

# OpenVoiceNews Australia

Transparent. Unbiased. Yours.

## Navy Sailors Compete Ashore in Fitness Challenge

---

July 21, 2025

— Categories: Defence & Security

Seven Royal Australian Navy (RAN) sailors from HMAS Sydney showcased their physical prowess at the AIA HYROX Open Asian Championships 2025 in Singapore, highlighting the importance of fitness in military service. This article explores their participation, the grueling nature of the HYROX competition, and the broader implications for naval readiness and morale.

During a regional deployment stopover in Singapore on 19 July 2025, the HMAS Sydney crew seized the opportunity to compete in the AIA HYROX Open Asian Championships, a demanding indoor fitness event. The team, including Lieutenant Amy Luke-Paredi, Leading Seaman Marcus Dawson, and Able Seamen Ben Mohr, Filipe Crispim dos Santos, Louise Schutz, Luke Handley, and Toby Young, faced a crowd of thousands in rainy conditions. The HYROX competition alternates eight one-kilometre runs with functional workout stations, including sled pulls, rowing machines, and wall balls, offering little rest in a high-intensity format (Mirage News, 20 July 2025). Lieutenant Luke-Paredi, an avid runner, placed 11th among 60 competitors in her category, earning praise for her endurance. “It was exhilarating to represent our ship and push our limits,” she said (Mirage News, 20 July 2025).

The RAN’s participation underscores the military’s emphasis on physical fitness, critical for operational readiness. Navy fitness programmes, such as the Royal Australian Navy’s FORCE Fitness Test, prioritise stamina and strength, with exercises tailored to prepare sailors for demanding tasks. The HYROX event aligns with such standards, testing endurance and teamwork—qualities essential for naval operations. However, some experts argue that high-profile competitions may overshadow broader fitness challenges, with concerns about maintaining consistent fitness standards across all roles.

The event also boosted morale, with the crew’s loud support resonating through Singapore’s arena, fostering camaraderie. As the RAN faces scrutiny over defence preparedness amid regional tensions, such displays of discipline and resilience counter narratives of complacency. Yet, the focus on elite fitness competitions raises questions about

accessibility for all sailors, particularly those in less physically demanding roles. The HYROX challenge highlights the RAN's commitment to excellence, but ensuring universal fitness remains a broader goal.