

# CLUB

HONG KONG FOOTBALL CLUB 香港足球會 FEBRUARY 2009

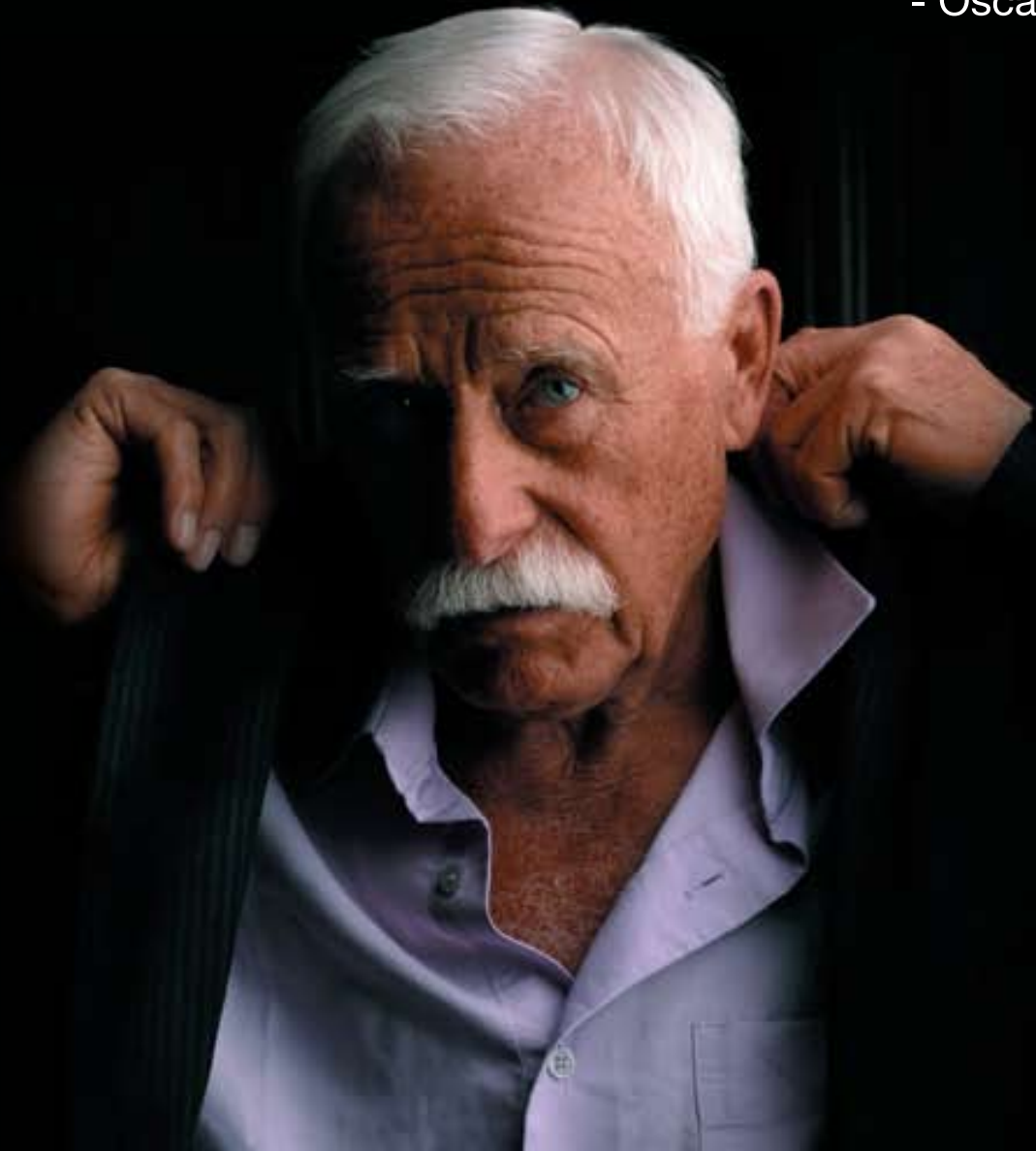


## Valentine's Day Dinner Celebrations

Wine, Dine And Unwind Evening  
Fork And Cork Night With Wine Quiz  
and more...

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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## 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	: Dermot Agnew
Vice President	: Nick Hunsworth
Vice President	: Mike Lamont
Vice President	: Bobby Lawson
Vice President	: Iain Valentine
Chairman	: Fook Aun Chew
Hon. Secretary	: Colin Cohen
Hon. Treasurer	: David Howell
Sports & Recreation Development	: Lynn Edwards
Discipline	: Martin King
Constitutional Affairs	: Desmond Ko
Membership	: Maurice O'Brien
Hockey Officer	: John Shanahan
Lawn Bowls Officer	: Fergus McCoig
Rugby Officer	: Mike Worth
Soccer Officer	: John Molloy
Squash Officer	: Martyn Russell
	: David 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

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## The Thoughts of the Chairman

**A** Big Welcome to the Year of the Ox and Wishing You All A Very Happy and Prosperous Chinese New Year!

As always, the Club, just after Chinese New Year will have the traditional Lion Dance to welcome in the New Year and also to usher in good fortune for the Club and it's Members. This is scheduled to be held on Sunday 8th February 2009, starting at the Front Entrance of the Club at 12.30pm.

It is always a good event for Members and children to be present as it is usually very good fun with a lot of the younger children participating in the entertainment. The acrobatics and skill of the lion dancers never ceases to amaze me.

I am very sad to have to advise Members that on the 30th December 2008, Jimmy Mair, a Life Member of 51 years standing passed away. Jimmy is remembered fondly by many of our older

Members and with much respect particularly amongst members of the Soccer Section for whom he played and represented the Club as Player, Captain, and Coach. Jimmy was also a former General Manager of the Club for a period of about 5 years in the late seventies to the early eighties. Jimmy's funeral took place at Hung Hom on the 13th January and later that day he was cremated at Cape Collinson. A Gathering was held back at the Club for those that attended. A tribute to Jimmy appears in the Soccer Section article later in the magazine.

Many congratulations are in order to those Staff members (pictured above) who were the winners of the fourth quarter Star Award. The Star Award(s) for the year will be presented at the Staff Party which I can advise will be on Sunday 1st March 2009. As is usual the Club will close early on this day at 5pm and reopen on Monday 2nd March 2009 at 9am.

**FOOK AUN CHEW**  
Chairman



## From the Desk of Mark Pawley

**W**ith the Chinese New Year festivities now behind us (apart from the Club's Lion Dance, that is) we now enter into a pretty much uninterrupted phase of league sports for all our Sections/DSA through until the end of May. And, in February, apart from showing live English Premier League football, we will also have live 6 Nations Rugby (most weekends) from the 7th February onwards until the 21st March. On top of that we will also be showing

Super 14's rugby which starts on the 13th February (this will be on most Fridays, late afternoons and Saturday afternoons) until the final on the 30th May. So, don't forget to check out the notice boards, or ask our Sportsman's Bar Staff, to find out what's on and, when!

Wine seems to be the "flavour of the month" with our February food and beverage promotions! On Tuesday 17th February we have our first ever, Fork and Cork Night in the Restaurant, which combines a Wine Quiz with a three course dinner and plenty of wine to taste/drink! On Saturday 28th February we have our Wine, Dine and Unwind evening in the Restaurant which includes a lovely three course dinner with two selected wines plus a glass of

sparkling Rosé wine, served as a welcome drink, and a glass of Sherry with your dessert. And, in the Restaurant only, throughout the whole of February we're going to allow you to bring in your own wine (for Dinner only), with no corkage charge, when you order a meal from our A la Carte menu for two or more people.

Last, but by no mean's least I understand that "Love is in the Air" on Saturday 14th February – Valentines Day. The Club will be putting on two different dinner celebrations on the day which are detailed later in the magazine – please do not disappoint your loved one – book well in advance!!

I look forward to seeing you all at the Club.

**MARK PAWLEY**  
General Manager



### Q4 STAR AWARD RECIPIENTS

(From left to right): Mr. Ng Cheuk Kai, Neo (Sports), Mr. Tsang Yiu Wa, Terry (Coffee Shop), Mr. Mark Pawley, Ms. Ng Ka Yee, Maggie (GM Office), Mr. Li Nai Kwan, Louie (Banquet), Mr. Lai Kam Chiu (Housekeeping)

# Valentine's Day Special Celebration

Saturday 14th February

**W**hether you're married or in the first year stages of courtship, Valentine's Day provides a great opportunity to show your partner appreciation. It is the perfect time to spoil, pamper and shower them with gifts.

## LOVE IS IN THE AIR Dinner Amongst The Stars from 7.00pm – 10pm

For the ultimate romantic Valentine's evening, pamper your loved one with a gourmet five course set dinner under the stars by the Club's Swimming pool. It is going to be an unforgettable evening.

*Terrine of Alaskan Salmon and Crab meat*

~

*Cream of Boston Lobster with Potato Blinis*

~

*Moet and Chandon Champagne Sorbet*

~

*Pan-Seared Blue-Eyed Cod, Topinambur Mash,  
Cherry Tomatoes and Truffle Cream Sauce*

or

*Char-Grilled Rack of Lamb, Mustard Spatzle,  
Spring Vegetables and Merlot Reduction*

~

*Sweetheart Chocolate Surprise*

~

*Coffee or Tea and Petits Fours*

*\$649 per person*

### Our set dinner includes:

Dining by candlelight.  
Bottle of Chilled Sparkling Rosé with your meal.  
Welcome strawberries dipped in Godiva Chocolate.  
Something to keep – Best boxed macaroon for you to share or take away.  
Beauty and Wellness by Wilma is sponsoring a complimentary SPA treatment for Him and Her.

## CUPID'S ARROW HITS in the Restaurant from 7.00pm – 10pm

Celebrate Valentine's Day with the food of love at the Restaurant.

This romantic five course set dinner with welcome drink will provide the perfect setting to express your undying love. Relax and listen to a selection of the most romantic songs during the evening.

*Chilled Lobster Salad with Red Tuna Tartar,  
Edible Flowers and Lavender Olive Oil*

~

*Jerusalem Artichoke Velouté with Duck Confit Ravioli*

~

*Passion Fruit Sorbet*

~

*Pan-Fried Organic Irish Salmon Fillet, Zucchini,  
Ocean Trout Roe, Cress and Mango Coriander Salsa*

or

*Marinated Veal Sirloin with Pink Pepper Corn and  
Garlic served with Green Asparagus,  
Truffled King Edward Mashed Potatoes  
and Vine Tomatoes confit*

~

*Cupid's Lover Dessert*

~

*Coffee or Tea and Petits Fours*

*\$498 per person*

## DINNER BUFFET in the Coffee Shop from 6.30pm – 9.30pm

Whether celebrating with your partner, family or good friends, in the Coffee Shop on this night only there will be a special buffet with Japanese influences. And, along with the Buffet Dinner we will offer a Juicy King Prawn Thermidor.

\$258 per person (inclusive of a King Prawn Thermidor)



Photo for reference only



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

Please contact the Restaurant at 2830 9562, and  
the Coffee Shop at 2830 9569 for reservations  
or email: [foodandbeverage@hkfc.com](mailto:foodandbeverage@hkfc.com)

*Love is in the Air*



Photo for reference only

## WINE, DINE AND UNWIND EVENING

in the Restaurant  
Saturday 28th February  
7pm to 11pm

For an evening of good food and wine, be sure to book a table at the Restaurant for this special "Wine, Dine and Unwind Evening". A three course menu inclusive of two selected wines served generously with your meal. **What else?**

You will be also served a welcome glass of Rosé sparkling wine and a glass of Sherry with your last course.

