

MEDICS RUGBY CHALLENGE



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NOVEMBER 7th 2023



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MBBS FRCS(Tr & Orth) RN Retired.*

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**MRC would like to thank you
for your continued support.**

Gates Open 4.30pm

**Juniors Game U16 5.30pm
DSRFC v Ivybridge**

**HMS Drakes Volunteer Band
6.45pm**

Greet the Teams 7.15pm

**Last Post
National Anthem**

Main Event 7.30pm

**Mustard Performing in the
Old J Marquee**

**After Party to be held at
Fever Nightclub
Derry's Cross**

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WELCOME

In this, my first year as CEO of RMA - The Royal Marines Charity, it is my honour to welcome you to the fourteenth Medics Rugby Challenge this evening, the annual game between the Royal Marines RFC and students from the Peninsula's Medical Schools and allied medical professionals. RMA - The Royal Marines Charity will gratefully receive all the money raised from this evening which will go some way to allowing us to continue to support our veterans, serving personnel and the wider corps family in times of need. The breadth and depth of the work of the Charity is frankly quite exceptional.

Huge thanks to RMB Stonehouse and Plymouth Albion for their continued support of the day and the event this evening and for all our organisers for taking the time and effort to make sure that this fantastic event continues. It is such a great opportunity to not only showcase the skill and sporting ability of our players but also supports local and RM sports being accessible within our community.

We hope that you enjoy this evening and will support next year's event on 6th November 2024

We are as ever humbled by the support. Your generosity will continue to benefit so many and on behalf of everyone at RMA - The Royal Marines Charity please accept my sincere thanks.

Ben Curry MBE

Chief Executive Officer

RMA - The Royal Marines Charity



PRESIDENT RMRFC

Welcome to the 14th Annual MRC. This season I was honoured to assume the role of President for the RM RFC, so I am delighted to have this opportunity to say a few words. Firstly, I must say thank you to Mick Dymond and his dedicated team of organisers and helpers for their efforts in making this event possible. This annual event brings together the RM and medical families, it is worth taking a few moments to remember the incredible work of the RN and Task Force medical team who saved countless lives during Operation Corporate. In particular I must mention the RMs own Medical Squadron and its OC, Rick Jolly OBE.

Following the inaugural match in 2008, the Medics Rugby Challenge has built up a proud history and strong following, benefitting the Royal Marines Charity through generous donations and sponsorship. The impact of your generosity should not be underestimated, and I thank you all for your continued efforts in helping the RMC to deliver much needed support to serving and veteran Royal Marines.

I am a firm believer that the values and culture of rugby are highly compatible with the Royal Marines ethos. I commend both teams to the field where I truly expect to see determination, unselfishness and undoubtedly plenty of cheerfulness (both on and off the pitch) from both the Plymouth & Exeter Medical School and the Royal Marines. I would like to wish both teams The best of luck!

**Brigadier R J Cantrill,
OBE, MC**



CHAIRMAN RMRFC REPORT



Royal Marines Rugby Team in Gibraltar

The RM RFC last month beat the Fleet Air Arm in the final of the Royal Navy inter-region competition. We have successfully lifted the Inverdale Challenge Trophy for an unprecedented fourth year in succession.

We have had an successful Summer of rugby, when we flew to Gibraltar, in September for our annual fixture where we won against a Gibraltar National Select XV.

Once again we had an enjoyable trip which was hosted impeccably by Gibraltar RFC and strengthened our bond with the Royal Marines Association RFC.

This evening is one of the highlights of the Royal Marines Rugby year and would like to thank all spectators for supporting this fixture for the Royal Marines Association.

I hope the Plymouth monsoon will hold off and both teams will have a hoofing evening of rugby.



Colonel Russ Sayer RM

*Chairman of Royal Marines
Rugby Football Club*

Virtual 3 Peaks Challenge

Take on the 3 peaks and travel
453 miles across a virtual map

Register today - Free Entry



Or join our Mission



482 MILES, 3 PEAKS, 1 EXMOUTH MARINE



Summit Attack challenge raises over £14,500 for RMA – The Royal Marines Charity

Ben Clough – a super-fit Royal Marines Physical Training Instructor at Commando Training Centre Royal Marines in Exmouth – spent the first part of his summer break tackling an ultimate endurance challenge: running 482 miles from Scotland to Wales, climbing the three highest peaks in the UK.

Ben completed the challenge in an amazing nine consecutive days – a day earlier than projected. Despite battling the wind and rain he'd encountered earlier on the last evening atop Snowdon, he finished just before midnight. He ran an average 50 miles daily, summiting Ben Nevis, Cumbria's Scafell Pike and Yr Wyddfa (Snowdon) on days one, five and nine, and climbing a total elevation of 14,500 meters (47,592 feet) – more than one and a half times the height of Mount Everest!

Ben raised over £14,500 for two charities close to his heart, RMA - The Royal Marines Charity and the mental health charity, MIND.

He says: " 'Summit Attack' was definitely the biggest challenge I've done to date. I finished way under schedule so was definitely shifting throughout each day.

It was very mentally draining and I had a few niggles physically but a solid mindset made me get the job done.

I spent the rest of my leave getting my body back moving properly again - and catching up on all the calories I missed along the way!"



