

NOVEMBER 7<sup>th</sup> 2025

# MEDICS RUGBY CHALLENGE



V



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*Consultant Gynaecologist, University Hospitals Plymouth &*

**Dr Oliver Prescott**

*University of Exeter, Medical School Cornwall Campus*

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*President of RM RFC*

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

**Gates Open 4.30pm**

**Ladie's Event 5.30pm  
RN Rugby v Plym Academicals**

**Greet the Teams 7.15pm**

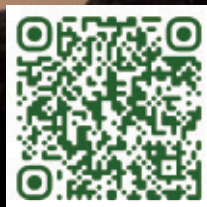
**Last Post  
National Anthem**

**Main Event 7.30pm**

**Mustard Performing in the  
Storm Force Marquee**

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

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# WELCOME

As chairman of the Plymouth Referee Society it is a pleasure to welcome to this years Medic Rugby Challenge.

For many years that I and my family have attended it is great to see the continued support of the people of Plymouth and surrounding areas in making this event a great success.

The Plymouth and Exeter Medical Rugby Club continue to have this as their premier event of the year and thank both universities for their support of this event.

I wish all the teams every success tonight and raising money for our service personnel.

**Professor Bob Freeman**

*Consultant Gynaecologist  
University Hospitals Plymouth*



As a former player of PEMRFC and as a player who experienced playing in the Medical Rugby Challenge I can confirm the fierce competitiveness of the games, with no quarter given by the Royal Marines and the Medical Students.

We also welcome Plymouth Academicals Ladies and the Royal Navy Development Team and the continued support of ladies rugby.

We would like to thank everyone for your presences here supporting an excellent charity providing support to the entire Royal Marines community from the cradle to the grave.

We hope everyone will enjoy themselves tonight for the RMA.

**Dr Oliver Prescott**

*University of Exeter,  
Medical School Cornwall Campus*





# President RMRFC

It is early November once again, a time of year that is especially poignant for the Corps. We have recently celebrated our 361st Birthday and this weekend we will have a period of remembrance and reflection for those who have paid the ultimate sacrifice to protect the freedoms we enjoy today. And tonight, Royal Marines Rugby is once again grateful to play in the Medics Rugby Challenge and so I thank Mike Dymond and his team for the incredible efforts they go through to provide this opportunity and make this event such a success year on year.

This is a fixture that I am always excited to be a part of. It brings The Royal Marines and Medical communities together to enjoy an evening of entertaining, sporting excellence and, for many to recall and share memories of past endeavours. I have personally seen the outstanding work that medical professionals do, not only here in the UK but also in challenging operational environments where the reassuring presence of competent and dedicated medics cannot be underestimated. The Royal Marines have needed this unwavering support in the past and will need to rely on it in the future. It is also important this evening, to highlight the essential fundraising that this fixture generates for the Royal Marines Charity. The RMC support thousands of people annually including serving personnel, veterans and dependents, however they can only do this with the financial support that events such as these generate, and so I am grateful for your generous support.

Finally, it is an incredible opportunity to see some high-quality rugby in an impressive venue. This will be the first Fixture for the Royal Marines this season and so we will hope to get off to a flying start, however I am all too well aware of the skill and determination that the Medics will show on the pitch to ensure that they get the upper hand. Whatever the result I am sure that both sides will demonstrate Commando values in abundance to give us a spectacle that an occasion like this deserves!

Per Mare Per Terram!

**Maj Gen Rich Cantrill OBE MC**  
**President of RM RFC**



# CHAIRMAN RMRFC REPORT



**Royal Marines Rugby Team**

**R**M Rugby continues to excel, enjoying an unbeaten season in 24/25, including an overseas fixture versus Gibraltar and success in the Royal Navy regional competition for a record 5th time in a row. This provided a strong platform for the Royal Marines to be able to contribute a large proportion of the Navy team who ran out as the Inter-Service winners in the Army Navy Match at Twickenham in May this year. Backroom support to this success is rarely acknowledged so I must take this opportunity to thank the RM Training Support Group, without whom, RM Rugby would not exist. Particular thanks must therefore go to Head Coach Maj Sullivan RM, Secretary, Capt Matt Maddocks RM and Team Manager Sgt Ben Felgate.

