

# CLUB

HONG KONG FOOTBALL CLUB 香港足球會 DECEMBER 2008



## Children's Christmas Carnival

Special Christmas Hampers  
Clay Pot Dishes During The Winter  
Christmas Dinner with Live Entertainment  
and more...



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## HONG KONG FOOTBALL CLUB

### MISSION STATEMENT

**Vision:** To be recognised as the leading Sports Club in the Territory.

**Mission:** To deliver quality services on the principles of accountability, consistency and transparency.  
To develop an organizational culture that recognises the importance of staff contribution and commitment.  
To facilitate the development and participation of recognised sporting activities.

**Values:** Being accountable – to communicate, consult and provide information.  
Living within our means – to plan ahead within available resources.  
Developing a culture of service – to encourage commitment, integrity, courtesy and responsiveness.  
Managing for performance – to set the direction and develop the necessary skills.

**Aims:** To provide the services the Membership needs.  
To improve the quality of Club life.  
To up-hold the Constitution and Bye-laws.  
To encourage Members to play their part in the Club.

#### General Committee

President	: D. Agnew
Vice President	: N. Hunsworth
Vice President	: M. Lamont
Vice President	: B. Lawson
Vice President	: F.I. Valentine
Chairman	: F.A. Chew
Hon. Secretary	: C. Cohen
Hon. Treasurer	: D. Howell
General Officers	: L. Edwards
	: M. King
	: D. Ko
	: M. O'Brien
	: J. Shanahan
Hockey Officer	: F. McCoig
Lawn Bowls Officer	: M. Worth
Rugby Officer	: J. Molloy
Soccer Officer	: M. Russell
Squash Officer	: D. Reeves

#### Management

General Manager	: Mark Pawley
Operations & Co-ordination Manager	: Tony Sealy
Financial Controller	: S.K. Li
F & B Manager	: Dominique Artigolle
Executive Chef	: Ki Liu
Facilities Manager	: Evan Tao
Chief Engineer	: Hackman Lee
Membership Services Manager	: Kerry Ogle
Human Resources Manager	: Angela Chan
Executive Housekeeper	: Lily Huynh
Front Office Manager	: Shirley Lo

#### Club Magazine

Monthly journal of the Hong Kong Football Club. Arranged and designed by Karen Chan-Mulvena. For information and requests for placement of advertisements in "Club" please call 2830 9503. The opinions expressed in the articles are those of the writers and do not necessarily reflect the opinions of the Hong Kong Football Club or the General Committee. The Club reserves the right to edit and clarify all content. The copyright of all materials is held by the Hong Kong Football Club.

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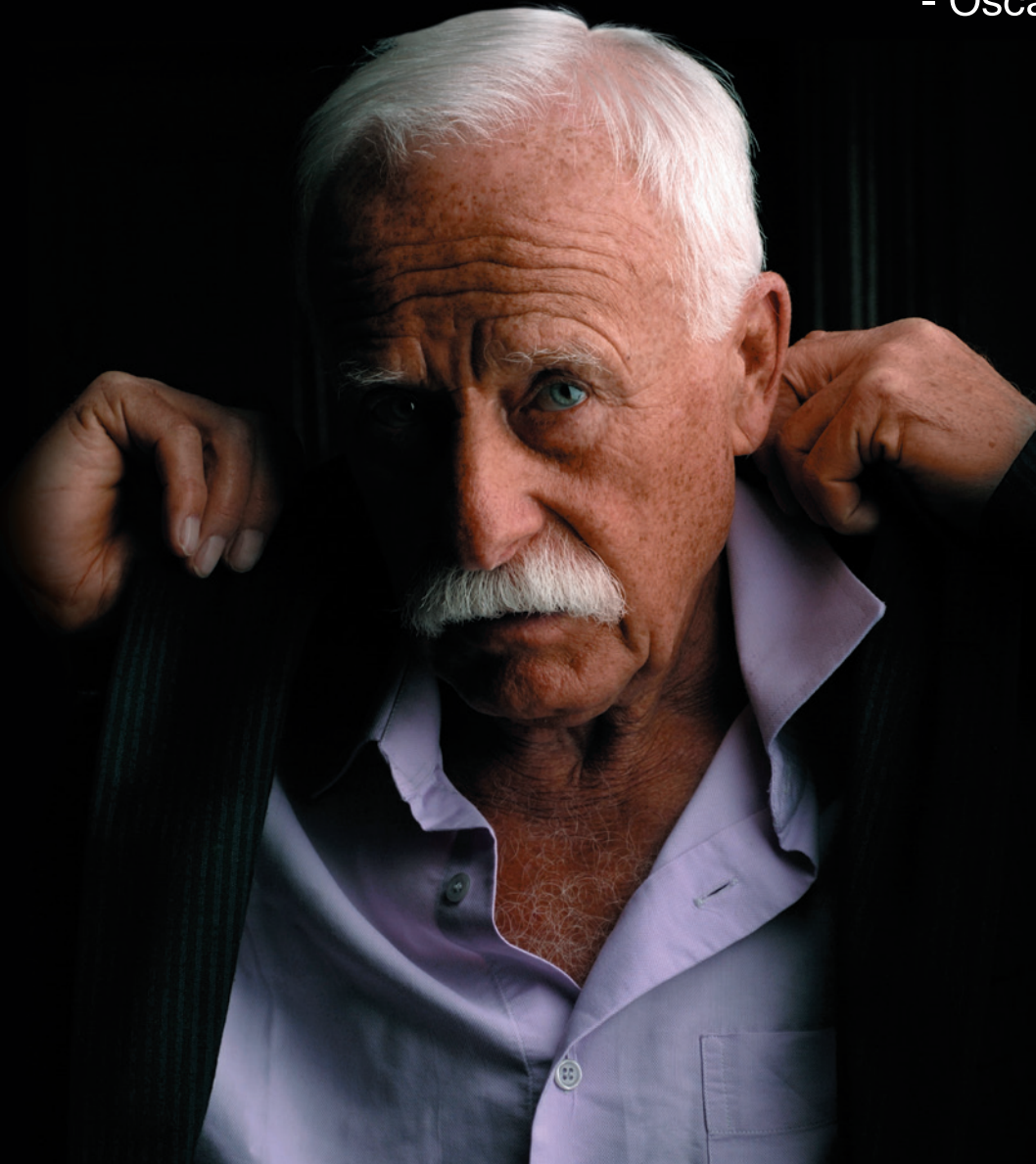
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When I was young I used to think that money was the most important thing in life. Now that I am old, I know it is.

- Oscar Wilde



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## The Thoughts of the Chairman

Dear Members,

The Annual General Meeting (AGM) of the Club was held on 13 November 2008. Firstly, I would like to thank all of you for your support in electing me as Chairman of the Club. As always, we had drinks and an excellent cocktail buffet in the Restaurant after the AGM, for all those who attended the meeting.

I want to thank **Alan Brown, Richard Neish** and **Tony Bratsanos** as they are standing down from the General Committee after many years of service between them. I also want to thank **Alex Lam** for his period of service on General Committee who stood for election but did not get a third term of office. I am pleased to welcome **David Howell** as our Honorary Treasurer, **Maurice O'Brien** as General Officer, **Martyn Russell** as the Soccer Section representative and last but certainly not least, a return to General Committee as a Vice President by **Iain Valentine!**

At the time of writing, the chairmanships of the five Standing Sub-committees have not been confirmed as the first General Committee meeting, of the new term of office, has not been held, as yet. I will report back to you in my next article, in the January magazine, about who will be the Chairman for the various Sub-committees.

If any Members wish to sit on any of the Sub-committees, please contact **Colin Cohen** (Honorary Secretary), **David Howell** (Honorary Treasurer) or myself.

In terms of other business held at the AGM, an increase in monthly Subscriptions of \$75 was approved, increasing monthly subscriptions from \$1,225 per month to \$1,300 per month.

I can also advise that a 25 Year Members Cocktail Reception was held on the 29th October where we recognized **Jimmy Mair's** fifty one consecutive years of Membership of the Club! Well done Jimmy!

The Squash Section has also just raised, to date, some \$335,000 plus for Operation Santa Claus during the 10th Wing Ding Squash Charity Tournament held on Saturday 17th November. Many congratulations to **Tim Everest** and **Rovana Lai** for their magnificent effort in organizing this very worthwhile event! The Squash Section also recently held the second Squash International 3's tournament (to coincide with the Hong Kong Squash Open) which was well received with the Club second Team winning the main event.

Finally as the festive season approaches, on behalf of the General Committee and myself, I wish you all a Merry Christmas and a very Happy New Year!

**FOOK AUN CHEW**  
Chairman



## From the Desk of Mark Pawley

At the time of writing the month of December is nearly upon us, and by now you should have received our **Festive Season Event's and Promotion's** schedule. If it hasn't arrived through the post, as yet, then please log on to our website at [www.hkfc.com.hk](http://www.hkfc.com.hk) where the schedule is also displayed. Accompanying the schedule in hard copy format will be all the necessary booking forms and, in particular, the "Take-away" form which, as I recall, is very popular this time of year! All forms are also downloadable from the website.

One of our traditional pre-Christmas events is the **Family Christmas Carols evening at the Sportsman's Bar Patio on Monday 22nd December from 7pm**. We welcome back the very popular, and in demand, **Hong Kong Welsh Male Voice Choir** who will be singing many of your favourite carols. Members are urged to come down early for this event as seats are limited. With

that in mind, a specific seating plan will be arranged at the Sportsman's Bar Patio in order we can accommodate as many of you as possible ie you are not to move the seats around!! The Choir, as usual, will be on a stage on the pitch and per tradition, Mulled wine, Minced Pies and soft drinks will be made available at the finish of the Carol Singing to all those in attendance.

This year too, we have put together a **Children's Christmas Carnival in the Sports Hall which will take place on Saturday 13th December** where a number of different activities will be taking place such as a Magic Show, Balloon Twisting, Christmas

Card making, a Craft workshop, Game Booths and many other things. I nearly forgot, Santa Claus will be there too, along with a present for each child!

By way of a reminder, to those of you still planning your New Year's Eve celebrations, the Club's Gala Party is now virtually sold out and we are close to starting up a Waiting List. So, for those still thinking about it, to avoid disappointment, get your booking form in as soon as possible.

**Congratulations are in order to our Star Award Winners shown on this page.**

Last, and by no means least, on behalf of the Management and Staff of the Club, may I wish you all a Very Merry Christmas and a Happy and Prosperous New Year.

I look forward to seeing you all at the Club.

**MARK PAWLEY**  
General Manager



**Q3 STAR AWARD RECIPIENTS**  
(From left to right): Mr. Chu Yum Fong (Engineering), Mr. Fan Wai Wah, Daniel (Grounds), Mr. Mark Pawley, Mr. Wong Kam Wa, Edmond (Banquet), Mr. Leung Man Yip, Kirk (Bar), Mr. Sze Liang Ming (Housekeeping)



Photo for reference only

**CHEF CHIU MING**  
**“GOURMET EVENINGS”**  
*with Extra value added*  
in the Restaurant  
Thursday 18th December  
from 7pm to 11pm

1 glass of **Delamotte champagne** upon arrival.

2 specially selected wines served generously with your four course dinner.

PLUS! 1 glass of **Haut Medoc de Giscours – Margaux 2004**, the second label of Margaux Third Growths.

Definitely a great way to spend a good evening with relatives, or friends, staying with you over the festive season!

The A la Carte menu will not be available that evening.

Please contact the Restaurant at 2830 9562 for reservation or email: [foodandbeverage@hkfc.com](mailto:foodandbeverage@hkfc.com)

Palate Teaser

Menu

*Air-dried Welsh Lamb Carpaccio*  
*Rocket Leaf, Pepper crust and*  
*Italian Virgin Olive Oil*

\*\*\*

*Baked Lobster Bisque*  
*Flaky Crust*

\*\*\*

*Roasted French Goose*  
*Roasted New Potatoes in Goose Fat,*  
*Braised Red Cabbage, Brussel Sprout*  
*and Port Wine Jus*

\*\*\*

*Chocolate Egg Nog Crème Brûlée*  
*Coconut Sorbet and Pineapple Crisps*

\*\*\*

*Coffee or Tea*  
*Petit Fours*

Wines served

*White*

*Moulin de Gassac, Sauvignon Blanc,*  
*2007 – France*

*Red*

*Moulin de Gassac, Syrah,*  
*2007 – France*

*\$460 per person*

*(inclusive of dinner and*  
*free flow of selected wines)*

## CHRISTMAS DINNER WITH LIVE ENTERTAINMENT

in the Restaurant

Wednesday 24th and

Thursday 25th December

Celebrate and enjoy the spirit of Christmas with a specially prepared festive dinner menu as well as a duo performing live on Wednesday 24th and Thursday 25th December in the Restaurant.

Our Executive Chef has prepared a "Tis the Season" five Course Set Dinner, so come along and "be Merry"!

There will be no A la Carte menu available on these evenings.

Please contact the Restaurant at 2830 9562 for a reservation or email: [foodandbeverage@hkfc.com](mailto:foodandbeverage@hkfc.com)



Photo for reference only



Photo for reference only

## SPECIAL FESTIVE SET DINNER

in the Restaurant

from Monday 1st December to

Tuesday 23rd December

A **Magnificent four course meal** is served "festive" style, including Lobster and Welsh Lamb to help ensure and memorable evening.

## GIANT OYSTERS

in the Restaurant

Monday to Saturday

from 6.30pm to 10.30pm

This month, Executive Chef Ki will prepare **giant US oysters**, measuring **6 to 7 inches** across in a variety of western and Asian ways.

### Best bites:

Braised Oyster with Port Wine, Ginger and Spring Onion, Oyster Florentine, Oyster Kilpatrick, Cooked Oyster in White Wine with Truffle Cream Sauce.



Photo for reference only

## CLAY POT DISHES DURING THE WINTER

in the Coffee Shop  
available for lunch and dinner

Just as the weather begins to turn chilly, a selection of **clay pot dishes** featuring a mixture of Asian cuisines, which include Cantonese Casseroles, Japanese clay pot Sukiyaki, Korean clay pot beef ribs and other Southeast Asian variety clay pot dishes.

All dishes will be served with a daily soup and poached vegetables. Chinese herbal tea will be on offer, and a clay pot counter will be available on weekend evenings in addition to the regular buffet.



