

# Meeting a real Ice Maiden – Major Sandy Hennis

Major Sandy Hennis visited Edinburgh earlier this week to talk of her experiences in the Antarctic as part of the first successful all-female team, The Ice Maidens, to cross from coast to coast using only muscle power.



Major Sandy Hennis who crossed Antarctica on skis over Christmas and New Year as part of a six woman team

The expedition on skis took the six woman team a total of 62 days between November last year and the middle of January.

Major Hennis is an Army reservist. She started out as a radio technician and achieved the rank of Corporal. After that she went to Sandhurst and commissioned back into the Royal Signals. She was in Kosovo, Iraq and Afghanistan before transferring to the Reserves in 2014.

She visited Edinburgh to present a series of talks on her experiences and also used the occasion to raise funds for ABF The Soldiers' Charity. This is the Army's National charity since 1944. It supports thousands of soldiers former soldiers and their family each year The charity makes financial grants to individuals in times of need and specialist charities supporting the wider army.

Visit [www.soldierscharity.org](http://www.soldierscharity.org) Like them on Facebook at [facebook.com/soldierscharity](https://facebook.com/soldierscharity) and follow them on Twitter:@soldierscharity

More than a little adventurous Sandy has led expeditions, both military and civilian, climbing and mountaineering in the Alps, Nepal, the US, Norway, Peru and of course the UK. She traversed the Cuillin Ridge and completed the Devizes to Westminster kayak marathon.



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