



## Plymouth College staff member honoured with MBE

Plymouth College outdoor activities manager, David Compton, has been awarded an MBE in the Queen's Birthday Honours for services to the Duke of Edinburgh Award Scheme (D of E) and charity work in The Gambia.

David, who has worked at the school for 36 years and taught geography until 2007, started his D of E journey when he was 14 years old. After achieving his own bronze, silver and gold awards, he became an assistant leader. He took over the running of D of E at Plymouth College over 20 years ago and is on the Plymouth Executive Committee. David has supported thousands of young people on their D of E journeys and has led many expeditions to Morocco, France, Scotland and Dartmoor.

The school's link with The Gambia started 31 years ago when David's form decided to sponsor a child in a developing country. The Gambia Aid Project was born, leading to annual, sometimes twice-yearly, trips to Kerewan Samba Sira and more

recently Bissary Mardi. Over the years David and pupils have been involved in projects that have seen the building of classrooms, library, dining room and other facilities at a local school, the installation of clean water systems and the setting up of a health post. Three years ago David organised the shipping of a giant container of books, clothes, medical supplies, computers and sports equipment.

As well as D of E and The Gambia, David also trains and manages the school's Ten Tors teams. The event in May this year marked his 37th year of involvement. "All of us at Plymouth College are incredibly proud to see David honoured with an MBE", said Plymouth College Headmaster, Dr Simon Wormleighton. "He has given so much of his time to supporting and encouraging both the young people at this school and the communities in The Gambia, and I am delighted that his dedication and commitment to all of them has been recognised in such a high-profile way."



## Tia is double British fencing champion

Plymouth College fencer, Tia Simms Lymn, 11, has won both the U12 girls' epee and U12 girls' foil in the British Age Group Fencing Championships. This is the first time a competitor in any age category has ever claimed both championship titles in the same year. Competing against the top fencers from across the UK, Tia won all twenty fights at the two-day event held in Sheffield.

The following week Tia won the Warwick U13 Epée Championships, which is the biggest fencing event in the UK outside the British Championships. Also a talented multi-eventer, she picked up a gold medal in the Devon Athletics Championships, where she set a new PB of 1.51.95 in the 600m, and claimed a bronze medal at the Devon Schools combined event. Starting with the British Fencing Championships, Tia competed four weekends in a row, securing a total of four gold medals and one bronze medal.



## Ballet exam success for Bethany

Bethany Gare, 15, has passed her intermediate ballet exam with merit. She took the exam at the Royal Academy of Dance Headquarters in London, where she was assessed on her ballet technique, classical performance and pointe work skills.

Bethany has been taught ballet by Becky Ann Camp at Italia Conti since she was five years old. She has previously been part of the Royal Ballet School's Associate Programme, which saw her attend outreach classes at the Royal Ballet Upper School in Covent Garden, and took part in a show at London's Piccadilly Theatre to commemorate 100 years of Italia Conti.



## OPM collects Small Business of the Year Award

Former Plymouth College pupil, Jason Sweby, Software Development Manager for Carval Computing Limited, has been presented with the Small Business of the Year Award at The Herald Business and Abercrombie Awards 2011. The high-profile black-tie ceremony was hosted by The Herald newspaper in conjunction with the Plymouth Chamber of Commerce, to highlight the best in Plymouth's business world.

The award was presented to Jason (far right) and his father, Chris Sweby, Carval's founder and Technical Director, in light of the company's exceptional performance and investment in employee development.

## Gold awards

This term seven students have achieved their gold Duke of Edinburgh Awards. Congratulations to Ellie Hall, George Stephenson, Laura Selbie, Hannah Davey, Joanna Symons, Holly Dowers and Annabel Wigginton.

## Singing star to perform at Wembley

Classical vocalist, Poppy Mills, 14, has beaten thousands of competitors to be selected as a soloist to perform at a concert at Wembley Arena in February. The Plymouth College music scholar and winner of Plymouth's Got Talent, will take to the stage at Wembley for 'Voice in a Million', an organization which works with young people of all backgrounds to produce challenging music and choral work, inspiring them to achieve their highest aspirations. Through high profile events and commercial recordings, 'Voice in a Million' strives to raise awareness of adoption and the plight of millions of children worldwide that are orphaned, abandoned or separated from their birth parents and in need of a loving family for life.