## HOT AND YUMMY

in the Coffee Shop  
throughout December

Healthy drinks served hot to warm you up this winter.



## AFTERNOON HIGH TEA

in the Coffee Shop  
throughout December  
from 3pm to 5.30pm

Hankering for a cuppa? A **traditional high tea set** with homemade raisin and plain scones, finger sandwiches and a range of savoury pastries, washed down with English tea or coffee ought to be the trick.



## OYSTERS "TIS THE SEASON"

in the Chairman's Bar  
throughout December  
from 6.30pm to 10.30pm

What could be more festive than the freshest oysters of the holiday season, from the U.S, France and Australia? Enjoy them cold as they come or Florentine, Kilpatrick and in other assorted ways.

## DECEMBER IN THE SPORTSMAN'S BAR

Jumping straight into the festive season from Monday 1st of December through to the New Year, our home made **Mulled Wine** will be on promotion with a choice of mince pies alongside for those cool evenings on the Patio.

The traditional Carol Concert with the **Hong Kong Welsh Male Voice Choir** will take place at the Sportsman's Bar Patio on **Monday 22nd of December**. A perfect evening for family and friends with complimentary mulled wine, soft drinks for the kids and mince pies being served after the concert. A night to arrive early as no bookings can be taken for this evening so please come down before 7pm.

With most of you recovering from the **New Year's Eve Party**, don't forget the first event of the year, the New Year's Day Youth Rugby festival. The crowds are always large! With cash bars and food outlets set up around the pitch for your friends and Guests let's kick off the New Year with a "Bang" and support Hong Kong and the Overseas rugby players with games starting from midday.

On the beer front we shall be serving a Hong Kong Favourite, **Philippine's San Miguel** on Draught with a special price of \$28 per pint.

A little behind in your planning, let us help with the Sportsman's Bar which is available from 11am until 4pm, Monday to Friday for private functions throughout the Festive month. For more information on packages and bookings please email to our catering and event department on: [catering@hkfc.com](mailto:catering@hkfc.com)

# Beer of the Month





**\$28**/Pint

**\$16**/Half Pint

IMPORTED FROM THE PHILIPPINES

TRULY SATISFYING

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## HONG KONG WELSH MALE VOICE CHOIR at the Sportsman's Bar Monday 22nd December from 7pm until 7.45pm

The Hong Kong Welsh Male Voice Choir will be singing many of your favourite carols. Members are urged to come down early for this event as space is limited. With that in mind, a specific seating plan will be arranged at the Sportsman's Bar Patio so we can accommodate as many of you as possible. Please do not move your seats around!!



Mulled wine, Mince Pies and soft drinks will be made available at the finish of the Carol Singing to all those in attendance.

## CHINESE NEW YEAR COUNTER

Ground Floor Lobby from Monday 5th to Saturday 24th January

Our Chinese New Year counter will open this year as of Monday 5th January until Saturday 24th January.

We will offer a wide selection of Wines, Cookies, Candies, Dried Seafood and more!

### OPENING HOURS:

Monday to Friday: 1pm to 9pm

Saturday and Sunday: 10am to 9pm

## TURKEY AND FESTIVE TAKE AWAY SELECTION TO GO

from 1st December to 27th December

Sit back and relax whilst the professionals take care of all the hard work.

Turkey and a variety of delicious dishes can be ordered for those Members looking to pick up some festive offerings for parties at home or at the office! Please call Coffee Shop at 2830 9569, fax to 2576 7598 or email to [coffeeshop@hkfc.com](mailto:coffeeshop@hkfc.com)



Photo for reference only



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## OUR CHRISTMAS BAZAAR IS OPEN!

from 1st December to 24th December

The Christmas Counter will be open until the 24th December. A variety of Christmas goodies, wines and presents for your loved ones will be available at very competitive prices.

A fabulous present for yourself or someone who deserves a special treat!

## SPECIAL CHRISTMAS HAMPERS

We have put together three beautiful Hampers and hand-picked only the finest items for them in order to ensure they gain your attention!

The perfect festive gifts for business partners, friends or relatives. Download the order form from our Club web site or get a form from Reception.



# CHILDREN'S CHRISTMAS CARNIVAL

in the Sports Hall  
 Saturday 13th December  
 from 2pm to 5pm



**A great way to start celebrating Christmas!**

Enjoy a Splendid Family afternoon with lots of activities for the children as well as the whole family and don't forget your camera – Santa Claus will say "Hello" to all the kids (even some of the adults) and be available for a memorable picture for your family photo album!

**Parents:**

Along with the present that we will give to your child this year, you also have the option to supply a wrapped and labelled (Name and Age) present and Santa will give the present to your child during the photo shoot. Please deliver your present to the Club Reception for the attention of the Sports Department.

*Deadline for present delivery - Tuesday 9th December.*

Children: \$180 (Member); \$200 (non-Member)

**Fun and games for the whole family:**

- Snack Buffet (for everyone)
- Game Booths & Putting Games
- Santa Photo corner with imitation snow
- Magic Show and Balloon Twisting
- Christmas Candles presented by Santa
- Craft workshops (Waxing Candle, Mosaic Photo Framing and Alphabet Bracelets)
- Decorate your own Gingerbread cookies
- Christmas Wish Card making that can be given to Santa

Photo for reference only

# NEW YEAR'S EVE PARTY

at The Club

Nobody wants to miss the celebration of 2009 in the Sports Hall.

New Year's Eve is fast approaching, and once again, the Club has organized what is known as one, if not, the biggest party in town!!

The ticket is inclusive of a very extensive dinner Buffet with regular favourite, as well as unlimited standard drinks all night, Champagne at Midnight and a fabulous Breakfast early in the morning.

In addition, we will be bringing a live 13-piece band from the U.K which undoubtedly will help make this New Year's Eve party a memorable night.

Please book early to avoid disappointment: Booking form available at the front desk and from our website or email: [foodandbeverage@hkfc.com](mailto:foodandbeverage@hkfc.com)



**NEW YEAR'S EVE GALA PARTY**

A culinary journey throughout the night, unlimited standard drinks, Champagne at midnight and breakfast early in the morning.  
 A live band and DJ set from the UK which will keep you moving and grooving through into the wee hours of New Year's Day.

Where : 1/F, Sports Hall  
 When : Wednesday 31st December 2008  
 Time : 8.00pm Reception  
 9.00pm Buffet Dinner  
 Dress : Black Tie  
 Price : Members \$1,400.00 per person  
 non-Members \$1,800.00 per person

**Book now to avoid disappointment!**



Stewart Montgomery Soccer Section Captain with Barry Ferguson, Rangers and Scotland Captain

## The Captain's Corner

Welcome back troops.

Sit back and catch up with the Club's teams as we give you the story of their seasons so far.

### Colts report

Colts, despite being typically slow starters to the league campaign, got off to a flying start with a convincing 4 - 1 win against Anton Hill. This was all the more impressive considering that many players were playing in the Yau Yee League for the first time. The confidence and enthusiasm were taken into our next match against ANP, and buoyed by a league winning team talk from manager **Lawson**, the Colts duly lost 2 - 1! The team was let off lightly due to the fact that coach **Anto** was solely responsible for conceding the first goal. Perhaps he is not as well suited for the centre back position and was demoted to the bench for the next game by a ruthless Lawson. However, things picked up with a strong performance against Swiss XI resulting in a 4 - 1 win. Sadly, our goal scoring form seemed to disappear with two disappointing goalless draws against Albion and Dragons. Our scoring form thankfully returned against Squadron with a 5 - 1 win. This game also marked the debut of **Richard Lant**, an experienced former professional and school teacher, brought in to lead by example. His red card was unfortunate!

So, with six games played, three wins and two draws leaves the Colts with 11 points. All in all, a great start to the season and the Colts will perhaps have to get used to being the premier Club team in the Yau Yee League. There have been many other fine performances so far this season. Worth mentioning, **Ethan Hallberg** with 4 goals, **Stephen Liu** with a great debut at

left back and super sub **David Da Costa** for his goal scoring exploits off the bench.

### Albion report

I've read through the other teams reports and decided against taking the reader on a game-by-game journey through our 7 games so far. Why? Well, because it would be just like a Friday night in the world of **Paul Ewing**...it would start off magically and then cruise a bit still having a lot of fun, but in the end, it would finish with feeling sick and a bit lost. Looking around the quality of the sides in this season's top flight, it wasn't difficult to feel that with a bit of luck, the title was a genuine possibility. I still think there are 4 or 5 teams still in with a shout. We are not one of them and indeed a decent little relegation battle would almost be welcome for it would be a bit tastier than a mid table bore fest for the 20th season in a row. I'd love to be proved wrong and this time next month, if I'm back here telling you all of an incredible run of victories that has taken us into the title hunt, there will be nobody happier than me. The positive sides to this season are many which make 3rd from bottom all the more difficult to take. There are so many plus's. Training attendances as well as off the field social events have been better than ever before, **Dino** travels a lot more than he used to...**Shawy's** too busy to play much...**Bennie's** gone so **Ewing** drinks less...there are some great new signings and **Lee Douris** is probably the most popular Manager the team has had since that other dodgy **Scouser Bratsanos** was in charge. He's put **Tim Levene** into a number 2 role, which was a very clever move. Let's face it, if you work in the financial world, and when it's all going **Pete Tong**, it's good to keep mates who own banks close by your side in the event you require a wedge. Personally, I might just have asked Tim for a sub but each to their own. So all in all, we are having a right laugh...just a pity the other teams we play are too.

*By Monty*

## Wanderers: The Story So Far ...

**N**ot wishing to bore you with a blow by blow account of every ball kicked thus far this season, I think we can sum up the Wanderers start as, "disappointing and frustrating". The statistics speak for themselves - played 6, won 1, lost 1, drawn 4 - not the best start by any standards, let alone for a team that has aspirations of winning the league.

Let's start with the negatives. Basically, we're not scoring more than the opposition, which is always a bit of a problem. Losing 6-2 has to be the low point of the season. "The worst Wanderers defeat in living memory!" (Quote from JC, which is quite a bold statement considering the length of his life). The individual

defensive errors that have led to opposition goals are an easy excuse for bad results, but poor finishing and final touches throughout the team have cost us valuable points.

Enough of the depressing stuff, things can only get better. After a rousing speech by the new gaffer (**Neil Jensen**) last Sunday, it was arguably our best performance since the first day of the season. We came back from 2-0 down with 20 minutes to go, and should have won the match. Players who have stood out above the mediocrity are **Neil Horton**, who has been in outstanding form in central midfield and goalie **James Seddon**, who has pulled off some cracking saves. I guess I also have to mention that **Pipes** scored a spectacular 30 'yardish' goal as part of his opening day

*continues next page...*

# 100% Ski Frenzy Holidays

Making your ski holiday easier, and happier



low re

Whether your aim is to get off-piste challenges in powdery snow, show off your board skills in the terrain parks or just ease down a beginners' run with your family, there's a carefully planned snowy vacation to make you happy, easily.

Planning for a ski holiday takes more care than a sun and beach getaway. Transfers (especially when you bring your own ski/board equipment), weather reports, ski passes, lift passes, insurance etc. With many avid ski lovers working with us, we not only know what a perfect ski holiday should be but most importantly, we remove the hassle.

### Wide Range of Ski Grounds

While ski grounds close to Tokyo are preferred destinations for Hong Kong skiers, Hokkaido is best known to experienced skiers for its powdery snow and challenging tracks. Or you may choose the world's top 10 ski

ground Whistler for an experience of a lifetime. Ski resorts near Seoul are easy to access and are children and beginner friendly. Combined with short flight time and relatively low cost, it is an ideal ski holiday destination for family fun.

### New Ski Resorts at Niseko

If you are an avid skier, don't miss the newly opened Niseko Hirafu Village at Niseko. The resort comprises a ski-in/ski-out location with manicured pistes right at its doorstep. English speaking coaches are available (Need to pre-book and pay an extra charge).

Act NOW and enjoy your 100% ski holiday!

### Ski Frenzy Holidays Packages with wide range of destinations

**Via Tokyo:** Karuizawa, Naeba

**Via Sapporo:** Furano, Kiroro, Niseko, Rusutsu, Sahoro, Jozankei

**Via Seoul:** Phoenix Park, Yong Pyong

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**4 Days 3 Nights from only HKD3,020**

### Package Price Includes:

- Round trip Economy/Business Class flight on Cathay Pacific Airways or Dragonair between Hong Kong and chosen destination
- Round trip transfer between hotel and ski grounds
- Hotel accommodation
- Ski passes or discount on ski pass (on selected package)
- Travel insurance (include ski activities)
- 2,000 Asia Miles

Cathay Holidays Limited terms and conditions apply.



\*Special departure dates are available for Hokkaido X'mas and Chinese New Year Ski Packages.

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hat-trick (yes, it was with his left foot).

Welcome to the new boys, **Colin Jones**, **Dave Kennedy**, **Warren Farrington**, **Jason Newman**, **Neil Picknall** and **Nick Mawdesley**. Their untouched, 'virginal' membership cards are

being handed out now, so every Sunday evening until Christmas there will be some very happy Wanderers in The Sportsmans. One final thought, **Steven Tew** is new to the team, does he pick up one of the tabs?

## How's the 1st Team doing?

Gaining 14 points from its first 7 games, the 1st team got off to a start which can best be described as one full of ups and downs. An overview of the season so far.

### Sun 14 Sept: Rangers 0 – 0 HKFC

Clubs goalless draw on the opening day of the 2008-09 campaign against Rangers caused mixed feelings within the squad. With the first 3 points of the season at stake, both teams were cautious not to make any mistakes in the first half. As a result, neither side could create real opportunities in front of goal. This changed in the second half when Club was the far better side but failed to secure all 3 points.

### Sun 21 Sept: HKFC 2 – 6 Sha Tin

In the second encounter of the season, Club slumped to a shock defeat against Sha Tin. Things looked good for Club after they went 1-0 up when **Allan Fraser** converted a penalty midway through the first half and Sha Tin had a man sent off. However, Sha Tin equalised shortly before the interval. Things got even worse for Club when the visitors scored a second in the 49th minute but the home side were back on level terms when **Kenneth Kwok** headed home a corner just before the hour mark. Oddly enough, after this goal Club completely lost its shape, discipline and tired far quicker than the opposition as Sha Tin strolled to a 2-6 win after Club had committed defensive suicide and put in a very disappointing 2nd half display.