Tonight, is our first fixture of the 25/26 season where we hope to continue our winning streak. We have planned and trained carefully for the match and whilst the RM are leading the MRC head-to-head statistics, we are well aware of the saying that no plan survives first contact with the enemy. So we will not be taking the Medics team for granted and will be drawing on the Commando Qualities of Courage, Determination, Unselfishness and Cheerfulness in the Face of Adversity to maximise our chances of success!



I am always impressed by the enormous contingent of loud and passionate Medics supporters who regularly seem to overmatch RM fans so I hope to see plenty more Royal in the stands tonight to try and redress the balance! Whoever you are supporting however, this continues to be an exceptionally well attended event for a cause that is so important to the RM family so please contribute if you can because we are incredibly grateful for your support.

Thank You!

**Lt Col Russ Sayer RM**  
*Chair of RM RFC*





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# Restoring hope



Horse Back UK's 3-week development course is designed to inspire positive change, encourage confidence, self-esteem and promote recovery in an individual using horsemanship and outdoor activities.

Following a traumatic brain injury, Mike a Royal Marines veteran thought he was coping and progressing well, but this couldn't have been further from the truth, as he was officially diagnosed with severe depression by his GP, and it had become clear he was not coping.

Mike recalls, "I had become isolated from my family and friends. So much so that I had lost all confidence in the ability to look after my young daughter," and he found himself turning to alcohol.

During these episodes, Mike would contact anyone who would listen, and by 2023, an oppo reached out, referring him to RMA – The Royal Marines Charity. The Health & Wellbeing Team assessed the best way forward and arranged for Mike to attend a development course offered by HorseBack UK in Scotland.

This course proved to be a pivotal step on the road to recovery, not just for Mike but also for his family.

Mike said, "As I drove there for the first time, I was very anxious, but my scepticism regarding horses soon went, and I started to feel more relaxed than I had been for a long time. I was managing to smile and laugh; I was even able to hold down a conversation, something I had been avoiding for so long."

Upon returning home from the first half of the course, Mike found that he had a new outlook on life. His family had not seen him that happy in a long time, as the life-changing programme not only provided Mike with the tools to deal with the here and now but also helped him learn how to embrace his future.

**This course proved to be a pivotal step on the road to recovery, not just for Mike but also for his family.**





# Finding new purpose

Thanks to a £900 grant from RMA – The Royal Marines Charity, the opportunity to join the annual International Military Pilgrimage to Lourdes turned into a much more life-changing experience than Richard, a Royal Marine veteran, had ever thought possible.

Battling to come to terms with life back on 'civvy street', 'alone' without the daily banter of fellow Bootnecks, and the lack of routine and purpose of being a tough Royal Marines Commando, is a mental challenge that many desperately struggle with on leaving the service.

Here, in his own exceptionally moving words, Richard describes just how much the relatively small beneficiary grant meant to him:

"The opportunity to revitalise one's human nature by assisting others. Visiting holy places, beauty, reconnecting a bit with UK military, the banter, all the various nationalities, the magic of seeing so many nations there together in peace.

As a Catholic and a veteran, Lourdes is a special blend of specialness. I have been invited to return next year as a carer/support and I would like to make that progression. It would be lovely to mark that as progress from how ill I have been before.

It's a bit too early to be able to say fully, but I think there have been some things which have helped me to see how far I have come in my 'recovery' and also where some things still need sorting out.

I enjoyed the simple but consciously significant acts which can make such an impact to renew peoples' faith in their own humanity, and the humanity of others. What is the point of military endeavours if we don't celebrate the peace afforded.

Thank you to anyone and everyone who made it possible for me to go on this trip. It remains to be seen what the lasting impact will be, but I think it will be quite profound. Thank you for the opportunity to spend time with others. I spend an awful lot of time living on my own at home.

The bottom line is that this trip was an opportunity to Love and be Loved. Without this, what is it all for? Life is worth living and this trip was proof."

