

Constable Buck climbed over the wall and joined the man on the ledge, trying to reassure him as he edged closer. The man moved away, nearer to the line on which the train was approaching, so Constable Rowley climbed onto the ledge at the other end of the bridge. The man kept threatening to jump so, as Constable Rowley got closer, both officers grabbed his arms. He immediately struggled violently, but the officers maintained their hold on him and as the train neared the bridge, the man dropped his feet over the ledge, just above the live power cables, and continued to struggle sitting on the ledge with his feet dangling over the edge. Although he became momentarily calm as the train passed under the bridge, the man then began struggling again, and at one stage nearly escaped the officers' grip. Again, the officers managed to keep hold and pull him back.

Other officers then arrived one of whom, Police Constable Spencer, jumped onto the parapet and held the man's head and arm to restrain him further. Others officers held Constable Spencer's legs and Constables Buck and Rowley's arms for support. Constable Spencer began to talk to the man in an attempt to calm him down, but as a second train emerged from beneath the bridge he again struggled until finally calming down and listening to Constable Spencer, who persuaded him to stand up. As the man did so, the three officers managed to get him to safety.

Raymond COCHRANE. Civilian.

*For rescuing a fellow passenger following the crash of a light aircraft.*

On 1 June 2000, Mr Raymond Cochrane and another passenger boarded a light aircraft for a flight from Newmarket Race Course. As the aircraft took off smoke appeared from the right side of its fuselage. The pilot had difficulty controlling the aircraft, which veered off course and nose-dived before hitting the ground and somersaulting in the air before coming to rest. Immediately a severe fire broke out. Mr Cochrane and a fellow passenger were seated in the rear seats and as the fire took hold at the front of the aircraft, Mr Cochrane struggled to open the cabin door which had been buckled. Unable to do so, he managed to open a small baggage hatch behind the passenger seats and escape from the aircraft. Once outside, he assisted the passenger, who had a broken ankle, from the wreckage and moved him to a safe distance.

The aircraft was now engulfed in flames, but Mr Cochrane returned to try and help the pilot who was trapped in the cockpit. He was beaten back by the intensity of the fire, which caused burns to his face and hands, and had to abandon his rescue attempt.

Neil Haydn ROBERTS. Civilian.

*For his actions in apprehending a man armed with a gun who had shot two people, and in detaining him until the arrival of police.*

On 3 August 1998, Mr Neil Roberts, a Post Office investigator, accompanied by two colleagues, arrested a postman who was suspected of stealing a quantity of mail. They interviewed the man and he agreed to his home being searched. On arrival at the house, Mr Roberts and his colleagues made a search of the rooms. When Mr

Roberts entered the bedroom, he discovered 12 black bin bags and 25 cloth sacks full of mail. He called his colleagues and they began a detailed search during which they uncovered more mail and empty sacks. The man stood calmly in the doorway and, as Mr Roberts began to take some of the mail downstairs, he left the room.

When Mr Roberts returned to the bedroom, he went to the wardrobe next to the doorway, and began to empty out the mail packets that were stacked up inside. As his colleagues continued their search of other cupboards, the man appeared again and stood watching them. One of the investigators discovered a box of bullets in a drawer, and asked the man about them. Without warning, the man levelled a handgun, which he had concealed about him, and fired several shots in rapid succession at Mr Roberts' colleagues, fatally wounding one and seriously injuring the other. Mr Roberts, who had been out of view behind the wardrobe door, turned at the sound of gunfire and the man fired a shot at him. The bullet missed Mr Roberts, and he lunged forward and grabbed the hand holding the gun. A violent struggle took place as the man tried to turn his gun on Mr Roberts, and they stumbled out of the bedroom continuing the struggle at the top of the stairs. Mr Roberts managed to wrestle the gun away from the man and attempted to restrain him as they fought their way down the stairs.

In the hallway, he managed to pin the man to the ground and open the front door, calling for help. A passer by assisted him, phoned the emergency services, and stayed with Mr Roberts, who kept hold of the man until the arrival of the police. The man was arrested and later convicted of murder and attempted murder.

Lieutenant Colonel Murray Courtenay WHITESIDE. Army Air Corps.

James Kenneth INCHLEY. Civilian.

Mary INCHLEY. Civilian.

Victor Norman PARTRIDGE. Civilian.

*For their actions following the crash of a helicopter in attempting to rescue an injured crewman.*

On 18 May 1999, Lt Col Murray Whiteside (then Major) was Aircraft Commander in an Army Air Corps Lynx helicopter which was flying from Dishforth to RAF Odiham. Also on board were the flight pilot and two passengers. During the flight, the helicopter suffered an equipment failure and the pilot was forced to shut down one of the engines. Without warning, there was an explosion and the cabin filled with black acrid smoke obscuring all vision. As the pilot could not see, Lt Col Whiteside took the flight controls and, leaning out of the open cockpit window, attempted to land the aircraft. Though he had poor visibility, he managed to steer the helicopter clear of some houses before it hit the ground. The helicopter overturned several times on impact, shedding its main rotors and engine, and came to rest with the main cabin ablaze. The two passengers, who were thrown out of the aircraft on impact, received fatal injuries and died immediately. Lt Col Whiteside managed to release his safety harness and escape from the burning cockpit. A short distance from the aircraft he removed his helmet and gloves, which were smouldering, and then realised that he had been badly injured in the crash.