### Sun 28 Sept: Fukien 0 – 3 HKFC

Lessons had been learned from the previous week and Club grabbed its first victory of the season by beating Fukien 0-3 in a clearly one sided game. With only 1 point after 2 games, Club's side was in desperate need of 3 points. They got off to a flying start when **Tom Taw** finished off a quick break after 5 minutes. **Yiu Hung Lo** doubled the lead in the added time of the first half and substitute **Tony Hamilton** made it 0-3 in the 77th minute. Worth to mention is the fact that regular striker **Mike Wilson** got his first appearance of the season...in goal.

### Sun 05 Oct: HKFC vs. Kwok Keung postponed due to adverse weather.

### Sun 12 Oct: Kwai Tsing 0 – 1 HKFC

Kenneth Kwok's second goal of the season secured another 3 points for the away team in the clash with Kwai Tsing. With neither side able to score in the first half, Kwok broke the deadlock when he headed home a **Nick Sandor** corner after 49 minutes. With Club failing to double its advantage, Kwai Tsing stayed in the game and the home team nearly equalised in the dying minutes but **Michael Risely** cleared the attempt off the line. The visitors were able to hang on to the lead and grabbed their second consecutive win.

### Sun 19 Oct: HKFC 3 – 0 Wing Yee

In the fifth game of the season, Club won its third game in a row. Nick Sandor gave the home side the lead when he toe poked the ball in the net after 10 minutes. With Kenneth Kwok adding

another goal one minute later, Club took full control in the early stages of the game. And when **Matthew West** hammered home a quick break in the 53rd minute, it was all over for Wing Yee. Overall, a good and disciplined performance by Club that secures that their move up the table continues.

### Sun 26 Oct: HKFC 4 – 0 Double Flower

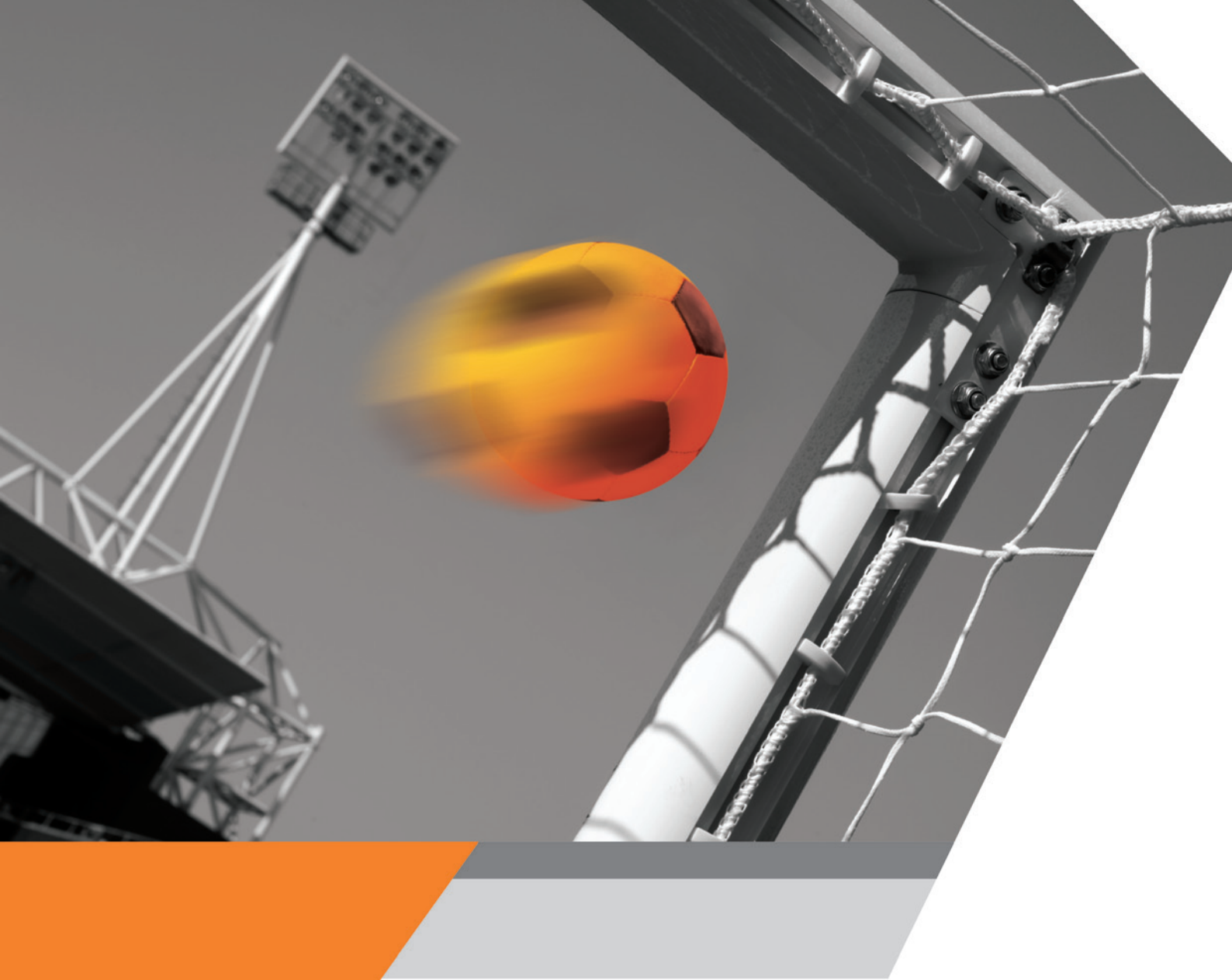
Club continued their winning run by beating Double Flower in a clearly one-sided game. Tony Hamilton gave Club an early lead when he finished off a run by Tom Taw after 14 minutes. It didn't take the home side long to double the lead with Hamilton getting his second goal of the game after 22 minutes, thanks to another great delivery by Taw. Not more than 2 minutes later, Club were celebrating again when **Allan Fraser** converted a penalty. **Frederik Schipper** made it 4-0 after 25 minutes, and double figures looked very likely in the second half. However, although the chances kept coming, the level of performance in the 2nd half dropped off and the final score ended up a very comfortable 4-0.

### Sun 02 Nov: Tung Po 3 – 3 HKFC

Club dropped 2 valuable points against Tung Po, who had almost beaten lead leaders Sha Tin a week earlier, in an inconsistent performance that saw them battle back from 3 goals down. Club started the game in a disastrous way, conceding 3 goals in the first 20 minutes. This came somewhat as a surprise as this was the first goal they had conceded in 4 games. However, after the shock of going behind so early, Tony Hamilton got Club back in to the game when he scored shortly after the half hour mark. After regrouping at half time, Club continued on the comeback trail in the 2nd half, with Matthew West hammering home their second after 61 minutes and Nick Sandor came up with a superb equaliser 1 minute later.

When Tung Po had a player sent off with 15 minutes of play left, things were looking good for Club and a great comeback looked very likely. But it wasn't to be as Club failed to capitalise with the extra man, as they squandering possession time and again, unable to add the winner and ended up having to be satisfied with a great comeback and the of saving one point, but still disappointed they were unable to take all 3 points in the end, after dominating the second half.

LEAGUE TABLE 2ND DIVISION		
1.	Sha Tin	7 – 21
2.	Tai Chung	6 – 16
3.	HKFC	7 – 14
4.	Fukien	7 – 9
5.	Wing Yee	6 – 8
6.	Tung Po	6 – 7
7.	Rangers	6 – 6
8.	Kwai Tsing	7 – 6
9.	Double Flower	7 – 5
10.	Kwok Keung	7 – 1



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## Match Report

For Lucky Mile it was a new season and a new league that awaited them, in the form of Hong Kong's 3rd tier of football for the 08/09 seasons. After the heartache of relegation by a single point, manager **Graeme Lane** had set his sights on immediate promotion back to Division 2, and anything less would be deemed a failure. Why the squad needed to meet a whole 3 hours and 15 minutes prior to the first kick off to be told so remains a mystery, however! Nevertheless, at 5pm sharp in Meeting Room 3 the troops, led by captain **Jamie 'Jabba' Milne**, assembled and were all buzzing to get the season underway. First up was a home game against Fu Moon, and other than knowing they finished in mid-table the season before, Lucky Mile knew very little about the upcoming challenge.

When the game finally did come around, the hosts set out with purpose and looked comfortably on the ball all around the park. Other than barring, a swift counter-attack from the visitors, being halted by a 'not so subtle' trip by Mile's centre-back **Peter Harrod**, there appeared no obvious threat from the opposition. Without creating any clear-cut chances, Mile looked in control of the game and in search of an opening. The moment finally arrived at 5 minutes before the break, and came from a well taken corner from veteran full back **Michael Sadler**. **Seb Page** was the beneficiary as he peeled away from the keeper in the 6 yard box to nod home, and got the ball rolling. Out of nowhere, Fu Moon nearly equalized instantly. Had it not been for a smart reaction save from the keeper **Bob Sawhney**, the teams would have entered the break level. Credit must also be given to team physio **Billy**, who earlier worked his magic touch to somehow keeping goalkeeper Big Bad Bob on the field after a heavy collision.

With Mile looking to extend their lead in the second half, the 'gaffer' made what could only be described as an inspirational double substitution on the hour mark. **Russell Henderson** and **Tim Philips** made way for striker **Blake Harding** and winger **Dane Francis**. Within two minutes of coming on, the pair linked up to double the home side's advantage. With the ball on the left by line, 'Dano' got half a yard on his marker and floated a measured ball into the box between the keeper and the defenders. Making a run to the far post, Blake 'Bendter' Harding could hardly miss, and duly obliged to open his account for the season with a guided header. Instead of rushing to congratulate Harding, Dano took it upon himself to get a point across to his manager. Jogging towards the bench, he shrugged his shoulders and held out his hands with a face that simply read 'thats what I can do... how dare you not start me!' Lane looked like he'd found the funny side, as it certainly left the rest of the squad very amused!

A minute later and the game was put beyond doubt. A clever play in midfield set speedy winger **Thomas Wu** racing away towards goal. Keeping his composure under heavy pressure from the centre-half, Wu cut across his man and calmly slotted into the far corner. 3-0 final score.

A solid performance along with a confidence building clean sheet meant that Lucky Mile's promotion push got the perfect start.

Lucky Miles first away day came on an afternoon with a reported temperature of 36 degrees, on a dried out weed patch and played

somewhere between the Mong Kok Flower and Jade markets... Not to mention the opposition; Kowloon Fruit & Vegetable Merchants Association Limited. Now if all that doesn't get you up for a game of football, surely nothing will!!!

With his international clearance finally coming through, Egyptian youngster **Amro Abbas** replaced the departing Seb Page up front. **Fa Seng Luk (Sunny)** was handed a start at left wing in place of **Paul Bibby**, and Dane Francis got his wish of a starting birth after last weeks antics.

In all honesty, the less said about this game the better. Kowloon Fruit arrived with absolutely no intention of playing any sort of football, and were visibly time-wasting from the 3rd minute of the match! 'The Mile' found it hard to get into rhythm, and this wasn't helped with a whistle happy ref who decided football was to be a non-contact sport on that day! Strike pairing Russell Henderson and Amro Abbas combined to create the clearest opening of the first half, with the latter at full stretch only to find his header land on the top of the crossbar.

It was to be another tactical switch that turned this match in Lucky Mile's favour. 10 minutes into the 2nd period, Henderson made way for Blake Harding in a like for like switch. The target man swiftly got involved, and a neat one-two with Abbas on the edge of the box was met with a tame effort from the substitute. Harding was simply biding his time it seems and was in the right place at the right time, minutes later to take full advantage of a mistake from the keeper. Neat work on the right side of midfield ended with a rasping 20 yard effort from midfield playmaker Tim Philips. The power behind the shot was too much for the stopper to handle, and he could only parry the ball into the path of Harding, who still had some work to do to finish with the outside of his boot from a tight angle.

Big Bad Bob in goal was to thank near the end coming quickly off his line to save a one-on-one opportunity, which meant he had gone the first 180 minutes of the season without being beaten. 1-0, and job well done.

The following week saw a home game that would take some beating for the title of match of the season. One major change in the side saw **Wai Chung Wong (Wilson)** get a first start in goals in replace of the unbeatable **Bob**. Once again it took time to break down the opposition (Telecom), and there was nothing pretty about the way Lucky Mile took the lead in this encounter. A floated free-kick into the box invited Blake Harding, making his first start of the season, to attack the ball. Little did he know that the keeper was charging far off his line, and was determined to clear anything in his path. As it turned out, Harding reached the ball first, heading into the path of the on-rushing Tim Philips. His first attempt was to bounce the ball back off the post, but he was quick to react and forced the ball over the line to the joy of the home support watching behind the goal in the bar! Harding was rewarded for his efforts with a solid punch to the face from the keeper, which left him sprawled on the floor for a while and dampened him from any celebrations.

With only a few minutes left to go before half-time, Lucky Mile was happy to take a slim lead into the break. Captain Milne however had other ideas. With a quick short corner being taken,

striker Amro Abbas cleverly nut-megged his marker and played a good ball across goal that found the on-running-stumbling-trudging centre back Jamie Milne to power home from close range. 2-0 at half time, and the Mile looking comfortable. Although the hosts knew a third goal would kill the game off as a contest, Lucky Mile dropped off the pace and relinquished the initiative. Telecom grew in confidence as the half wore on, and got their reward in a somewhat fortuitous fashion. A drilled angled shot hit the post, and experienced full back **David Watts** had no time to react as it ricocheted off his shin and over the goal line. 2-1, and game on it seemed! Just as Telecom searched for a leveller however, the 2 goal cushion was restored once more. A delightful delivery from a wide free kick via Dane Francis' Bentley-esque right boot was met with a powerful header at the far post by Amro Abbas to notch his first Lucky Mile goal. With 20 minutes to go, the hosts once again backed off their opposition and afforded them space to place. The Mile was punished at 81 minutes, and with the score now at 3-2, the team was firm on the back foot. A dubious decision gave Telecom a free kick 25 yards

out. Their captain stepped up with authority and hit a dipping shot that crept under the bar and somehow Telecom had found themselves level! With momentum behind them, they pushed for a winner and came agonisingly close to what would have been an undeserved 3 points. Lucky Mile was stunned, and with the clock now at 95 minutes, more drama was still to follow. A long ball from defence was flicked on by Blake Harding. There seemed to be no immediate danger, but an air-shot from the opposition centre back allowed pacey forward Amro Abbas to react quickly and latch onto the ball with a clear path to goal. The striker showed great composure as he honed in on goal and made no mistake with the finish into the far corner. Cue absolute pandemonium as the striker led celebrations that showed just how much that goal and win meant for Lucky Mile.