No stranger to performing at big events, Poppy travelled to Belgium in February for her first international solo concert and has sung for charities including St Luke's Hospice, Make a Wish Foundation, The Chestnut Appeal, The British Heart Foundation and The Royal Variety Club of Great Britain. She has had regular guest spots on the BBC and opened the end of season rugby match at Albion for SKY Sports. Poppy recently released a classical crossover EP and is currently recording a charity single for the Royal Marines Association.





## Boarding community says farewell to leavers

It was time to say 'goodbye' to 22 Upper Sixth boarders just before half term at the boarding leavers' dinner – some have boarded at the school since they were 11 years old. The evening was full of fun, humour, conviviality and was a poignant farewell to the senior members of the boarding family. Many nostalgic reminiscences with boarding staff were shared over the superb meal. Speeches, which were given by the Headmaster, Head of Boarding and Heads of Houses (Charlotte Meredith, Kirsty Harkness, Dan Sweeney and Alex Meredith, supported by Luke Riley), celebrated their achievements and recognised the advantages of leaving school having been boarders.



## The Foundation Office visits Hong Kong

In May, Katrina Gibson, the Foundation Development Officer, spent six days in Hong Kong meeting with alumni and OPMs to talk about their experiences whilst at Plymouth College and how their time at the College has influenced their professional careers. It also gave Plymouth College the opportunity to inform some of the school's international alumni about recent developments and school news.

'It was lovely speaking to the Old Boys and Girls about their time here,' says Katrina. 'It was not at all difficult to get them to start reminiscing about the old times, house masters, friends and teachers. I am looking forward to continuing to develop the relationships with our international alumni alongside the Headmaster, and I hope that we will be able to formalise another trip in the very near future.'

Katrina is currently working with several academics at the University of Plymouth in identifying the way in which networks and relationships are built amongst alumni and stakeholder groups. This Partnership received financial support from the Knowledge Transfer Partnerships programme (KTP). KTP aims to help businesses to improve their competitiveness and productivity through the better use of knowledge, technology and skills that reside within the UK Knowledge Base. KTP is funded by the Technology Strategy Board along with the other government funding organisations.

## Adventure Training in Cornwall

The Combined Cadet Force embarked upon an Adventure Training Exercise based out of RAF St Mawgan in April. The first activity was a cadets vs staff escape and evasion exercise, followed the next morning by coasteering in Falmouth – coasteering involves jumping off cliffs/rocks into water; swimming around to another jump and then doing it again!

Next up was surfing on the North Coast. As well as being awesome fun, it was cold and very tiring.

The final day was spent at Lower Lake Shooting Ground, St Cleer. Each cadet and adult shot over 40 clays with the best 2 shots of the day competing in a shoot off. Maj Lewis and Capt Beavington shot a close final shoot off and...well let's just say the best man won!





## Army section takes honours in rowing event

The Combined Cadet Force's Geoff Fabian Memorial Rowing competition, held at Jupiter Point, was won overall this year by the Army section. However, the best time of the day was recorded by a scratch 'Old People' staff team who were 'persuaded' to participate by the sixth formers. With the staff team 'sealing the deal' comfortably over their younger rivals, the sixth formers are looking forward to a more intensive training regime next year to improve their strength, endurance, mental toughness and overall fitness!

In other CCF news, the contingent undertook a range package at HMS Raleigh, firing the newly acquired 5.56mm SA80 A2 rifle, which is an exact copy of the standard British Army rifle (except it can't fire automatically). The cadets have worked hard on their weapon handling and safety and were able to fire it live for the first time.



## Parent completes charity cycle challenge

Simon Andrews, father to pupils Mattie, Charlie and Joe, completed the gruelling 1000 miles between Lands End and John O'Groats to raise money for Action Medical Research. He was inspired to take on the challenge to mark the passing of his father, who died in 2009 and was a keen cyclist.

Simon has raised £2,000 in total, which includes £500 raised by pupils at Plymouth College on Red Nose Day.

