[](http://www.antmiddleton.com/assets/uploaded/images/gallery/screen-shot-2017-08-23-at-152908.png)HOLDING OUT FOR A HERO

# Who is Ant Middleton?

# SAS: Who Dares Wins instructor, former Royal Marine and Escape and Mutiny presenter

The ex-special forces hero is returning to screens for SAS: Who Dares Wins series 3.

By Jennifer Newton

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Adapted Source: [www.thesun.co.uk](http://www.thesun.co.uk)

He is the military veteran who saw active service with the Royal Marines but these days is known for his TV work. Ant Middleton, a former Special Forces hero, now puts his military background to full use in shows such as [SAS Who Dares Wins.](https://www.thesun.co.uk/tvandshowbiz/5274991/sas-who-dares-wins-series-3-channel-4-ant-middleton/)

**Who is Ant Middleton?**

Born in Portsmouth in 1981, Ant grew up in rural France but even at a young age, knew he wanted to join the armed forces.In 1997 at the age of 16, he joined the Royal Engineers before joining the Royal Marines five years later.Being in the forces took him all over the world from places such as Northern Ireland to Sierra Leone.

He also spent time in 9 Parachute Squadron Royal before passing the selection tests to join the Special Boat Service in 2008. This means he has served in the 'holy trinity' of the UK's elite Special Forces. He left the armed services in 2012 and started work as a personal security guard in South Africa protecting VIPs.

Ant got his first taste of TV fame in 2015 when he became the instructor in SAS: Who Dares Wins. Ant is married and has five children to his [wife Emily](https://www.thesun.co.uk/tvandshowbiz/5346586/ant-middleton-wife-emilie-about/).

**Has Ant Middleton seen active service while in the armed forces?**

Since joining the Royal Engineers in 1997, Ant has been on several tours of duty in conflicts around the world. The first came in 1999 when he saw active service in Northern Ireland during the Troubles. Two years later he travelled to Macedonia during an insurgency in the country as part of a peace keeping force. After joining the Royal Marines, he completed government training in Sierra Leone before completing two tours of duty of Afghanistan in 2007 and 2008.

**Reading Activity**

1. In what year was Ant Middleton born and where was he born?

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1. Where in the world has Ant Middleton visited in the world?

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1. When did he leave the armed forces?

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1. When did he get his first taste of TV fame?

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1. Where did he travel to as part of a peace keeping force in 2001?

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1. Where did he complete government training?

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1. Where did he complete two tours of duty?

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**Writing Activities**

1. Ant Middleton is visiting the prison. You have been asked to interview him for the Prison Review.

Write five questions using full sentences, that you would like to ask him.

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1. Put the full stops and capital letters into this paragraph.

ant middleton was born in Portsmouth in 1981 he grew up in rural france but even at a young age he knew he wanted to join the armed forcesin 1997 at the age of 16 he joined the royal engineers before joining the royal marines five years laterwhen he was in the armed forces he went all over the world from places such as northern ireland to sierra leone

1. Write three sentences in the past tense about Ant Middleton

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1. Write three sentences in the present tense about Ant Middleton

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1. Write three sentences in the future tense about Ant Middleton

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1. Write a short magazine article about why Ant Middleton is inspirational to other people.

Include in your answer

* 75 – 100 words in full sentences
* What Ant Middleton has achieved
* Where he has travelled in the world
* Why he is inspirational to others

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