3 wins from 3 games meant that the top spot in the league was reserved for HKFC's Lucky Mile!

*A.A.*

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## Soccer Special

Ten years on and still very special!

If playing football is all about having fun, then you won't see a better example of that than on Monday nights. For an hour in a corner of the Main Pitch, a soccer coaching session is run for players with special needs.

In fact Soccer Special is now in its tenth season! **Kevin Browne** was involved in setting it up together with **Tony Bratsanos** and his family, (Kevin's son **Sean**, a popular figure around the Club, is a regular star of the sessions). Kevin recalls that Tony's son **Andy Bratsanos** coached every week without fail for three years before departing to university. Kevin remains involved in running Soccer Special today but has now been joined by volunteer coaches from the Mini / Junior Soccer programme.

Around 25 players turn out regularly for Soccer Special, which is run like any coaching session, starting with a warm-up followed by some skills activities and finishing with the group split into teams for a few 'friendly' but highly competitive games.



On Monday 10th November, Soccer Special was fortunate to have four special guest coaches run the session. **Tom Stack, Howard Wheeldon, Stephen Clarke** and **Mark Howard**, the visiting Coach Educators from the English Football Association, volunteered their expert services to run a fantastic session, which was enjoyed as much by the coaches as it was by the players.

Indeed, to say that the players enjoy themselves is an understatement. Some of the goal celebrations, amidst cries of 'Rooney! Rooney!', are as good as any you will see in the Premier League! Here's to ten more years...

*By Chris Plowman*

## Mini / Junior Soccer



友邦慈善基金

### English FA Coaching for Mini / Junior Soccer Section Coaches

In November for the third year running, Coach Educators from the English Football Association were brought out to Hong Kong by the Mini / Junior Soccer programme, to run a further series of coaching courses for its volunteer coaches. Coordinated by **Nigel R. Merritt** and **James Penny**, four experienced educators, **Tom Stack, Howard Wheeldon, Stephen Clarke** and **Mark Howard**, managed and ran a series of coaching courses and assessments for 56 coaches in the programme, as well as getting actively involved in working with a variety of other coaches and players in the Club – see accompanying article on 'Soccer Special'.

With the 85 active coaches who have already completed the FA Level 1 qualification in recent years, the additional 35 participants in this year's Level 1 course brings the total number of volunteer coaches with this basic level qualification, to an impressive 120. On top of this an additional 16 Level 1 qualified coaches embarked on the Level 2 qualification,

which, once qualified, will mean that some 28 of our Mini / Junior Soccer Coaches have achieved this higher level coaching certificate.

The 3-day Level 1 course is the UK's most popular football coaching course and is an ideal introduction to coaching for those with little experience or knowledge. No previous coaching experience is required but Mini / Junior Soccer coaches must have demonstrated an interest in coaching and the motivation to improve their skills by committing to coach within our Mini / Junior Soccer programme. The Level 2 course is offered to coaches who have been coaching in the programme for a few seasons already and provides a deeper understanding of coaching principles and techniques through a 6-day course (two long weekends), plus 16 hours of assessed coaching. Each of the courses combines both classroom learning with practical sessions where the participants actually plan and manage coaching sessions, and are then assessed on their performance. Add to this the fact that course participants also play the role of the players being coached and you can imagine how demanding, both physically and mentally, these courses can be.

That said, there are, without doubt, huge benefits in having the programme's volunteer coaches undertake these courses. By developing their abilities in coaching the game to children, thus improving the standards of mini / junior soccer coaching that the Club provides, the ultimate winners will be the young players themselves.

*By Chris Plowman*



Adam Harper

**CBRE**  
CB RICHARD ELLIS

## Rugby Update

If the rugby season was a novel, we would be at the stage where the plot thickens but the final outcomes are still far from certain. Club have given signs that they could be the chosen one, but will they have the strength, character and cohesiveness to win through against their dastardly enemies, Valley and HKCC, in the dramatic final act? Dragons have conquered all before them, scoring 178 points in four matches with only 12 conceded in Division Two. But could they fall victim to hubris and meet their nemesis in China this Saturday (November 15) when they face the massed ranks of the People's Liberation Army? Can Scorpions rally from a disappointing start, find unity and purpose in their guise of underdog, and deliver a sting in the next stage of the season?

In Division Three, are Select destined to end the season in the mid-table spot they now occupy, or will they find something extra within themselves and get the girl (title) when it matters? Can Sequins prove that experience overcomes all in Division Five? Or Bulls strike back against an alarming sounding array of Panthers, Beavers, Griffins, Marines and Revolutionaries in Division Six? And can anyone stop Galce in the Women's 15s? You'll read all about here – let the plot unfold.

Enough rhetorical questions, I feel. Onto the action. Division One teams rather inexplicably began their season with a knockout cup competition. Anyone hoping this would provide any kind of guide to form for the rest of the season would have been sorely disappointed though, I fear. Club triumphed against Valley in the first round were then turned over by a determined Aberdeen side. Then Valley routed Aberdeen in the final. This makes no sense at all – we'll have to wait until the top three teams have played each other more often to see who really has the Force with them – but it does point to a closely-fought contest in Division One this season.

Club's pack continues to be dominant, with **Nathan Johnston** and **Tim Griffin** standing out in the early games. This was amply demonstrated in the 41-7 victory over Causeway Bay on November 8 when **Ollie Jones**, making a long-anticipated return to first-grade rugby, scored after the Club pack shoved their opponents over their try line – a very rare event indeed in the modern game. It makes me think of **Dean Richards** and the great England packs of the early 90s... In the backs, Coach **Quinton Wrigley** is clearly still searching for the ideal balance. Perhaps a *feng shui* consultant is required to divine the most harmonious combination of *yin* and *yang* from among **Richard Rouse**, **Dave Tibbot**, **Baz Perkins**, **Pat Foreman** and **Stuart McGraw** in order to unleash the backline's true *qi*.

In Division Two, Dragons have frankly coasted from victory to victory so far, enjoying the ability to select a number of first-grade quality players across



Callum Nieto shows some focus as he escapes an Aberdeen tackler



Horse gallops on, while the tackler regrets going anywhere near him

the 15 and putting their opponents to the sword by some quite embarrassing margins. Ably led by skipper **Marcus Neil**, the Dragons have also benefited from a number of players hitting a rich vein of form, including **Richard Gallagher** and **Graham Fleming**. Their sternest test will come against the PLA in Guangzhou, where they lost their 'perfect' season last year in an ill-tempered game. I'll report back on that one next time, but while we're on the subject, I can exclusively reveal that the members of Dragons management team are actually all related to each other. Yes, genetic research has proven that **Murray Sargant** and captain **Marcus** trace their ancestry back to the same Welsh village as **Marc Sexton's** forbears, where no men have had hair on their heads since the English stole it all in 1367.

It has been a tough season for Scorps so far under the tutelage of **Bouch** and **Mike Watson**. They have dominated long periods of games against PLA and Valley without securing results and they took a royal drubbing from their Drags brethren. Scorpis have some fine players this season, though, (**Dave Beckett**, **Gareth Wilde** and **Charles French** stood out in the Drags game) and will surely fight back. Select have also been in fine form at times so far this season, dishing out a notable hiding to Aberdeen in early October with a team featuring talents as diverse as those of **Stephen "Horse" Nolan** (pictured) in his first outing for HKFC and **Colin Begg**. At the risk of being flayed alive by **Animal** and **Tim Wright**, I confess I am somewhat in the dark about the performances of Sequins and Bulls this season, but I will endeavour to make amends for this grievous fault in the next edition.

Galce's supremacy in the Women's 15s remains unchallenged after convincing victories over old enemies Valley, Causeway Bay and DEA. Led by **Kim Kan**, Galce's storming form this season has been driven by rapid fullback **Aggie Poon**, kicker **Emma Holland**, playmaker **Fiona Foxon** and enforcer **Royce Chan** among others.

Finally, it upsets me to report that Australia rather convincingly beat England in the inaugural Wahu Hong Kong Ashes, played on the Astro Pitch the Friday before the Bledisloe Cup game. Aussie Captain Junior **Naylor** reports himself happy with the result and a rematch is already planned – watch this space.

By Adam Harper

# Squash News

## Lynley and Charlie Solomon go for gold

Lynley and Charlie Solomon go for gold at the World Masters Squash Championships in New Zealand.

Lynley and Charlie had been training 6 days a week for the past 4 months and it looks like all that hard work has paid off with their success at the World Masters Squash Championships last month in their home country of New Zealand.

Charlie was up against a tough mens draw. With a few injuries just before the start of the tournament, he was getting a little concerned. After losing his first round against the eventual runner up of the tournament, Charlie proceeded to win his next four matches to make it through to the final of the Plate event and in a tight final lost 9-7 in the 5th which was a huge effort.

Lynley in the peak of her training and all ready for the tournament won her



first 2 matches to put her in the top 16, then going down to the number 5 seed in a tough battle. Lynley then went in to a special plate draw to continue to fight for a top 10 ranking and had a walk over in the first round and lost the second match but played extremely well.

So overall it was a great effort by the two Kiwis with both of them ranking somewhere in the top 15 of the world for their age group (which we wont talk about too much).

Congratulations and best of luck next time.

## Do you know EMMA PIKE and who is she....



Emma Pike

**How old were you when you first picked up a racket?** 15 years old.

**How old is the oldest person you have lost to?** 55 years old lady and over 60 years old man.

**How old is the youngest person that you have lost to?** 14 years old (last season).

**Most memorable event in your squash career?** Beating Ruchika in the Club Champs final this year after being down 7-0 in the 5th game, (sorry Ruchika but it really was good).

**The worst thing that has ever happened to you on Court?** Being beaten 9-0, 9-0, 9-0 in the 1st round of the world junior championships.

**What did you want to be when you were a child?** Tennis coach.

**Who was the toughest growing up...Kate or You?** I was always tougher but she beat me on the court till I was around 17.

**What is your favourite drink, so people know what to offer you at the bar?** Beer, not fussy, any kind is good.

**Favourite Food?** Chicken nuggets.

**Favourite Watering Hole?** Sporties watching sport.

**What you love about Hong Kong?** Not having to work full time and spending time with my son Charlie.

**What you hate about Hong Kong?** Those weird smells you get when walking in parts of the street and all the PUSHING!!!

**How do you rate Steve Pike as a player?** Not bad, bit all over the place but he makes up for it with his diving around the court.

**Where are you from (Country and Town)?** Bondi, Sydney, Australia.

**Favourite Sports?** Rugby Union, Rugby League, Tennis, Horse Racing.

**Hobbies?** Tennis, Golf, Thai kick boxing, hanging out with Charlie and Steve.

**Likes?** Watching and playing sport. EATING!! Love to eat, watching crime shows on TV.

**Dislikes?** Getting up in the morning, people pushing to get on an empty bus when we will all fit and all get a seat.

**When not on court, how do you relax?** Play sport, play with Charlie, watch TV, chill out basically.

**What did you wear to last year's HK Sevens?** Shorts and T-shirt, sorry boring.

**Which teams do you represent at the Club?** Squash Ladies Div 1, Squash Mens Div 8, Tennis ladies Premier A.

**Who is your HERO?** Heather McKay, Australian Squash player, world number 1 and undefeated for 17 years. Amazing!

**Squash Tip?** Stay on your toes and watch the ball.

## Who Are The Convenors

**Convenor:** Phil Head  
**Team:** HSBC International HKFC 1A  
**Team Night:** Thursday  
**Number of Players:** 3  
**Biggest Whinger:** Phil Head

**Convenor:** Neil Roberts  
**Team:** HKFC 13  
**Team Night:** Wednesday  
**Number of Players:** 12  
**Biggest Whinger:** We do not have any whingers.

**Convenor:** Julian Ragless  
**Team:** HSBC International HKFC 4A  
**Team Night:** Monday (when we can get a team out)  
**Number of Players:** minus 5  
**Biggest Whinger:** There is no one in the team to whinge

**Convenor:** J Harniess  
**Team:** HSBC International Masters 2  
**Team Night:** Tuesday  
**Number of Players:** 10  
**Biggest Whinger:** me, trying to find players every week

**Convenor:** Jenny Smith  
**Team:** HSBC International HKFC Ladies 3A  
**Team Night:** Friday nights  
**Number of Players:** 12  
**Biggest Whinger:** don't have one of these, but we do have a couple of players that none of us like to mark when they are playing because they're very scary if they disagree with your call!

**Convenor:** Neal Soo  
**Team:** HSBC International HKFC 2B  
**Team Night:** Monday  
**Number of Players:** 6 + 2 from Div 3  
**Biggest Whinger:** None- except they complain that winning all the time makes things boring!  
 (Obviously which is why we gave up a few losses the past weeks to spice things up :P)

**Convenor:** Antony Miles  
**Team:** HSBC International HKFC Div 9  
**Team Night:** TUES  
**Number of Players:** 12  
**Biggest Whinger:** Ross is the girl of the team. New name ROSSITA HARDING.

**Convenor:** Marc Meldrum  
**Team:** HSBC International HKFC 2A  
**Team Night:** Monday  
**Number of Players:** 7  
**Biggest Whinger:** Jules (he's not actually in our team, but he's definitely the biggest whinger I know)

**Convenor:** Fook Chew  
**Team:** HSBC International HKFC 6  
**Team Night:** Wednesday  
**Number of Players:** 11  
**Biggest Whinger:** No whinger in the team! Only winners!

**Convenor:** Maurice O'Brien  
**Team:** HSBC International Masters 3A  
**Team Night:** Thursday  
**Number of Players:** 11

**Convenor:** Tony Welland  
**Team:** HSBC International HKFC 14A  
**Team Night:** Thursday  
**Number of Players:** 12 apparently

**Convenor:** Nyen Aun Chew  
**Team:** HSBC International HKFC 16  
**Team Night:** Wednesday  
**Number of Players:** 12

**Convenor:** Guy 'Stormin' Norman  
**Team:** HSBC International Div 5  
**Number of Players:** 8  
**Team Night:** Tues  
**Biggest Whinger:** the Villa

**Convenor:** Bjorn FJELDDAHL  
**Team:** HSBC International Div 3  
**Team Night:** Thursday  
**Number of Players:** 9  
**Biggest Whinger:** Jono Linstow

**Convenor:** James Harley  
**Team:** HSBC International HKFC8  
**Team Night:** Monday  
**Number of Players:** 8  
**Biggest Whinger:** We all are!