At Llanberis finish point with his father



**Atop Yr Wyddfa (Snowdon),
the last of the three highest national peaks**

"It was very mentally draining and I had a few niggles physically but a solid mindset made me get the job done."

PLYMOUTH & EXETER MEDICALS RUGBY FOOTBALL CLUB



The Plymouth and Exeter Medicals Rugby Football Club enjoyed a successful past season.

Again, making it to the NAMS semi-final only losing to this year's winners Cardiff 24-21 in the last play of the game. The team then went on to retain the Plymouth Combination 7s cup.

"The Squirrels" have become a team banded together by hard work and determination to always better oneself. PEMRFC is unique as we are a combination side of two medical schools in the southwest with players spread across from Taunton down to Truro. Balancing both training and academics can be challenging for players. However, through that challenge the bonds between players become deeper making it more of a brotherhood than an ordinary team.

The Medics Rugby Challenge is close to if not the biggest fixture in the calendar. Players look forward to this game all year round and

look back on the event as one of the highlights of their time during medical school. The match itself is always fantastic a battle between two well drilled sides. The Marines have been the victors for the last few years, but the squirrels are coming this year with a new competitive edge to hopefully close the gap between the two sides. Tonight promises to be a fierce game in support of an amazing cause.

Finally, PEMRFC wants to thank everyone who has worked tirelessly in making the Medics Rugby Challenge the huge success that it is each year. I want to thank Plymouth Albion for allowing us to use their incredible facilities once again. I also want to thank every support who has travelled down as the event is made even more special by you.

I hope this evening is enjoyable for everyone and that we can use this occasion to support an incredible charity that does invaluable work.

Cherish The Nut

Rohan Ewels

*Exeter 4th Medical Student
PEMRFC Club Captain 2023/24*



Can you give lifelong support to the RM Family?



For Royal Marines, for Veterans, for Families, Forever. The UK's best trained regular troops will always be at the sharp end, meaning an increased exposure to injury and stress on family life. This is where we step in. We're uniquely placed to give the best support — be that comradeship, transition support, grants, alcohol intervention, benevolence, employment education or mental health support.

Need help or want to support us? Visit www.rma-trmc.org



RMA – The Royal Marines Charity is a Charity registered in England & Wales (1134205) and Scotland (SC048185) and is a Charitable Company Limited by Guarantee (07142012)

MRC would like to thanks the HMS Drake Volunteer band and the Plymouth Maritime Corps Drums



Devonport Royal Naval Volunteer Band

Devonport Royal Naval Volunteer Band

The Devonport Royal Naval Volunteer Band is based in HMS Drake and supports the Royal Navy and wider community. We are made up of volunteer musicians both serving and civilian. Performing locally at a wide range of venues ranging from our regular concerts in HMS Drake, as musical accompaniment for formal dinners, Royal Navy divisions, welcoming ships home and sunset ceremonies we also support the wider Royal Naval Volunteer Association by playing at massed band events including international tattoos, parades and recently at Wembley.

We play a wide range of music from the traditional marches and military music to more modern concert band music, music from the theatre and screen, big band and we enjoy spotlighting soloists from within the band.

We rehearse twice a week under the direction on Duncan Newman and are always on the look out for new players. If you are interested in joining us email for more information.

Devonportnavalvb@outlook.com

Plymouth Marine Corps Drums

We would like to thank Dave Harding, Steve Benwick and Keiron Brogan of the Plymouth Marine Corps Drums for there presences at the Medics lunch at RM Stonehouse.

plymouthmaritimeCoD64@gmail.com





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Special Thanks



I am delighted to have the opportunity, as the Medics Rugby Challenge Secretary for PEMRFC, to welcome you all back to Plymouth Albion RFC's home ground here at Brickfields for the 14th Annual Medics Rugby Challenge.

It is with great pleasure that I take on the role of MRC Sec. After playing for the club for many years and having taken part in two MRC's myself, I am delighted to be able to directly support this event and the charitable cause it supports. During my brief tenure as MRC Sec, I have had the privilege of working alongside Mike Dymond in the organisation of this event. Mike has been a great mentor to me throughout this process and I have acquired skills that will remain with me throughout my life. The process of setting up this event has been far from easy, but I have thoroughly enjoyed every minute.

I would like to extend my sincerest thanks to Plymouth Albion for once again allowing us to utilise their excellent facilities. I would also like to thank all those involved in today's match, from the referee to the barstaff, as this event would not have been possible without them. Lastly, I want to express my gratitude to all those who purchased tickets for this event, as they have enabled us to support the invaluable work of the Royal Marine Charity.

I hope you all have a fantastic evening, and as always, Cherish The Nut.

Harry McCartney

*4th Year Medical Student
MRC Sec, PEMRFC*

Head of MRC, Mike Dymond

I would like to extend my sincerest thanks to all those who were able to attend today. I would like to extend a special thank you to Vicky Drinkwater and her staff for their assistance.

I would also like to extend a warm welcome to our esteemed guests, Lt Commander Jane West of the RNRU, Director of Community Rugby, Charlie & Jenny Charles and their family. I would like to express my gratitude to the Plymouth Rugby Combination family, Plymouth Albion staff and Steve Harland for arranging match officials.