"I completed the challenge with 139 fellow cyclists", said Simon. "It was a wonderful way to see the whole country and gave me a better understanding of our geography – something that is missing when travelling by car. I now know that the West Country is the most beautiful part of the British mainland, although the Wye Valley, the Great Glen and the far north of Scotland all came a close second.

"I'm very grateful that I was one of the appeals that Plymouth College supported on Red Nose Day and thank everyone there for the £500 raised for Action Medical Research."



## Good conditions for Ten Tors

Final selection for this year's Ten Tors teams was difficult after thirty pupils signed up for the training in January.

With good conditions for the event itself in May, the 45-mile team (Mattie Andrews (Team leader), Will Ashfield, Joe Murray, Henry Loxdale, Jason van der Schouw and Dom Day) was very strong and stormed home by 9.30 a.m. on Sunday morning, the first team on their route and the third 45-milers out of more than 100 teams.

The 35-mile team (Charles Johnston (Team leader), Charlie Andrews, Alex Moore, Ollie Saunders, Amy Blake and Tom Bedford) were following a difficult route but arrived back at Okehampton Camp at 12.30 p.m. on the Sunday in fine spirits.

Amina Hamza, Ed Hirst and George Monk took part in the Jubilee challenge, helping participants from Brook Green School. The two 35 mile reserves, Lizzie Gribble and Katie Prosser, also helped.



## Year 8 play real life game

Year 8 have been introduced to the world of work through 'The Real Game'. The MK Hall became Yareighton and MPs, restaurant owners and mechanics (to name but a few) found out about paying taxes and how to keep track of money. The pupils dressed appropriately for their jobs, had a business lunch, planned holidays, lost their jobs and wrote CVs.



## Plymouth College Does ABC

Ten intrepid students from Plymouth College, two staff and an expedition medic embarked on a trip of a lifetime to Nepal in April. The main objective: to reach Annapurna Base Camp, at 4130m, in the Himalaya. Trip Leader, Anya Starling, reports...

"After a few days acclimatising in Chitwan National Park, where we came up close and personal with rhino and elephant, we embarked on the ten day trek. En-route one of the most memorable views was that from Poon Hill, which, by UK standards, would be a mountain; but nestled into the Annapurna range and standing at just 3000m it becomes dwarfed by the surrounding 7500m peaks. The paths took us through villages where the friendly locals cooked lunch and supper for us; then, leaving the bamboo forests and rhododendron trees behind us, we climbed higher until nothing further obscured the view of the mountains. A few avalanches came a little bit close for comfort but kept us on our toes – and added to the excitement. The time spent at Annapurna Base Camp itself was magical – knee high snow and at times blue sky combined to show us nature at its most stunning.

In collaboration with Dr Rosey Davies and the University of Exeter we were able to combine the rigors of a physical expedition with some high altitude physiological research, to investigate the effect that trekking to an altitude of 4130 m (Annapurna Base Camp) would have on the staff and students' ability to perform maximal exercise tests at sea level. Before and immediately after the trip, the whole group visited the Sport and Health Sciences laboratories at the university to take part in a number of physical and biochemical tests. During the expedition, James Moore, Director of Travel Health Consultancy and team medic, collected physiological data three times a day which detailed how each member was coping with the altitude and the effects it was having on their bodies.

After the trek, we enjoyed a well-deserved rest in the beautiful lakeside town of Pokhara. It was a time for reflecting on our achievements, soaking up the culture and the sunshine and resting tired limbs. Without a doubt, this trip was a life-changing experience for everyone and will be remembered for years to come."



## Reception classes celebrate royal wedding in style

To celebrate the royal wedding at the end of April, the Reception classes dressed as Kings and Queens for the day. They made crowns and had a street party. A great day was had by all.

## History is brought to life for Year 1 at Saltram House

Year 1 visited Saltram House at Plympton as part of their History topic, 'How we used to live.'

The visit to Saltram allowed the children to experience both upstairs and downstairs life in a large country house. They visited the kitchens, housekeepers' room and the school room and they also went round the beautiful rooms in the main house.

They had the opportunity to dress in period costumes, look for mice, and even sit in a sedan chair!