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*

*Seared Australian King Scallops  
Avocado, Mango, Yellow Frisée and Citrus Dressing  
\*\*\**

*Roasted Venison Loin and Seared Goose Liver  
Red Onion Marmalade, Asparagus and Cassis Jus  
\*\*\**

*Mixed Berry Sabayon  
With Brioche and Vanilla Sauce  
\*\*\**

*Petit Fours  
Coffee or Tea*

*\$398 per person  
(inclusive of dinner and free flow of two selected wines)*



## FORK AND CORK NIGHT WITH WINE QUIZ

in the Restaurant  
Tuesday 17th February  
from 7.30pm to 11pm

**How many grapes make a bottle of wine?** Join the fun wine quiz dinner for your chance to win one of five bottles of premium Australian wine throughout the evening.

**Join Rob Moody, Australian winemaker of ex-Penfolds fame** for a fun quiz evening which will be peppered with quizzes and a blind tasting that anyone can win!

Rob's high end boutique wines- Cape D'Estaing from Kangaroo Island and Somerled from McLaren Vale will be served with a three course dinner in the Restaurant.

**It is a night that will be thoroughly enjoyed by the wine beginner and connoisseur alike.**

Please note that booking is essential.

*Prawn Ceviche with Smoked Salmon  
Served with Mesclun Green  
and Honey Mustard Dressing*

\*\*\*

*Char-grilled Butterfly Spring Chicken  
With Roasted Herb Potatoes, Winter Vegetable  
and Rosemary Gravy*

\*\*\*

*Hazelnut and Toffee Panna Cotta  
with Berries Coulis*

\*\*\*

*Coffee or Tea  
Petits Fours*

*\$398 per person*

## PASTA PARADE

in the Restaurant  
Monday to Saturday  
available in the evenings

**Don't Let February's parade of freshly made pastas pass you by.** Throughout the month, mix and match different shapes and sauces, freshly cooked al dente...and eat as much as you like.



Photo for reference only

**DUE TO POPULAR REQUEST  
BRING YOUR OWN WINE**  
in the Restaurant  
until February 28th 2009  
available for dinner

**5 reasons to Bring Your Own Wine...**

1. Your wine is taking up too much space in your flat.
2. You want to enjoy the wine you have purchased in the past with friends.
3. You want to come and enjoy a good meal with a good bottle of wine.
4. You want to experience a touch of quality in your everyday busy lives.
5. You are not allowed to buy new wine from our wine kiosk unless you empty your current stock!

So, get a bottle or two of wine that will compliment the food and book your table now. No matter the type of wine you bring, we have the glass to accompany it.

No corkage will be charged (up to a maximum of four bottles per booking) as long as a minimum of two courses per person are selected from the A la Carte menu and that there is a minimum booking for two made beforehand.

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

**\* Offer not applicable on Valentine's day Saturday 14th February**

**HOT POT**  
in the Coffee Shop  
1st February to 28th February  
from 6.30pm to 9.30pm

By popular demand, in the month of February we are bringing back the traditional Hot Pot at the Coffee Shop. Hot pot is a must in winter...and what better way to socialize and share the warmth of friendship?

This year we have prepared for you a selection of two hot-pot-platters (Premium and Deluxe), plus vegetable condiments to suit every taste. Included is a glass of house beer, soft drink, or hot sugar cane drink.

**Premium Set Menu** is available for a minimum of 2 persons at \$198 per couple or \$350 for 4 persons. Extra portion will be charged at \$100 per person.

**Deluxe Set Menu** is available for a minimum of 2 persons at \$300 per couple or \$585 for 4 persons. Extra Portions will be charged at \$120 per person.

Please note that booking for 8 or more is essential.



**OCEAN CATCH**  
1 + 2 + 3 + 4  
in the Coffee Shop  
Monday to Thursday  
available for lunch and dinner

Join us this month for a **healthy helping of fresh fish**, prepared and cooked the way you like it alongside vegetables and rice, potatoes or noodles!

Fish is a vitally important ingredient for a balanced, healthy diet, being the main source of Omega 3, a natural blood thinner and a natural anti-inflammatory for our cardiovascular system.

Simply choose from our Special menu featured this month.

**ALL YOU CAN DRINK**  
in the Coffee Shop  
throughout the month of February  
Friday, Saturday and Sunday

For everyone enjoying the Coffee Shop International Dinner Buffet, you may enjoy unlimited consumption of selected wine, Carlsberg Beer, soft drinks and chilled juices...all for only \$25 extra per person.





Photo for reference only

## OYSTERS OF THE NIGHT

in the Chairman's Bar  
available from 6.30pm to 10.30pm

Don't miss it!

Priced at only \$10 each (minimum order of 6 pieces)

## WINE CAROUSEL

in the Chairman's Bar  
from 6pm to 10pm  
throughout the month of February

Chairman's Bar offers 12 free-flowing wines specially selected from award winning and famous wineries. From 6pm till 10pm daily for a set price of \$120 per person for 2 hours of unlimited serving. Alternatively select any two wines for only \$68.



Photo for reference only

## WINE 101— *Learn the Basic of Pairing Wine and Chocolate*

in the Chairman's Bar  
Friday 20th February  
from 7.30pm to 9pm

Craving wine and chocolate? Why not have both? Learn to pair these complex, decadent treats.

Our guest speaker, Thibaut Mathieu will demonstrate how easy the pairing can be done.

\$100 per person inclusive of wine and chocolate for tasting.

Pre booking required. **Tasting will start at 7.35pm sharp.**

For reservations please call the Chairman's Bar at 2830 9559 or email: [foodandbeverage@hkfc.com](mailto:foodandbeverage@hkfc.com)

Photo for reference only

## FONDUE MEMORIES

in the Chairman's Bar  
available from 6.30pm to 10pm

Especially fond of chocolate dessert?

February's your lucky month! Gather round and ward off the evening chill with an authentic chocolate fondue at the Chairman's Bar.



Photo for reference only

## FEBRUARY IN THE SPORTSMAN'S BAR



Photo for reference only

### PIE MONTH AT THE SPORTSMAN'S BAR

Now with our new Pie menu you may enjoy four kinds of delicious pies throughout the entire month of February. Let PIE time begin!

### SWISS CHEESE FONDUE EVENINGS

A traditional Swiss feast awaits diners at the Sportsman's Bar every evening throughout February. Except on Saturday evenings.

#### Your meal includes:

- Bubbling Swiss Cheese Fondue served to your table with traditional accompaniments
- Half Pint of Carlsberg Draft or a glass of selected white/red wine or a soft drink of your choice

Price: \$140 per person (Minimum order: 2 people)

### ON THE SCREENS

#### Rugby is back.

The **Six Nations** kicks off on Saturday 7th February with England vs Italy followed by Ireland vs France.

**\*\*England's first match at Twickenham in the 2009 RBS 6 Nations Championship is against Italy.** Although England have never lost to Italy, they ran it close in 2008 only emerging with a narrow victory from their visit to the Stadio Flaminio. England will need to raise their game at Twickenham, on 7th February, if they are to triumph against the ever improving Italians in 2009.

On Sunday 8th February Scotland vs Wales. On Saturday 14th February it's France vs Scotland followed by Wales vs England. Be sure to make your Valentines arrangement at the Club so you can watch the matches with the peace of mind that you will already have been able to look after your loved one beforehand on this special day!!

Also back on our screens will be **Super 14's Rugby** from Thursday 13th February through to the Final on the 30th May.

We continue with **English Premier League** action. This month's highlight being the game on Saturday 21st February with Arsenal vs Sunderland.

With plenty of live sport make sure you read the notice boards for the updated dates and times.

## LION DANCE at The Club Sunday 8th February

We will be holding our special Lion Dance at the Club which starts at the Front Entrance of the Club at 12.30pm.

A must watch entertainment for all our Members.



Photo for reference only

## SHARE THE JOY OF VALENTINE

Exquisite Gift, for Only \$138

Available at the Chairman's Bar and Coffee Shop

## FEBRUARY SPECIAL OFFER

Valentine's for Her and Him  
in a Bottle

Mini Champagne \$230 per  
Pair. Available for collection at  
the Chairman's Bar

**\*\*While stock last**



Photo for reference only

# NEW YEAR'S EVE GALA PARTY



Photo courtesy of Steph Reed

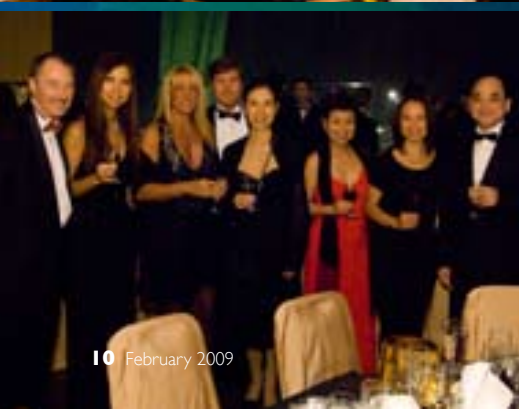




Photo courtesy of Steph Reed

Photo courtesy of Steph Reed

Photo courtesy of Steph Reed

Photo courtesy of Steph Reed



## 100 years ago...



Inside the Hong Kong Hotel, circa 1910 (where Central Tower / Gloucester Tower stand today). At the time it was the 'Club's club' – the regular venue for HKFC annual dinners and AGMs.

# League Of Its Own

**P**osh surroundings set the scene for Club's AGM on Tuesday evening, 29 September 1908, held above Pedder Street on the first floor of the **Hong Kong Hotel**. The Committee, dominated by 'soccerites,' was feeling quite chuffed with itself. The previous season was still being talked about. Not only had Club's first eleven won the Challenge Shield for the second time, it beat a Shanghai FC eleven 3-0 in the first soccer 'inter-port' ever played, staged on the Club pitch during the lunar new year.

*a certain amount of' controversy as regards football in the Colony.*

### ...must come down

1908-09 was a landmark season for soccer in Hong Kong. It was the season the League started. Elements of the British Forces led by the Naval Yard, having tried since at least 1905 to get a football league going that included civilian sides, finally gave up on Club's disinterest and started it themselves. HKFC, as 'the premier football club,' was asked to join. "Clubs are

not sufficiently strong enough to stand the strain of league football," said Frank Browne. HKFC included itself out. In 1908-09 it played soccer in what was, it could be said, a 'league' of its own.

Browne did not sit still. On 29 January 1909 he chaired a meeting to form something that called itself the Hongkong Football Association. Its agenda was to put a lid on things – not just where the upstart League was concerned, Browne especially sought to protect the Challenge Shield knockout competition which Club had

### What goes up...

**Frank Browne** was in the chair. His day job was as a government chemist but his preference was to mix it in football administration, using a smile and a conservative hand. His Committee members were **W.J. Daniel** of JSM; **Ernest Aucott** of Jardines (Soccer Captain 1907-08); **W. MacGregor Weston** (Soccer Captain 1908-09) and **Ben Johnston**, both of HSBC; plus two schoolmasters: **W.H. Williams**, a Welshman 'with a habit of refereeing every match he played in' and Hon. Sec. **Herbert Garrett**. Only Daniel was a rigger man.

