



**British
Exploring
Society**

Himalaya 2018 Leader Team



Our Leadership Team

Himalaya 2018

Exceptional Expedition Leaders have always been critical to the British Exploring Society and are a fundamental part of what makes us a unique charity. We value them very highly. Throughout our history, our leaders have offered their time freely and have shared their professionalism and commitment for the benefit of Explorers in destinations all over the world.

Our leaders come from a variety of professional backgrounds and bring with them a wealth of experience and skills.

As we are sure you will discover, they are outstanding individuals and form a remarkable team.

KEY	
	Senior Leadership Team
	Trainee Leader Mentor
	Basecamp Manager
	Adventure
	Media
	Medical



Nigel Painter
Chief Leader

Nige is a serving Aircrew officer within the RAF and beside flying all over the globe he has trekked & led in all 7 continents. Nige has lead a team of RAF survival instructors teaching crews to survive and thrive in all environments - Arctic, jungle, desert and mountain, all of which he is innately comfortable in. With nearly two decades of experience leading and developing young people and adults at home and abroad, this was recognised in the 2015 New Years Honours with an MBE.

Nige has been with BES since 2011 as an adventure leader he then undertook the Deputy Chief roles in Norway (2013), Svalbard Leaders Training (2015) and Himalaya (2016), receiving the inaugural Les Morgan Leader of the year award for his DCL role. He has led RAF groups in Nepal, Slovenia, Norway, the USA, the Arctic and the himself traveled to Scott Base in the Antarctic with the RNZAF.



Taff Raymond
Deputy Chief Leader

Formerly a member of the British Military, Taff took a turn into the area of remote expeditions across the world.

He also has been a Personal Trainer, designing performance enhancing routines for individual people and sports.

Currently, he teaches climbing and mountaineering to people, trying to push their adventurous spirit. He also plans, prepares and executes short UK based trips for underprivileged youth and helps people achieve their Bronze, Silver and Gold Duke of Edinburgh qualifications.



Pete Thompson
Trainee Leader Mentor

Pete is an award-winning environmentalist, who has spent much of his career working with large companies and multi-nationals, helping them to develop climate change mitigation and adaptation strategies.

His passion for travel and for promoting global citizenship has led him to travel on many expeditions including to the Amazon rainforest, Nepal Himalayas Peru, Costa Rica, the Galapagos Islands, Borneo and Ecuador.

Currently, a primary school teacher, Pete, remains committed to promoting sustainable development through his work as a Trustee for an international development charity, helping to relieve poverty and improve lives, through empowering Zambian communities.

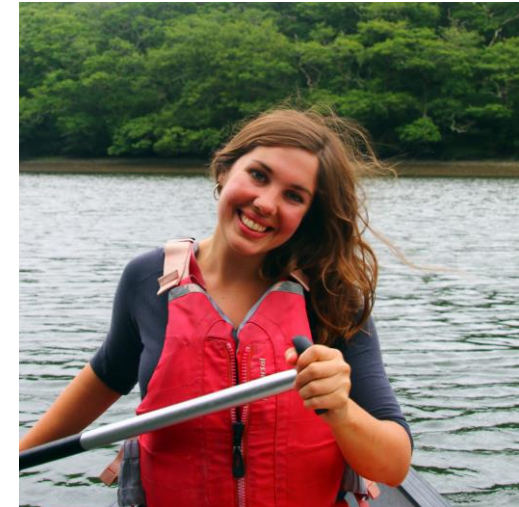


Andrew van Cleef
Basecamp Manager

In his early years, Andrew worked for a year in the USA on a summer camp where he ran the art department, a summer teaching English in Spain and a few months helping to renovate a hospital in Russia. Then he became a BCU Level 2 canoeing instructor and he is also SPA trained.

Andrew graduated with a BSc in Countryside and Environmental Management, specialising in Limnology (fresh water systems) and Ecology.

He then set up his own business in Cornwall, where he became a senior member of the Mountain Search and Rescue Team, where he sat on the Operations Team, was a Trainee Officer, Night Navigation Assessor and the Water Officer.



Sian Ana Lewis
Media Leader

Sian Lewis is an award-winning travel and outdoors journalist who writes for titles including The Independent, Evening Standard, BBC Countryfile Magazine and Coast. She is also the editor of Active Traveller magazine.

Her work as an adventurous writer has taken her around the world in the name of a good story, she edits award-winning blog www.thegirloutdoors.co.uk and her first book, The Girl Outdoors, was published by Bloomsbury in 2018.



Shaun Mitchell
Adventure Leader

Shaun lives near Perth in Scotland and is a keen adventurer, hill walker and runner. He has participated in three BSES expeditions to Arctic Svalbard in 2001, 2005 & 2011 as a YE, Boatman & Adventure Leader. More recently, he has trekked the Annapurna Circuit in Nepal, led a school group on Kilimanjaro, spent time dog sledding through Lapland and explored the Han Son Doong caves in Vietnam.

Shaun was a Weapon's Systems Officer in the RAF for 5 years, until 2011, when he retrained to become a teacher.

Shaun is now a Secondary Teacher at Strathallan School, a boarding school south of the Cairngorms, where he teaches Geography and is a boarding house Assistant Housemaster. Alongside his day job, Shaun is also studying at the University of Highlands & Islands, working towards a Counselling Skills Diploma.



Samuel Marsden
Adventure Leader

Sam is a junior doctor working in A&E and surgery, who also leads expeditions for both young people and adults. He holds the Mountain Leader Award and has previously worked with Venture Force and the Army Reserve.