Thank you to Brigadier Forbes for authorising the use of the Commando Forces, officers Mess & Colour Sergeant Gary Chapelman RM for his invaluable help and direction with the dinner. Also, I would like to thank Sergeant Ben Felgate for organising the RM Rugby Team, LCPTs Forbes of the RM Band for their presence.

Finally, we'd like to thank Dave, Winnie and family from Media Bulldog, Tracy and Co from PDS Print for putting the programme together, and Dan, Pip and Adam from Kitworld for all their hard work on getting all the kit ready for all the teams. Thank you to all the teams for their hard work and to Harry McCartney Hero helpers.

Mike Dymond
Head of MRC





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ROLL OF HONOUR



8th April 2023
Colour Sergeant
Richard Thomas Melia
Royal Marines



1987 - 2022
Cpl Ryan Matthew Curtis
Royal Marines



31st July 2023
Mne Harrison Owens
Royal Marines



Match Day Officials



Adam Wookey

Adam is a 29-year-old senior manufacturing engineer for Thales UK, working within the underwater systems sector. He has been a referee for 11 years, including 6 years on the National Level

Match Organisations (NLMOT) and some time on the PGMOT, where he has been involved in championship and premiership games.

Alex Gordon -



AR1

Alex Gordon is a foundation doctor at Torbay hospital having graduated from Plymouth Medical

School in 2021. He has been refereeing for 5 seasons and is currently a Devon referee on the RFU Advanced Match Official scheme.

Grant Mossford -



AR2

Grant started refereeing in 1990 and has been officiating in the national leagues since 2002. He is also an active youth coach and has held many posts

with Plymouth Rugby Referees Society.



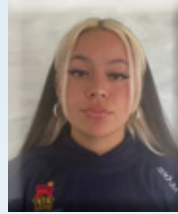
Dr Peter Giles - Duty Doctor

GP at Yelverton



Pete Scott -Physio

Honorary University Fellow at Peninsula

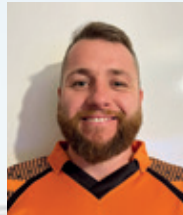


Belle Forbes - Physio

Belle is currently in her second year of undergraduate studies at Marjons University, having completed her first year of study with Hartpury University, where she assisted the BUCS 4th Men's

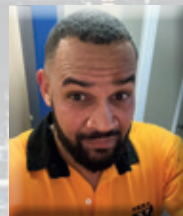
team in her first year. Additionally, she has recently begun a placement with Plymouth Albion RFC.

Under 16's Officials



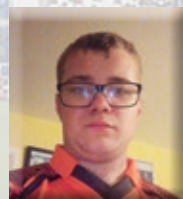
Kirk Sheridan -

Referee Recently retired player finishing player career at Plymstock Albion Oaks but has represented many Plymouth Combination Clubs.



Gareth Mcleggan

- AR1 Currently serving in the Royal Navy in Plymouth. He has taken up the whistle in the past few years and enjoys the challenge and interaction with the players.



Ben Rose - AR2

This 17 year old student is enrolled at Plymouth City College and is about to embark on his refereeing journey. He is looking forward to the challenge of refereeing and assistant refereeing.





ROYAL MARINES

SQUAD



**Mne
WALKER**
No 1
Position:
LH Prop
Height: 178cm
Weight: 91kg



**Bug
LYNCH**
No 2
Position:
Hooker
Height: 170cm
Weight: 95kg



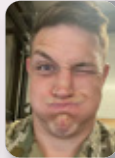
**Sgt
MYBURGH**
No 3
Position:
TH Prop
Height: 180cm
Weight: 105kg



**Mne
ELLIOT**
No 4
Position:
Second Row
Height: 191cm
Weight: 100kg



**Maj
BROWN**
No 5
Position:
Second Row
Height: 194cm
Weight: 117kg



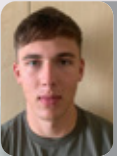
**Sgt
WORBOYS**
No 6
Position:
Flanker
Height: 180cm
Weight: 105kg



**Masj
WATT**
No 7
Position:
Flanker
Height: 183cm
Weight: 86kg



**Mne
CHARLTON**
No 8
Position:
No. 8
Height: 191cm
Weight: 100kg



**Mne
ATWOOD**
No 9
Position:
Scrum Half
Height: 178cm
Weight: 80kg



**Cpl
CADYWOULD**
No 10
Position:
Fly Half
Height: 183cm
Weight: 93kg



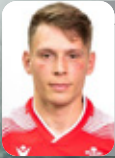
**LCpl
CLARKE**
No 11
Position:
Left Wing
Height: 177cm
Weight: 78kg