The Committeemen were looking forward to another season of soccer glory. What they got was just the opposite. Four months later a *China Mail* editorial would tell them: *During the past year there has been*



The men of the first 'Inter-port' soccer match between HKFC and Shanghai FC – Monday, 3rd February 1908. Shanghai wore yellow and black jerseys, Club in white. The visitors' captain, J.T. Tyack, is centre front row, in front of Club captain, E.F. Aucott of Jardines. Behind them is the matched pavilion, made of rushes and bamboo, which Club had to put up with until 1928.

initiated twelve seasons earlier and which it regarded as football's Holy Grail.

(This first version of the HKFA failed to survive, due to its refusal to affiliate with the English FA. It was superseded in June 1913 by the Association that exists today despite having, to begin with, its own differences with HKFC which Frank Browne – accepting by then that football came before Club – had the main hand in sorting out.)

## Yellow card

In January 1909, Club managed to put itself off-side with everyone else in football. The yellow card was flashed its way when the much-heralded reciprocal soccer tour to Shanghai at Chinese New Year was abruptly called off. Secretary Garrett wrote to the *Mail* with Club's rationale:

... When, at the last moment, it was found necessary in order to raise a team of any reasonable strength to go outside the members of the HKFC, a special letter was written to Shanghai...

regretting our inability to send a team composed entirely of our own members. This appeal to players outside the HKFC entailed a heavy expenditure in passage money and expenses...and when further withdrawals took place it was deemed advisable to cancel the fixture, not without deep regret.

It produced this reaction:

...it may be retorted that the (HKFC) could not be expected to concern itself in raising a team from outside its ranks. But they might at least...have had the courtesy to hand the matter over to the Hongkong Football League, who, whether the Club cares to recognise it or not, are in touch with...the best talent in the Colony. But no; apparently the Club was sufficiently presumptuous to take upon itself to reply for the whole of Hong Kong.

The next season Club made a 'grudging exit from isolation' to join the League and come second-bottom – quite a fall from the grace of 1907-08.

## Subsequent drama

Rugby's fortunes at HKFC, conversely, were on the ascent. In 1908-09 the XV included a Kiwi called **George McIlraith**, remembered by teammates as 'one of the finest forwards ever to play for the Club.' Selected in 1905 for the historic **Original All Blacks** tour to the northern hemisphere, he contracted 'flu at training severely enough to miss the boat. Subsequent drama brought him instead to work in Hong Kong, where he filled the void caused by the local NZ Insurance manager's suicide a few days before his wedding.

In 1909-10 Club rugby had a stellar season under McIlraith's captaincy. For the first time a Challenge Cup was competed for by XV's from Navy, Army, and from Club which took it home. At the 1910 AGM, the rugger men justifiably established their equality on the HKFC Committee.

*By Denis Way*

## The smarter way to buy 'off plan' property in London

*"When the housing market improves buyers always say the same, if only they had known or had the cash to invest when the developers were offering great deals.*

*We at XBinvest are pleased to be giving individuals the advice, a deferred deposit method and buying power previously only available to bulk buying professional investors"*

**Nathan Cozens, Managing Director  
The XBond Company Ltd**

**You are invited to a reception at the Hong Kong Football Club supported by Nathan Cozens,  
Chris Miller - Managing Director XBinvest Asia and The XBinvest Team**

**Tuesday, 24th February 2009 from 6.00pm to 9.00pm in the Lockhart Room  
Refreshments will be provided**

**For further information or a private appointment call Sandy Lam on 9853 0283 at our Hong Kong office  
In the meantime please check out our website - [www.xbinvest.com](http://www.xbinvest.com)**





## The Captain's Corner

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



Here Jimmy celebrates 51 years at the Club with the Chairman Fook Aun Chew

Welcome back troops,

At 10.10pm on the 30th of December the Club lost a legend. Born in Scotland on the 15th of October 1925, **Jimmy** first joined the Club in 1957. Eisenhower was President, Eden had handed over to Harold McMillan at Number 10. West Germany held the World Cup. There were not too many surprises when it came to who were champions of both England and Scotland but East Fife and Preston North End found themselves in 3rd place in their respective top flight divisions. Jimmy gave us 51 years of incredible service in a variety of different roles both off and on the pitch.....Soccer Section Captain, Soccer Coach, Soccer Player and even, in the 70's, General Manager of the Football Club. I've probably missed a few given that his contribution was so immense. There just is not enough space in this magazine to eulogise enough about the man. To be honest just writing about him under these circumstances is very hard such was my respect for the person who probably had the biggest influence on my beginnings in the game. There just wasn't time to get in touch or even find many of the people who knew him



Here is an early HKFC Team picture from the 1957-58 season, Jimmy is in the back row, third from the right

so well and ask them to provide a few words. If you are reading this and knew Jimmy I'm sure you'll fondly recall a few stories of your own. If you didn't have the absolute pleasure of being in his company then I hope you get a sense of what a magic human being he was from the comments below.

*"So sad. One of the best was Jimmy. I had my first experience of Jimmy Mair's training sessions in 1970.*

*When I raised the question of 'are we in army training or what?'*

*His reply was 'are you not up for it laddie?'*

*My response was 'b.....s'*

*After that introduction to HKFC soccer I seemed to do a lot more press-ups and sit-ups than most but what a great guy.*

*Jimmy loved his club, he loved torturing us but most of all he was respected and we all were better sportsmen for his presence.*

*Cheers Jimmy. "You were alright."*

*By Ian Findlay*

*It is so very sad to hear the news of the passing of Jimmy Mair, a mainstay of not just the Soccer Section but the Club he loved so much since his arrival in Hong Kong in the mid 50s. I first met Jimmy in 1970 when I played my first season for Club. Jimmy did the physical training each Tuesday and Thursday on the old Club pitch and precisely at 6.30 pm we would hear a sharp blow on his whistle and the dreaded words, "Leave the balls, lads". I can't think of any other person who gave as much to the Soccer Section as Jimmy did without ever asking or expecting anything in return. He will be greatly missed.*

*By Chris Watson.*

*I first met Jimmy in 1979. I was 10 years old. Well I say I met him but really I watched from behind my Dad as both he and my Mum were introduced to Mr Mair. I probably only started addressing him as Jimmy when I hit 40 and even then it sounded strange and more often than not I'd still call him Mr Mair. He ran an incredible youth side in those days." Mair's Marvels" they were nicknamed. They never lost a single game and played with 2 defenders, 3 midfielders and 5 forwards. He was the first ever real football coach I'd ever seen and his influence on me was instant as I was in awe of this Shankly like figure with the whistle and Club blue tracksuit. Football was fun with Jimmy in charge and whilst he might have been quite hard on the senior teams at the Club with us kids he gave us nothing but encouragement. I'll miss him a lot.*

*By Stewart Montgomery*

*Jimmy Mair, a legend whose spirit will be remembered by all of those who were lucky enough to meet him. I was fortunate enough to have come across Jimmy when playing for Lucky Mile when he was team supervisor, Jimmy would be at the games week in week out across Hong Kong or tearing up to the FA to register a player, he would always have a positive word to say about the team performance which admittedly wasn't always an easy thing to do. My memory of Jimmy will be of him of at the bar with his half of lager chatting about Kilmarnock, working at Tai Koo docks and crowds at the football, a truly great man who will be missed.*

*By Steve Tew*

# How's the 1st Team doing?

*In my day, Jimmy was regarded as the very essence of the Football Club. Although involvement with football was his first priority, he was always well liked by all the other sections who very much appreciated his work and commitment on their behalf when he became Manager. Indeed, the Club was his life (or so it seemed). It was said about Jimmy that he always smiled, was always helpful and was always there! After the first (lunch time) of his THREE daily training routines in the stadium he could always be found in the bar munching a club sandwich, washed down with a San Mig! Jimmy was a great "front-of-house" man for the Club, able to speak with those from the various strata of society, to give assistance, to be firm when necessary and always to gain respect. My earliest memory of him was when he "recruited" me for the soccer section in 1969. He coached us up to the 1st Division and down again and up again etc. Despite playing against the "big boys" of Jardines, South China, Rangers etc in those days, Jimmy was never negative about our prospects or dismissive of our chances in any game. Sometimes we pulled off a victory and back at the Club, the first jug of ale would be poured by Jimmy, nursing a quiet smile and a pride in his boys!*

*I knew Jimmy for 12 years and he was one of the nicest men I ever met. He was a real Hong Kong man and a total aficionado of Hong Kong Football Club. I'm glad he was able to live out his days where he seemed happiest.*

Regards

By Bob Henderson

*You may not know but I believe that Jimmy first came to HK in 1954, the year of my birth. To say he was devoted to the Soccer Section and the Club in general would be the greatest understatement of all time. We used to say that if you cut him his blood would be coloured Club blue. I first knew him in 1970 when I played my first season which was also the first season for Henrick Lorenz.*

Best to all.

By Chris Watson

*He was "Mr. Club" during the 7 years in the seventies when I played for Club. I happily remember him as a very committed, active, always available, positive and pleasant friend. He will have reached a "nice old age" probably due to his slim posture and healthy lifestyle and I sincerely hope that he has not suffered specific illnesses. He surely deserves a respectful, thanks-Club farewell.*

Best personal regards

By Frits Schuitema

*He was a very special club man in my life and for a very long time as well. He will be missed, but you know he had a good life in which the club was rarely far from his thoughts as well as his involvement. He was a selfless servant in his job roles and always had the club's best interest in his focus. Anyone living well into their eighties have indeed had a great innings as well as seeing first hand the enormous change factors he would have experienced.*

*I know that we did the right thing in looking after his last few months with us in this life, and he deeply appreciated the support that you personally and the club in general gave him in making his quality of life that much more comfortable and enjoyable, I am sure he would want to give you a big thank you for that - so I will say it for him, probably having known him longer than most (since I was 12 years old in the dockyard)*

Best regards

By Bob McKirdy

## League

**Sunday 9th November:**

**Club 5 – 2 Advance Tai Chung**

A good performance by Club resulted in a comfortable win against another close rival Tai Chung, who was lying in 3th place. After the disappointing result a week earlier, Club was very keen to get back to winning ways. This resulted in a quality performance in the first 45 minutes and some sharp finishing by **Tom Taw**, **Tony Hamilton** and **Nick Sandor** gave Club a comfortable 3-0 lead at half time. When Tai Chung scored against the run of play in the 52 minute, the visitors may have thought a comeback was on the cards. It was not to be as Club regained control of the game shortly after and substitute **Mike Wilson** got his first goal of the season after 86 minutes. Some sloppy defending gifted Tai Chung with another goal one minute later. But the final score was reached in the dying seconds when **Allan Fraser** scored from the penalty spot after converting his second attempt that came back off the keeper. A good performance overall and 3 vital points gained.

