

RPD

The newsletter highlighting aspects of
Regional Physical Development

ISSUE 05 / 10 - Sep 10



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MISSION STATEMENT
To change the RN culture for
"Time for Sport" and
not "Time off for Sport"
in order to strengthen the
Moral Component of
Operational Capability

SPORT

HMS MANCHESTER ROWS THE ATLANTIC

117 members of HMS Manchester ship's company utilising Concept 2 machines, rowed a distance of 3013 nautical miles between the Azores and Key West. The ship was programmed to take 9 days to transit the distance, so Lt Steph Ingram RN & LPT Lucy McKenna organised a challenge to beat the ship's transit time. 4 rowing machines were positioned at various upper deck locations, enabling rowing to take place around the clock. Several interruptions took place, owing to weather and sea state which did not dampen the enthusiasm of the competitors. The last section of the challenge took place on the flight deck in full view of the crew, who provided plenty of encouragement. The huge effort of all the rowers beat the ships transit time to Key West which was a massive achievement only possible through sheer grit and determination.

FRUKUS SPORTS OLYMPIAD

HMS Kent ship's company took part in the FRUKUS Sports Olympiad against French, Russian & US Naval opposition. The event held at the Wyvern Centre in Devonport consisted of Football, Rugby, Basketball, Volleyball & Tug-of-War. HMS Kent were runaway winners in the Rugby & Football, winning all of their matches in a round robin event. However, they met their match in the Basketball & Volleyball, where their competitiveness could not match the skills on court of the other nations. In the final event of the Tug-of-War, the Russians beat HMS Kent into second place. Nevertheless the sterling efforts by the Rugby & Football players ensured that HMS Kent came away with the overall winners trophy. 49 personnel from HMS Kent took part, along with other personnel onboard providing all of the logistics and catering for each of the competing vessels. A tremendous effort by HMS Kent in pulling together (excuse the pun) and hosting a marvellous sporting occasion.



CLIFF & CHASM COMPETITION

The Defence Diving School (DDS) were crowned Cliff & Chasm Champions for 2010 when they beat 4 other teams. This annual event held on the Obstacle Course at HMS Collingwood instils the RN Core Values of Courage, Commitment, Discipline, Respect, Integrity & Leadership (C2DRIL). DDS's mean running time over 2 competitive runs was 11 mins & 20 secs. RNAS Yeovilton won the Fastest Individual run with a time of 9 mins & 52 secs. The final results were as follows;
1st DDS, 2nd HMS Nelson, 3rd HMS Sultan B,
4th RNAS Yeovilton, 5th HMS Sultan A.



Interested in having a go at the title and winning the 'HMS EDINBURGH' challenge cup? See FRECI's (BR 9263) and contact MWS COLLINGWOOD SARC 93825 2217

SOUTH DOWNS TREK COMPETITION

44 teams, totalling 250 Eastern area personnel took part in this event at the end of July in Queen Elizabeth Country Park. Congratulations to Lost In The Woods whose winning time of 3Hr 8 Min 41 sec with all 12 questions answered correctly.

HMS PORTLAND "A NIGHT AT THE LAKESIDE"



Whilst deployed on ATP(S), in the freezing winter of the Falkland Islands PORTLAND entertained themselves with a darts competition due to the inclement weather outside. Pools of 8 competed with the top 2 from each progressing to the knockout phase. In the final stages each mess was represented making for an electric and noisy atmosphere. The final featured LET Ken "The Heat" Dod from the 42 man and AB Lurch Newton from the 18. Good arrows from both competitors the made for an exciting match which finished 3 legs to 2 to the "The Heat."

ALL CHANGE FOR YOUR REGIONAL STAFF

The last couple of months have seen many familiar faces move on. It is fitting to thank them for their efforts and wish them all the best for the future. Lt Doug Wylie RN has moved to the PEd Team, Lt Paul Mitchell ATC to the tower at YOEVILTON. WO1(PT) Neal Frame MBE Western area to Recovery Pathway Cell (H4H), WO1(PT) Ian Binks Eastern area retires from the RN.

Welcome to Lt Adrian Hopwood RN SO3RPD and Editor, Lt Jim Edwards RN (NAC), WO1(PT) Ian Smith (Western) and WO1 (PT) Wayne O'Kell MBE (Eastern).

LACROSSE TRAINING WEEKEND

An excellent opportunity exists for beginners to experienced players to get together in PORTSMOUTH on the 30-31 Oct to develop the sport within the RN. Contact SLt Adam Hughes 07845680010 E-mail ahughes705@googlemail.com

GRASS ROOTS BOXING COACHING

Culdrose	5 Oct 10
Raleigh	6 Oct 10
Collingwood	12 Oct 10

Interested personnel should contact their unit PT Staff or Mr Penberthy on 9380 24290 for further information.

FORTHCOMING EVENTS OCTOBER

Tue	RN Ice Hockey training	Gosport
1-3	Basketball	Location TBC
2-3	Windsurfing	Weymouth
2	Variety of Motorsports	Various locations
7	PT Seminar	Temeraire
8-10	Netball	DRAKE

And much more:
Contact your local area for details of what is on offer to YOU

PHYSICAL EDUCATION

INDIVIDUAL HEALTHY LIFESTYLE PROFILE

Name: Lt Maxine Ashby RN

Age: 43

Place of Work: FOST, HMNB Devonport & NCHQ.

Sports & Activities: Running, diving, skiing, snowboarding, kite surfing (learning), have a go at anything.

Diet: Week: Breakfast Cereal, fruit & Actimel. Lunch Filled bagel and fruit.

Dinner various including pasta, rice, salad, stir-fry, omelette, fish, meat-free range, free-range meats & eggs, vegetables, seeds, yoghurt and more fruit. Green tea and lots of water throughout the day.

Diet: Weekend: Various with occasional Indian/Thai and a treat or two.

Alcohol: Occasionally: 4 6 units maximum.

Non-smoker. Height: 162cm. Weight: 53.5 kg. BMI:20.4

RNFT: MSFT 8.4 (29/04/10)



ADVENTUROUS TRAINING



EXERCISE CANARY GOLD 2010/2011

Exercise Canary Gold 2010/2011 is a Joint Service Adventurous Training Sail Training Exercise and will take place between 25 Oct 10 14 May 11. The aim of the exercise is to develop the personal qualities essential to members of the Service through Adventurous Sail Training in a Service environment. The Exercise is open to all Service personnel and will operate from the Canary Islands. Full details of the legs, provisional costs and application process can be found by visiting www.jsastc.co.uk

**All Regional PDev Newsletter articles are to be forwarded to the editor,
Lt A Hopwood RN by email: Temeraire-SO3RPD**

**"FIT TO FIGHT"
"FIT FOR LIFE"**