Thank you to anyone and everyone who made it possible for me to go on this trip."

Travel plans are already progressing for Group 507's trip to Lourdes next year to again incorporate the International Military Pilgrimage at the end of May. And if all goes to plan, Richard will again be travelling with the UK contingent – this time, as an official helper.

**What is the point of military endeavours if we don't celebrate the peace afforded.**





# Royal Marines Charity

I am delighted to be able to welcome you to this year's Medics Rugby Challenge. This fixture is an annual match between the Royal Marines RFC and students from the peninsula's medical schools and allied medical professionals. It has been ongoing for the last 15 years, and we are pleased to uphold this friendly rivalry.

Our thanks, as always, go out to the event organisers, Royal Marines Barracks Stonehouse and Plymouth Albion, for their continued support. Year after year they keep this event alive and ensure the event is a success for everyone. The funds raised from this evening will allow us to continue supporting our veterans, serving personnel, and wider Corps family in their times of need.

I am humbled by your generosity and support. Together we will continue to uphold the values of excellence, integrity, self-discipline, and humility that define us.

I hope you enjoy this evening's match and I wish both teams the best of luck.

**Brig (ret'd) Matt Jackson DSO**  
**Royal Marines**

*Chief Executive Officer*

*RMA – The Royal Marines Charity*



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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)





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## PLYMOUTH &amp; EXETER MEDICALS



# RUGBY FOOTBALL CLUB



The Plymouth and Exeter Medicals Rugby Football Club have once again enjoyed a successful season.

Throughout our main competition, NAMS, we made it to the cup quarter-finals, putting in some strong performances before narrowly losing out to Bristol. Many of our players also had the opportunity to represent the club in fixtures against representational sides such as Plymouth Combination and Plymouth Academicals. We celebrated success in the Ellis Cup, winning the final with a strong performance following an impressive campaign.

This year has been a season of transition, with us losing a few core players who gave their all to the club during their time. That said, a promising beginning to the season has seen new players take lead and fresh faces raise the standard within the squad, leaving the coaching staff troubled with selection.

The MRC remains one of the standout events in the PEMRFC calendar. Beyond the on-field battle,

it represents an incredible tradition – both clubs giving their all in support of a worthwhile cause. The atmosphere and passion surrounding this fixture make it a highlight of every season, and we are honoured to be part of it.

Finally, PEMRFC would like to thank everyone who has worked behind the scenes to make the Medics Rugby Challenge such a success year after year. Thanks also to Plymouth Albion for generously allowing us to use their outstanding facilities once again.

Your support makes all the difference and adds something truly special to every match we play. I hope tonight is as enjoyable for everyone watching as it is for those taking part, and that we can continue to use this event to support an incredible charity doing vital work.

Thank you all for your continued support.

## **Cherish The Nut**

**Owain Powell**

*3rd Year Medical Student  
PEMRFC Club Captain*



# Special Thanks



As the 2025 Medics Rugby Challenge Secretary for PEMRFC, it's a real privilege to welcome you all to Plymouth Albion RFC for this year's Medics Rugby Challenge.

Having grown up in Plymouth, I've been watching this match for as long as I can remember, so it's incredibly special to now be organising it. This is my second year playing in the Challenge, and I'm really looking forward to running out again alongside such a great group of lads for a brilliant cause.

It's been fantastic to work closely with Mike Dymond this year – this event really would not be possible without him. I've also had the pleasure of working with many brilliant local businesses whose support has helped make this year's Challenge possible. A special thank you must go to Arterne Group and Smarta Energy for their generous support in providing our brand-new kit for the lads to run out in.

This event means a great deal to so many people, and it's been an honour to help bring it together. I hope everyone enjoys what promises to be another fantastic evening of rugby in support of the Royal Marines Charity.

Here's to a great game and a great cause.

As always, Cherish The Nut.



**Paddy Hutchings**  
Medics Rugby  
Challenge Secretary,  
PEMRFC

## Head of MRC, Mike Dymond

I would like to extend my deepest thanks to all those who are attending today's match.