**Sunday 16th November:**

**Club 3 – 3 Rangers**

Yet another great comeback saw Club take a point against very stubborn Rangers. With confidence high from the performance a week earlier, Club were looking to get off to a flyer and score in the early part of the game. But it wasn't to be as they started off slow, lost their shape and focus far too easily. This gave Rangers the opportunity to score two goals in 20 minutes, and with a little help from some poor play and individual errors, Club looked dead and buried as the half

*continues next page...*



time whistle blew. Some tactical changes at half time and some refocusing by all saw Club take control of the second half early on with **Matthew West** getting a goal back shortly after the interval. This lifted the home side and **Nick Sandor** scored the equalizer after 55 minutes. The team had been transformed and when Nick Sandor scored a cracking third after 64 minutes, the comeback was on and all 3 points looked most likely. But Rangers had other ideas and while Club were still celebrating their last goal and had switched off, Rangers went down the other end and made it 3-3 almost from the kick-off. Club created a few chances in the later stages but ran out of ideas and were unable to get the winner.

#### Sunday 23th November: Sha Tin 1 – 0 Club

Club suffered a narrow and most would agree, rather undeserved defeat in their top of the table clash with league leaders Sha Tin. Being 6 points behind, they knew that a win was needed to keep their title hopes alive or at the very least, a share of

the points. From the home encounter in September and a 2 – 6 drubbing on the day, Club knew that they would have to play as an organized unit if they were to get a result against the league leaders. The opening encounters were very cat and mouse, with Sha Tin unwilling to take any chances and risk defeat and Club having to play a little deeper than they usually do, there wasn't a lot of action in front of goal in the early stages of the game. However, that all changed in the 41st minute as Club went a goal down to a very controversial decision by the referee who awarded a penalty to Sha Tin after, keeper, Christian Capruso had got himself tangled up with the oppositions centre forward. It was a soft penalty to be honest, but Sha Tin didn't waste the opportunity, scored from the spot and were delighted to take the lead in a very tight game. Not much changed in the second half and although Club had a couple of half chances, no more goals were scored. Overall, an undeserved defeat for Club who actually played a very well organised game over the 90 minutes.

We are just past the halfway stage of the

2008/09 season, and as Club are 9 points behind league leaders Sha Tin, the league title may just be out of reach this season. However, securing the second promotion spot is still very much on the cards and Club will be going all out to win their remaining matches.

With the next league game not scheduled until early February 2009, the focus of attention will fall on the Cup and a successful run in that competition.

League Table 2nd Division

1.	Sha Tin	10 – 27
2.	Tai Chung	10 – 22
3.	HKFC	10 – 18
4.	Wing Yee	10 – 16
5.	Rangers	10 – 14
6.	Fukien	10 – 14
7.	Tung Po	10 – 11
8.	Double Flower	10 – 9
9.	Kwai Tsing	9 – 6
10.	Kwok Keung	9 – 1

## Cup Run

#### Sunday 14th December: Club 12 – 0 Kwong Wah (2nd Round of Cup)

Club smashed Kwong Wah 12-0 in a very one-sided encounter, to say the least. Eager for a successful cup run, Club got off to a flyer when **Kenneth Kwok** scored after only 7 minutes. Goals by **Jeremy Gill**, **Matthew West** and an own goal by a Kwong Wah defender resulted in a 4-0 score line at the interval. Club continued its convincing performance in the second half by adding another 8 goals. The goal scorers in the 2nd half were **Nick Sandor** (3), **Yiu Hung Lo** (2), **Matthew West** (1), **Jeremy Gill** (1) and **Tony Hamilton-Bram** (1). Absolute highlight of the game was Yiu Hung Lo's (Hung Jai) second goal, which was scored from just inside the halfway line. The opposition offered little resistance as Club proceeded to the 3rd round.

#### Sunday 21st December: Double Flower 2 – 5 Club (3rd Round of Cup)

A good first half performance was

enough for Club to beat Double Flower 5-2. With confidence high after the game against Kwong Wah a week earlier, Club got off to another great start when **Frederik Schipper** netted after only 4 minutes. Club were celebrating again when Tony Hamilton-Bram doubled the lead in the 7th minute. Double Flower was under continuous pressure throughout the 1st half and the pressure paid off with more goals from **Jason Tack** (24th minute), **Allan Fraser** (35th minute) and Tony Hamilton-Bram (39th minute). However, Club dropped their performance levels towards the end of the first half and some sloppy defending gave Double Flower the opportunity to get a goal back in injury time of the 1st half. Club picked up where they left off in the second half, and chances continued to come their way but were unable to be converted in to goals. However, Double Flower kept plugging away and managed to score another goal, against the run of play from a corner. The final score ended up 5-2, with Club proceeding to the quarter finals.

#### Sunday 4th January: Sai Kung 1 – 3 Club (QF of Cup)

An all round solid performance by Club was enough to see off a stubborn Sai Kung team 3-1 and allow them to proceed to the semi-finals. With both teams unable to create any real chances in the opening stages of the game, it looked like Club was going to be in for a real challenge, after the easy wins in previous weeks. However, the breakthrough came after 32 minutes from a combination of poor Sai Kung defending and effective pressure by Club, and Kenneth Kwok being in the right place to break the deadlock. The lead was doubled shortly after the interval when a Sai Kung defender deflected a cross from **Simon Galvin** into his own goal. And when **Michael Sealy** added another goal after 61 minutes to make the score 3-0, it was game over for Sai Kung. However, and once again, lack of concentration in defence gave the home side the opportunity to make it 3-1 but this was as far as they were to go, as Club squandered a few more chances in the closing stages of the match. Club proceed to the semi-finals, where they now face their league rivals Sha Tin FC who have already beaten them twice and sit comfortably atop of the 2nd Division table.



## Operation Santa Claus Mini Soccer Tournament

**The Club plays its part in the HK\$1 million Operation Santa Claus Football Tournament (and wins a trophy or two in the process!)**

The annual 5-a-side Football Tournament to raise funds for the Operation Santa Claus charity took place on December 14th at Stanley Fort. As well as retaining the men's trophy for a third year in succession (see separate story in next issue), the Club also played its part by organizing and participating in Mini Soccer tournaments for the P3 (born 2001) and P5 (born 1999) age groups. Each tournament involved some 10 teams from clubs across Hong Kong with each team paying an entry fee as a contribution to the fund raising. In addition to this the players, their siblings and friends in attendance provided ideal 'customers' for the other fund raising activities, including a great kidz zone. The event was a huge success raising over HK\$1 million for Operation Santa Claus and the Mini Soccer teams also enjoyed some successes of their own...

### P3 Tournament

With three teams entered into the morning's P3 tournament, the FC3 team, coached by **Jerry Simpson** and **Marcus Lee**, played with spirit and tenacity to reach the Plate semis (they could have made the Cup if it were not for a narrow 1-0 loss to our own FC2). Up came the Plate semi against a HK Football Academy side tipped originally to win the Cup. At full-time FC3 had held HKFA to a 1-1 draw...a superb performance and so to penalties, which unfortunately went narrowly the way of the eventual Plate winners, HKFA.

FC2, coached by **Phil Cook**, **Dave Perret**, **Liz Moser** and guest P4 coach **John Robb**, did extremely well to qualify for the Cup competition, missing out on top spot in their group by a single goal. In the semis FC2 faced a DB Dragons side that had only dropped two points in their group games. Despite a sterling effort we just came up short losing 2-0 in a hard fought match although very nearly an all Club cup final!

FC1, coached by **Tony Bruno** and **Frank Preusse** and including **Christian McAteer**, **Fong Yi-Son**, **Jamie Bruno**, **Michael Shepherdson**, **Callum Beattie**, **Nikki Keatch**, **Nathan Sweeney**, **Sean Preusse** and **Nick Lumley-Smith**, progressed through their group games only losing 2-0 to the DB team, which included a remarkably large player, to



*The victorious P3's (and coaches) celebrating their cup win*

qualify for the semis of the Cup. Brazilian Soccer Schools were then dispatched 4-0 and so through to the final to face DB once more. A piece of coaching genius saw **Nathan Sweeney** superbly man-mark their big guy out of the match and at full-time it was nil all. 5 mins extra time was agreed by all officials and, following a very close call right on our goal line that keeper **Michael Shepherdson** somehow managed to keep out, **Sean Preusse** picked up the ball to beat two players and slammed it in the back of the net. 1-0 the victory and the Cup was ours! For many players this was the first time they had ever played a competitive tournament but all played like seasoned professionals, except with much better discipline!

### P5 Tournament

Club fielded two teams in the P5 tournament in the afternoon. FC1, coached by **Phil Shirley** began well, but it just wasn't to be their day, and, having qualified for the Plate competition, went out at the semi final stage.



*The P5 FC2 team following their fine 'cup run'*

FC2 fared better to qualify for the Cup competition. Coach **Michael Denmark** takes up the story..."all the boys played with passion, commitment and great all round sporting attitudes. We won two, drew one and lost two, the last one being the semi final of the cup against a very strong Brazilian Soccer Schools team. The boys were all a pleasure to coach, were great teammates and seemed to all be living the dream! The team included **Richard Chao**, **Nick Hilderbrandt**, **Jonathan Lai**, **Ryan Perrett**, **Toby Plowman**, **James Shepherdson**, **Daniel Sweeney**, and **Chris Smith** and each player definitely deserves credit, but special mention must be made of **Daniel Sweeney** who, when we needed a margin of three goals to get to the semis, charged on to the pitch to score a hat trick and ensure safe passage through for the team, so well played Daniel! The support was exceptional, as was the weather, the organization and the refreshments. Thank you to Operation Santa Claus for giving the boys the opportunity to play and help at the same time."

All in all a great day for players, coaches and spectators, and a big thanks to the main event organizer, **Brian Crockford**, as well as all those who attended and contributed to this worthy cause.

**Chris Plowman** – organizer of the P3 tournament

**Richard Broadhurst** – organizer of the P5 tournament

*By Chris Plowman*



Adam Harper

**CBRE**  
CB RICHARD ELLIS

## Rugby Update

**H**appy New Year to you all. As Club coach **Quinton Wrigley** observed in a welcome back email of characteristic brevity, this is the business end of the Hong Kong *laamkauh* season. In case anyone is wondering, that's the Cantonese word for our fine game. It means 'olive ball', picking up on the rugby ball's similarity in shape to an olive. And in case anyone is wondering how I know that, it's because I have just bought an invaluable book called *The Right Word in Cantonese*. This handy little volume gives you the Cantonese for all kinds of useful words. We can now dispense with 'Animal' and start referring to the old warhorse (*lauhjeung*) in the language of his adopted home as *Duhngmaht*. If you don't speak Cantonese, don't say you don't learn anything reading the Club magazine.

Now for the *laamkauh* itself. You may recall that my report in the last number was a tale of woe; a sorrowful litany of defeats by Valley and a fearsome exercise in collective self-flagellation. It gives me great pleasure to begin 2009 on a brighter note. I hesitate to wax lyrical about literal and metaphorical turning points but, yes, we are past the mid-point of a season that was not stunning for HKFC in its first half and, yes, Club, Dragons and Scorpions did show some signs of promise in the depths of December that give us hope for the New Year.

I mentioned Club's improved performance to beat Aberdeen in the last edition and that was the last game our 1st XV would play before Christmas as Kowloon and Causeway Bay were unable to field sides. Club take on DEA this weekend (January 10th) and will then gird their loins for 'Armageddon II' against Valley the following weekend (although it's probably more like Armageddon CDXVI in the grand scheme of things). Make no mistake, Valley will be a very tough proposition indeed and the psychological edge they established by winning the first game should not be underestimated. But Club can re-start their season emphatically with a win over the red and blacks and I know they will be hungry to do so.

