



THE CHALLENGE

Royal Navy Field Gun has been part of navy life for well over 100 years. It encapsulates the Navy's spirit of championing physical and mental courage, discipline, leadership and teamwork. The event sees teams of 18 – who have been training for months – race to assemble a field gun and run with it, disassembling and reassembling as the competition requires.

Thanks to you, last year the Virtual Field Gun Challenge raised over £12,000 to offer life-changing grants to make a positive difference to those in the Naval family in their time of need. Can you help us beat this target this year?

To ensure vital support is available to our remarkable service men and women, and to keep the spirit of Field Gun alive, join us for Virtual Field Gun 2022.

RUN, ROW, RIDE OR LIFT

Train like a Field Gunner and run, row, or ride 7,488 metres (the number of nautical miles from Portsmouth to Port Elizabeth where the challenge originated) every day for 18 days (the number of people in a Field Gun team).

If weightlifting is more your thing, you could deadlift, bench press or squat 1,300kg (the weight of a field gun) every day for 18 days.

Or get creative and come up with your own challenge based on the numbers 7,488 and 18.

All the money you raise will help us ensure every sailor, marine and their families are valued and supported for life.

CREW CHALLENGE

Take part on your own or as part of a team.

For the official crews why not take on the 'Virtual Crews Challenge' and help to make a difference whilst you are training for the real thing!

Dedicate a training week with your crew to complete your own challenge including Rowing, Gun Pulls, Wheel Running and Shell Sprints. Go to the limit and beyond to be the top fundraising crew.

HOW TO TAKE PART

1. **Decide on your virtual Field Gun Challenge**
2. **Choose a week between Monday 28th February and Saturday 2nd July (the Field Gun training period)**
3. **Sign up and create your fundraising page**
4. **Ask all your friends and family to sponsor you**
5. **Complete your challenge**
6. **Raise a minimum of £25 each or £450 as a crew and receive your Virtual Field Gun 2022 t-shirt to wear with pride**

[SIGN UP NOW](#)

WHY RAISE FUNDS FOR THE RNRMC?

By taking on this challenge and raising vital funds for the Royal Navy and Royal Marines Charity, means that we can continue to make a positive difference to the lives of those who serve or have served in the Royal Navy.

Thanks to your support we are able to tackle a wide range of issues that people may experience throughout their lives, from supporting those with financial and relationship difficulties to those affected by bereavement, injury or disability.