A big thank you to Lindsey and Hannah from the Fund raising Team at RMC, and also Paddy Hutchings my MRC Student representative who has organised the team and helped with Sponsorship of the event.

A big thank you to Lt Colonel Russ Sayer Corps Colonel and RMRFC Manager Major Alan Sullivan, RN Assistant Director of Rugby PO Sam Alderson, Plymouth Academicals Rickie Bentham DSRFC for bringing their teams to Plymouth Albion.

Thank you to Plymouth Albion, Max and Nicola and Staff for making it all happen, also Media Bulldog - Vera and Dave, Tracy at New Waters Media and Delt Services for printing the programme.

Big hand to Colour Sergeant Gary Chapman for Organising the Lunch at The Royal Citadel.

I hope you all have a great night

*Mike Dymond*  
**Head of MRC**



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# ROLL OF HONOUR



*Never Forget  
Always Remembered*



# Match Day Officials

## Match One

### Rob Lowe - Referee



Cornwall Referee society and is a trustee of St Clumba Rugby Trust. He is a RFU panel referee.

### Gary Endacott - AR1



Having played rugby in the Army I started coaching with Exeter Saracens at U13 and U18's. Started refereeing in 2015, but enjoyed a return to playing with Plympton Victoria in 2017 before joining Plymouth Referees in 2021 and have been

enjoying being in the middle.

### Callum Foster - AR2



Twelve years ago I discovered rugby after meeting my wife and watching her play. I took up the sport myself, but injuries and other life commitments eventually forced me to stop playing. Encouraged to try refereeing, I found a new passion and have since built a rewarding career as a referee. I am proud of the progress I've made and

am eager to continue developing and advancing to higher levels.

### 4th Official - Ben Rose



**Dr Bilal Khan -  
Duty Doctor**



**Sam Mullen -  
Head Physio**

## Match Two

### James Milliner-Woodcock - Referee



James hails from Cornwall and has been refereeing since 2011 and is a member of Cornwall Referees Society. He was promoted to the National Panel of Referees in 2018. James was fortunate to referee at the Allianz Stadium for the first time this year in the County Championship finals and has also been on exchange across the Atlantic to referee in the USA. He aspires to progress in the game and enjoy every moment.

### Paul Ansell-Jones - AR1



Paul has become an established referee within Plymouth Referees after taking up the whistle in 2022. He has played for local clubs Old Technicians and Argaum and coaches the Plymstock U15 team. Took up refereeing to give back to sport gave him so much. Great honour to be part of

the match an officiating team!

### Josh Niles - AR2



Currently serving in the Royal Navy, based at HMS Raleigh. Josh is refereeing for both the Royal Navy and Plymouth Referee after finishing his playing career 2 years ago, having played locally for Tamar Saracens. range of levels.

### 4th Official - Rob Lowe



**Chloe Leach - RNRU  
Sports Physio**





# ROYAL MARINES RUGBY CLUB



This year's charity rugby match between the Royal Marines RFC and the Plymouth and Exeter Medics – a fiercely contested fixture that has proudly taken place every year since 2009. This match is more than a sporting tradition. It's a celebration of the values that define both rugby and military service: courage, determination, unselfishness, and cheerfulness in the face of adversity – the very Commando Values that Royal Marines live by, whether on the battlefield or the rugby pitch.

As the Royal Marines mark 361 years of continuous service to the nation, they remain deployed on global operations 365 days a year as the UK's elite Commando Force – ready to respond to crises, protect national interests, and support allies around the world. In such

a demanding operational environment, sport plays a vital role in maintaining physical readiness, mental resilience, and unit cohesion.

In uncertain times at home and abroad, events that bring people together are more critical than ever before. This match is a reminder of the strength found in unity, the power of community, and the enduring spirit of service.

Today's match raises vital funds for the RMA- The Royal Marines Charity, supporting serving personnel, veterans, and their families.

