



HMS CHIDDINGFOLD

'Leading the Hunt'

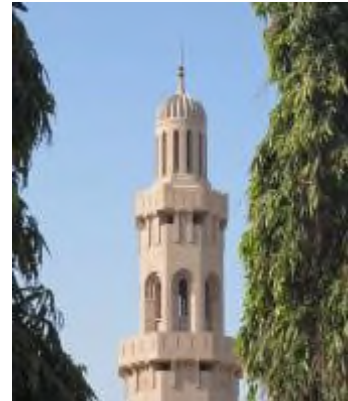


Monthly Summary - February 2016

After a busy start to the deployment conducting exercises with UK and US ships close to Bahrain, February allowed the opportunity to work further a field and the 'Cheery CHID' sailed through the Strait of Hormuz into the Gulf of Oman with her sister ship PENZANCE and conducted a visit to the historic Omani city of Muscat.

Crew 5 enjoy Adventurous Training in Muscat

Having conducted our Force Generation training with the Faslane based MCM 1 Crew 4, we deployed with them to the Gulf and work very closely with them at sea. After a busy period of exercises in Jan and co-ordinated training serials at sea, we sailed into Muscat, Oman for several days of Adventurous Training (AT) organised by the Physical Training Instructors (PTIs) at HMS TEMERAIRE. Both crews enjoyed participating in paddle boarding, mountaineering and mountain biking as well as the opportunity to explore the beaches, the old Souq and traditional restaurants by the harbour as well as visiting the Grand Mosque. We also had a great night hosted onboard the Indian Coast Guard Ship SANKALP enjoying some traditional Indian cuisine.



Wadi Shab is arguably one of the most spectacular destinations in Oman. A narrow mountain ravine hemmed in by vertiginous sandstone walls with date plantations and banana palms threading the base of the cliffs, it is located south of Muscat along the coastal road. 25 members of the crew visited and were treated to the breathtaking views and aquamarine pools, waterfalls and terraced plantations. They enjoyed jumping into the warm clear water and having a refreshing swim through the partially submerged caves before returning to sea and working with the RFA CARDIGAN BAY.



CHID 3,200 mile Road to Twickenham!



Already 2 months into our deployment and with just less than 2 months remaining until the annual Army V Navy rugby match at Twickenham, we are not yet at the half way point to reaching our target distance of 3,200 miles by swimming, cycling, rowing and running the distance from Bahrain back to Twickenham. Our planned maintenance period should give us plenty of opportunity to get some miles in running and cycling, something which we can't do on a small ship at sea.

You can sponsor us at:

<http://www.virgingivingmoney.com/chiddingfold>

'Roar' the Lion

'Roar' the Lion continues his adventures with Crew 5 and received lots of hand made cards from the Sunday School children at St Mary's Chiddingfold. He made them a special newsletter to say thank you, which has pictures and updates of what he has been doing and the countries he has visited in the region.



Free Forces Parcels

Remember, it's always great to receive parcels whilst deployed, and Family and Friends can send 2kg parcels from most Royal Mail Post Offices free of charge. These boxes can contain items such as food treats (chocolate may melt!), magazines, books, toiletries, letters etc.



Example Postal Label



L(D) FROG (name)
MCM 2 CREW 5
HMS CHIDDINGFOLD
BFPO 254
OP KIPION

Don't forgot the trusted BLUEY and E-BLUEY.

BRAVO ZULU

Well done to the PO(D) 'Ken' Barlow for coming in 1st place in his age category in the Bahrain Road Runners 10km race last weekend, the greatest challenge was running in the soaring afternoon heat of 30°C as the race didn't start until 3pm; the CO could only manage 3rd place in his age category, and both divers agreed it was much more comfortable remaining in the water!

Good luck to L(D) Pete McDuff who has traded sunshine for snow. He has now left the crew to work with one of the RN's specialist diving units, however firstly he will be representing the RN in the Skeleton Bobsleigh event at the Tri-Service Winter Championships in the Alps.

