



## Ant Middleton

### First Man In: Leading from the front

Ant Middleton is best known as the Chief Instructor for Channel 4's hit show, SAS: Who Dares Wins. After three hugely successful series, a Stand Up to Cancer Celebrity Special and a fourth series have already been filmed by Channel 4.

## Ant's biography

### Ant Middleton's Background

In early 2018, Ant travelled around the UK on his tour 'An Evening with Ant Middleton'. His book 'First Man In: Leading From The Front' was published by HarperNonFiction and reached No. 1 on The Sunday Times Best Seller List. Ant also was also filmed climbing Mount Everest, an adventure which tested him further than ever before.

In 2017, Ant captained a team of men, in Channel 4's re-enactment of Captain William Bligh's journey after the infamous 'Mutiny on the Bounty'. He also led teams of engineers as they attempted to build a vehicle in extreme environments, in Channel 4's engineering and survival based show 'Escape'.

Born in Portsmouth and raised in rural France, Ant set his sights on a career in the armed forces and didn't stop striving until he achieved his goal. He joined the Special Boat Service (SBS) in 2008 and spent 4 years there. The SBS is the UK's naval special forces unit and the sister unit of the SAS. He was a point man/lead scout and also a primary fires operator and sniper. Prior to joining the SBS, Ant also served in the Royal Marines and 9 Parachute Squadron Royal Engineers – meaning that he has achieved the 'Holy Trinity' of the UK's Elite Forces (P Company, Commando Course, UK Special Forces Selection).

Thanks to his huge range of Special Forces experience, Ant has invaluable skills in survival and endurance. His appetite for [adventure](#) and extremes has no limit and has lead him to take on some amazing challenges.

Before SAS : Who Dares Wins, Ant transferred his Special Forces skills to personal security and was

selected to protect VIPs, including government officials and high profile celebrities, he also operated as a security expert in South Africa and across various other countries for governments in West Africa. He has trained presidential security teams and also ran extreme SAS style corporate events for large companies who wanted to truly experience the extremes of Special Forces selection.

Ant Middleton is a [great motivational speaker](#).

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