By far the most heartening performance in the immediate pre-Christmas period, however, was Scorpions' 31-19 victory over the PLA at the Club on Saturday December 13th. Admittedly, the Scorps team was bolstered by some regular Dragons and a couple of Club players, but the team as a whole raised their game superbly, playing some breathtaking attacking rugby and closing out the game when they needed to. Some outrageous Welsh cheek from **Nick James** to throw two bug dummies as he began a lightning move that ended in a fine try for **Gavin Bowring** as well as a "Bryan Habana" score at full stretch in the corner for that man of blistering pace, **Chris Howard**.

This was a game played with a great sense of adventure and endeavour by the Scorps – and one which could, and should, serve as a rallying point for the Section for the rest of the season. It went a long way towards atoning for the disappointing Drags and Scorps defeats by Valley and proved we can play tremendous rugby when we want it enough.

Sadly there is very little other rugby to report on because of the holiday hiatus. There is, however, some distressing news to report. Yes, ladies and gentlemen, concerns are growing over the survival in Hong Kong



Danny Browne earns extra money by posing for a police poster campaign on preventing theft by looking after your personal items

of the rare *Bovinus Stobartii*. This large and placid ruminant was introduced into Hong Kong from the UK with some success in 2005. Following the arrival of a female of the species a little later, it was hoped that *Bovinus Stobartii* would flourish in its new habitat. However, confirmed sightings of the male have dwindled in recent months and there has only been one such sighting on the pitch – normally a favoured environment – when *Bovinus Stobartii* masqueraded unsuccessfully as a fly-half and appeared to be confused about whether the game was Association or Rugby Football. An appeal has been launched by concerned wildlife-lovers. "If you see Cowhead, approach him very carefully and don't make any sudden movements," said a tearful **Bouch**, using the common name for *Bovinus Stobartii*. "If he allows you to move close to him, tell him that it's alright, that we miss the sound of his voice and that we just want to see him before the next Aquatic Dodgeball tournament in September."

With a little more space to fill and no damn rugby to report on, I thought I'd send us into 2009 with a little verse and my profound apologies to Rudyard Kipling.

*"If you can do fitness with Mungo and not fall behind  
Or train with Quinton - and understand each call,  
If you pay neither Valley nor Cricket Club any mind,  
If your teammates play for you, and you give them your all;  
If you can keep your head, though you're down by two tries  
And win back the lead with five seconds to run.  
Yours is the game, the glory and prize  
And - what is more - you'll play for the Club, my son!"*

All the best for 2009.

By Adam Harper

# Squash News

## Ladies Squash tour to Singapore – November 2008



**W**here do we start....do we start with the story about the two ladies that missed their flights, or with the one where we drank the budget airline dry on the flight to Singapore and then again on the return flight, or with the copious number of Singapore Slings we consumed, or the number of times we had to switch rooms, or the number of shoes and bags that were purchased, or with the marathon pool playing and shot drinking session followed by some sensational dance moves, or the pearls...maybe we should start with the pearls...how about we start first with the players who made the tour so memorable and what it was...

First we had the Banker (Emma Pike), she was there always making sure we had enough cash on hand to pay for all the rounds of drinks, taxis and food – everything but the shopping! Then there was Nanna (Lynley Solomon), she'd never flown economy before and had to come to terms with the fact that you had to pay for drinks on the plane...thankfully the Banker was there right by her side to lend her a helping hand and buy her a can of wine...wait the can of wine was for Casper (**Alex Hurworth**) not Nanna...Casper also known as Audrey (**Hepburn**), was not seen the whole weekend without her white stockings, pearls and sunnies on...she even had them on while she was on the court, though we did have to surgically remove the pearls when she fainted on the court as a result of the heat (yeah right!). Then there was the Phantom (**Liz MacDonald**), we're pretty sure she was there but no one can actually be sure - she came and went so often no one really got a good look at her. Then there was Slim Shady (**Jo Zonk/Ward**), the Phantoms partner in crime...or were they actually the same person...again no one is really sure...have you seen single white female? Then there was the Fine Master (**Jo Babis**), she was there to keep us in line and to issue offenders fines for not drinking their shots fast enough or for sleeping through breakfast...pretty sure Casper and Slim Shady bore the brunt of the Fine Masters whip and boy did they both love it! Then there was Paul Newman (**Fiona Cumming**), she really showed us the colour of money and made us all blush with her ball skills, who would have guessed! Lastly there was the Man Magnet (**Kate Geary**), it's a curse that she

has to live with daily, only thing is she was the last one on the tour that was looking for a man so she had to give them all away and let them down easy (poor Wasabi Son.....or was it Monkey Magic or Ninja... does anybody remember his real name?).

Onto the squash - yes we did actually play while we were there, contrary to what people think - we didn't just shop and drink! Think it was 35 degrees in the shade, and thankfully the well designed courts were outside with a few strategically placed fans to help keep us cool. Some would say that this might have given the home team the advantage, but not so, we sure gave them a good run for their money and taught them a few lessons on and off the court (that's the story we're sticking to anyway, what goes on tour stays on tour right ladies!). Nanna was a true champion taking 2 of the girls on one after the other, she had to cut the slack left by Casper who was a little tired from carrying all those shopping bags. Slim kept her cool on the court not even breaking into a sweat, but we wouldn't have expected anything less from her. Phantom and Paul Newman did a runner straight after their match to go make themselves beautiful for our big night out on the town, while we stayed put leaving our bags in the changing room making sure not to leave any valuables in them (inside joke only the ladies on tour will get). Man Magnet got the yips again and the team showed their support by laughing as loud as they possibly could, just to make sure she could hear their support over the roar of the strategically placed fans. The Fine Master issued her opponent a few fines before the match even started for being under age, and then went on to dazzle her with her squash skills hitting her with the ball and showing her who ruled the court. That will show those juniors not to mess with the more mature and experienced players!...Last the big money players were up and the Banker showed us that she was more than just our bank roll, she was our star player too. Excellent nail biter of a match and we all had to drink lots just to get through the nerves...thankfully the Banker came up trumps, so we celebrated her win with a few Singapore Slings and shots as you do. All in all it was a fantastic tour and we really left our mark on Singapore, and also dropped a few thousand dollars over town to help the economy. We are all really looking forward to next year's tour...and the adventures to come – stay tuned.

## Squash Christmas Party



## LAWN BOWLS



Alan Lo our Green Clipper

# Green Clippings

## Hong Kong International Bowls Classic 2008

This was the first time that the Hong Kong International Bowls Classic, organised annually by HKLBA, had both men and ladies in the competition. The tournament was held simultaneously in Craigenower Cricket Club and Kowloon Bowling Green Club from the 6th to 14th December. The format consisted of 2 days of Singles, with the Finals held at KBGC on Sunday 7th December followed by 6 days of Pairs with the Finals held at CCC on Sunday 14th December.

In the men's Singles, Club's **Philip Sze** beat SY Ye of China in round 1 and lost to Mark Walton of England in round 2. Mark won all his games to take the gold medal and the Champion's Trophy. He was also the Singles winner in 2004. Another Club player, **Patrick Choi**, was unlucky to lose to Leif Selby of Australia in round 1. Leif won all his following games to enter the Final. He lost to Mark in the Final to take the silver medal.

Two Club bowlers played in Men's Singles representing HKLBA. **Danny Ho** lost in



The Men's Singles winner England's Mark Walton



Luis with David Kingdon of Wales

round 1. **Luis Fernandes** beat CY Yu in round 1 and lost to David Kingdon of Wales in round 2.

New Zealand, who were hosted by the Club, was represented in the Singles by Ali Forsyth who lost to Mark Walton in the Quarter-final. New Zealand's Mark Watt, the defending Singles champion, lost to Loren Dion of USA in the Quarter-final. The Wales team, also hosted by the Club, were represented by Craig Maycock who lost in round 1 and David Kingdon who lost to USA in round 3.

In the Ladies Singles, out of four Club players, only **Winnie Au** managed to get through to Round 2. **Emmie Wong** lost to Jennifer Dowds of Ireland, **Tammy Tham** lost to Flora Wong of HKLBA and **Erica Wong** lost to Lynn Stein of Scotland in their round 1 games. Winnie Au beat Bernie O'Neil of Ireland but lost to Anna Chan of KBGC by a tie break in the 2nd round.

**Camilla Leung** representing HKLBA defeated Alice Ho of HKPBC in round 1 but lost to Jo Edwards of New Zealand in round 2.



Winnie in action

**Grace Chu** representing Hong Kong reached the quarter-final. She defeated Selina Suen of IRC in round 1, Flora Wong of HKLBA in round 2, Jo Edwards of New Zealand in round 3 and lost to Nor Hashimah Ismail of Malaysia in the quarter-final.

Jo Edwards of New Zealand lost to our Grace Chu in round 3. Hannah Smith of Wales lost in round 1, and her team mate, Anwen Butten, lost in round 2.

Val Smith of New Zealand, currently ranked Number 1 in the World Singles, lost in a tie break in the semi-final to Margaret Letham of Scotland and settled for a bronze medal. Margaret went on to beat Shirley Ko of Canada and to win the Champion's Trophy.

In the Pairs tournament, the round robin section games were completed with the Men playing at CCC and the ladies at KBGC. After the quarter finals, the play was only at CCC with large crowds surrounding the two outdoor grass greens

Club men's team, **YS Leung** and **Johnny Tsang**, finished 9th in the sectional play.



Ladies Singles winner Scotland's Margaret Letham

They defeated CCC, HKLBA and the Youth Development Team. Our ladies team, **Wong Ye Ming** and **Dora Lam**, finished 10th in the sectional play. They beat Canada, China, and Wales and drew with Kowloon Cricket Club.

For our host team, New Zealand ladies finished top in the sectional play and Wales was 4th in the sectional play. They played against each other in the quarter-finals. Wales won but this did not affect the friendly chat in the Coffee Shop and Sportsman's Bar later that evening. On the Sunday morning Wales beat Sea Bird Sports Club in the semi-final, but lost to Malaysia in the final to settle for the silver medal.

In the Men's Pairs, New Zealand were 4th in the sectional play. They lost to Malaysia in the Quarter-final. Wales finished 5th in the sectional play.

England, represented again by skip Mark Walton and Graham Shadwell, were determined to repeat their win of both the Singles and Pairs tournament in 2004 and took out the hot favourites Malaysia

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YS and Johnny with Craig Maycock and David Kingdon of Wales



Ming and Dora with Hannah Smith and Anwen Butten of Wales and Jo Edwards and Val Smith of NZ



Ladies Pairs winners Malaysia's, Siti Zalina Ahmad and Nor Hashimah Ismail



Men's Pairs winners England's, Mark Walton and Graham Shadwell take away the Cup, again

skipped by current World No 1 Safuan Said to go into the finals to beat KCC's Chadwick Chen and Jimmy Chiu.

Socialising and celebrations continued with a farewell dinner that evening with many compliments from the overseas bowlers for the quality of the organisation and the standard of the local bowlers. President Vincent Cheung gave strong indications that the event in 2009 would also include the ladies, which was welcomed by all.

## Finals of the National Championships

The 2008 Season of the Hong Kong Lawn Bowls Association's National Competitions finished recently with many of the finals taking place either at Filipino Club or at two special Finals days arranged at the Indian Recreation Club. Club's bowlers entered in the finals of six competitions and won three of them.

