

FITNESS STANDARDS

Once you know which soldier role you'd like to apply for, you can see what is expected of you in the physical tests at assessment centre.

If you're going to Harrogate as a soldier, your fitness standards are:

- PARA - 40 kg lift, 120m carry 10m run time
- All other roles - the same lift and carry targets as the senior entry roles, run in 14 min 30 sec.

This table shows senior entry standards

Corps	Role	Lift (kg)	Carry (m)	Run (min / sec)
RAC	All	40	120	13m/15s
Royal Artillery	All	25	60	13m/15s
Royal Engineers	All	35	120	13m/15s
Army Air Corps	All	35	60	14m/-
Royal Signals	Communication Systems Engineer	20	30	14m/-
Royal Signals	All other	30	30	14m/-
Infantry	PARA	40	120	9m/40s
Infantry	All other	40	120	12m/45s
RLC	Marine Engineer	40	30	14m/-
RLC	Port Operator Driver Driver Comms Specialist Postal Courier Supply Specialist	20	60	14m/-
RLC	Air Dispatcher	30	30	14m/-
RLC	Chef Ammo Tech Petroleum Operator Movement Controller	20	30	14m/-
REME	Recovery Mechanic Technical Support Specialist	40	60	14m/-
REME	Vehicle Mechanic	30	60	14m/-
REME	Aircraft Technician	25	60	14m/-
REME	Armourer Metalsmith Avionics Technician Electronics Technician	20	60	14m/-
AGC	All	20	30	14m/-
AMS	All Medical Corps, Dental Corps and Vet Corps	20	60	14m/-
AMS	All QARANC	20	30	14m/-
Military Int	All	20	30	14m/-
CAMUS	All	20	30	14m/-