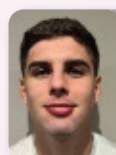
Thank you for joining us. Enjoy the match

**Major Al Sullivan RM**  
*Head Coach Royal Marines Rugby*



# ROYAL MARINES

## SQUAD



**Mne  
WARREN**  
43 CDO

No 1  
Position:  
Prop



**Mne  
O'BRIAN (C)**  
CTCRM

No 2  
Position:  
Hooker



**Mne  
TOWNSEND**  
CTCRM 47 CDO

No 3  
Position:  
TH Prop



**Mne  
SCOTT**  
42 CDO

No 4  
Position:  
Second Row



**Mne  
ELLIOT**  
CTCRM

No 5  
Position:  
Second Row



**Mne  
YOUNG**  
CTCRM

No 6  
Position:  
Flanker



**Mne  
RACCA**  
47 CDO

No 7  
Position:  
Replacement



**Mne  
CRAWLEY**  
42 CDO

No 8  
Position:  
Back Row



**Mne  
HARGREAVES**  
CTCRM

No 9  
Position:  
Scrum Half



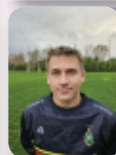
**Mne  
CADDYWOULD**  
CLR

No 10  
Position:  
Fly Half



**Mne  
RYDER**  
CLR

No 11  
Position:  
Wing



**Mne  
CANDITA-SIMPKINS**  
26 CDO

No 12  
Position:  
Right Wing



**Mne  
TOMLINSON**  
30 CDO

No 13  
Position:  
Right Wing



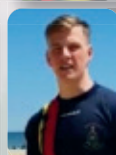
**Cpl  
HARRIS**  
CHF

No 14  
Position:  
Right Wing



**Mne  
HOLT**  
40 CDO

No 15  
Position:  
Full Back



**Mne  
LYNCH**  
CTCRM

No 16  
Position:  
Replacement



**Mne  
HOFFMAN**  
30 CDO

No 17  
Position:  
Centre



**Mne  
TYLER**  
42 CDO

No 18  
Position:  
Replacement



**Mne  
WILSON**  
30 CDO

No 19  
Position:  
Replacement



**Cpl  
GREAVES**  
CTCRM

No 20  
Position:  
Centre



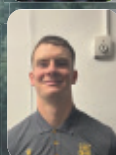
**Mne  
NEL**  
CLR

No 21  
Position:  
Replacement



**Mne  
SEALS**  
42 CDO

No 22  
Position:  
Replacement



**Mne  
HYDE**  
CTC

No 23  
Position:  
IS Centre



**Mne  
TYRELL**  
42 CDO

No 24  
Position:  
IS Centre



**Mne  
PILCHER**  
CTC

No 25  
Position:  
Scrum Half



**Mne  
HUGHES**  
ASG

No 26  
Position:  
Replacement



**TEAM  
MANAGER**

Sgt  
**CORNER**  
42 CDO



**HEAD  
COACH**

Major  
**SULLIVAN**  
CTCRM





## THE MEDICS RUGBY

## CHALLENGE



## ROYAL MARINES

PLYMOUTH & EXETER  
MEDICAL SCHOOL

15	Josh <b>HOLT</b>	FULL BACK	Matthew <b>SIMPSON</b>	15
14	Toby <b>HARRIS</b>	RIGHT WING	Liam <b>BLACK</b>	14
13	Luke <b>TOMLINSON</b>	OS CENTRE	Ed <b>DAVIES</b>	13
12	Tom <b>CANDITA - SIMPKINS</b>	IS CENTRE	Ioan <b>PHILLIPS</b>	12
11	Jack <b>RYDER</b>	LEFT WING	Aadil <b>RAHIM</b>	11
10	Dickie <b>CADDYWOULD</b>	FLY HALF	Mike <b>HOWELLS</b>	10
9	Regan <b>HARGREAVES</b>	SCRUM HALF	Paddy <b>HUTCHINGS</b>	9
1	Jordan <b>WARREN</b>	LH PROP	Rohan <b>EWELS</b>	1
2	Alex <b>O'BRIEN (C)</b>	HOOKER	Owen <b>HOLLIS (VC)</b>	2
3	Luke <b>TOWNSEND</b>	TH PROP	George <b>COE</b>	3
4	Will <b>SCOTT</b>	2ND ROW	George <b>BROOKES</b>	4
5	Henry <b>ELLIOT</b>	2ND ROW	Vernund <b>HELGHEIM</b>	5
6	Kane <b>YOUNG</b>	BS FLANKER	Bertie <b>FORDHAM</b>	6
7	Ratu <b>RACCA</b>	OS FLANKER	Isaac <b>JAGO</b>	7
8	Charlie <b>CRAWLEY</b>	NO. 8	Owain <b>POWELL (C)</b>	8
16	Alex <b>LYNCH</b>	REPLACEMENT	Danny <b>TURLAND</b>	16
17	Jamin <b>HOFFMAN</b>	REPLACEMENT	Jack <b>JONES</b>	17
18	John <b>TYLER</b>	REPLACEMENT	Oliver <b>RIDD</b>	18
19	Greg <b>WILSON</b>	REPLACEMENT	Ruben <b>VASEY</b>	19
20	Cal <b>GREAVES</b>	REPLACEMENT	Ramesses <b>CHIUEKO</b>	20
21	Branden <b>NEL</b>	REPLACEMENT	John <b>MORRIS</b>	21
22	Dean <b>SEALS</b>	REPLACEMENT	Byron <b>PANKHURST</b>	22
23	Tyronne <b>TYRELL</b>	REPLACEMENT	Ewan <b>PIERCY</b>	23
24	Rupert <b>HUGHES</b>	REPLACEMENT	Calum <b>HAYCOCK</b>	24
25	Albert <b>PILCHER</b>	REPLACEMENT	Sam <b>HOWELLS</b>	25
26	TBC	REPLACEMENT	Alastair <b>WILKS</b>	26
27	TBC	REPLACEMENT	Patrick <b>MCGOWAN</b>	27
28	TBC	REPLACEMENT		28