**Convenor:** Helen Chan  
**Team:** HSBC International HKFC 14B  
**Team Night:** Thursdays  
**Number of Players:** 11  
**Biggest Whinger:** Denise Ng

## Events

**Christmas Party 13th December – Black Tie**  
**Event:** Live band 'Ninth State' and WORLD FAMOUS Magician Faheem Ebrahim.

This month the Hong Kong Football Club hosted the Hong Kong International 3's with 12 teams in the main competition and 5 teams in the Masters.

This year teams have come from Singapore (2), Macau (1) and Thailand (2) with a selection of teams from Hong Kong.

In December the Club welcomes an international touring team from Penang Malaysia where we will reciprocate the hospitality shown to our Squash Section on a regular basis. They will be playing the cream of the Squash Section on December 13th.

## Junior Handicap Tournament 2008



Congratulations to **Amarik Khosa** and **Neil Sadarangani** who won this years Grade 1 and Grade 2 Handicap Tournaments. Well done to all other juniors who entered and better luck for the next tournament.

*Samantha Li and James Horsey receiving there plate trophies.*

## Notice

If anyone needs to change any contact details please contact [hkfcsquash@live.com](mailto:hkfcsquash@live.com)

## Congratulations

**FIONA CUMMINGS** – Winning her first ever competitive game for the Club Ladies Squash...I am nail-biting at the Club Show Court 7. Fiona showed real grit and determination taking her opponents to the cleaners showing no mercy in her fierce **BACK HAND**.

The Ladies section took their strongest team overseas to Singapore in November to take on the Singapore Cricket Club...**Emma Pike** and her team had a sensational weekend that was mainly dominated by Squash.... A full report on the sensational performance of the ladies will be revealed in the January issue...

The team is list as below:

Emma Pike	Elizabeth MacDonald	Lynley Solomon	Alex Hurworth
Jo Babis	Fiona Cummings	Jo Zancanaro	Kate Geary

## Season so far

Ladies 3A has had a fairly good start to the season with 2 wins and 3 losses. We did win against the other Club div 3 team, L3B, in a very close set of matches with **Jo Babis** finally bringing in the 3rd win after 5 very close games against Julia O’Toole. Our team doesn’t have any new members, instead we seem to have the most sociable with almost all of our team away this week on the Ladies tour in Singapore. Our team has definitely felt the positive impact of having **Jackie** and **Lisa** join us, who were formally div 2 players and who will inspire us to hopefully even more wins.

“Ladies 3B team has been largely reshuffled from the previous season. Let’s welcome **Jo Anne Zancanaro, Rachel Chong, Elaine Morris, Kathryn Duthie** and **Jessup Shean**. With the injection of new blood, the girls were all pumped up as we decisively won our first 2 weeks’ challenges. Things started to get worse as we had to play primary school girls who, for some, were of our own kids age! There, we had to put them to bed early, or was it the other way around?”

## Recruitment

The Squash Section are looking for **EXPERIENCED** Squash players to **JOIN THE SECTION**. Players must be of an extremely High standard to play from Division 1-4.

Please contact Jo Babis if you are this person or you know of someone who could compete at a high level for the Squash Section.

## Start of Season Party

The Start of Season Party this year went off in usual style.

The Star Ferry’s Pier Seven has been transformed into a laid-back café and bar with an outdoor terrace that provides a breathtaking new angle of the IFC building.

Greeted at the door with a Sea Breeze to get everyone in the mood and after a super array of fine canapés and a fantastic dinner we were set for the main event.

The band ‘Ninth State’ entertained us for the rest of the evening. A great turn out with over 100 people.

Next stop the Christmas party on the 13th December. If you missed the band this time you’ve an opportunity to see them in action again.....

Watch out for the magician!!!





Alan Lo our Green Clipper

## Green Clippings

### Asian Lawn Bowls Championships 2008

The Seventh Asian Lawn Bowls Championship 2008 was held from 1st to 7th November in Bei Jia Shan Park, ShenZhen, China. Ten countries participated in this annual event which was first held in 2001 in Hong Kong.

The finals were dominated by Malaysia but Hong Kong did well with the men's team winning 2 bronze medals in Singles and Pairs and the ladies team winning 2 silver medals in Pairs and Triples, plus a bronze medal in Fours.

In the Under 25 Singles competition, Hong Kong also did well, winning a silver medal

in the boy's competition and a bronze medal in the girl's competition.

Club's **Luis Fernandes** and **SK Ng** were the Club's players in the Hong Kong Team. Luis came back with 2 bronze medals. His most remarkable match was defeating Safaun Said of Malaysia (current World ranking Number 1 in Singles) in the Singles qualifying round. Safaun later won all the knock-out matches and was awarded the gold medal. Safaun will be in the Club on the 3rd and 4th December playing in the HKFC Classic Mixed Fours.

There were many other Club faces found

at the tournament. **Cyril Leung** was the deputy tournament director; **Rita Shek** was one of the umpires. **Mike** and **Stephanie Worth** were the official photographers. Of course, we also saw many supporters from the Club.

After the tournament, Asia Lawn Bowls Federation held its council meeting under the chair of its President, **Tun Ahamad Sarji Abdul Hamid**. **Vincent Cheung** of Hong Kong was re-elected as Deputy President for next two years and **Jacky Wong** elected as one of the Vice Presidents. It was also agreed that Thailand will hold the 8th Asia Lawn Bowls Championship in Bangkok in 2009 and India will hold the 9th Asian Lawn Bowls Championship in 2010.



Luis presented medals by President



HK Men's Team with President and wife



Luis and SK with Happy Chairman

### National Competitions Update

Big cheers again at Hong Kong Football Club. Our players have shown no mercy for their opponents. **Tammy Tham**, **YS Leung** and **Tony Tong** fought all their way through and now await the final round of National Mixed Triples, whilst

**Erica Wong**, **Linda Da Luz**, **Alice Antunes** and **Camilla Leung** continuously demonstrated their high fighting spirits in the Ladies National Fours. Now, Camilla and her teammates are about to snatch the title of National Fours, National

Triples and Mixed Pairs at the next Finals Day planned for 4th January at Indian Recreation Club. That is a very good accomplishment; we should all give a salute to these players who continue to do their very best to bring prestige to the Club.

### Bernard's Beginners Course

The 6th Beginners' Extension Course was completed on 31st Oct 2008. There were seven participants. **KK Law**, **Fonda Law**, **Alison Wong** and **Sylvia Chan** were the winners of the tournament in the Graduation evening. **Sarah McGrath**, **Beatrice Lin** and **Luk Chun Ying** were the 1st runners' up. Special thanks to the Assistant Coach, **Cecilia Young** for her great support in this course.



Group photo of the 6th Beginners' Extension Course

1st runners' up:  
Sarah McGrath,  
Beatrice Lin and  
Luk Chun Ying



Winners of the tournament,  
from left to right: Coach  
Bernard, KK Law, Fonda Law,  
Alison Wong, Sylvia Chan and  
Assistant Coach, Cecilia Young.

## The End of Season Halloween Party

Not only did the Section celebrate its league achievements at the End of Season Party, but our Social Secretary, **Rita Tsui**, laid on some interesting bowling on the grass green in the dark, followed by a sumptuous buffet with roast piglet and lamb spit and **Grandy Lui**, our Competitions Secretary, took the opportunity to present the annual prizes to the winners in the Section Competitions.

Over 80 bowlers gathered at the Patio. Most bowlers put on their colourful Halloween outfits while others, rushing back from their away matches in the NT, dined in their bowling uniform. However, all were equally happy to celebrate the end of another fruitful and rewarding season.

At the party, the Best Costume award was shared by **Daisy MacNie**, and the **Da Luz** family. Daisy dressed in a witch outfit but all agreed that she was the “most” pretty witch on site.



Lydia congratulates Daisy



The Da Luz family with A A hiding his face



Couple often seen together



Male or female?

Prizes were also presented to winners in the Section competitions organized since Sept 2007. They are:

Men's Club Championship -- Champion: **SK Ng**, Runner-up: **Danny Ho**

Ladies Club Championship -- Champion: **Linda Da Luz**. Runner-up: **Winnie Au**

Men's Pairs – Winners: **SW Chan** and **Edmund Leung**, Runners-up: **CT Wong** and **K H Wong**

Ladies' Pairs – Winners: **Emmie Wong** and Rita Tsui, Runners-up: Daisy McNie and Calinn Chan

Mixed Triples – Winners: **Neil Herrington**, **SK Ng** and **Winnier Au**, Runners-up: **Grandy Lui**, **CT Wong** and **Shirley Ou**

The Most Improved Bowlers prize for this year went to **Wong Yee Ming** and **CT Wong**.



Lydia presents to Ming



SK Ng presents to CT

## Premier League Update



Lydia and her champion ladies

Club started the last game of the Premier League on Saturday 25th October with great expectations of many celebrations at the End of Season Party on the Patio that same evening.

The ladies reached their target with **Camilla Leung** skipping her A Side to retain the Championship of the 1st Division, **Alice Antunes** skipping her B Side to take Championship of the 2nd Division and **Connie Wong** skipping her C side to take the runner-up position in the 2nd Division, to give Club three ladies sides in the 1st Division next Premier Season. **Hilda Chiang** skipping her D side remained stable at 5th position in the 2nd Division, but **Clarissa Wong** skipping her E side needed only one more point to stay up in the 4th Division. **Emme Wong** skipping the F side came fourth in the 5th Division out of the total of 7 divisions taking part. The ladies opened all the champagne bottles that evening as the men recounted their last games and their attempts to stardom.

The men' sides came near to their targets but could not claim the champagne. The A side captained by **James Keung**, needed only 1 more point to win 7/1 on the Indoor Green against KBGC A side to take the championship of the 1st Division from them, but won 6/2 and had to settle for runners-up. The B side, captained by **Mike Worth**, after an historic rise having been at the bottom of the table only a few weeks earlier, needed only one more shot to gain one more point and the championship of the 2nd Division. **CM Chan**, skipping at Victoria Park against VLBC B side, drove the jack into the ditch on the last end and needed to knock back 4 woods with his last bowl, but only managed to move 3 of his team's woods. One more shot and the B side would have been champions, but it was not to be. They are very happy to be runners-up with promotion back to the 1st Division to join the A side next premier season. The C side, captained by **Stanley Luk** and the D side captained by **Richard Chui** retained 6th and 8th positions in the 3rd Division whilst the E side, captained by **A A Da Luz**, retained a very respectable position with his band of “new” bowlers in the 5th Division out of the 6 divisions taking part.



Charles Poulton  
Hockey Chairman

holman fenwick willan hfw



## Chairman's Comments

Dear Players,

It's Christmas time and as such I thought it appropriate to re-instate the listing of new borns amongst our fecund Hockey Section each month. Any time your team mate or friend in the Section has a baby please send the picture and details to [mag@hkfchockey.com](mailto:mag@hkfchockey.com) and we will publish it: likewise, news of engagements and marriages are also very welcome indeed!

You'll see from all the news below that the Section is in rude health and to reflect your hard work at training and matches we're now seeing some very notable results across the mens and ladies teams at all the levels. I am particularly impressed by the Ladies B-team who were promoted to the top division last year and who have really risen to the challenge with some impressive teamwork as exemplified by their win over Valley A recently. The men's B-team found out last year that playing in the top league amongst the best teams in Hong Kong can be very tough, so the efforts from the Ladies Bs is commendable. Perhaps next year the Men's B team will also hold their own in the Premier league once they have been promoted from the First division by the end of this season.

Please also see below that the first of this year's Mini Hockey tournaments was held at the beginning of November and that Dec 5th and 7th sees the Club hosting a Mini Hockey tournaments. As with the senior hockey please refer to the website [www.hkfchockey.com](http://www.hkfchockey.com) for more details!

About the time that you read this a Men's touring party will be leaving for Bangkok. They will be wearing samples of the new kit. Women's samples have also been ordered. Simon Chapman, Kim Roberts, Chris Grossick and Shirley Chau together with myself are co-ordinating this effort so please feel free to ask us about this if you have questions. If you are interested in seeing the samples you should ask us. Please also watch your emails on the subject of our new sponsors, HFW and Links Relocation, as we work with them to extend their branding and logos throughout our activities.

Happy Christmas to one and all.

*Charlie Poulton.*

## Committee

Chairman: Charlie Poulton  
GC Representative: Fergus McCoig  
Treasurer: Niall Byrne  
Secereary: Annabel D'Avillez  
Men's Captain: Chris Grossick  
Men's Vice Captain: Pietro Attala  
Ladies Captain: Kim Roberts  
Ladies Vice Captain: Nicky Russo  
Membership (Men's): Nick S-Wilson  
Membership (Ladies): Kirsty Smith  
Convenor Men: Scott Jalowayski  
Convenor Ladies: Kath Sly  
Kit Ladies: Shirley Chau  
Sponsorship: Owen Hughes  
Website: Rene Theil, Shirley Chau  
Social: Jane Wakeman, Lisa Davies, James Piachaud and Matt Earlam  
Tour Captains: Niccola Russo & James Piachaud  
Youth Hockey: Elise Heuvelmans  
Communications, Marketing & Magazine: Jo Fargus and Vincent Sum

### Men's Captains

A: Tom Moore  
B: Rik Van Donk  
C: Tom Spicer  
D: Graham Dove  
E: Angus Davidson  
F: John Alabaster  
G: Martin Haigh  
H: Darren Morris

## Men's D Team report against Pakistan Association's B Team

The match against Pakistan Association's B team took place on 9th Nov at the Club. A reverse stick shot from an acute angle on the left edge of the D hit at such a speed that it was only when the top right side of the netting bulged and the ball returned to a visible state did the rest of the team realize they had witnessed probably the best goal of the season, **Andy Beane** man of the match for that.

Another thunderously hit short corner from Conor flying just inside the right post made it 2-0. And the icing on the cake resulted from a well structured build up down the right wing, a perfectly weighted cross, a clever dummy (or was it a miss) just in front of the keeper to leave **Philip Bliss** with an opportunity to slap the ball home - many have missed such chances - but Philip's focus and composure sealed

the win 3-0.

