

Sword & Shield

HMS DEFENDER's Periodical Newsletter

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A MESSAGE FROM THE COMMANDING OFFICER

As we continue into the fourth month of our deployment I reflect on all that we have achieved to this point. As I mentioned in the previous edition we had received a shift in tasking, I am extremely proud of my Ship's Company for getting on with the task in hand and providing the highest quality and vital support to merchant shipping in this high tension area. I am also extremely pleased to say that although it has been tough and we have spent considerable stretches of time at sea, when we have had the opportunity to step ashore, we have made the most of our time. In this edition you will see some of the (less operational) things that we have been up to with our spare time and how we support the charities that we hold close.



CIRCUITATHON 2019



24 straight hours of circuits lead by one man?!? Leading Physical Trainer (LPT) Luke Warrington devised a challenge for himself and for the Ship's Company of HMS DEFENDER. 'Starting Gunz' began at 8AM and was the first of 24, hour long training sessions instructed by the LPT. He catered for all members of the Ship's Company with sessions such as 'Cardio Queen', Cirque de sore legs' and 'Curls for the girls, Tri's for the Guys' before culminating in the brutal 'The Finisher' at 7AM the following day! In total 141 members of the Ship's Company took part in this great effort and we raised over £600 for the Royal Navy & Royal Marines Charity.

Its not all work and no play while HMS DEFENDER is away! LPT Luke Warrington and Sub Lieutenant David Jackson dropped into SickBay on board to have their makeup done before heading out around the ship Trick or Treating. Pulling out of a hat, we either got lucky with some treats or even 'luckier' with some press ups as a forfeit!



10TH BIRTHDAY CELEBRATIONS

On 21 October (Trafalgar Day) HMS DEFENDER celebrated her 10th Birthday! In order to mark the occasion the Ship's Company took a short break from the busy operational tempo of the Gulf to enjoy some birthday cake baked on board by our talented catering team. Since launching in 2009 DEFENDER has achieved a great deal maintaining maritime security and safeguarding UK interests worldwide, and remains a unit at the forefront of Operations.



RUN MATELOT, RUN!!

Before the sun had even risen, 42 members of HMS DEFENDER were on their way to victory! The Mai Dubai ½ Marathon start line was in sight and they had their numbers pinned to their shirts ready for the challenge! Joe Wicks, the Body Coach, was on hand to take the warm up for the day before they set off at 0630. The temperature was heating up, the air getting hotter, the runners getting swetier. Then the first of DEFENDER's runners sprinted to the finish line, and in a flash the 5km was completed. The 10km runners were next over the finishing line. ET(CIS) Boylan crossed the 10km finish line at 00:49:07, winning herself 3rd place and a spot on the podium. LET(CIS) Walker was moments behind her, taking 4th place with a very respectable time of 00:49:32. Once the excitement had died down from the DEFENDER females' successes, the ½ marathon runners were on their way. With the sun scorching and making this one a difficult ½ marathon, PO Taylor brought it home with an amazing time of 1:29:03. With all 42 of DEFENDER's runners now across the finish line, it was time to celebrate and take news of their success and achievements back to Ship. A big well done to all that took part, you did DEFENDER proud!



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