**Cpl
HALL**
No 12
Position:
IS Centre
Height: 185cm
Weight: 107kg



**Mne
DOBSON**
No 13
Position:
Right Wing
Height: 191cm
Weight: 94kg



**Mne
TEAR-BOURGE**
No 14
Position:
Right Wing
Height: 173cm
Weight: 75kg



**Mne
BULL**
No 15
Position:
Full Back
Height: 180cm
Weight: 86kg



**Sgt
CRÉESE**
No 16
Position:
Replacement
Height: 182cm
Weight: 95kg



**mne
RAMSEY**
No 17
Position:
Replacement
Height: 181cm
Weight: 96kg



**Capt
WICKHAM**
No 18
Position:
Replacement
Height: 182cm
Weight: 85kg



**LCpl
CLARK**
No 19
Position:
Replacement
Height: 178cm
Weight: 87kg



**LCpl
LOVELADY**
No 20
Position:
Replacement
Height: 176cm
Weight: 87kg



**Mne
ANDERSON**
No 21
Position:
Replacement
Height: 185cm
Weight: 95kg



**Mne
JENKINS**
No 22
Position:
Replacement
Height: 188cm
Weight: 90kg



**Mne
TOMLINSON**
No 23
Position:
Replacement
Height: 181cm
Weight: 97kg



**TEAM
MANAGER**

**Sgt
FELGATE**

THE MEDICS RUGBY CHALLENGE



ROYAL MARINES

15	Mne BULL
14	Mne TEEAR-BOURGE
13	Mne DOBSON
12	Cpl HALL
11	L Cpl CLARKE
10	Cpl CADYWOULD
9	Mne ATWOOD
1	Mne WALKER
2	Bug LYNCH
3	Sgt MYBURGH
4	Mne ELLIOT
5	Maj BROWN
6	Sgt WORBOYS
7	Maj WATT
8	Mne CHARLTON
16	Sgt CREESE
17	Mne RAMSEY
18	Capt WICKHAM
19	LCpl CLARK
20	LCpl LOVELADY
21	Mne ANDERSON
22	Mne LENKINS
23	Mne TOMLINSON

FULL BACK
RIGHT WING
OS CENTRE
IS CENTRE
LEFT WING
FLY HALF
SCRUM HALF
LH PROP
HOOKER
TH PROP
2ND ROW
2ND ROW
BS FLANKER
OS FLANKER
NO. 8

REPLACEMENT
REPLACEMENT
REPLACEMENT
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REPLACEMENT
REPLACEMENT
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REPLACEMENT

PLYMOUTH & EXETER MEDICAL SCHOOL



15	Matthew SIMPSON	15
14	Alex MCGREGOR	14
13	Tom DAVIES	13
12	Tom RUSSELL	12
11	Bertie DUNCAN	11
10	Jake WADE	10
9	Miles CALVERT	9
1	Rohan EWELS	1
2	Harry MCCARTNEY	2
3	Tom BUTLER	3
4	Morgan DREWSON	4
5	Owain POWELL	5
6	Henry IRVING	6
7	Morgan MELLIN	7
8	Harry RICHARDSON	8
16	Lewis MORGAN	16
17	Ethan HODGE	17
18	Owen HOLLIS	18
19	Cameron DUNCAN	19
20	Josh JONES	20
21	Ben BURROWS	21
22	Oscar STUMPF	22
23	James SANZEN-BAKER	23

