

# RAF Sportswomen Top of Their Game

## RAF SPORTSWOMEN TOP OF THEIR GAMES

Wales-based RAF servicewomen are competing at the top levels in a range of sports, either representing the Service, civilian teams and even their countries.

SAC Sian Williams, 26, serves as a Logistics Mover at MOD St Athan. For the majority of the time, however, she trains and plays for the senior women's Welsh international rugby team and RAF Women's Rugby. She has 25 caps for Wales and is currently training for Women's Rugby World Cup in 2017, a tournament she has fond memories of.



"The highlight of my career so far has definitely been playing against New Zealand in the 2013 World Cup," said Sian. "It was a privilege to represent Wales and play against the best."

SAC Catherine Sharples, 43, is a reservist with Number 614 (County of Glamorgan) Squadron, where she serves as a photographer. She plays for Newport County's women's football team and is a regular goalscorer. She has played football for over twenty years and credits the RAF with helping to keep her fit enough to play alongside colleagues less than half her age. She said:

"One of the reasons I became a reservist is the military's emphasis on fitness. I was already fit when I joined, scoring light blue on the fitness test, but over two years of service now see me regularly achieve dark blue scores, which has only helped my speed and endurance on the pitch."



LAC Olivia Blok, 27, is a civil engineer in civilian life but serves in personnel support in the RAF Reserves. She has been a triathlon and duathlon competitor for the past four years and puts in between 10-15 hours a week training in swimming, cycling and running. She enjoys the emphasis that the RAF puts on fitness and competition and hopes to represent the Service in the near future.



"That's definitely something I'm working towards if the opportunity is there," said Olivia. "I was honoured to represent the United Kingdom in my

age group at the European Duathlon Championships in 2014 and it would be great to do so for the RAF or UK again.”

Finally, Kate Gale, 24, is a reservist soon to become a regular as she is about to start Initial Officer Training. She plays for Cardiff City women’s basketball and after seeing a poster for RAF ladies team, she signed up and hasn’t looked back. In the course of a year, she has made fast friends and has been selected to play for the RAF at the inter-services tournament in May.



“I’ve always taken my fitness and sports seriously as a reservist,” said Kate. “But playing competitive basketball for the RAF has taken my motivation to another level. The training days can be long and intense but are all the more enjoyable for it, and in a funny way will help prepare me for officer training. I’m really looking forward to continuing RAF basketball as a regular.”

**Images by SAC Cathy Sharples**

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