At the other end, **Luccho "Jaaskelainen" Portocarrero's** magnificent display between the posts kept us on top of the game with reflex saves, multiple at close quarters and excellent kick outs.

*By Graham Dove*

## Congratulations to ...



**Charlie and Ellie Poulton** for the birth of **Siena Poulton**, 8lbs 4 oz 52.5cm long, (a Guy Fawkes (Barak Obama?)) born on 5th November. Mother and Child, Sisters and Dad delighted!



**Simon** (from the B-team squad) and **Junko Bach** for the birth of their twins of November 4th in Takasaki, Japan. **Ken** and **Erika Bach** are both well and looking forward to being back in Hong Kong, with Mummy, before Christmas!



**Greg Lee** (from the C-team squad) and his wife **Alena (aka Min)** for the birth of their baby boy. No name for the handsome boy has been chosen yet but Greg and Alena would be happy to take suggestions!



Kim Roberts  
Women's Captain

## Ladies Captain's Notes

Hi again.

Time is moving on, and Xmas décor is already going up in shopping malls and on waterfront buildings around Hong Kong, which means that the Hockey Section Crimbo-lympics Party on Friday, December 12th is getting ever closer. I know the ladies teams have already come up with entertaining outfits, so if this is anything to go by, it is bound to be a fantastic event. Make sure you are there and do not miss out on all the fun. The Social Convenors, **Jane Wakeman** and **Lisa Davies**, have gone all out and have got lots planned for us.

For latest league standings visit the association website: <http://www.hockey.org.hk>

In November, apart from more league games, the 9-aside tournaments for division 2, 3, 4 and 5 have taken place with division 1 yet to come. The number 3 spot seems to be the favoured spot for all teams that took part, teams C, E and F in their respective divisions of 2, 3 and 4. I include the reports from the E and F teams below.

Congratulations to the **Poultons** and **Bachs** for becoming proud parents (in fact double trouble and fun for the Bachs, and we know that **Charlie** and **Ellie** have to look after 3

lovely girls!). When will they all first hold a hockey stick? Before they can crawl or walk I bet.

We are also proud to have seven of our youngsters representing Hong Kong in the U16s category in the Canberra Pacific School Games in early December.

We thank the **Dinos** for raising money for Cancer Awareness on Oct 25th when they wore pink bandannas. They raised a total of \$2370. Thank you!

Besides hockey, our Section members insist on finding other ways to torture their bodies, see excerpts below.

By the way, in answer to the question, 'Does **Kim Roberts** ever leave the Club?' I am about to submit a proposal to the Club to install a bed for me on the premises for exclusive use by Kim Roberts when unable to leave the Club'. But I cannot give a definitive answer to the question as to how much Charlie drinks though I gather from a recent night celebrating the arrival of his third daughter, it may be uncountable anyway!

## Ladies A team Report



A very positive start for the ladies A team this season with 4 wins out of 4 matches. Several new faces have added a dynamic to the game and the team is showing great potential. The A's focus is not simply to win, but to optimize the quality of their game and play structured, high-tempo hockey. Perhaps some of the best hockey displayed so far has been against the men's C team during practice matches, where the opposition is tougher, forcing the girls to step-up their game. The team will continue to develop and looks forward to playing some bling-worthy hockey.

By *Emilie Shaw*

## Ladies B team Report

After winning Division 2 last season it was always going to be tough stepping up to Division 1 but with a strong team and **Guv** as our coach we are hoping to do well.

We welcome a number of new players to Club this season; **Claire Archer** (who almost joined HKCC but came to her senses), **Claire Black**, **Elianne Vos** and **Caitlin Gall**. With **Caron Hughes**, **Grace Lant**, **Leani Rademeyer** and **Melanie Baleyte** coming up from the C team and **Annabel Davillez** returning to hockey after having baby **Filipe** and with our existing players we have the makings of a formidable side.

The B's have been training hard and working well as a team. The team spirit is good on and off the pitch aided by commendable dedication to post match bar work. We would also like to extend our thanks to **Babs Mountain** who has been putting us through our paces with her weekly circuit training sessions.

By *Claire Murphy*

## Ladies D team Report

**A Quiet Period for the Dinos – Article No. 3:** A quiet period for the Dinos, played only one league game so far on the 25 October 2008 against Shaheen B.

A wonderful turnout of Dinos, 20 in all, wearing pink bandanas and similar in support of Breast Cancer Awareness Day and raising \$2,370.00 – thank you to **Cath Hopkins** for her organisation and to **Karen Robertson** for ensuring we all had something pink to wear.

As to the game a very closely fought match with Dinos having the majority of the possession and a number of shots on goal but despite best efforts no goals scored and unfortunately two goals conceded (I was in goal!) - so the result definitely not a reflection on the effort and skill of my fellow team mates.

Nonetheless a successful afternoon, champagne to celebrate **Alison Cabrelli's** Bronze Bauhinia Star (presented that morning) and money raised for charity – Dinos at our best !!!

By *Laurette Gallagher*

## Ladies E team Report<sub>9</sub>-aside tournaments



**E Team (Div 3):** Our team of 8 E Team regulars was padded out by several volunteers from the F and G teams (**Sarah**, **Eliza** and **Claire**), which was good news. And we discovered that we have a secret weapon in **Jocelyn's** skills. The bad news was that King's Park was under construction, so we had to inhale construction smoke and were inadvertently blinded by welding torches all day long! But that was really the only downer of the day.

**Annabel** came down to start us off on a good note, which was much appreciated. Our first match of the day was against Aquila A, who ended up being the tournament winners as they scored in just about every match they played. They didn't get in any goals against us, though, which was great – we ended up at a 0-0 draw. **Jocelyn**, **Serena**, **Aiko** and the other defenders all did really well at the back.

After that match we adjusted our strategy slightly to keep **Fiona** as designated "goal-hanger". That strategy paid off in our next match against CDR B, when Fiona knocked a great

*continues next page...*

goal in for us to give us a 1-0 victory. The mid field also ran hard, including Ailsa and Lara.

The rest of our games ended up being ties, 0-0, but each was a little different.

Our game against Shaheen B came after a long break, but we managed to hold them off, much to their frustration. Claire had a great game here, and ran hard in all the games, as did **Josephine**. And I think it was here that Jocelyn had some amazing saves.

Next was a very friendly game with Valley, whom we'd had a lot of fun with chatting throughout the tournament. **Anna** kept up her great defence, sending Valley players flying if they looked threatening (not really, but it did look good from far away!). We really had hoped to score against them, but sadly although we had several great chances the ball just would not get in the goal.

Our final match with Elite also ended in a 0-0 tie.

We all agreed it had been a fun day – the tournament was really well run, and the atmosphere was very friendly for all the matches.

Huge thanks again to Jocelyn for kitting up as a goalie, and also to Fiona for helping me out with the subs when my brain wasn't working!!

## Ladies G team Report

After a shaky start to the season, the mighty G's have found their groove and are sailing on a 2 game winning streak. Losing our first 2 matches by slim margins, we came back in our 3rd match against Valley E to claim a 3-1 triumph. The team came together and played an excellent and well structured game. We then



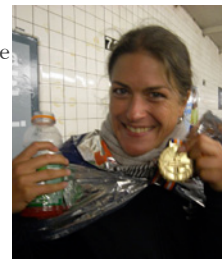
followed that win with a 1-0 defeat of LHT, even with a less than par performance. Our skills and game play have improved tremendously throughout this season, which can only be credited to the tremendous coaching we have received from **Chappy** and **Guv**, as well as the G team's committed attendance record at Thursday evening training and bar sessions. We look forward to continuing our winning streak over the next few months.

## Trailblazer: Annie Wong

Hey, I like hiking, but a 100km at one go, forget it, torture indeed. Annie completed the event and in doing so raised money for Oxfam. Great going, Annie.

## Maartje Bus in the New York Marathon

Not satisfied with running up and down a hockey pitch, or doing laps of the racecourse or running up and down Bowen Road. **Maartje**, already fit and trim, decided to get even trimmer very recently taking part in the New York Marathon. When asked to summarize the experience, her words were short, sharp and clear, 'Painful but fun.'



Time taken: 4:32. GO GIRL!!!

## Ladies F team Report 9-aside tournaments

**F Team (Div 4):** Was a wicked day - thanks everyone! :

The mighty Fs descended over to the dark side of King's Park last Saturday afternoon (08/11/08) in a hungry attempt to defend our 9-aside tournament champions title. With the cool weather on our side and sticks in hand, we battled our way through 4 exciting games against Unicorns, Shaheen, Valley and U14s.

Some cracking goals were scored throughout the day by our team goal scorers, **Genevieve** and **Claire**, which pushed us near the top of our pool. Our final and deciding game against the eventual winners, the U14s, saw us drawing even and missing out on a coveted place in the final by one goal.

Overall a great day out was had, with some superb hockey being played. Thanks to **Guv** for his fantastic support, and to captain **Helen** and **Emma** for supplying the snacks and goodies... and of course, the bubbly!

## HKFC young players on the fast track to Canberra Pacific School Games

Congratulations on your selection and wish you luck, and by next time when everyone reads the magazine, hopefully we will have some tales of victory and some photos to add. The girls also did a run to raise money for the tour Down Under on Sunday, October 26th. We thank those who generously contributed.

Players from the Club:  
**Natalie Chapman, Ailsa Lant, Evie Lant, Grace Lant, Serena Lousich, Elianne Vos.**

Captain: **Valentina Vos**

## Mini Hockey – Valley Tournament November 2008

In this first Mini Hockey tournament of the season Club fielded a total of 6 teams:

- One U12s
- Three (!) U10s
- Two U8s that also included some 6s players.

**Under 12s.**  
The U12's tournament was on the Saturday morning and the team did very well, coming in right in the middle in the first division. Last season they played second division, so this was a great result. Well played everyone, including our U10s **Victoria**

**Molloy, James Shepherdson and Raphaëlle Cotillon** who played up. Your coaches are very proud of you!

#### Under 10s.

Also playing in a division higher than last season were the U10's on Sunday. For the first time in three seasons at least, we were able to field three teams in three divisions.

We are very proud of all our three teams, who finished third (As), sixth (Bs) and fifth (Cs) respectively. A very good result, especially for all of you who have been playing hockey for only two months!

As with the U12s we had 3 persons playing up from their age group below, in this case 3 U8s were playing up: **Harriet Molloy, Michael Shepherdson and Jacob Steward**. Jacob also won the Player of the Tournament Award (U10's Division 2).

#### Under 8s.

The U8s had a team and a half at the tournament, due to players having to pull out at the last minute. Even so, the wee ones played their hearts out. The As came 6th in the 1st Division and the Bs came 5th in the 2nd Division. **Ethan Tsea** won Player of the



Tournament U8s Division 2: congratulations to him! Well done all of you. Your Mums and Dads were very impressed.

A great big thanks goes out to all our team coaches: Coach **Galloway** for the U8s, and Coach **Shepherdson** and Coach **Gallagher** for the U10s who were inspiring.

A special thank you to **Annabelle Barker**, our U12s special U8s team manager who did a great job.

And let us not forget the parents who stood at the sidelines with their hearts in their mouths's willing every ball into the goal, shouting themselves hoarse supporting the teams and players. We couldn't have done it without you!

By the time you are reading this the final preparation for the Club Mini Hockey Tournament will be in full swing.

#### Next tournament:

UNDER 12's Friday December 5th 4:30pm – 7pm

UNDER 8's and UNDER 10's Sunday December 7th 9am – 1pm (times to be confirmed)



## Secret Diary of a Hockey Girl

Given this is Club magazine, I think I should focus on discussing hockey and how well everyone has done however my turn out so far has been some what lack lustre (mainly due to injury/hang over (the latter being more likely)) and my main focus always seems to wonder to the extra-curricular activities. I really should try and get back into the spirit of the game (and not via vodka) but the shuttle runs and burpees at practice do have a detrimental effect. Anyway more of that later - back to hockey chat.

**Charlie Poulton** recently informed me of this website: [www.hkfchockey.com](http://www.hkfchockey.com). I never knew it existed! It has been a great source of information for the purposes of this diary and it appears that the whole squad is doing rather well this season. Both the A teams have had a great start to the season with both top of the league and beating their main rivals of late. Was slightly perturbed however when one of the men's A team did say to me that said that playing the A's is like "playing the royal family of HK teams" – ummmm ok! All other teams have also been getting great results and points are racking up. Friday nights on the pitch are fully booked and it appears that all of the coaching teams efforts are starting to pay off! BTW is it wrong to have vodka in your water bottle on a Friday night?? That would be me using spirit as inspiration again.

I also noticed there was a Photo Gallery on the website. I do wonder who thinks to take photos of people standing in a circle listening/falling asleep whilst listening to Chappie or the goalie standing on their own from about a mile away

(I have no idea which goalie it is - it's too far away people!). Think it would be good to see more action shots and if we go down this route I really think we should be including shots of the 'interaction' that occurs off the pitch.

Speaking of interaction I heard of one of the girls from the F's and a boy from the C's are always hanging out together but insisting there is nothing going on. Hmmm does interlocking lips in Typhoons count as nothing? Plus there is a new member of the men's B team who has made it his purpose in life to 'get to know' one of the girls in any team... Dude... you are persistent but given the feedback I am not sure you're going to pull it off. Lastly major crush reported by one of the girls A team for one of the hotties (cough) on the men's A team... will let you work that one out yourselves...

The Christmas party is also coming up and everyone is discussing what to wear. Given the Olympic theme there is talk of sumo wrestlers, equestrian, basketball, boxers, emergency medical staff, medal bearers, Cool Runnings etc so should be a very entertaining night although please note - no team should come as a hockey team (just lame). Now would it be wrong to also start a book on who is going to win best costume? My bet is that it won't be the team who comes as a hockey team. Anyway last point I will raise is that this theme involves a lot of lycra so I will ask the boys to bear this in mind and maybe....feature your hockey socks somewhere in your outfit. No need for me to say more.

That's all for now.....so see you on the pitch/slouched at the Sportsman's Bar...xx



Tarne Usback,  
Division Chairperson

## Comments from the Chair

As I write we are 5 weeks into the season and already a huge number of wins under our belts. A highlight occurred in week 2 when Club played Valley Panthers a team that has gone undefeated for about three seasons to take the match by 9 points. Hurricanes who came 2nd in Division 4 last year have been dominating the field this year. One team they played did not actually score a goal the entire game, quite an unheard of scenario in the context of a high scoring game such as netball. I believe the match reports opposite will give the teams' performances greater justice than I can here but I would like to congratulate all teams and their players on their excellent commitment and efforts at both training and matches thus far.