Referee

Adam **Wookey**

Touch

Alex **Gordon**
Steve **Harland**

Doctor

Paul **GILES**

Physio

Peter **SCOTT**



PLYMOUTH & EXETER



MEDICALS SQUAD



**Rohan
EWELS (C)**

No 1
Position:
LH Prop
Height: 183cm
Weight: 115kg



**Harry
MCCARTNEY**

No 2
Position:
Hooker
Height: 183cm
Weight: 100kg



**Tom
BUTLER**

No 3
Position:
TH Prop
Height: 193cm
Weight: 115kg



**Morgan
DREWSON**

No 4
Position:
2nd Row
Height: 195cm
Weight: 95kg



**Owain
POWELL**

No 5
Position:
2nd Row
Height: 194cm
Weight: 120kg



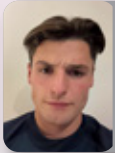
**Henry
IRVING**

No 6
Position:
Flanker
Height: 184cm
Weight: 100kg



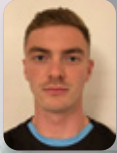
**Morgan
MELLIN**

No 7
Position:
Flanker
Height: 181cm
Weight: 90kg



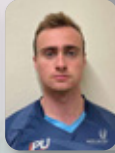
**Harry
RICHARDSON**

No 8
Position:
No. 8
Height: 181cm
Weight: 90kg



**Miles
CALVERT**

No 9
Position:
Scrum Half
Height: 175cm
Weight: 75kg



**Jake
WADE (VC)**

No 10
Position:
Fly Half
Height: 182cm
Weight: 85kg



**Bertie
DUNCAN**

No 11
Position:
Left Wing
Height: 172cm
Weight: 75kg



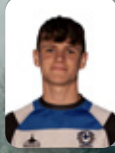
**Tom
RUSSELL**

No 12
Position:
Centre
Height: 189cm
Weight: 90kg



**Tom
DAVIES**

No 13
Position:
Centre
Height: 189cm
Weight: 90kg



**Alex
MCGREGOR**

No 14
Position:
Right Wing
Height: 180cm
Weight: 75kg



**Matthew
SIMPSON**

No 15
Position:
Full Back
Height: 175cm
Weight: 85kg



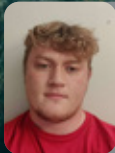
**Lewis
MORGAN**

No 16
Position:
Replacement
Height: 181cm
Weight: 90kg



**Ethan
PURDOW**

No 17
Position:
Replacement-
theight: 187cm
Weight: 135kg



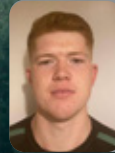
**Owen
HOLLIS**

No 18
Position:
Replacement
Height: 178cm
Weight: 105kg



**Cameron
DUNCAN**

No 19
Position:
Replacement
Height: 191cm
Weight: 110kg



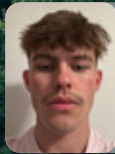
**Josh
JONES**

No 20
Position:
Replacement
Height: 181cm
Weight: 85kg



**Ben
BURROWS**

No 21
Position:
Replacement
Height: 168cm
Weight: 65kg



**Oscar
STUMPF**

No 22
Position:
Replacement
Height: 175cm
Weight: 75kg



**James
SANZEN-BAKER**

No 23
Position:
Replacement
Height: 181cm
Weight: 75kg

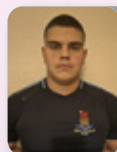


COACH

**Mike
HOWELL**

UNDER 16 SQUAD

DEVONPORT SERVICES



Diego LERRO

No 1
Height: 172cm



Archie O'KANE

No 2
Height: 167cm



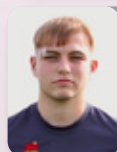
Louis TOUT

No 3
Height: 185cm



Oidín SMITH

No 4
Height: 187cm



Jake MACKENZIE

No 5
Height: 187cm



Harry WESTLAKE

No 6
Height: 187cm



Owen GURNEY

No 7
Height: 182cm



Nathan TODD

No 8
Height: 187cm



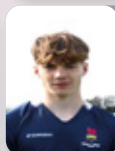
Ben WHYSALL

No 9
Height: 180cm



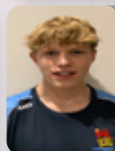
Will LANE

No 10
Height: 172cm



Trystan GREEN

No 11
Height: 182cm



Elliott POCKNELL

No 12
Height: 182cm



Jack RICHARDSON

No 13
Height: 186cm



Samuel GOLLOP

No 14
Height: 162cm



Harry ENTICKNAP

No 15
Height: 182cm



Joshua BRATT

No 16
Height: 185cm



Isaac HILLAND

No 17
Height: 170cm



Theo REEBY

No 18
Height: 177cm



Owen HICKS

No 19
Height: 180cm



Alfie FOLLETT

No 20
Height: 172cm



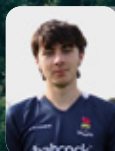
Dan BRADLEY

No 21
Height: 180cm



Ethan JEFFORD

No 22
Height: 170cm



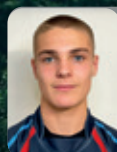
Tyler KEVERN

No 23
Height: 185cm



Joseph BIBBY

No 24
Height: 175cm



Arlo BASON

No 25
Height: 10cm



Spencer BOOTE

No 24
Height: 172cm

COACHES: PAUL 'SWEENEY' TODD & STEVE 'SHADY' LANE

THE YOUTH MATCH



**DEVONPORT
SERVICES RFC
UNDER 16s**

**IVYBRIDGE RFC
UNDER 16s**



15 Harry **ENTICKNAP**
14 Samual **GOLLOP**
13 Jack **RICHARDSON**
12 Elliott **POCKNELL**
11 Trystan **GREEN**
10 Will **LANE**
9 Ben **WHYSALL**
1 Diego **LERRO**
2 Archie **O'KANE**
3 Louis **TOUT**
4 Oisin **SMITH**
5 Jake **MACKENZIE**
6 Harry **WESTLAKE**
7 Owen **GURNEY**
8 Nathan **TODD**

16 Joshua **BRATT**
17 Isaac **HILLAND**
18 Theo **REEBY**
19 Owen **HICKS**
20 Alfie **FOLLETT**
21 Dan **BRADLEY**
22 Ethan **JEFFORD**

FULL BACK
RIGHT WING
OS CENTRE
IS CENTRE
LEFT WING
FLY HALF
SCRUM HALF
LH PROP
HOOKER
TH PROP
2ND ROW
2ND ROW
BS FLANKER
OS FLANKER
NO. 8

REPLACEMENT
REPLACEMENT
REPLACEMENT
REPLACEMENT
REPLACEMENT
REPLACEMENT
REPLACEMENT

Thomas **FITZPATRICK-ROWLEYD** 14
James **CHUDLEY** 13
Charlie **BOSANKO** 12
George **BENTON** 11
Oliver **BERTIE** 10
Edwin **LANGLEY** 9
Ellis **MANU** 8
Samir **BENACEUR** 1
Aaron **WILLIAMS** 2
Oliver **VOWDEN** 3
Lewys **WILLIAMS** 4
Kaspian **ROUSE** 5
Dominic **GOSS** 6
Seb **LETHBRIDGE** 7

Fynn **REEVES** 15
Joshua **BULLOCK** 16
Owen **FILEMAN** 17
Isaac **FORDER** 18
Edward **FOSTER** 19
Archie **FRIEND** 20
Oliver **HUNT** 21
Liam **LEESON** 22