Since a trek to Everest Base Camp 10 years ago, Sam has been on a range of expeditions, including to Kilimanjaro, Bolivia, Ghana and Egypt.

In work, Sam is completing an MSc and will shortly be taking up a research post in Orthopaedic Trauma surgery.



Alison Hammerton Scott
Chief Scientist

Ali first learned about BE through her daughter, who went to Svalbard as a YE and then to Arctic Finnmark as a TL. Ali then was inspired to follow in her footsteps and joined the Arctic Finnmark 2013 BE expedition as Science Leader. Having graduated from Loughborough University in Geography and PE/Sports Science, she progressed to a Masters from Reading University before training as a teacher at Bristol University.

Through her interests and her work as a secondary school teacher, Ali is keen on the BE aims of personal development through science and adventure, with a particular interest in sustainability issues, having developed a Learning for Sustainability course for her pupils. In her spare time, she loves spending time outdoors hiking in the mountains, mountain biking in the woods or paddle boarding on the water in her home area of Speyside.



Pam Ellison
Science Leader

Having graduated from the University of Liverpool with BSc (Hons) in Geophysics with Maths, Pam spent three years working as a Geophysicist before retraining to become a Physics Teacher.

Believing strongly that science and the outdoors are perfect companions, she has regularly used her roles as both a Physics and Outdoor Pursuits teacher to help young people find relevance in their learning using the world around them.

Pam has also lived for over five years in New Zealand, taking all opportunities to explore the beautiful scenery and terrain there, as well as slightly further afield in Australia, South East Asia, China and Tibet.



Lauren Lochrie
Science Leader

Currently, Lauren works for The Conservation Volunteers as Senior Project Officer, leading groups of volunteers in and around Glasgow to enhance green spaces for people and wildlife.

As a zoologist, with a passion for nature, Lauren has travelled to India, Trinidad, Guatemala, Ecuador and Bulgaria to study local wildlife and traditional crafts.

Lauren looks forward to her second BE expedition this time to Ladakh, having been to the vast Canadian Yukon last year. She aims to inspire the Young Explorers by connecting them with the array of natural wonders found there!



Benjamin Jost
Science Leader

Ben is a field geologist born in Switzerland and his innate love for the led him to study geology at the University (BSc) and ETH (MSc) in Zurich.

After developing and honing his field skills on more than 20 field trips and mapping courses, he collected further personal and professional experience on several scientific expeditions.

Ben further worked for the Natural History Museum in Basel, the Palaeontological Institute and Museum in Zurich, and the Swiss Geotechnical Commission at ETH Zurich. Currently, Ben is working towards a PhD at the Royal Holloway University of London.

On his path to become a researcher, Ben has discovered his motivation to teach and pass on his fascination for our beautiful, vast, and ever changing home, Earth.



Ben Yexley
Science Leader

Ben completed a BSc (Hons) in Zoology at the University of Exeter in 2015. He worked as a Student Ambassador, leading various workshops and practical, hands-on sessions to enthuse the general public about science and nature.

After graduating, Ben worked as a Research Assistant in Botswana for eight months, out fieldwork in the Isles of Scilly, Scotland and South Africa as part of his degree, and studied blue whales and other marine life in Sri Lanka last year. He currently works as an Adviser at Natural England, helping protect England's wildlife and natural environment.

Ben is a keen traveller and hiker, having travelled, camped and trekked around Australia, New Zealand, South Pacific, Canadian Rockies, Namibia, as well as Brecon Beacons and the Lake District.



Andrew Knight
Senior Expedition Medic

Andrew is working as a GP for 25 years in the Welsh Marches with experience of under and post graduate training and teaching.

After climbing in Scotland and the European Alps he was a member of two British Expeditions to the Himalayan Mountains in 1987 and 1991.

Andrew has been lucky enough to be able to take regular sabbatical leave from his practice to climb, trek and ski in North America, Finland, India, Nepal, Sikkim, Borneo, Madagascar, New Zealand and Australia. He has also been on 3 trips to Nepal with groups of 17-year-old from a local school in Hereford who have also been able to support a local school there both before and after the earthquake.



Natalie King
Expedition Medic

Natalie trained as a doctor down in the South West, and after qualifying as a GP stayed to live and work in Cornwall, where she enjoys the beautiful beaches and coastal walks with her dog Delta.

When she's not walking or working she is probably found exploring somewhere in her campervan.

Natalie is a keen altitude trekker and has previously been to Nepal and South America. She is looking forward to focusing more on the altitude medicine aspect for the upcoming Himalayas expedition.



Alexandra Dent
Expedition Medic

Alex qualified in 2010 from the University of Liverpool and is currently working as an A&E and Acute Medicine doctor in the North West of England. She has lived and worked as a doctor in New Zealand, Indonesia, and Tanzania. Some personal ventures include walking the Camino de Santiago across northern Spain, many different walks in the Nepalese Himalaya, as well as cycling from her home to Rome.

Alex spends most of her free time climbing and fell running in the Lake District and training for long-distance running and orienteering events.



Shelley Henry
Expedition Medic

Shelley is an emergency medicine doctor, and this is her second BE expedition, having been to Iceland in 2017. She has been also expanding her expedition experience by co-leading an expedition to Everest basecamp in 2017.

She is increasing her skills in the outdoors, climbing mountains and rock climbing, as well as completing her ski instructor qualification. Her overall aim is to combine her medic skills with her love of the outdoors.

Shelley has worked on multiple community projects with different youth teams and previously been a junior youth leader. She is passionate about promoting good health and wellbeing and generally encouraging people to protect the environment in the way they choose to live.