Frederick was morn in Leeston, NZ on 14th July 1882, the son of Henry Clark and Ellen Matilda Clark, nee Kenny. He served with the 8th NZ Mounted Regiment in South Africa, service number SA5196.

On 11th August he joined E Company, AN&MEF, stating that he was a butcher and giving his older brother, Alfred George at Gisborne, NZ as his next of kin. (Alfred went on to join the New Zealand army, service number 10/3509, and was killed in action on 17th August 1917.)

Whilst in Rabaul he transferred to the 3rd AN&MEF and remained for a short while after the rest of the 1st Battalion returned home, returning, and being discharged on 1st April 1915.

On 20th April 1915 he joined the 17th Battalion and sailed for the Middle East on 12th May 1915 aboard the THEMISTOCLES. He landed with his battalion on Gallipoli on 20th August and on 14th November he was appointed Lance Corporal and was hospitalised on 10th December with malaria, not rejoining his unit in Egypt till 5th Feb 1916.

The battalion moved to France and he was wounded three times. The first on 29th May 1916 where he did not rejoin his unit until 7th July. Shortly afterwards, on 26th July he was again wounded with a gunshot wound to the shoulder and was evacuated to the UK and on recovering he transferred to the 5th Training Battalion, where he remained until he returned to France on 10th May 1918, at various times serving as a ER Corporal and Acting Sergeant.

On rejoining his unit, he revered to his substantive rank of Lance Corporal and was again wounded on 30th June 1918, not rejoining his unit until 10th October, just after his battalions last battle of the war at Montbrehain.

Frederick returned to Australia on the WARWICKSHIRE, arriving home on 28th May 1919 and being discharged on 30th July.

In 1920, he married Veronica Eileen Kenny at Marrickville and died in Cessnock on 10th Feb 1978.