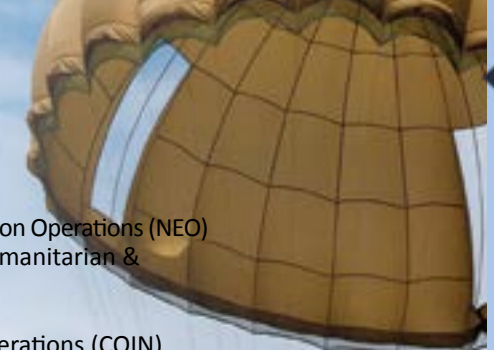
## Exercises

As part of 16 Air Assault Brigade, the Regiment must continually train and validate ready for contingency operations. Examples of annual training exercises are:

- Ex *Swift Response* - Multi-national exercise anywhere in Europe or the US
- Annual Battlegroup Validation Exercise - an opportunity to train alongside 2 PARA, 3 PARA, 1/2 Royal Gurkha Rifles and other attached arms in an austere and demanding combined-arms tactical scenario. It often includes opportunities to conduct community engagement and adventurous training in a variety of locations overseas
- Joint Force Enabling Exercise (JFEE) - An overseas exercise to practice trade skills and achieve civilian qualifications
- Ex *Eagle Build* - Troop and Section level Combat Engineer training located in Weymouth with great social opportunities outside of the working day
- Ex *Eagle Sapper* - Regimental Mission Rehearsal Exercise
- Interoperability Exercises: Ex *Defender* and Ex *Amarente*; training with our US and French counterparts.

## Operational Deployments

Even whilst held at very high readiness, the Regiment still finds time to deploy outside of the remit of Air Manoeuvre Task Force (AMTF). Recent deployments include: Afghanistan, Iraq, South Sudan, Egypt, Caribbean, Bahrain, Ukraine and worldwide Special Forces support operations.







**22 June 1940:** Winston Churchill orders the formation of Airborne Forces.

**24 June 1940:** Major John Rock RE appointed to take control of the formation of Airborne Forces and created the first Parachute Training School.

**1945 - 1948:** 1st & 6th Airborne Divisions were amalgamated into a single division:

## 6th Airborne Division

**1947:** 131 Airborne Engineer Regiment (TA) formed comprising four Airborne Field Squadrons: 299, 300, 301 and 302 (Airborne) Field Squadron

## 16 Parachute Brigade

**1948—1977:** Reductions in the size of the post-war Army saw 6th Airborne Division reduced to a single brigade: 16 Parachute Brigade supported by: 9 (Independent) Parachute Squadron RE

**1965:** 131 Airborne Engineer Regiment re-named 131 Parachute Engineer Regiment

**1967:** 131 Parachute Engineer Regiment became 131 Parachute Squadron (V)

**1977:** Reductions in Regular and Reserve numbers saw 131 Parachute Squadron (V) disbanded

**1977—1983:** The British Army no longer had a specific Airborne Brigade

## 5 Infantry Brigade

**1977- 1983: 9 Parachute Squadron RE**

After the Falklands Conflict the Army re-designated 5 Infantry Brigade as **5 Airborne Brigade**

**1983—1999:** 9 Parachute Squadron RE

## Major Airborne Operations

1942 Op Freshman - Norway | 1943 Op Husky - Sicily | 1944 Op Market Garden - Arnhem | 1951-56 Op Musketeer - Suez Canal | 1970-77 Op Banner - Northern Ireland | 1982 Op Corporate - Falkland Islands | 1994 Op Gabriel - Rwanda | 1995 Op Descent - Northern Island | 1998 SFOR - Bosnia | 1999 Op Agricola - Kosovo | 2001 Op Bessemer - Macedonia | 2003-05 Op Telic - Iraq | 2006-11 Op Herrick - Afghanistan | 2019 Op Toral - Afghanistan

n September 1999 16 Air Assault Brigade was formed from the amalgamation of 5 Airborne Brigade and 24 Airmobile Brigade

**1999 - 2003:** 9 Parachute Squadron RE, 51 Field Squadron (Air Assault)

**2003-2009:** Increased demand for parachute Engineer support lead to the formation of 23 Engineer Regiment (Air Assault) consisting of:

12 (NS) HQ & Support Squadron, 9 Parachute Squadron, 51 Field Squadron (Air Assault), 61 Field Support Squadron (Air Assault)

**2009:** 61 Squadron re-roled to EOD&S. 299 Parachute Squadron (Army Reserve) joins Regiment

**2014:** 12 HQ & Support Squadron disbanded

**2018-present:** 23 Parachute Engineer Regiment - 12 Parachute HQ & Support Squadron, 9 Parachute Squadron, 51 Parachute Squadron, 299 Parachute Squadron (A Res)





**T**raining will be hard and only your best is good enough. Airborne soldiers need intelligence, determination and will power; these qualities are not rare. While individuals in the Regiment will claim they are no different to anybody else, a special spirit and an integral, all embracing confidence exists across the whole of 23 Parachute Engineer Regiment. Perhaps this emanates from the shared confidence of going by air to battle, or the fact that they are truly professional soldiers who usually go into battle first – and often alone.