**Stacey McLocklan** a new member of our Club team and **Tour Convener** on our committee will soon be drumming up support for a number of invitational tours on the netball calendar this season. Tours have always been a big part of the Netball DSA as a way to mix up our teams a bit and go to some fun places to play the game we love. Last year our cobbled together team managed to win the tournament in Bangkok and I am sure that we can aim to do the same at tournaments this year. We have been invited to register teams in the Southerners Invitational in Bangkok Saturday 23rd of May and the Bali Seven's on Saturday 14th of March. Keep your eye on our website and your email for further details. Stacey will be speaking with members during training sessions so if this is something you might be interested in being involved in let her know or email her at [tours@hkfcnetball.com](mailto:tours@hkfcnetball.com)

I hope everyone is getting their costumes sorted for the Christmas Party on December 11 both **Jess Lavendar** and **Kristy Hutt** have put a lot of effort into making the night a memorable one. See you there!

# Netball News

## Match Reports

### Monday 20th October: HKFC Club (37) vs Aussie Koalas (17)

With last year's Club team decimated by retirements and pregnancies, it was with some anxiety, yet excitement, that a new look Club team took to the court against A.P. Aussie Koalas for the first game of the HKNA Division 1 season. The long summer break was telling on both teams but Club were first to settle with **Claire Chapman's** and **Stacey McLocklan's** athleticism rewarded by picking up a number of turnover balls and steering Club to a first quarter 9-3 lead. Consistent shooting from **Kristy 'Dee' Hutt**, in the face of oppressive defence from **Koalas**, and solid defence from **Alex Weston** and **Irene Petau** extended Club's lead to 17-7 at the half time whistle, with Alex W showing why she's Club Captain this year by combining impressively with Stacey to dominate the centre third and bringing the ball out of defence.

The depth of the new squad was apparent at the start of the third quarter with an all change defence of **Millie Polgase** and **Alex Kent** coming on and maintaining the pressure on the Aussies. Although we had a slow attacking start, Club regained composure with **Dee** and **Anna Clinton** continuing to shoot well, helped by excellent feeding from **Liz Nagy**. This helped to maintain Club's ten goal advantage with a score of 21-11 at the end of the third quarter. The last quarter saw super shooter **Kate 'Babs' Babington** return to Club in fine form and whose on target shooting helped see Club home with an important win in the first match of the season clocking up a final score of 37-17.

It was certainly an encouraging start to the season, particularly for a new team, however, we all feel there is a lot to work on and that we will only get better. We failed to decide on a Players' Player as everyone put in a fine performance and all deserve their shout in this report. However, special mentions must go to Stacey, Liz and Dee for having that bit extra.

### Monday 20th October: HKFC Cyclones (39) vs Valley Jaguars (6)

The team had a great game, each individual played fantastically. There was no one part of the team that played better; we had a strong defence and mid-court and excellent shooting. In the first quarter, we jumped ahead with the score being 16-1 in our favour at the quarter break. The training we had done showed greatly and the team played better as a whole especially around the circle. This shone through the whole game and all the team remembered what had been said at training. The game was to our speed, giving us the advantage, and in the last half the team seemed to move around the court with ease.

*By Alex Kent*

### Monday October 27th: Typhoons (39) Vs Hantang (12)

With confidence high after a strong opening game, Typhoons put in another solid performance against the hard working, hard playing Hantang. We showed strength throughout the court with a stand out performance from **Emma OD** at WD. **Candy Wong** making her HKFC netballing debut at GK making the transition from basketball to netball look easy! Two games, maximum points, Typhoons were looking forward to playing Club in their next game....

**Monday 3rd November: Hurricanes (22) vs HKCC Fielders (4)**

After a nervous start, the jitters settled and Hurricanes pulled away with some fine shooting by our fabulous shooters. We continued building momentum through the 2nd and 3rd quarters, with swift passing through mid-court, which increased our lead even further. Our strong defence created problems for the opposition and kept their scoring to a minimum, impressively keeping a clear sheet in the third quarter. All in all, it was our most physical game to date and our team worked together well to secure the win. Gooooooo Hurricanes!

*By Rachel Todd*

**Monday 3rd November: Tornadoes (23) vs Kowloon Shimmers (3)**

It was a gloomy Monday night when Tornadoes took on the Shimmers, with the Tornadoes clearly the better team we tested the shooting combo of **Claire** and **Penelope** with good results. Great splits from Claire and rebounds from Penelope. Our centre court brought the ball down with ease, with lots of graceful leaps from **Gemma** (centre), fast passing from **Jennifer** (WA) and intercepts from **Caroline**. **Nicky** (GD) and **Lynette** (GK) and kept the Shimmers shooters to just a glimmer.

With a half time score of 3- 13 we looked very comfortable. Fresh legs came on court in the form of **Catherine** and **Laetitia** in the goal circle and **Mel** as GD. They were all playing superbly (with many shots at goal), so it was a disappointment when the game finished in the third quarter due to wet weather.

*by Nicky Won*

**Stork Reports**



Meet our lovely new additions...

Congratulations to **Paula Ferrick** on the birth of her beautiful daughter **Anahira Hope Rangiataahua Diamond**. Born on the 24th October, weighing 3.48kg.

Congratulations to **Eva Chui Loiterton** on the birth of her beautiful daughter **Ella Mei**. Born on the 13th August, weighing 3kg.



Congratulations to **Romiata Harmon** on the birth of her beautiful daughter **Karamea Julia Harmon**. Born on the 16th October, weighing 8lbs (3.6kg).

**Our coaches for 2008/09 season**



From left to right:  
Amanda McPhearson -Hurricanes and Cyclones  
Karen Morgans- Club and Typhoons  
Karin Looram- Whirlwinds and Tornadoes

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## 19th Hole with the Chairman

Andy Ho,  
Golf Society Chairman

**T**he AGM of the Society took place at the Club on Friday 24th Oct, with 34 members of the Golf Society (GS) attending. All nominations for the new committee went through unopposed and we publish the names of your new committee below in order you can get acquainted with them.

It is a great honour for me to be elected as chairman of the GS or should I say I'm afraid you are stuck with me for the coming year. I must thank **Desmond Ko** (Society's outgoing Chairman) for all the hard work he has done on behalf of the GS.

The committee elected at the AGM largely remains as last year, though we welcome **Mike Belbin, Dallas Reid** and **Lawrence Lai** on board whilst saying goodbye and thanks to **Ivan Yuen** and **Charles Yeomans**.

Perhaps, most importantly, **Richard Neish** is also stepping down from the GS due to his departure from Hong Kong in a few months time. Richard's contribution to the GS has been monumental. His knowledge and workings of the Club is legendary. "Richard is our walking encyclopedia of the Club" – Desmond Ko. Richard, we thank you for all you have done for the GS.

The names and contacts of your new committee should be published on the GS notice board by the time you read this article.

A timely reminder that the annual subscription for the GS remains the same and this sum will be automatically deducted from your Member account in January 2009. So, please let us know if you wish to withdraw from the GS before then. We will also give a month's grace to the forgetful ones and a full refund will be given to those who withdraw in February 2009.

As you are aware, the GS exists to promote golf amongst the Members of the Club, I hope more of you will take advantage of the good golfing weather in the upcoming months and attend the golf outings that your committee is planning.

Should any of you have any suggestions regarding the GS, outings, tours or just golfing in general, please drop us a note via the GS Box at the Ground Floor Lobby.

Lots of golf to look forward to and I look forward to meeting you all at our events in the coming year.

Cheers!

### New Committee

President:	Lynn Edwards
Chairman:	Andy Ho
Secretary:	Mike Belbin
Treasurer:	Lawrence Lai
Team Captain:	Dallas Reid
Handicaps Secretary:	Desiree Wong
Development/Social:	David Connolly
Fixtures/Tour:	Adie Ma /Dorothy Lam

# Kau Sai Chau South on the 25th October

In the summer we had three very popular outings to the new East course at Kau Sai Chau, but this was time to take things a bit easier with a visit to the South course. October is a great time for golf, with lower humidity and a gentle breeze. Thirty-four members agreed, and set out from the 10th hole (hardest nine holes first) to bid for the Walmesly Cup, donated by our former organizers for an annual event, now traditionally held on the day of the Society AGM.

As usual the event ranged from the highly competitive to the 'it's nice to be outdoors in the sun' group. And, as usual, there were some excellent rounds of golf played, including a gross 81 by young Leon D'Souza playing off the red tees, and confusing the organizers into awarding him the best (and only) Junior prize. Since Leon had the longest drive from the red tee, the ladies were denied – but the men's best blast prize went to Fraser Ahern.

The best round of the day was a wonderfully consistent 76 from Yann Bouillonec, which earned him the Best Guest prize. For the full members, the best gross was 83 scored by both **Dallas Reid** and **Bob McKirdy**, with **Dallas** winning on count back with 37 to 41 shots on the second (easy) nine.

For the near pin prizes the 16th hole again found nobody on the green in one, but for the three easier holes **Norman Wong, Tommy Tse** and **Luz D'Souza** were the winners.

And so for the Walmesley Cup itself, the best net winner was **Jonathan Li** on count back from **Raymond Ching**, both with 38 points. Third place went to **Fung Lin Chee** on count back from **David Connolly**, both on 36 points.

So after an enjoyable snack and thanks to **Adie Ma** for organizing another successful event, it was back to the Club for the Society's AGM and a drink (or two, as I recall?).



# SS America Sinks at Lotus Hill



Flight Day One



The Winning Line-Up

The eagerly awaited annual Ryder Bowl fixture against the American Club was held over the weekend of 8/9th November at Lotus Hill. 20 rather bleary eyed players staggered on to the ferry at some unspeakable time on Saturday morning to be ready for an 11.30am start in the depths of China. The match had added spice this year as the Americans had just beaten us into second place in the Reunification Cup the previous month and we were out for vengeance.

Leading the match off were the two Captains, Ken Bunce and myself. I had brought along my secret weapon, the Muscles from Brussels, **JP Cuvelier**. Having put us into a strong position on the front nine with little help from JP, I kicked back and watched as he ground out 7 consecutive pars on the back nine to slam the door in the American faces.

Our "dream team" of ex-Cambridge player **Jon Bradbury** and scratch golfer **Jonathan Linstow** went down in the second flight, which was rather against plan. However at the end of day one we were 1 point clear, and all set for an evening enjoying the local cultural dancing. Those who declined this opportunity stayed at the club to watch Miss International live from Macau into the wee hours (Miss Spain won).

The 5.45am alarm call was therefore rather painful, as was the fact that it was still dark. Despite this, the Club team all made

it to their tee times, only to have to stand around waiting for the late Larry Lane to finish off his breakfast and saunter down to the tee box. To add insult to injury, he then polished off Mr Bradbury handing him a duck for the weekend.

The Triad Twins, **Tommy Yuen** and **Kevin Tse** had handed in their usual reliable win on the Saturday, and Tommy came through again on Saturday to return the favour by handing Mr Bunce a duck for the weekend. Team "virgin" **Nick Allen** faced off against Nicholas Lock who despite claiming a huge handicap seems to make scoring Eagle a regular feature of his game, especially down 18. Fortunately Mr Allen seemed oblivious to this and he safely recorded another point for the Club. **Nick Rickett** had been dragged into the side kicking and screaming (his words were "don't play me, I'm c\*\*\*!") Thanks to a couple of late withdrawals from the team. Despite this he played well enough to beat "Jar Head" Crighton to gain a critical, and to him at least, an unexpected point.

In the end Club prevailed 9-6, close enough to be respectable, but far enough ahead to soothe the pain of losing the Reunification Cup.

The American Club voted us the team they preferred being beaten by, which was nice, and all were invited back to the Sportsman's Bar for a post match session.

The only outstanding matter was to vote



Bob Proudly Claiming Team Pig

for Team Pig. This was a bit of a toss up with anyone losing on both days being in contention. However, at the end, the honour went to **Bob McKirdy** for getting to 4 up in his match and then losing it. Better luck next time.

Thanks for the American Club for being great sports, and especially Ken for his organization. Thanks are also due to Lotus Hill who produced a course in great condition, and very friendly and efficient staff, not to mention great food. A final thanks to Wickie Ng from the American Club for all his organizational efforts before and during the match.

By Dallas

# Tennis Update

## Box League Results

The Tennis Society's introduction of its first Box League under maestro **Gilles Bonnier** was a resounding success with players rising to the challenge of playing a set number of pre-determined matches over

the course of about two months. In Group 1, **Philippe Bonval** and **Eric Tsea** came out on top, with **Kevin McNamara** in Group 2. **Vincent Chan** aced his way through Group 3, whilst most of the ladies group all

managing to do similarly well with **Calinna Chan**, **Ong Yoke Ming** and **Monica Chan** all managing 15 points; although it is believed that **Yoke Ming** would have just edged her way in front if she had only played her last winning match before the season's closing bell.

The new season will start soon. If you are interested in playing and remember that matches here count as legitimate Singles Ladder matches, then send us your details and join the fun.



### Group 1

Name	Week 1	Week 2	Week 3	Week 4	Week 5	Points	Rank
Philippe	8-5		8-2	8-4	X	15	1
Winston	5-8	X	0-8	5-8	8-9	11	5
Eric T	8-4		X	8-5	8-6	15	1
Greg	4-8	8-6	2-8	X	9-8	13	4
Gilles	X	6-8	8-0	4-8	6-8	13	3

### Group 2

Name	Week 1	Week 2	Week 3	Points	Rank
Eric D	5-8	4-8	8-2	10	3
Kevin	8-5	8-5	8-5	15	1
Duncan	4-8	5-8	2-8	6	4
Ben	8-4	8-4	5-8	13	2

### Group 3

Name	Week 1	Week 2	Week 3	Points	Rank
Vincent	8-3	8-3	8-1	15	1
Raymond	3-8	0-8		3	3
Chirag		3-8		2	4
Rabo		8-0	1-8	6	2

### Ladies Group

Name	Week 1	Week 2	Week 3	Week 4	Week 5	Points	Rank
Calinna	8-5	8-0		8-5	X	15	1
Gayble	5-8	X	0-8	8-0	8-10	12	4
Vicky	0-8	0-8	X	0-8	0-8	4	5
Yoke Ming	8-0	8-3		X	10-8	15	1
Monica	X	3-8	8-0	5-8	8-0	15	1

## Captains Corner

The Mens Evening League continues apace with both teams doing phenomenally well at the top end of their respective groups. There is only one match to go before the end of the winter league – so still a chance for **Greg Brutus's** team to clinch

the number one spot and enter the play-offs. Good luck. In the Ladies Morning League, our Division 2 team captained by **Elaine Butterfield** is currently storming the top end of her division with 30 points. Well done to all players. Captains **Philippe**

**Bonval** and **Mary Kwan** will be leading the Club team in the prestigious Island Challenge Cup to be held at the Country Club this year. We will be fielding one of our strongest teams, so lets keep our fingers and toes crossed.