Referee

Kirk **Sheridan**

Touch

Gareth **Mcleggan**
Bene **Rose**

Doctor

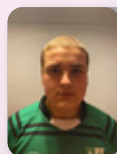
Paul **Giles**

Physio

Peter **Scott**

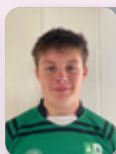
UNDER 16 SQUAD

IVYBRIDGE



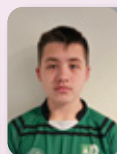
**Samir
BENACEUR**

No 1
Position:
Prop



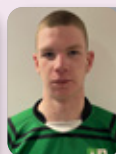
**Aaron
WILLIAMS**

No 2
Position:
Hooker



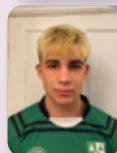
**Oliver
VOWDEN**

No 3
Position:
Prop



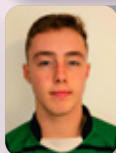
**Lewys
WILLIAMS**

No 4
Position:
2nd Row



**Kaspian
ROUSE**

No 5
Position:
2nd Row



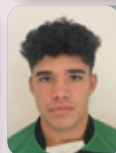
**Dominic
GOSS**

No 6
Position:
Flanker



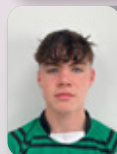
**Seb
LETHBRIDGE**

No 7
Position:
Flanker



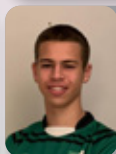
**Ellis
MANU**

No 8
Position:
No. 8



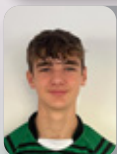
**Edwin
LANGLEY**

No 9
Position:
Scrum Half



**Oliver
BERTIE**

No 10
Position:
Fly Half



**George
BENTON**

No 11
Position:
Wing



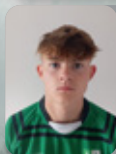
**Charlie
BOSANKO**

No 12
Position:
Inside Centre



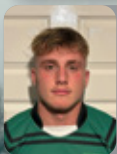
**James
CHUDLEY**

No 13
Position:
Outside Centre



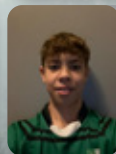
**Thomas
FITZPATRICK-
ROWLEY**

No 14
Position:
Wing



**Fynn
REEVES**

No 15
Position:
Full Back/Centre



**Joshua
BULLOCK**

No 16
Position:
Prop



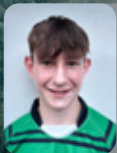
**Owen
FILEMAN**

No 17
Position:
Hooker



**Issac
FORDER**

No 18
Position:
2nd Row/Prop



**Edward
FOSTER**

No 19
Position:
2nd Row



**Archie
FRIEND**

No 20
Position:
Flanker



**Oliver
HUNT**

No 21
Position:
Flanker



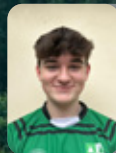
**Liam
LEESON**

No 22
Position:
Scrum Half



**Joseph
MOODY**

No 23
Position:
Flanker



**Jack
MOORE**

No 24
Position:
Centre/Wing



**Max
WARD**

No 25
Position:
Full Back/Centre



COACHES: Andy Boote, Jamie Bertie, Rob Williams & Connor Thomson.

FEVER

EVENTS



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INVICTUS MEDALS



Colour Sergeant Paul (Charlie) Charles Invictus Story

After spending 21 years in the Royal Marines, Charlie's career came to an end in 2020 when he was seriously injured in a cycling accident while cycling home from the barracks. He sought to rebuild his confidence and reconnect with his fellow vets by applying for Invictus. Charlie, 45, originally from Plymouth, was diagnosed with Traumatic Brain Injury (TBI) after being hit by a car while cycling home in July 2020. He sustained a broken neck, broken ribs, a fractured skull, a shattered nose and a blood clot in the spinal cord and bleeding in the left lobe of his brain.

"We had only just gone into the Covid lockdown, so I wasn't in hospital for long. I had to wear a collar for three months, and during this time I couldn't have any of my injuries repaired because of my neck injury."

"I have some numbness from my left shoulder to my finger, which can still be painful, and I have painful joints, and really struggle with cognitive processing and can become fatigued easily as a result."

As Charlie approached the conclusion of his 22-year service, with the expectation of an extended career and

promotion, he found it difficult to adjust to the sudden change in his life. He underwent rehabilitation at the Defence Medical and Rehabilitation Centre (DMRC) in Plymouth and at the Naval Service Recovery Centre Hasler before being released in January 2023. Charlie's journey to recovery began with the realisation that the Royal Marines was all he had ever known and wanted to do, and he is still struggling to come to terms with the idea of no longer serving.

"I've had such a long career in the military and felt like I'd

lost part of my identity. I'm very much still in recovery and trying to work out what to do with my life."

He heard about the Invictus Games at Hasler and was encouraged to go along by the people there.

"I liked the physical challenge side of Invictus, but for me it was mainly the confidence building that inspired me to apply. Meeting new people is really tough for me, but I like being able to help them and in turn they help me."

Selection for Team UK

Charlie couldn't believe it when he was told he had been chosen to represent Great Britain at Invictus Games Dusseldorf.