## What Is My Journey?

Our aim is that from the day you arrive you feel part of the Regiment and Brigade, you are excited about your future and want to invest in the Pegasus Ethos and become an Airborne soldier. As well as a very smooth arrival process, for which you will receive a mentor, you will enter into 'Arnhem Troop'. The central tenets of Arnhem Troop will be to train you in the Pegasus Ethos, Airborne Battlecraft Syllabus (BCS), Soldier First Syllabus (SFS) as well as developing your physical and mental robustness.

## Arnhem Troop Progression:

- Arrivals, medical assessment, kit issue, administrative support.
- 'Airborne Fundamentals Cadre'
- Bespoke physical preparation, conditioning and nutrition
- All-Arms Pre-Parachute Selection (Screening) [AAPPS(S)]
- Pegasus Company [AAPPS]

## Our Approach is:

Iterative, performance enhancing, individually focused, adaptable, tough, challenging but rewarding.

1. Pre-Arrival admin and recruitment optimised: Pre-arrival training and support.
2. Arrive at 23 Parachute Engineer Regiment: Conduct 'Welcome Week' on an individual basis, to include JPA Administration, medical and physical assessments.
3. Airborne Fundamentals Cadre - 5 weeks
  - Airborne History, Culture and Pegasus Ethos
  - Mental and physical resilience training
  - Career Management
  - Mandated individual training package
  - Driver training, communications training, advanced medical training
  - Introduction to AAPPS(S) Crowborough
  - Air Manoeuvre Skills
  - Combat Engineer continuation training
  - Confirmation exercise
4. Conditioning and Preparation Phase\* (circa 3-6 weeks). You will take part in a progressive physical training programme, while also conducting your day to day specialist training (driver, medical, communications) to prepare and condition, so you are ready for AAPPS(S) which is located at Crowborough, Kent. The training programme includes:
  - Runs (intervals, speed play)
  - Loaded March (Tactical Advance to Battle Tactical Advance to Battle TAB)
  - Circuit training/Strength and conditioning
  - Stretching and flexibility
  - Nutrition
5. All-Arms Pre Parachute Selection Course (Screening) Crowborough.\*
6. All-Arms Pre Parachute Selection Course—P Company, ITC Catterick.\*
7. Basic Parachute Course (BPC) RAF Brize Norton.\*

*\* Not all individuals conduct Phase 4-7, each individual is assessed against role, trade and potential. Everybody assigning to 23 Parachute Engineer Regiment should aspire to be parachute qualified however, some roles do not require parachute qualification*





## Screening - What Is It?

**A**ll Arms Pre Parachute Selection (Screening) is a three week preparation course held at Crowborough Training Camp in Sussex. The course has been designed to prepare candidates both mentally and physically ready for Pegasus Company (P Coy). Each candidate is stretched and tested and set up to succeed.

### Compulsory fitness standards?

**Input** — On Monday second week of AAPPS(S) you will be tested to confirm suitability to begin the conditioning week of AAPPS(S).

Tests are as:

- 8 mile loaded march in 1 hour 55 minutes.
- 1.5 mile run in under 9min 45 sec.

**To remain on the course**, candidates must pass both tests.

**Output** — To progress onto Pegasus Company from AAPPS(S), candidates must complete a 10 mile loaded march in 1 hour 55 minutes carrying 35lbs, plus weapon and water.

### What to expect on AAPPS(S)

## Course Programme

- **Week 1:** Familiarisation
- **Week 2:** Input standard and conditioning
  - **Week 3:** Output standard and recovery.
    - Loaded Marches of varying speeds and distances
    - Runs include Speedplay, Intervals, Steady States and Sprint Training Circuit Training targeting upper, lower and core strength
    - Battle PT including log and stretcher race, combat conditioning and Obstacle Course

## Pegasus Company (AAPPS)

### What's Next?

**Y**ou will now move to Infantry Training Centre Catterick for the remainder of your training. Here you will undergo AAPPS followed by Pegasus Company 'Test Week'.

**Mission.** The Pegasus Company (P Coy) mission is: "To test physical fitness, determination and mental robustness, under conditions of stress, to determine whether an individual has the self-discipline and motivation required for service with Airborne Forces."