**Camilla Leung** and **Danny Ho** won the National Mixed Pairs at the Indian Recreation Club. In a very close match they beat Joanna and Collin Nam of Kowloon Bowling Green Club after an extra end.



Danny and Camilla, National Mixed Pairs winners



Rita and Grace, with their Lucky Bear, winners of Ladies National Pairs

Club's **Linda Da Luz**, **Erica Wong**, **Alice Antunes** and **Camilla Leung** defeated Joanna Leung, Connie Chan, Fanny Fernandes and Peggy Ma of Filipino Club to win the Ladies National Fours. But in the afternoon of the same day at IRC, Camilla, Erica and Linda lost to Hong Kong Police Bowling Club in the final of the Ladies National Triples.

Also at IRC, in the Ladies National Pairs, **Rita Shek** and **Grace Chu** had a



Mr Kohli of IRC presents the Ladies National Fours Trophy to Camilla, Linda, Alice and Erica

comfortable game against Amy Chan and BF Lau of City Lawn Bowls Club.

In December, on the same evening at Filipino Club, Police also took the trophies away from the Club. Watched by a large crowd of Club supporters, **Tammy Tham**, **YS Leung** and **Tony Tong** lost to Andie Cheung, Boris Choi and Andy Chan in the Mixed Triples and **Rita Tsui** and **Rita Shek** lost to Helen Cheung and Sanlie Ng in the Ladies 2-4-2 pairs competitions.

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Rita Shek, Rita Tsui, Tammy and YS after the games



Charles Poulton  
Hockey Chairman

holman fenwick willan hfw



## Chairman's Comments

Dear Players, as we move into the final 3 months or so of the regular season, please continue to plan ahead and make room in your busy schedules for your team's matches and your training sessions as well as your own personal fitness. Match schedules are of course on the website as are the coaching sessions. Whilst business commitments can interject to ruin one's best intentions, please nevertheless try to remain as focused as you can on your commitment to your team's fixture schedule. So often with matches in the final quarter of the season it is the team with the best availability of its regular players that will win, whilst the team that struggles to raise their usual players on match day will put themselves at a tremendous disadvantage. Added to this we all know of people in our squads who are having to leave Hong Kong and so availability is in any case going to be under pressure in these final months; please therefore make it easier for your captain, your team and yourselves by showing your unequivocal commitment right up to your last match. Don't forget to visit [www.hkfchockey.com](http://www.hkfchockey.com) under the 'fixtures' tab to see the links to the fixture lists and stay in close touch with your captain.

In the world of mini and youth developmental hockey we still have half season rates applicable to those that would like to join this programme at the Club (HK\$750 for Members and HK\$1,100 for non-Members). If you have family members or friends that would still like to join, please see the website for playing times and contact details - new players are still very welcome whether or not they are Club Members. The website address is [www.hkfchockey.com](http://www.hkfchockey.com)

Congratulations to over 25 people from our Section that took part in a packed Sportsman's Bar Quiz Night. A hugely enjoyable evening saw the Hockey Section beat all other Sections by coming first and second! The NEXT HOCKEY SOCIAL will be Friday 6th February at Dublin Jack, mark your diaries now!

Happy New Year of the Ox.

*By Charles Poulton*  
Hockey Section Chairman.

## Men's B team Report

Having managed to win all 5 of their matches, the B's still had 3 matches to play before the Christmas break. First up was the Vets, and after a slow first half, the B's went one nil up despite some miscommunication between **Dobbys** and **Murph** (someone still hasn't learnt his left from his right). Goals from **Donks** and **Murph** ensured 3-0 victory. The victory was followed by moving on from hockey to figure skating as the team represented North Korea at the Christmas party. Some members (**Wongy**) wouldn't have looked out of place in a 70's adult movie.

With just one day to recover before facing the C's the following Sunday, the team were feeling the effects of playing two games in 3 days. In a tight first half the team went into the break holding a 2-1 league. The second half was a goal fest with the teams scoring goals every few minutes, until with just 5 mins to go the C's held a 5-4 lead. During this period **Beeks** was awarded a yellow card for his now infamous I hate the world, the umpire, hockey, everything in my life, just get me off the pitch so I can sit in a corner and cry speech. Given the situation it appeared that a miracle was needed. That water into wine moment took place with the most audacious of aerals by **Jasper** sending the ball from one D to the other. Even more miraculous was **Ollie** picking up the ball and scoring on his reverse side. At the restart, with just a couple minutes to go **Donks** managed to steal the ball, decide to take on the majority of the C's and in an ensuing goal mouth scramble **Kazu** somehow put the ball in the net, and that finished the match at 6-5. This was also **Loofah's** last game for the B's as he now heads back to the UK. This was also the day that the Loofah award was created. It's just

a shame it is for the person who does something ridiculous on the pitch!

With just one game to go before the Christmas break the B's faced Valley C's. On paper this should have been a foregone conclusion with the Valley C's having lost all their matches and the B's being undefeated. However with the scheduling of **Beeks** wedding on the same night as the match meant that the **Dutch** (majority) contingent of the B's being unavailable for the match. That meant having to fill the other half of the team with a mixture of players from the C's, D's and E's. Though the players had little experience playing together, they went into the lead with a well worked goal that resulted in a tap in for **Gus**. Despite losing the lead to a defensive lapse, goals from **Chappie** and a hat-trick for **Gus** the team came out 4-2 winners. Other things to note were **Steve Bruce** slipping a disc with his first touch of the game, and **Fabian's** personal vendetta with the "dingo from down under" resulting in him going past the same player about 5 or 6 times whilst not actually moving down the pitch.

This puts the B's at the top of Division one with a 5 point lead and a game in hand over 2nd place **Elite**. Hopefully the team can carry on this excellent form into the New Year.

I would also like to congratulate both **Beeks** and **Wongy** for getting married, and for **Wongy** managing to drink his own body weight in champagne at his after party celebration. Also to note was **Mr. Brunner's** notable absence and his cast iron promise to make amends at the B team Christmas party.



Kim Roberts  
Women's Captain

## Ladies Captain's Notes

Kung Hei Fat Choi Everyone!

This year in the Year of the Ox, I am sure the hard work to date and the continued hard work for the rest of the season will reap just rewards for all teams. Thank you once again for your on-going commitment to training, games and social events. We are also happy to see a ladies side touring by taking part in the postponed Bangkok tournament on Valentine's weekend. Thanks to **Nicky Russo** for taking care of this tour.

Standings as of Jan 8:  
(For latest standings check:  
www.hockey.org.hk)  
Note: Number of teams in  
each division:  
Div 1: 7 (total of 3 rounds),  
Div 2, 4 and 5: 9, Div 3: 8

Team	Div	Position	Played	W	D	L	GF	GA	Points
A	1	1	8	8	0	0	42	3	24
B	1	5	10	2	1	7	4	19	7
C	2	6	7	3	2	2	14	13	11
D	3	2	6	4	0	2	16	6	12
E	3	4	7	2	3	2	7	8	9
F	4	4	6	3	2	1	7	5	11
G	5	6	7	3	0	4	6	11	9

## Ladies A team Report



The A team has had a successful season so far winning all of their matches including a friendly against Keio University. Although on a winning streak, they were extremely disappointed not to win gold at the Christmas Party, noting that it was "stolen from them" and "they should have won" ... just remember A's that "we are all winners" ... For the Russian synchronized swimmers, Christmas Party memories (although blurry) include glitter, nose clips, mint

bailey shots, Bab's on a horse, false accusations, Sanj trying to down a pint, and much more. After a couple of weeks of rest and lots of Christmas turkey, pie, cheese and New Year celebrations, the girl's start 2009 with a hockey-filled week and a grudge match against rivals KCC. The team has been keeping fit over the holidays (yes you have) and are looking forward to another exciting round of hockey and scoring lots of goals!

## Ladies C team Report

**KCC B result:** Right. Lets be honest- even after the several dozen crates of booze the C team consumed at the Hockey Christmas Party, we still had a (surprisingly) fantastic game against KCC B the next day. After praying that we had the full team show (and we came close several times), I was proud that by the end of the game we had a full team plus 2 subs (thanks to a guest appearance by **Yeng** who had eaten some "dodgy" turkey the night before, and I think **Nina** and **Cris** must have also had a nibble on the same turkey wing, as they were also looking a little green). What a prize goal we scored in the second half, and not blowing my own horn, but I did put in an excellent cross to the D, which was

tapped in by our new favourite C team player, **Jocelyn**. What a legend. **Milly** and **Sarah** played like the legends that they are and worked time and time again to get the ball (almost) in that silly little goal. **Jude** was ferocious up front, sneaking the shoulder into the opposition and on another shoulder effort, **Cris** was giving some rugby union hits herself (and some dreamy flat and accurate hits)! **Nina** (after turning up in her curls from the night before) managed to run the ball from end to end without breaking a sweat, and bless **Gayble**. What a trooper she is- after hitting the deck at full speed, she was up quick as a flash and back giving it to KCC. **Nikki** was always where we needed her and was able to

ruffle some KCC feathers which made me laugh! Special mention to our Keeper **Lizzie** who managed to “toe” the ball out of the goal saving us once again- without her we would have been lost. **Cat**, as always was solid in the back- Kool as a Kat and **Katie** the speed demon did us proud, hustling KCC and didn't let a tackle past her. And, Yeng. What can we say about Yeng. Thank you for

coming it was so nice you could make it!! Lets work on 16 year old hits (he he he!!) I must say we played some excellent hockey and hoping that at the next game we all turn up hung over and have another excellent game. Ladies, I hope Santa finds you all well and I look forward to playing/ drinking/ yelling at you all soon.  
*By Kaptain Hancock*

## Ladies D team Report

We have had a successful first half of the season in Division 3 finishing in second position 9 points behind the leaders Shaheen B who have 17 points (with two games in hand).

We have scored a total of 16 goals only two goals behind Elite B who have scored 18 goals (with two games in hand). We have only conceded 6 goals and again in this regard we hold second place - how about that for consistency!

Well done to our goal scorers **Di May, Cath Hopkins, Lucy Fennell, Vangie Wimbush** and **Viv Harris** and importantly to the players who made those goals happen – **Brenda Smith, Carol Boag, Dani Seradi, Heather Deayton, Karen Robertson, Lisa Foley, Liz Dendle, Mary Coghill, Mel Watt, Melinda Mak, Minnie Kerrison, Paula Wymond, Yvonne Shannan, Sandy Pescod, Su Cowland** and **Val Potts**.

Thank you to our goal keeper **Priya Kanthan**, and to **Chloe Fung**

for standing in for **Priya**, in our last game before Christmas.

A big thank you to **Alison Cabrelli** and **Heather Probert** for their continued support and organisational skills pitch side and generally.

We hope to continue with more of the same the second half of the season and being back up to full strength, hopefully, with **Mel Watt, Minnie Kerrison** and **Yvonne Shannan** recovered from injuries and not forgetting **Nicky Baird** currently out to grass resting a long term knee injury – we hope to see you soon Nicky!

As always, we had Dinos in town – catching up - **Debbie Macleod, Hilary Rowark** and **Pip Simpkin**.

Lastly, congratulations to **Sarah** and **Bernard Rooney** on the arrival of a baby boy on the 18th December 2008 – we wish you all the best and look forward to seeing you soon!

