



Lieutenant Colonel V M Sefton Royal Artillery
Commander Officer
100 (Yeomanry) Regiment Royal Artillery

Veronica Sefton commissioned into the Royal Artillery in 2000. Her first posting was to 3rd Regiment Royal Horse Artillery, based in Hohne, Germany. As a Command Post Officer in C Battery, she deployed with the Regiment on Operation TELIC in 2003.

After attending a six-month Advanced Military Equitation Course, Veronica was the Right Section Commander in The King's Troop Royal Horse Artillery. During this time, she went back to Iraq as assistant to Commander 12 Mechanised Brigade for six months in 2005, returning to The Troop and becoming Adjutant in 2006.

On promotion to Major, Veronica deployed to Kandahar as SO2 Counter Narcotics within the J5 Plans cell of Regional Command (South), a multi-national headquarters. In 2009, she attended the Intermediate Command and Staff Course (Land) prior to working in Recruiting Group as SO2 Soldier Selection. Highlights included standardising the delivery of the psychometric-based grading system, that prioritised candidates gaining a place on Phase 1 Training courses, across the Army's four Selection and Development Centres. Veronica then took a career break for just over 2 years whilst her husband, Graham, was a Company Commander in Edinburgh.

In 2013, Veronica returned to duty as Battery Commander 1st Battery 'The Blazers', 14th Regiment Royal Artillery and completed three years in this role. Her final assignment in the Regular Army was as the Army member of the Directing Staff within the Royal Naval Division of the Intermediate Command and Staff Course at the Defence Academy, Shrivenham.

Veronica transferred to the All-Arms Staff Pool, National Reserve Headquarters (NRHQ), and was affiliated to the Allied Rapid Reaction Corps, deploying on Exercise LOYAL LEDA in 2020. She completed additional roles as an individual augmentee in support of 51st Infantry Brigade and Headquarters Scotland, 20 Armoured Brigade Combat Team, Headquarters London District and 1st Deep Reconnaissance Strike Brigade Combat Team. She also had an enduring doctrine coordination role within the Integration Force Design team in Headquarters Strategic Command for three years.

On promotion to Lieutenant Colonel, she attended the Advanced Command and Staff Course (Reserves) and was assigned to the Plans team within Headquarters Regional Command. She took command of 100 (Yeomanry) Regiment Royal Artillery in September 2024.

Married to Graham since 2010, the Seftons' have two children: James (15) and Emily (12), and a terrier called Twiglet. Veronica enjoys spending time with family and friends, planning family adventures and volunteering with Forces Wives Challenge.