### Course Contents:

AAPPS is split into 2 phases;

**Phase 1 – Formative phase.** A demanding two and a half weeks of build-up physical training, designed to progressively and constructively fatigue candidates in preparation for test week

**Phase 2 – Summative phase.** 'Test Week' comprises eight separate summative assessments

### Test Week!

The build-up phase is a vital part of AAPPS (P Coy) and constructively fatigues candidates ahead of Test Week. Pegasus Company staff want to see the mental and physical robustness expected of an Airborne Soldier to successfully pass Pegasus Company. This will involve a final five days of testing, both in the morning and afternoon, where candidates are expected to push themselves to their maximum capability. Test Week events are as follows:

- **10 mile Loaded March** — carrying a 35lbs bergen plus water and rifle over undulating terrain in 1 hour and 50 minutes
- **Trainasium** — A unique assault course set 55 feet (17m) above the ground designed to test a candidates ability to overcome fear and follow simple orders at height
- **Log Race** — A team event in which 8 men carry a log over 1.9 miles of undulating terrain, no changes permitted
- **Steeple Chase** — A 2.2 mile cross country run followed by an obstacle course (individual best effort)
- **Two Mile Loaded March** — An individual best effort in helmet carrying 35 lbs and weapon. Candidates have 18 minutes to complete the event
- **20 mile Endurance March** — carrying 35lbs bergen (plus water) and a rifle Completed in four hours 10 minutes
- **Stretcher Race** — Five mile team race carrying a 79kg stretcher over undulating terrain. Each candidate wears helmet, webbing and a slung rifle. Changes are permitted
- **Milling** — Each candidate is paired with an opponent of similar weight and size to demonstrate controlled aggression in a milling contest (similar to boxing)







## What, Where and When?

**O**n successful completion of AAPPS, you will be loaded onto the Basic Parachute Course at RAF Brize Norton in Oxfordshire. The turn around time from completing

P Company to attending the Basic Parachute Course is approximately seven weeks. Whilst at RAF Brize Norton you will undergo three days of ground training to become familiar with the parachuting equipment, aircraft drills parachute / descent drills, landing drills and Drop Zone (DZ) drills. After completing approx three days of ground training you will begin Military Parachuting. To achieve the British Parachute Wings and receive qualification pay you must complete four jumps; weather dependant, these are:

- Jump one - Single Stick, Day, at 1000ft
- Jump two - Single Stick, Day, at 1000ft
- Jump three - Single Stick, Night, at 1000ft
- Jump four - Single Stick, Day, at 800ft

After successful completion of the Basic Parachute Course you are required to complete a further two Parachute jumps to be considered Combat Ready;

- Simultaneous Sticks from a C130 or equivalent, Day, at 800ft
- Simultaneous Sticks out of C130 or equivalent, Night, at 800ft

To remain in date 'Combat Ready' you must complete a minimum of one jump every two years.

### Para Pay

After successful completion of the BPC you will earn **£175.00** extra per month, roughly **£2,100.00** per year.



- Weights Room
- CV Suites
- Squash Courts
- BAWF Area
- Physio Dept
- Medical and Dental centre
- Local shop / Costa coffee
- Combat Engineer and Airfield training areas
- Driver and Plant training areas
- Football and Rugby pitches
- Astro turf pitch







Market Garden Junior Ranks Mess



## Rail

The nearest station to Rock Barracks is Melton. There are also mainline stations in Woodbridge and Ipswich with a regular service to London Liverpool Street station.

## Taxi

Local taxi services are as follows: Woodbridge Cars **01394 610210**  
M & R Cars **01394 380034**  
Hawk Express Cabs **01473 222222** Ipswich Taxi **01473 407070**

## Shopping

The nearest supermarkets are Tesco and Aldi, both just off the A12 in Martlesham. There are also various other shops in that same area. Woodbridge Town itself has many shops which include butchers, bakers, chemist, Post Office, Co-op, various banks/cash points and many other specialized shops.

## Education

### Pre-School and Nurseries

Sutton Heath Childcare Centre - 01394 461090.  
Melton Day Nursery - 01394 388995

### Primary Schools

Sandlings Primary School - 01394 420444  
Hollesley Primary School - 01394 411616  
Eyke Primary School - 01394 460328  
Rendlesham Primary School - 01394 462190

### Secondary Schools

Farlingaye High School, Woodbridge - 01394 385720  
Suffolk New College, Ipswich - 01473 382200  
Suffolk Rural (Otley) College, Ipswich - 01473 785543







NORDIC SKIING



SKELETON BOBSLEIGH



RUGBY CAMPBELL CUP



DIVING



CORPS BOXING

### Countries Visited

USA, France, Canada, Australia,  
Austria, Kenya, Sweden, Germany.



AFF





# Are you ready to take up the CHALLENGE?

For further details contact your Unit or 23 Parachute Engineer  
Regiment RCMO: 94627 2422 (Civ: 01394 462422)  
Arnhem Troop SNCO 94627 2474 (Civ: 01394 472474)



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[jive.defencegateway.mod.uk/groups/arnhem-tp-23-para-engr-regt/activity](https://jive.defencegateway.mod.uk/groups/arnhem-tp-23-para-engr-regt/activity)