



Sarah Watson

In 1997 Sarah Watson commenced Officer Training at ADFA and graduated with a BA Politics.

Following a year at the Royal Military College Duntroon, Sarah was commissioned into the Australian Intelligence Corps in December 2000 where she served in several Intelligence Roles within the Australian Army including in Iraq in 2006/07.

As a result of her service, Sarah was diagnosed with PTSD and Major Depressive Disorder and was medically discharged from the Army in 2015.

It was during this time that Sarah engaged with Soldier On, gaining a position in the Soldier On team to compete in the Trois Étapes cycling race in the Italian Dolomite. It was here Sarah found the focus and drive to pull herself out of the black hole she was in. Whilst training, she and her fellow teammates, including much loved Aussie celebrities Hamish Blake and Cadel Evans, forged an unbreakable bond, and are all still in touch and look out for each other.

Competing in this event gave Sarah a new passion and sport and she continues to compete in many cycling events and races.

Sarah went on to represent Australia in the 2017 Invictus Games in Canada where she won Gold and Silver medals in Criterium and Cycling Time Trial. She also took part in Soldier On's 2019 Pollie Pedal fundraising event held in Southern Queensland and Northern NSW.

Sarah continues to be a spokesperson for Soldier On, speaking about her journey to audiences throughout Australia and engaging with others in the ex-serving community. This has provided her with the opportunity to reduce the stigma of mental illness in the military and wider community and hopefully give hope to others who may be suffering.