Referee

James  
**Milliner-Woodcock**

Touch

Paul **Ansell-Jones**  
Josh **Niles**

Doctor

Bilal **Khan**

Physio

Sam **Mullen**



PLYMOUTH & EXETER



# MEDICALS SQUAD



**Rohan EWELS**  
Exeter

No 1  
Position:  
LH Prop



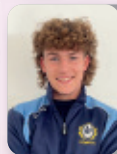
**Owen HOLLIS (VC)**  
Exeter

No 2  
Position:  
TH Prop



**George COE**  
Exeter

No 3  
Position:  
LH Prop



**George BROOKES**  
Plymouth

No 4  
Position:  
Replacement



**Vemund HELGIUM**  
Exeter

No 5  
Position:  
2<sup>nd</sup> Row



**Bertie FORDHAM**  
Plymouth

No 6  
Position:  
Replacement



**Isaac JAGO**  
Exeter

No 7  
Position:  
TH Prop



**Owain POWELL (C)**  
Exeter

No 8  
Position:  
TH Prop



**Paddy HUTCHINGS**  
Plymouth

No 9  
Position:  
Replacement



**MIKE HOWELL**  
Plymouth

No 10  
Position:  
Coach/Player



**Aadil RAHIM**  
Plymouth

No 11  
Position:  
Right Wing



**Ioan PHILLIPS**  
Plymouth

No 12  
Position:  
Centre



**Ed DAVIES**  
Plymouth

No 13  
Position:  
TH Prop



**Liam BLACK**  
Plymouth

No 24  
Position:  
Replacement



**Matt SIMPSON**  
Exeter

No 15  
Position:  
Fly Half



**Danny TURLAND**  
Plymouth

No 16  
Position:  
TH Prop



**Jack JONES**  
Plymouth

No 17  
Position:  
TH Prop



**Oliver RIDD**  
Exeter

No 18  
Position:  
TH Prop



**Ruben VASEY**  
Plymouth

No 19  
Position:  
TH Prop



**Ramesses CHIUEKO**  
Exeter

No 20  
Position:  
TH Prop



**John MORRIS**  
Exeter

No 21  
Position:  
TH Prop



**Byron PANKHURST**  
Plymouth

No 22  
Position:  
TH Prop



**Ewan PIERI**  
Plymouth

No 23  
Position:  
TH Prop



**Calum HAYCOCK**  
Plymouth

No 15  
Position:  
Full Back



**Sam HOWELL**  
Exeter

No 25  
Position:  
Left Wing



**Alastair WILKS**  
Exeter

No 26  
Position:  
TH Prop



**Rob LUCAS**  
Exeter

No 27  
Position:  
TH Prop



**Patrick MCGOWAN**  
Plymouth

No 28  
Position:  
TH Prop



Coach: Griff OLIVER TR: Archie BORDEWICH





# Royal Navy Women's Development Squad

## LADIES TEAM



Assistant Director of Rugby -  
PO Sam Alderson

Head Coach - LH James Pilbeam

Backs Coach - LH Rose Dixon

Forwards Coach - LH Yvonne Mealey

Team Manager - CPO Billie Staite

### Community Rugby

The Royal Navy Women's Development Rugby team is the starting block of our pathway programme where new talent is discovered, nurtured, and developed with the goal of progressing into the Senior Women's side. Through the delivery of grassroots rugby across our training establishments and fixture's like these, we're providing opportunities for players of all abilities to experience Navy Rugby and take their first steps in the game.