"I felt chuffed! I was very thankful and grateful, and I wasn't expecting it. The training camps and, everyone at RBL have been amazing and I feel like this came at the right time for me, to give me a focus on something," Charlie explains.

As a result of training for the Invictus Games, Charlie began to experience the advantages of sports recovery.

"In the Royal Marines, you're pushed to your limits in everything you do. When I was injured, I didn't like to moan about it, I would tell everyone I was fine, as we're almost trained to be like that. I saw my injury as another challenge, but at the same time I've learned to stop,

reflect, and pay attention to my body and what it needs, instead of just pushing through."

Prior to the competition, Charlie expressed that winning a medal would be a goal, however, competing with Team GB was a significant accomplishment in itself. His family, including his wife Jenny, son and daughter, and grandson, travelled to Germany to support him and the other GB competitors. His family were able to witness his medal haul for the first time

Charlie swam in the following categories and brought home 4 medals.

Men's 100m Freestyle ISE -
GOLD CHARLES Paul GBR

Men's 50m Backstroke ISE -
SILVER CHARLES Paul GBR

Men's 50m Freestyle ISE -
SILVER CHARLES Paul GBR

Men's 50m Breaststroke ISE -
SILVER CHARLES Paul GBR

Charlie and Jenny were privileged to have the opportunity to meet and converse with Prince Harry and Meghan. They were enthusiastic supporters of not only the GB team, but also other nations participating in this year's Invictus Games.

The Invictus Games Foundation charity supports the recovery and rehabilitation of international wounded injured and sick service personnel and veterans through sport.

It governs the delivery of the Invictus Games, runs an online community, as well as provides sport recovery and adventurous challenge opportunities beyond the Games across 23 nations. Prince Harry, The Duke of Sussex is the founder of the Invictus Games and Patron of the Invictus Games Foundation, created following the delivery of the inaugural 2014 event.

Through providing sport recovery opportunities and adventurous challenge, the Foundation's work supports long-term improvements in physical and mental health, inspires and motivates wider society, and helps wounded, injured and sick servicemen and women re-engage with their families and communities.

The online community is facilitated via We Are Invictus, a bespoke mobile app and platform built by and for the WIS community.

At the sixth Invictus Games the RBL supported 59 veterans and serving personnel, plus their friends and family, in partnership with the Ministry of Defence.

Team UK won 29 Gold, 18 Silver and 21 Bronze medals





BECKY YORK STORY

Each year, Valentine's Day triggers poignant memories for Becky, a former member of HM The Royal Marines Band Service.

Because it was on 14th February that her promising and much-cherished career in the Royal Marines came to an end. She had no idea just how much her life was about to be turned upside down.

As a child, Becky loved playing the piano and she became a talented pianist and flautist. On leaving school, she joined the RM Band and was steadily climbing the ranks. She was picked out for a Junior Command Course and was full of enthusiasm and hope for the future.

All was going to plan – and the physically demanding endurance course was all that stood between her and the next stage of her career progression.

How or what happened on that fateful day has never been fully understood, but half-way through successfully tackling the various obstacles, she started to experience pain in her hip. It gradually became worse but she nevertheless managed to make it back to camp.

Over the next few months, in increasing discomfort and personal distress, she underwent lots of treatment and a myriad of tests to try and establish the cause. Unable to sit or stand for long periods of time, it became evident that she would no longer be fit enough to remain a Royal Marine nor to play again professionally.

She was having to face inevitable medical discharge. A successful, colourful and high-profile career as a member of the world-renowned Royal Marines Band, was over.

Not only having to endure ongoing pain, she believed also that she had no marketable skills whatsoever to do anything else. With no idea about what she was going to do with the rest of her life, she was suffering severe physical and mental distress.

Cue RMA – The Royal Marines Charity's Employment & Education team who specialise in supporting into 'civvy street', those whose career in the Corps has been cut short due to injury or sickness.

In just a few one-on-one sessions, they helped her recognise the many skills she unknowingly possessed, helping her adjust her CV to emphasise the advanced database skills and practical event management

experience she had gathered over 14 years in the Royal Marines.

This played a vital part in her transition to the commercial world. All her misgivings of being 'just a musician' without any useful transferable skills were completely dispelled.

"At the time I was very nervous and apprehensive not only about leaving the military, but also whether I would be able to get a job," Becky says. "I had been a musician my entire career and suddenly had to look in a different direction for employment. I was totally overwhelmed and in a bad place physically and emotionally."

RMA - The Royal Marines Charity secured Becky a trial position in the marketing team of a large construction company where she quickly excelled and helped to greatly improve efficiencies.

The good news? She was offered a full-time job and has never looked back. Becky has since continued to move onwards and upwards and is now the Proposal Manager with one of the UK's leading construction and engineering companies.

She says: "Without the support of the RMA, I wouldn't be where I am today. I cannot thank them enough for the help they gave me to transition so successfully – and happily - into civilian life."