Captain	Won	Lost	Tied	Bye	Total	Rank
<b>Ladies Morning League</b>						
Premier - Haj W	2	3	1	1	18	8 of 10
Div 2 - Elaine B	3	4	-	-	30	3 of 8
Div 4 - Yolanda S	1	4	-	1	12	8 of 9
<b>Mens Evening League</b>						
Div D (1) - Job T	4	2	-	-	-	Joint 2 of 9
Div D (2) - Greg B	4	2	-	-	-	Joint 2 of 9



## FROM YOUR TENNIS COACH

Adam Doyle - Head Tennis Coach

Merry Christmas to everyone and I wish you and your family a Happy Christmas. Tennis coaching will still be available over the Christmas break, so it will be a good time to test out those new tennis racquets that you may receive for Christmas. The Tennis Coach will be off from 25-26 of December.

Junior Development Courses will stop over the Christmas period on the 20th of December and will resume again on January 5th. Please let the Tennis Coach know of your return date if you are holidaying for longer. Private lessons will continue as normal.

The Prince Challenge Event was held on November 2nd at the Aberdeen Marina Club. We participated in this event with ten juniors representing the Club. A big thank you to those kids who played in the event. The competition was very tough and we struggled to compete with the other clubs. As it was my first event I was hoping the competition would not be so tough, and more average tennis players would play. Unfortunately our players played against tournament players who are strongly committed to tennis and who probably play 5 times or so, a week. So, it was not easy for our kids. But I was very happy with their attitude and the ability to still have fun and laugh and enjoy the long day. Thank you all again.

We are continually looking to attract more juniors to our programme so please sign up today. We offer once a week spots for one hour for all



juniors and a 45-minute tots programme for kids 4-5 years old.

Private lessons for adults are also available. Morning sessions are widely available and a few evening spots still remain. We strive to help you improve your game and we believe we can help you even if you think you cannot be helped!! The coaching staff is professionally certified to help you. Give us a try, call the Club today and leave a message for Adam on 2830 9578.

Most Improved Adult: Winston Leung  
Most Improved Junior: Jonathan Tsang

"Merry Christmas to one and all!"



# World Ironman 70.3 Championships: Sunshine, Shorts and Stomach Cramps

So it was off to the Sunshine state of Florida for **Steve Bemet** and myself to compete at the 70.3 World Championships. I timed it to arrive a few days before the event to give my body some chance of recovering from the 13 hour time zone difference whilst Steve had decided to do his usual 'just in time' travel itinerary, arriving the day before the race!

Getting to the event is a marathon in itself and I was happy to complete the journey in just less than 30 hours and with my bike intact. On arrival I received a frantic text from Steve (who was still teaching his class in HK) asking me to buy him some new race shorts? It came to light that after crossing the finishing line at the recent World Ironman Championships in Kona Steve discarded his shorts. The circumstances of this are still under investigation but we know he hasn't yet been disqualified for any displays of public indecency!

With Steve's new shorts purchased and at the ready it was all about rest and curb loading. Well that was the plan before a dodgy plate of paella put paid to the normal hydration plans on the day before the race. Suffice to say while I did get some rest my pre race nutritional plans literally went down the toilet.

Meanwhile despite the mandatory race briefing at 11am, registration ending at 3pm and bike check in ending at 6pm on the day before the race Steve arrived at Tampa airport at 6.30pm and still managed to register and check in his bike. If any one needs advice on 'just in time' travel itineraries or how to blag your way past official deadlines please speak to Steve, he's becoming a legend!

And so to race morning. The Sunshine State lived up to her name with near perfect race conditions. The climate was sunny, still and with low humidity. The course started in the temperate waters of the Gulf coast of Florida, which offered perfect conditions for the swim. The smooth, and mainly flat roads made for fast bike and run times. And lastly the competition, a field of the best of the best who had qualified at one of the 27 events held around the world, it was going to be tough!

A great course and great competition made for an awesome event. It was truly fast and furious from the start. The new 70.3 World Champions were duly crowned as **Terenzo Bozzone** who came home first with a ludicrously fast time of 3hrs 40mins, and **Joanna Zeiger** who took the women's title in 4 hrs 2mins, both of which were record times. The age group

titles were won in equally phenomenal times with the categories in which Steve and I were competing both won in times of less than 4hours 10mins!

So how did the HKFC competitors cope with the sunshine, shorts and stomach cramps? The stomach cramps didn't totally abate but I managed to achieve a new personal best of 4hrs 18min and a 17th place in my age group. As for Steve, his shorts were a perfect fit and he sped his way to a credible 4hours 38min and a 63rd place in his age group. Not only that but in crossing the line he became a double World Ironman and World Ironman 70.3 finisher in the space of just 4 weeks! A truly phenomenal achievement showing outstanding commitment, (some may say he should be committed) by Steve to juggle his teaching commitments and compete at a World Championship level.

His itinerary for this event went something like this, Friday arrived 18.30pm, Saturday raced 07.30am, and Sunday departed 06.30am. Sixty hours travel for 36 hours in Florida for a 4hour 38minute race! We salute you Steve, you are a true IRONMAN!

*By Colin Hill*



# Powerbar Ocean 1.4KM Swim Deepwater Bay

**I**t was a cool windy morning as competitors of all ages were required to make their way over to Middle Island. Here they were requested to self-seed as it was going to be a mass start- always fun!! A quick few race instructions were provided- "Go that way"- and then the hooter went off. It was absolute pandemonium for the first five minutes, something akin to being in a washing machine. Definitely a "togetherness experience". If you're somewhat of loner, this is not the race for you.

From the start, people were using an array of swimming techniques hoping to break away from the pack. Towards the 2nd and 3rd buoys, the swimmers faced extremely choppy water, large mouthfuls of saltwater and poor visibility. After battling seasickness and disorientation, we finally rounded the last buoy with a sigh of relief and it was a smooth swim back into shore. Finally, it was a humbling experience to be beaten by several children!!



## Times and positions of Swimming Society members:

Name	Time
Andree Bemet	3rd in category 25.56
Jenny Hill	8th in category 28.08
Anastasia Poon	10th in category 28.43
Sarah Wells	11th in category 32.36

Thank you to Nerida Rigg and Revolution Asia for organizing the event.

By *Andree Bemet*



David Bayldon

# ACHILLES TENDON

Getting out of bed in the morning is agony. It's easier after a few steps but you almost don't want to get up at all. Exercise is good until you stop, then the pain starts. It's just a little sore at first but if you sit in the bar for half an hour you can barely walk from the pain in your Achilles tendon.

## Structure of the Calf

1. Gastrocnemius Muscle
2. Achilles Tendon
3. Soleus Muscle



**T**he Achilles tendon is the largest and strongest tendon in the human body. Achilles tendinitis can be used to describe a host of tendon injuries ranging from inflammation to tendon rupture.

The Achilles tendon connects the calf muscles (gastrocnemius, soleus and plantaris) to the heel.

You get a burning pain in the tendon after exercise. As time goes by you start to get the pain during exercise and you can do less and less before you start to get pain. You have Paratenonitis. The paratenon is like a sheath that wraps around the tendon. It can become thickened and stick to the underlying tendon, this causes friction, heat, inflammation and then pain.

Your tendon is getting bigger/thicker, it may feel a bit stiff but there is often no pain, you have Tendinosis. This is degeneration of the Achilles tendon itself. This increases your risk of rupturing the tendon.

Both paratenonitis and tendinosis can coexist.

Causes can be overuse, increased intensity or duration of training, stairs, hill climbing, poor conditioning, poor shoes, hard training surfaces and poor stretching.

These are affected by age, tightness of the Achilles tendon, pronation (flat feet), foot/running mechanics, and medical diseases which may affect tendon tissue (e.g., diabetes and diseases requiring corticosteroid treatment (e.g., lupus, asthma, transplants))

## WHAT CAN YOU DO ABOUT IT

### Relative Rest

Rest from running, jumping or any other activities that cause pain. To maintain your fitness, try swimming, biking (with the pedal on the heel), and aqua jogging. You may be able to continue to run and still allow the injury to heal by reducing mileage and eliminating hills for a while. In severe cases, complete rest with crutches or a walking cast or boot may be needed for a short time.

Icing to reduce inflammation and pain is often helpful.

Nonsteroidal anti-inflammatory drugs (NSAIDs) can also reduce inflammation and pain. (Discuss this with your Doctor)

Heel lifts of 10-15 mm for short-term use may reduce symptoms by reducing the stress on the tendon.

Fluoroquinolones should be stopped, as these agents have been associated with Achilles tendinitis and rupture.

**Steroid injections into and around the tendon are not advised because they have been shown to weaken the tendon.**

### Physiotherapy

Correcting strength and flexibility

problems in the Achilles tendon starts when the acute pain subsides.

- Calf stretches with the knee straight (to stretch the gastrocnemius muscle) and bent (to stretch the soleus muscle).
- Strengthening exercises as with stretching with the knee in straight and bent. Working up to heavy-load calf raises where you focus on eccentric (the work happens as you go down, while the calf muscles are getting longer), has been shown to be highly effective treating runners and for getting them back to full activity.
- Cross training with low-impact exercises. If pain develops, decrease the activity a bit until the pain is less.
- When pain free with low-impact activity, begin sport-specific training.

Mechanical assessment ( a Physiotherapist or Podiatrist can check how you move for problems which may cause tendinitis, these problems can often be fixed with specific exercises, stretches or by modifying your footwear (orthotics)).

### Warm Up

You must warm up rigorously, well before any exercise, include lots of calf stretching in the warm up.

### Other Treatment

Surgery may be indicated physiotherapy fails to relieve symptoms.

Scar tissue and thickened or degenerated tissue can be surgically removed.

Operative brisement (injection of dilute anaesthetic into the paratenon sheath) to break up adhesions can also be effective.

MOVIE OF THE MONTH

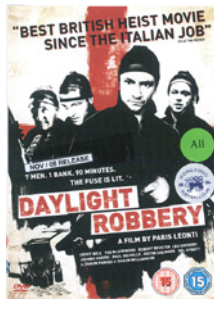
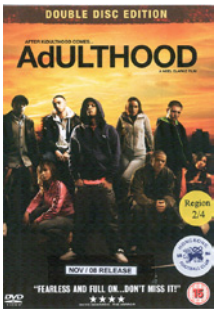
FLASHBACKS OF A FOOL

**D**aniel Craig delivers a startling performance as Joe Scot, a washed-up Hollywood star adrift in a haze of sex, drugs and squandered fame. But when he receives news of the sudden death of his childhood friend, Joe flashes back to his younger self (played by Harry Eden of Oliver Twist) in his small English seaside village and the summer of innocence and tragedy that would change his life forever. Olivia Williams (The Sixth Sense), Claire Forlani (CSI: N.Y) and the Grammy Award Winner Eve Jihan Jeffers co-star in this powerful drama about love, loss and one man's journey to redemption.



Top 10 DVDS

- WHAT HAPPEN IN VEGAS
- WAR INC.
- THE MEMORY KEEPER'S DAUGHTER
- THE EDGE OF HEAVEN
- INDIAN JONES AND THE KINGDOM OF THE SKULL
- THE WAY WE ARE
- RUN FAT BOY RUN
- SMART PEOPLE
- FINDING AMANDA
- YPF



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# KING & COUNTRY'S

**BBA026**  
Wounded Sherman



**BBA028** and **029**. There's also some work to be done... **BBA026** "Wounded Sherman" shows a pair of tankers inspecting their mine-damaged M4 and getting ready to call up the mighty **DD104(SL)** M26 Armoured Recovery Vehicle.

**BBA029**  
G.I. Drinking



Finally, there's this year's very special Christmas set... **XM008-01**. Two GI's share

**D**ECEMBER 15, 1944... Somewhere in Belgium... up near the forest of The Ardennes. It's cold, almost freezing and it sure looks ready to snow... probably going to be a white Christmas...

Along 90 miles of front facing the frost-covered trees of the Ardennes 83,000 American soldiers stand guard... bitterly cold and bored!

It was a place where nothing much happened. Occasionally, infantry patrols were sent out see what the enemy were up to and, if possible, bring back a

## Last Christmas of THE WAR

"So What's New... Are We Winning?" **BBA027**



their rations with a pair of hungry Belgian children and their even hungrier dog!

As all of these figures relax and take it easy little do they know that their peace is about to be shattered by a huge German onslaught that

is about to descend upon them in less than 24 hours!!!

All of King & Country's many



**XM008-01**  
Last Christmas of the War



break. For the older guys this was their first respite from action since D. Day six months before. For the young reinforcements, many of them fresh from the 'States, this was an easy introduction to the "shooting war".

K&C's latest Battle of The Bulge GI's and vehicles sets the scene in the early quiet calm before the storm. These new sets show U.S. servicemen "at ease"... **BBA027** Catching up with the news in "Stars 'n' Stripes"... Enjoying a coke and sipping some hot coffee

low re  
are sold.

prisoner or two. Most times they returned from patrolling these strangely quiet, cold and thickly wooded hills and valleys... empty-handed.

Occasionally they might see a few enemy troops in the distance and exchange some fire but usually it was "All Quiet on the Western Front". It seemed that the "real" action was definitely elsewhere.

### BEHIND THE LINES

With only these occasional patrols... kp or guard duties to perform... most GI's relaxed a little and enjoyed the



**DD104(SL)**  
M26 Armoured Recovery Vehicle

**BBA028**  
Takin' it Easy

**KING & COUNTRY**  
AUTHENTIC HAND-MADE HISTORY

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