This team isn't just for new players it's a vital platform where those with fewer than six senior caps gain invaluable match experience, while seasoned senior players lend their support, leadership, and knowledge. It's the perfect environment to grow the next generation of Royal Navy Women's players, both on and off the pitch.

This year welcomes a new "team behind the team."

After an incredible 16-year playing career PO Samantha Alderson steps into the role of Assistant Director of Rugby (Women). Leading on the field is Head Coach LH James Pilbeam, supported by Senior Women's Captain PO Rose Dixon and forwards stalwart LH Yvonne Mealey. Returning to keep everything running smoothly, CPO Billie Staite taking on the vital role of Team Manager.

Together, they are committed to creating an environment where every player can thrive, develop, and take pride in wearing the Royal Navy badge. The future of Navy Women's Rugby is bright, and it starts here with our Development squad.

### Community Rugby Contacts:

New Players welcome

Please contact: [billi.staite917@mod.gov.uk](mailto:billi.staite917@mod.gov.uk)



# PLYMOUTH ACADEMICALS CHALLENGE



ROYAL NAVY  
LADIES TEAM



PLYMOUTH  
ACADEMICALS LADIES

15	Hannah <b>SMART</b>	FULL BACK	Zoe <b>CONDON</b>	15
14	Georgia <b>ADAMS</b>	RIGHT WING	Grace <b>WEAVER</b>	14
13	Emma <b>LIPSET</b>	OS CENTRE	Amy <b>BAYLOCK</b>	13
12	Moiria <b>DOUGLAS</b>	IS CENTRE	Jess <b>PHILLIPS</b>	12
11	Flo <b>MULLET</b>	LEFT WING	Kayleigh <b>MADDOCK</b>	11
10	Jas <b>ABEL</b>	FLY HALF	Holly <b>HOWELLS</b>	10
9	Josie <b>PARNADBY</b>	SCRUM HALF	Abbie <b>TAYLOR</b>	9
1	Rachel <b>MARLEY</b>	LH PROP	Eden <b>PLUMRIDGE</b>	1
2	Baddis	HOOVER	Florrie <b>EVANS</b>	2
3	Kaitlin	TH PROP	Hannah <b>GILL</b>	3
4	Beth <b>LEWINGTON</b>	2ND ROW	Ava <b>ALDWORTH</b>	4
5	Janet <b>OGENDO</b>	2ND ROW	Darcy <b>BRAMBLE</b>	5
6	Libby <b>FOX</b>	BS FLANKER	Lola <b>ROBERTS</b>	6
7	Amy <b>PEDRICK</b>	OS FLANKER	Leona <b>BEECH</b>	7
8	Daisy <b>LEONARD</b>	NO. 8	Lizzie <b>CAMERON</b>	8
16	Molly <b>BRYCE</b>	REPLACEMENT	Hollie <b>JENKINS</b>	16
17	Phillipa <b>GRIFFITHS</b>	REPLACEMENT	Alayna <b>HARRIS</b>	17
18	Sophie <b>WEST</b>	REPLACEMENT	Ava <b>McCONNELL-WILSON</b>	18
19	TBC	REPLACEMENT	Ellie <b>JONES</b>	19
20	TBC	REPLACEMENT	Abi <b>ALNER</b>	20
21	TBC	REPLACEMENT	Roberta <b>SCOTLAND-SMITH</b>	21
22	TBC	REPLACEMENT	Izzy <b>JENSSEN</b>	22
23	TBC	REPLACEMENT	Dani <b>MITCHEL</b>	23
		REPLACEMENT	Abi <b>DUXBURY</b>	24
				25

