Frederick was born in North Sydney on 27th November 1895, the son of Sydney Thomas Cox and Marian Ada Cox, nee Tippler. In 1910 he married Leah Ada Roddis.

Frederick enlisted in E Company, AN&MEF on 11th August 1914 under the name George Frederick Cox. He stated that he was a Railway Guard and gave his wife Leah at 105 Samuel St, St Peters, as his next of kin.

He returned from Rabaul and was discharged, term expired, on 18th Jan 1915 having completed 161 days service.

On 4th December 1916 he joined the AIF as part of the 12th Reinforcements for the 1st Machine Gun Company, regimental number 676. He left Sydney on 9th May 1917 aboard the ULYSSES arriving in Plymouth on 27th July. He was appointed Canteen Sergeant for the voyage.

George spent the rest of his service in England, either attached to training battalions or in hospital, returning home aboard the MORVADA departing the UK on 4^{th} Jan 1919 and arriving in Sydney on 20^{th} Feb 1919. He was discharged on 30^{th} March as medically unfit due to malaria.

His wife died on 7th April 1919 just a week after he returned home.

On 19th April 1940 George enlisted in the 1st Railway Survey Coy, service number NX12773 and served in this unit and the 2/11 Field Ambulance until his discharge on 27th May 1943.