*By Laurette Gallagher*

## Secret Diary of a Hockey Girl

Holidays are over and its back to work...and hockey. I should be more enthusiastic however the excessive weight hanging round my midriff from Christmas over-eating is causing the waistband from my skirt to cut-off the supply of blood to my legs. I need to use this muffin top as inspiration to get on the pitch and get fit. Hmmm maybe I should move to a midfield position as those lot are always up and down the field however it just seems too much work and I do worry that the weight will impede on my speed. In all seriousness I am looking forward to the start of the season – the team spirit of the Section, the thrill of winning, messing around at practice... sorry I mean focusing at practice... and the upcoming social events/tours.

Given we've all been off on holidays the column is going to have to focus on what could only be described as the unhealthiest Olympics I have ever seen – the Christmas Party. The Section truly reached new heady heights of drinking however did anyone else think the white wine tasted like BO?? Albeit this did have its benefits as it meant that I didn't smell like a wino the next day and instead smelt of *eau de Tequila*. It took me approximately a week to piece the evening together and my gradual recollection of the night has resulted in many laughs and mandatory cringing .....note to self...what I perceive as cool on the dance floor.....never is.

Everyone made a great effort with the costumes and I loved the mens H's as the Jamaican bobsleigh team along with their reggae stint up on stage. Was very glad to see that no one came as a hockey team but very sad to see the men C's did not take

the hint of “when wearing lycra it's worthwhile to use hockey socks for enhancement”. Also if the C boys could have pulled their wedgies out it would have been much appreciated as the overall effect from both sides meant we all saw a little too much of the C's.... bad bad memories. The girls however all looked fab although was genuinely perturbed by the blonde nurse who was the subject of the following comment by one of the men B's “I thought they were fake boobs, but they're not...Chappie needs to lose some weight”.....tut tut boys can be so mean. Whilst we're on the subject of costumes did the men's A team fail to get the theme of the night because I can't remember when cricket became an Olympic sport??? [Can't blame you for not noticing really as their costume was for Chariots of Fire and the 1924 Olympics, not cricket, although strangely cricket was an Olympic sport once in 1900 when GB beat France to the Gold medal - Ed].

Every drunken night results in seeing new sides of people and for once the B team member I tried to guide in the right direction was on good behaviour however the same cannot be said of the rest of the Section. As our token B boy was being good one of the girls from the F's decided to take over and was seen chasing anything that moves....even going so far as chasing some of the C team (sorry but no girl should go near men dressed like that). Alas she was not alone as another member of the F team was seen walking around Mes Amis declaring the man hunt on and she was going to get some. Ladies, ladies... should you hit this level of inebriation its time

*continues next page...*

to put the glass down and step away from the alcohol. A fight was strangely declared between two girls over one of the boys E team and suggestions of a bully to settle the argument was met with disdain, however, in the interim, the boy went off with someone else...and then there were further post-Club activities with one of the ladies A team and boys E team seen exchanging tips on hockey tactics.....I do wonder if they did any stick work in the end...?

Excessive drinking made the dance floor very interesting also and it was good to see the ladies A team taking inspiration from their chosen sport and using their new found gyrating skills.....never knew that was an official Olympic synchronized swimming move! However they were not short of fans and a number of teams joined in the festivities by practicing this move with them throughout the night – sadly it turned into a bad version of Dirty Dancing with some special dance moves from the boys B team..... sexy boys....very sexy.

The dance floor was also the venue for the boat race. Boys, in

previous diaries I have discussed the girls venturing into other Sections for extra-curricular activities and this is where you showed us why we need to stray – how can the men’s section struggle so much with a boat race?!? No no no boys.... you do not all drink at the same time nor do you take sips/stop to breathe. It’s a race.... You down it and then the person behind you goes next. Good lord it was painful to watch and I do suggest you maybe practice this skill in the Sportsman’s before the next hockey social.

Overall was a great night and thanks to all the organizers for sorting it all out although the amount everyone recalls is limited. Special mention has to go to the ladies B and C teams for stealing baby Jesus from the lobby...a truly great feat. [I do hope that you put baby Jesus back in the manger before getting to Wanchai – Ed].

With practice and games starting this week its time to dust off those sticks and get focused on the business end of the season. see you all down at the pitch. xx

## Christmas Party Round-Up



Olympians, Like, You’ve Never Seen Before!

Friday 12th December 2008 saw the first opening of the Hong Kong Football Club Chrimbo-lympics! And what a sight to behold those crowds of unsuspecting spectators who lined the Club entrance!

Countries from all over the world flew their best sports people to represent their nation’s true athletic talents.

At 8pm, as the sky drew dark, the ceremony was opened by a tribute to sporting events of the past. The Chariots of Fire boys led the Greek Goddess forward, our very own lady’s captain, **Kim Roberts**, and coach, **Simon Chapman**, to the Olympic torch for the official lighting of the flame. With fireworks and speeches underway the event unfolded to reveal an array of spectators, the Jamaican bobsleigh team, German women’s swim team (Men’s Cs!), Portuguese equestrian team, Chinese table tennis, Hong Kong women’s boxing squad, Russian synchronized swimming women’s team and the original Olympians to name but a few!

With the food consumed the drinks began flowing! A spot of sporty boat races was played and the winners were duly presented with gold, silver and bronze medals. Trophies were awarded to

the best dressed, which was of course the women’s E team with their amazing sexy baseball kit and of course lets not forget the best represented, which of course, with unlimited bar for 5 hours, was the men’s A team!

The closing event..... well, some things are best left unsaid!





## Comments from the Chair

Tarne Usback,  
Division Chairperson

When I was home over Christmas I went to a family friend's house for a Boxing Day BBQ (what else in Australia?) and my sister told me about the wedding marquee that had stood in the friend's garden a year before threatening to blow away when an unexpected storm struck. I then relayed a story of a friend from netball who recently described her own wedding marquee challenges and as an aside I said this friend had worked for a particular famous Australian public figure before her arrival in Hong Kong six years ago. My sister looked at me with one eyebrow cocked and asked the name of my netball buddy. It turned out these two had been as thick as thieves working together in Sydney years before.

A new member found out on the first night at trials that I was a teacher and mentioned she had recently run into her favourite primary teacher in Sydney who had worked in Hong Kong, a few years back, so would I by any chance know her? Hmm...well as most people know if you're not a banker or a lawyer in this town the next likely thing is a teacher so I doubted I would and I said just that. For arguments sake though tell me her name. Well did I know her? She is a very good friend and a fabulous teacher so no wonder she was a favourite. So the point to this story, if it's not already obvious is 'Six Degrees of Separation' affects us all. In this Hong Kong community where people come and go it is wonderful to know that we can and will maintain connections. To this end we have set up a 'group' on the currently popular networking site FB (Hong Kong Football Club Netball DSA) and I urge you to join. You might be surprised who you come across. It is for members past and present and already we have had members that fit into both those categories sign up. When and if you ever do leave this splendid city it might be an easy way to track down those netball team mates you have lost touch with.

On a totally different note commiserations to Cyclones who, short of a number of key players, had a tough run against Hurricanes just before Christmas. The chance for a rematch will occur at the end of the season. Pictures can't do justice to how well both these teams played on the night. It was great to see the spirit of camaraderie amongst all the girls. Tough too on **Amanda McPherson** coach of both teams who initially didn't want to favour one team over the other with her coaching advice during the breaks only to find the depleted Cyclones needed her most on the night.

Thanks to all members who have completed the umpiring courses over the first half of the season and to those who have expressed interest in courses for the future. The more Club players who have official qualifications the better it is for teams and the standard of umpiring in general. For any umpiring questions speak with **Karin Looram** directly email her at [umpiring@hkfcnetball.com](mailto:umpiring@hkfcnetball.com)

Keep the standard of play high and the best of luck maintaining those ranks over the next month.

# Cyclones and Hurricanes go head-to-head...



Michel indicates for the pass

## Match Reports

### Monday 8th December: HKFC Cyclones (31) Vs HKCC Fielders (9)

The Cyclones played a strong game against the HKCC Fielders, with a final score of 31-9. Defence played an excellent game, in the first quarter not letting a single goal in with a score of 9-0. Throughout the game our defence stayed strong, only allowing 9 goals in. The centre court got the ball down the court quickly getting the ball to the shooters fast. The shooters worked well in the circle, and the centre and wing attack were always there for support. Overall we played a strong game and worked well together as a team.

*Lauren Flannery*

### Monday 8th December: HKFC Hurricanes (21) vs AP Rosellas (8)

Having heeded Coach **Amanda's** instructions to warm up properly and not rely on a weak opposition, the Hurricanes were back on form last night. Passing the ball smoothly down on the court and into the goal circle for **Lesley, Minal** and **Ming** to pop it into the goal, the Hurricanes met little resistance from a flustered AP Rosellas. Once again a good turn-out meant there were plenty of fresh legs in the second half and we kept up the pressure till the final whistle sounded at 21-8. We won't have such an easy run against the ambitious Cyclones next Monday; the newly released league standings have revealed that we are jostling for first place, with the Hurricanes currently ahead.

*continues next page...*



Captain Kirsty Hulme signs off after the Hurricanes win



Tough decisions deciding on next quarter line up



Ellie holds for the drop pass



Ellie aiming whilst newly wed Harry tries to block the shot

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**Monday December 8th: Typhoons (28) vs Aussie Koalas (27)**

The last match of the year saw a seriously depleted Typhoons take on our closest (in the table) rivals needing the win to cement our current standing of 4th and sought after finals spot. Down to bare bones, no thanks to the Phuket triathlon, Typhoons had the versatile **Kiri Edwards**, playing her last game for Club (Kiri, you will be missed!) to thank for slotting in at WD and Whirlie's, **Claire Kelly** who stepped into GK and had an excellent game. A hard fought and not especially pretty match resulted in a narrow 28-27 win with every player running their socks off, no one more so than the tireless, **Suzie Mcquire** at centre... Bring on 2009...

**Monday 15th December: HKFC Hurricanes (25) vs HKFC Cyclones (11)**

The much anticipated match between the top two ranking teams in the division (both undefeated) started with a bang. Pocket rocket **Lesley** was in thunderous form and with support from **Ming** in the circle helped get the Hurricanes off to a substantive lead in the first quarter, which was consolidated by **Darien** later in the game. **Weenie, Becky, Ari, Dayna** and **Dawn** took turns in taking a commanding position in centre court despite the valiant efforts of the Cyclones who were a few players short. **Jess** continued her pattern of making miraculous intercepts, and along with **Harry** and **Kirsty** kept up a strong defence making it difficult for the Cyclones to make a dint in the Hurricanes lead. The final score was 25 to 11 in favour of the Hurricanes. A great match enjoyed by all.

*Jodie Coutts*



Andy Ho,  
Golf Society Chairman

## 19th Hole with the Chairman

As you will read in this month's magazine, a successful Christmas Cup tour to Lotus Hill was held just before Christmas. As this goes to print, the Club Championship will be taking place at KSC North Course on January 16th followed by an outing to Discovery Bay on February 3rd and another outing to China on February 20th.

As we all know, our tours and outings are good value for money with plenty of fun for those who participate. I am pleased to note that our outings continue to be well attended, and I strongly recommend you to take advantage of the cool weather over

these next few months to play more golf with your fellow Golf Society members. Please check out the Golf Society website <http://www.hkfcgolf.com> for news of more planned outings. Your Committee is fully committed to offering all our members a variety of golfing locations at very affordable prices and we look forward to seeing new faces at our events.