## Ollie shoots to the top in tetrathlon

Talented Plymouth College Preparatory School pupil, Ollie Piper, 11, has topped the podium in his first ever tetrathlon event.

Ollie claimed the champion's title at GB Yorkshire Spring Tetrathlon after a series of impressive performances in the fencing, shooting, swimming and running event. As well as scoring the most points across all four disciplines, Ollie won the individual award for the top shoot.

The tetrathlon win comes close on the heels of a top five placing at the National Schools Trampoline Championships. Ollie came through two gruelling rounds to qualify for the national final as South of England Champion.





## Cornish title for Frankie

Plymouth College runner, Frankie Aldred, 12, who lives near Looe, has taken the U13 boys' 1500m title at the Cornwall County Track and Field Championships. Held at Par, Frankie's time of 5 minutes 0.8 seconds was a PB for the Year 7 athlete.

At the Devon event, Year 8 athletes, Poppy Tank and Emily Ackford, both won silver medals. Poppy claimed silver in the 1500m with a new PB of 4 minutes 59 seconds. She also won silver in the 800m. Emily picked up her silver medal by coming second in the 3000m.

## Emily wins national qualifier equestrian event

Emily Dinnis, 15, has won the inaugural National Schools BE90 eventing qualifier at Bicton Arena, Exeter. This is a new class run by British Eventing, aimed at school children. Emily, who has never competed in a British Eventing-affiliated competition before, lay in second place after an impressive dressage phase posting a superb score of 22.5. Riding 'Winosa', she followed this with a double clear round show jumping and cross country without any time faults.

Her competitors couldn't match and she emerged the winner by two points. Emily has now qualified for the BE finals, which will be held at Stonar School next year.



## Strong season for cricket team

With the strongest 1st XI for many years, including nine players who have played County age group cricket and George Stephenson and Matt Kidd in the Devon Lions winter training squad, the season started with a lot of potential.

There were outstanding performances in the National Twenty20 Cup against Bryanston, Canford and Sherborne School, before losing to Millfield in a great match. There have also been wins against MCC, Truro School and Devon Dumplings.

As we go to print, the cricket department is looking forward to the Dorset Tour, which includes a match against The Leopards from South Africa.





## International selections for swimmers

Plymouth College swimmers have received a clutch of international selections for key events taking place this summer:

Grant Halsall will swim for Great Britain at the World Junior Swimming Championships in Peru in August, as well as the European Junior Swimming Championships in Serbia in July. Joe Patching has also been selected for this event while Plymouth College Assistant Director of Swimming, Lindsay Dunn, will be a GB Coach. Dan Sweeney will swim for Ireland.

Closer to home, Sian Harkin (Wales), Alexander Gregory (Wales) and Dan Sweeney (Ireland) will compete at the Celtic Tri-Nations in Swansea.



## Great Britain selection for Plymouth College athlete

Modern Pentathlon scholar, Poppy Le Marechal, 18, has been selected for the Pony Club UK International Tetrathlon team. She will compete for Great Britain against USA, Australia, Canada and Eire in the International and Irish National Tetrathlon Competition, a run, shoot, swim and ride event being held in Dublin this summer.

Last year Poppy (pictured below) won a silver medal at the National Tetrathlon Championships and was part of the South West team that came second in the regional event. A member of the Dartmoor Hunt Pony Club for ten years, the former area champion regularly competes for the Plymouth College Modern Pentathlon team.

## Lang & Co sponsor cricket team

Plymouth College 1st XI are being sponsored this season by Lang & Co Estate and Letting Agents. Jay Foster, director of the company based at Mannamead Road, Plymouth, presented the team kit to captain, Alex Hill.

In other cricket news, coaching has had a big boost with the introduction of a Kanon ball-feeding machine. The training aid has been paid for by Plymouth College's Parents' Association. Parents Paul McEleny and Jo Mulberry officially handed over the machine to Jonathan Mears and 1st XI team member, Pasi Mawalage.



In other pony club tetrathlon news, Harriet Mitchell, 12, has helped the South West team to win a silver medal at the Royal Windsor Horse Show. Harriet, who is a member of East Cornwall Hunt Pony Club, secured her place on the regional team after winning the 15/16 South West area Pony Club Tetrathlon winter league series.