Thank you Max and Staff of Plymouth Albion
for your continuing support



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STUDENT OFFICER CADETS COMPLETE EPIC CHARITY WALK ALONG PLYMOUTH BREAKWATER



University Royal Naval Unit Devon was established in 2017 and is located within HMS Vivid, the Royal Navy Reserves Unit in Devonport, Plymouth. The unit recruits predominantly from Exeter University, Plymouth University and Plymouth Marjon University. The URNU falls under the command of Britannia Royal Naval College with close ties to HMS Raleigh and HMS Drake. The unit is affiliated to HMS Defender.

The aim of the University Royal Naval Unit (URNU) is to 'To broaden naval understanding and develop undergraduates who show the potential to become the leaders of tomorrow, through maritime experience and exposure to the values and ethos of the Royal Navy' There are 16 URNUs located around the country and attended by 800+ undergraduates from the leading universities in England, Ireland, Scotland and Wales.

URNU members have the opportunity to go to sea at weekends and during their holiday periods. Additionally, they have opportunities to take part in sporting events, adventurous training activities and visits to RN establishments where they gain an understanding of Initial Naval Training (Officer).

The Officer Cadets from Plymouth and Exeter universities hiked the South West Coast Path from Land's End to Plymouth – covering 167 miles over 10 days – and raising more than £1,000 for the Royal Navy and Royal Marines Charity and the Defence Medical Welfare Service

The MRC would like to thank the Commanding Officer Lt Jamen Smith RN, and all of the URNU members for assisting us making tonight a special occasion for the Royal Marines Charity and for their fellow students.

MEDICS RUGBY CHALLENGE PRINT

Brian Pollard has lived in Plymouth since 1977, working for many years in general Practice and Psychiatry. Brian started painting shortly after moving to Devon, developing his own distinctive style of depicting the magnificent scenery of Devon and Cornwall.

Long considered as one of the leading painters in the South West, Brian has also established a nationwide reputation – in a recent Plymouth Herald profile Martin Freeman described him as “one of the UK’s most popular naïve painters”. Over the years Brian’s work has received many favourable press reviews and been featured on television at both local and national level. Brian has exhibited widely throughout the country and his images have been used worldwide for cards, prints, calendars and jigsaws.

Having already painted several commissions for the Armed Forces, Brian was delighted to be asked to produce a commemorative poster for the annual rugby match between the Royal Marines and Peninsula Medical Students. This poster, entitled ‘Medics Rugby Challenge’, is available in a limited edition of 500, each one numbered and signed by the artist.

A full range of original paintings and prints by Brian Pollard can be seen in Plymouth at the Kaya Gallery, Southside Street, and Homeframe, in the Genesis Building, Union Street.



HOMEFRAME

PICTURE FRAMING WORKSHOP & GALLERY

MEDICS RUGBY CHALLENGE



by
Brian Pollard



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PRINT**

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FRAMING
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Limited Edition of 500 - Poster size A2 (594mm x 420mm)

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OFFICIAL
MEDICS RUGBY
CHALLENGE 2023
Rugby Cap



FRAMED, ORIGINAL
COURTNEY LAWES
SIGNED BRITISH
AND IRISH LIONS
RUGBY SHIRT



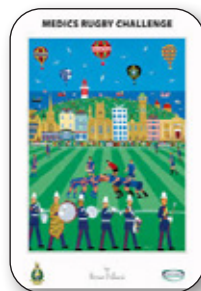
ORIGINAL, FRAMED
SIGNED SCOTLAND
GUINNESS SIX
NATIONS TEAM
RUGBY SHIRT 2022



BOXED Official
MEN'S ENGLAND
RUGBY WORLD
CUP SHIRT 2023
Size XL



LAND ROVER
OFF-ROAD
EXPERIENCE



LIMITED EDITION
BRIAN POLLARD
MRC PRINT

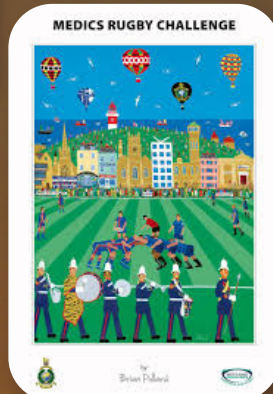
THE 2023 RAFFLE PRIZES



70cl BOTTLE OF
LIMITED EDITION
COMMANDO
SPIRIT WHISKY



4.5 Ltr BOTTLE
OF JAMESONS
WHISKEY



LIMITED EDITION
BRIAN POLLARD
MRC PRINT



3 Ltr BOTTLE OF
NORDES ATLANTIC
GALICIAN GIN



3.5 Ltr BOTTLE OF
PREMIUM SUPERB VODKA

**SO GET YOUR RAFFLE TICKETS AT THE READY
RAFFLE WILL BE DRAWN IN THE OLD J MARQUEE @ 9.30PM**



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Marine. Always
a Royal Marine.**

WWW.RMA-TRMC.ORG



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REGULATOR**

RMA – The Royal Marines Charity is a charity registered in England and Wales 1134205 and Scotland SC048185 and is a charitable company limited by guarantee 07142012 registered with Companies House.



DATE FOR YOUR DIARY



NEXT YEAR'S DATE HAS BEEN CONFIRMED AS
WEDNESDAY 6TH NOVEMBER 2024



Full details to be confirmed – Check the website for further updates.

www.medicsrugbychallenge2023.co.uk



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