As I mentioned before its annual subscription time and I welcome all new members to the Golf Society. A timely reminder also to all GS members who register with the HKGA through us that your new handicap card for 2009 is at the Club Reception awaiting your collection.

Finally, I intend to clarify and give some hint to decisions on the Rules of Golf starting from this edition of the 19th Hole. We hope to educate those that need it and thus avoid unnecessary disputes or heated discussions!

Wishing you all a Happy Lunar New Year and Kung Hei Fat Choy!! Remember swing slow, play fast!!

### **RULE 23 – 1/12**

After Ball Addressed on Putting Green Ball Moved in Removal of Loose Impediment

*Q. After a player addresses his ball on the putting green, an insect alights on the ball. The player bends over without moving his feet and, in attempting to brush the insect off the ball, moves the ball several inches. Is the player subject to a penalty stroke under Rule 18-2b?*

*A. No. An insect is a loose impediment – see Definition of “Loose Impediments” and Decision 23-1/5.*

*Under Rule 23-1, a player incurs no penalty if a ball on the putting green moves while he is in process of removing a loose impediment. Rule 23-1 overrides Rule 18-2b in this case.*

# CHRISTMAS CUP – Lotus Hill 13th and 14th December

**W**e have had a Christmas cup event for some years, and this time it was a weekend event at Lotus Hill. That means an early start from the Club to get to Kowloon side for the ferry to Pan Yu, and tee times from about 11.30am. Twenty of us started the Saturday competition, a stableford event on a warm afternoon with low humidity and perfect for golf. Plenty of scores in the 30s, but the winner was **Tommy Yuen** with 38 points, followed by **Kevin Tse**, **Lily Chan** and **Trevor Thorpe** on 35. Countback over the last nine holes gave second place to Kevin, and third to Lily. The first prize was a bottle of Champagne - much more expensive and useful than an actual cup, which we didn't have this year! As usual, there were near pin prizes on every par three won by **Jonathan Li** (twice), **Tommy** (twice) and **Trevor Thorpe**. The long drive prizes went to Trevor and Lily.

The evening was long, liquid and weight

enhancing but left little sleep time for a 7.30am start on Sunday. The format was a Texas Scramble, with five teams of four players each. Each shot is played from the same place by all four players, with the team captain choosing one of the four balls to continue, then all players hit on from that location. The twist is that every player must make four tee shots count, putting pressure on the captain and the higher handicappers towards the end of the round. But the result is very low scores from this 'multi-mulligan' competition.



Tied in first place with one-over-par 73 were Team Tommy Yuen (Tommy, Trevor, **Quentin Burrows** and **Susan Hall**) and Team **Richard Neish** (Richard, **David Connolly**, **Alan Brown** and **Adie Ma**). But Team Tommy squeaked the result on countback with an even par back nine, beating Richard's team by 2 shots. If only Adie's chip onto the 18th green had rolled another inch or so!

Lily again won the longest drive, along with Jonathan for the men. Near pins were divided evenly between Richard, Lynn Edwards, Quentin Burrows, Tommy and Trevor.

That left time for lunch, which was also long, liquid and weight enhancing. The return trip by bus-ferry-bus to the Club was basically recovery time; a wonderful weekend out with perfect weather and a good time had by all. Next year, the Champagne Cup?





## FROM YOUR TENNIS COACH

Adam Doyle - Head Tennis Coach

Hello to all and I hope you had a great Chinese New Year Holiday. The Australian Open Grand Slam event at time of writing is due to start shortly and I hope that you are able to watch some of the action on TV. Now we look forward to the French Open Grand Slam where the clay court king Rafael Nadal will more than likely triumph again! Watching these great events is a great way to get you motivated to play tennis and learn more about the game. Lessons are available on the Third floor of the Club and forms to sign up are located at the Front Desk or call **Adam** or **Chat** today.

I would like to share a helpful hint to help your game improve. The hint is "Balance". When you apply balance to all of your shots you should be able to concentrate more on the important things like hitting and watching the ball. A high number of amateur tennis players are not balanced when trying to hit the ball. Simply put this means you are either falling to one side while hitting or trying to get back to the centre of the court too quickly to prepare for the next shot. My advice for you is to just stay there a little longer and finish



your shot where you start it. See if you can maintain your balance from start to finish. Good luck and try it out today.

Places are available for any junior tennis players wishing to join our programme. A great way for kids to meet new friends and to enjoy the game of tennis. A reminder that we have a Tots programme for kids 4-5 years old. This is a great way for young kids to learn new skills. We hope to see you on the court soon.

Most Improved Adult: Liza Neilsen

Most Improved Junior: Katya Lo

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# Swimming Training – when will I improve?

**K**aizen is a Japanese word that means (in a very simplistic translation) “continuous improvement”. A lot of large companies first adopted it into English to describe ways of increasing the efficiency of manufacturing processes through statistical analysis. It is also easily able to be adapted to swimming - as well as other sports.

Swimming is not ‘encoded’ into humans DNA as it is in fish and other aquatic mammals and as such not improving or working long and hard for little improvement is commonplace. On the other hand, running, because it is a natural human activity, is an activity most of us learn to do reasonably well, and like most land-based sports, the skills come to us with far greater ease than those needed for swimming. Swimming requires instruction – at even rudimentary levels.

Consider the following:

- athletes who can run effortlessly for miles often find themselves panting after a single lap in the pool and wonder if swimming requires its own special form of fitness (it doesn’t)
- experienced swimmers who can swim a mile or more, commonly train for years with little or no improvement. When they do seek help, they often receive advice that is hard to follow or produces little change. Often well-meaning fellow swimmers will hand out free “stroke tips” over several years, these tips may produce some

improvement, but often not

- sometimes those who do swim well will join a swim team or squad for improvement and unfortunately find out that swimming isn’t supposed to be fun. Some coaches believe that only grueling and exhausting training will “learn” you to swim your best, which causes most competitive swimmers to “retire”

However, if you consider that swimming should be done as “practice” rather than as a “workout”, you will often find improvement in not only your health but also speed and endurance. This approach involves not only the physical side of swimming but also the ‘thinking’ side.

The first step is to understand how things work, i.e. how the human body works in water, and the second is to then figure out the most effective way to master this ability. Unless you were born with the innate “water sense” of Olympic and World champions, you would understand that stroking smoothly is more effective than thrashing indiscriminately. We need to understand and then replace our ‘human swimming’ movements with graceful and smooth ‘fishlike’ movements. Swimming in a smooth and effortless manner (i.e. “fishlike”) is a subtle and often elusive skill but can be learnt through a series of simple skills and drills.

The key is having the patience and attitude to learn and practice these skills – treating swimming as a practice as opposed to a workout/sport. Take longer than you

would otherwise become comfortable with each ‘step’ (or drill) before you move onto the next one.

By incorporating simple drills into your regular swimming sessions you can use these both as a stroke “tuner” and as a way of doing low intensity swimming when fatigued.

Another good method to adopt before your next swimming session is to include a focal point for each session. Every length of the pool should involve concentration on a specific focal point (e.g. head position, body position, hand position, breathing, stroke count etc.) and you will see your swimming improving. Never swim just for the sake of swimming – in order to improve you need to be able to find some aspect on which to ‘fix’ or improve. Always have a clear purpose when you begin your practice.

Mind over matter is what it comes down to.

Enjoy your swimming and I hope you will find something to focus on when you next dive into the pool.

*James Shortis – Swimming Society Coach*

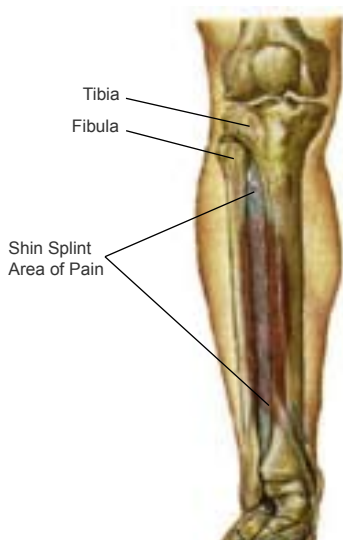
**The Swimming Society will be training in January at South Island School, Nam Fung Road on Wednesday evenings whilst Club Pool is closed for maintenance and revert to Club Pool in February.** New members please contact Club Captain **Guy Horne** on [horne@netvigator.com](mailto:horne@netvigator.com). Triathlon training? Contact: **Steve Bemet** at [thebemets@netvigator.com](mailto:thebemets@netvigator.com)



David Bayldon

# Shin Splints

Had a good holiday? You're just getting back into training, enjoying the exercise, everything feels good, but then your shins start to hurt. Doesn't seem too bad at first but if you don't do something about it pretty soon you will not be able to run at all from the pain.



## What are we talking about?

The lower leg is divided into compartments, by fibrous tissue. (Imagine a piece of meat wrapped tightly in clingfilm). The walls of the compartments are not elastic, so any increase in pressure squeezes the muscles and any other soft tissues (e.g. nerves and blood vessels) in the compartment. This leads to pain. The pain comes partly from the direct feeling of pressure, but may also result from compression of blood vessels supplying oxygen and nutrients to those muscles, creating a state of ischemia (dramatically reduced blood flow).

This kind of shin splints is properly called Compartment Syndrome. The exact

cause is not clearly understood. However overuse, changes in level of activity (especially where you have increased repetitive impact as in running on hard surfaces), imbalances in muscle strength and flexibility in the lower leg and mechanical problems like flat feet can all contribute to this problem.

True shin splints (Medial Tibial Stress Syndrome) is felt as pain on the actual bone of the shin. This is due to faulty biomechanics causing muscles to tug excessively on the bone. If allowed to continue the bone can become weakened leading to a stress fracture.

## Possible causes

(of both types of shin splints)

- Overuse of muscles in the anterior (front) compartment
- Chronic injury to muscles and fascia of the anterior compartment
- Excess tension in the muscles which pull up the foot and those which curl the toes and help push the foot downwards.
- Over-pronation of the feet
- Excessively heavy or worn out running shoes
- Muscle imbalance between muscles which turn the foot inwards (invertors) and those which turn the foot outwards (evertors)
- Strain of tibialis posterior or tibialis anterior (both muscles turn the sole of the foot inwards and maybe strained if the foot is over-pronating)
- Uneven or angled running surfaces
- Running on concrete instead of packed dirt or a track

- Training errors (e.g. too much distance/intensity too soon). Increase of over 10% of weekly mileage may increase the risk of injury

## So what should you do about it?

- Rest to allow the injury to heal.
- Apply ice in the early stages, particularly when it is very painful. Cold therapy reduces pain and inflammation.
- Stretch the muscles of the lower leg. In particular the tibialis posterior.
- Wear shock absorbing insoles in shoes. This helps reduce the shock on the lower leg.
- Maintain fitness with other non weight bearing exercises such as swimming, cycling or running in water.
- Apply heat and use a heat retainer or shin and calf support after the initial acute stage and particularly before training. This can provide support and compression to the lower leg helping to reduce the strain on the muscles.

## Return to sport / running

You can start to run again when all activity related pain has resolved.

Rigorous warm up and stretching before and after exercise are vital to help prevent and treat shin splints.

Do NOT go back to training at the same intensity as you were before (when you were fit), you need to start slow and build up.

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