Referee	Touch	Duty Medic	Physio
Rob <b>Low</b>	Gary <b>Endacott</b> Callum <b>Foster</b>	Bilal <b>Khan</b>	Sam <b>Mullen</b>

# PLYMOUTH ACADEMICALS RUGBY CLUB



Plymouth University Women's Rugby is a dynamic and inclusive team dedicated to promoting the sport among female athletes.

We welcome players of all skill levels, from beginners to experienced competitors, focusing on skill development, teamwork, and fostering a supportive community.

Our emphasis is on both competitive play and personal growth.

We are excited to join forces with Marjon as the Academicals squad. I'm proud to captain such a strong team, and we look forward to taking on the Navy!



**Holly Howells**  
*Captain*  
*Year 3 Law*



Marjon women's rugby is a small but mighty squad. We are made up of many different degrees from journalism to teaching but all share the common love

of rugby.

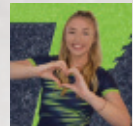
Marjon are a growing team much like our growing sport, regardless of numbers, passion and determination is never a lack.

Academical's is an incredible opportunity for us to combine with Plymouth university and play amazing teams.

We are incredibly excited to hit the ground running playing the navy development, who we know will be tough!

We can't wait to display more women's rugby and hopeful encourage other women to get involved!.

**Leona Beech**  
*Marjon Captain*  
*Year 3 BA Primary Education*





# Winter therapy



Each year, we host a winter gathering with the goal of enhancing mental health and fostering a strong sense of unity among our community.

Now in its fourth year, the annual therapeutic ski trip to Chamonix, France, provided a transformative experience for twenty beneficiaries dealing with various injuries and health challenges.

The trip, held over two weeks in January, saw participants split into two groups of ten, allowing each group to enjoy a focused, week-long session. Accompanying the groups were RMA – The Royal Marines Charity's Transition Support Officers. Reflecting on the experience, they shared:

"It was incredible to witness old comrades reconnecting and new friendships forming among those who had never served together but knew of each other through shared stories.

For many, the trip began with trepidation and anxiety, but as the week progressed, skills were rediscovered, bonds were strengthened, and the atmosphere started to feel just like old times, helping individuals grow and reconnect with their sense of self."







It is a key ingredient to building a lasting feeling of togetherness and, more importantly, a self-esteem and confidence that can be taken anywhere."

Huge thanks go to former Royal Marine master organiser, Ian 'Bish' Bishop and to Dan White, a great friend of the Charity who again provided the luxury accommodation.

**"In all respects, the Chamonix ski trip absolutely epitomised what the Royal Marines Charity is all about, the value gained by all who participated going far beyond the tangible, physical benefits of the skiing."**

"The whole experience took me back to the banter and feeling of camaraderie and mutual respect we all took for granted when we were serving. It reminded us all that the moral component, so important in the mindset of all Royal Marines, is truly being kept alive by the Charity."



**"It really lifted my spirits and assisted me with my difficulties with daily life — this was truly therapy for me."**



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# DATE FOR YOUR DIARY



NEXT YEAR'S DATE TO BE CONFIRMED

**NOVEMBER 2026**

LOOK AT OUR WEBSITE FOR DATE CONFIRMATION



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

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