CIUB



HONG KONG FOOTBALL CLUB 香港足球會 MAY 2023







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CLUB MAGAZINE

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









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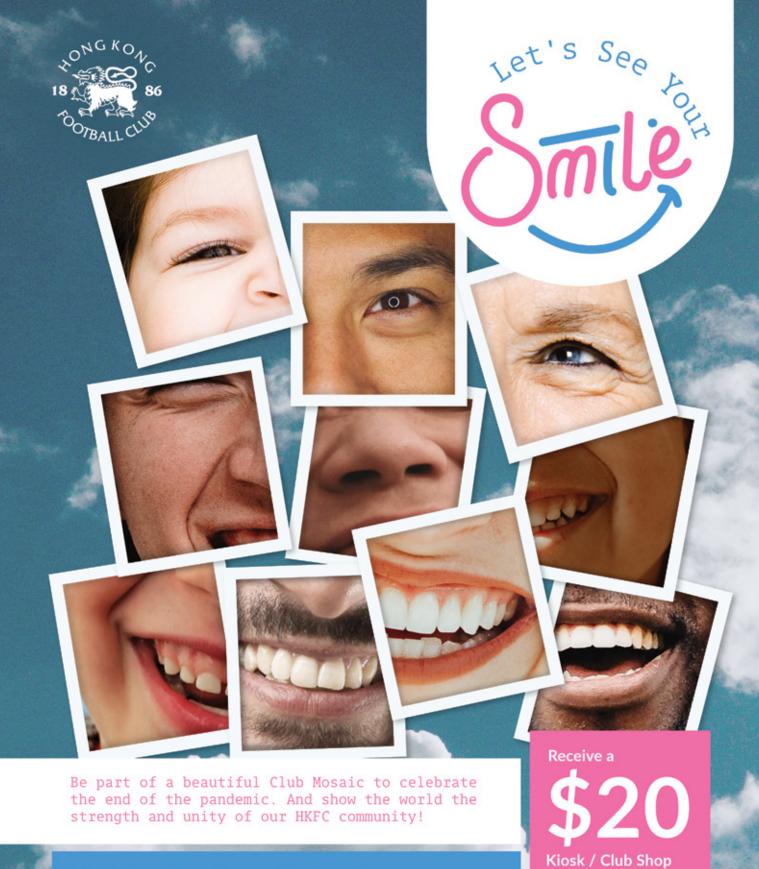


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Club Shop



Let us take a photo of your smiling face at Front Desk | Kiosk | Sports Desk | All F&B outlets

Club Mosaic will be unveiled in June.

* By participating in the campaign, you agree and grant us the right to use your image on our collaterals, including in print or digital.

Kiosk / Club Shop shopping coupon for your participation

SCAN FOR MORE DETAILS



THE THOUGHTS OF THE CHAIRMAN

主席的話





As we move into May, Soccer and Hockey take centre stage this month. Hockey is first up with a new end of season **Hockey Tournament** on Monday 1st May to look forward to. We also hope to see several of our Mens and Ladies Hockey teams featuring in Cup Finals later in the month.

We then switch to football the following week, Sunday 7th May, where you can catch the last home Premier League match of the season when HKFC take on Kwoon Chung Southern. Note the earlier kick off time at 15:00. The Premier League games have brought the Infield Stadium to life this season, on what are usually sleepy Sunday afternoons, with the Club side producing some outstanding results in front of packed crowds. The final game promises to be another cracker.

Another diary date not to be missed is the **Junior Soccer 7s** KO competition on Saturday 20th - Sunday 21st May, with their Tournament Grand final featuring at the **HKFC Citi 7s Tournament** the following week.

Which brings us to the standout event in May, and one that needs little introduction; The 2023 HKFC Citi Soccer 7s Tournament returns Friday 26th - Sunday 28th May with Premier League Clubs; Wolverhampton Wanders, Fulham FC, Brighton & Hove Albion, Aston Villa, Newcastle Utd and Leicester City bringing their "stars of the future" to play in the Main Tournament and joined by "stars of the past" in the Masters Tournament.

As Randal writes in his article, the Hong Kong Football Club continues to go from strength to strength, welcoming new, highly talented leaders onto to his team. We will see a much more proactive Engineering Department giving much needed "TLC" to our 25+ year old club house structure.

Finally, I am working with the General Committee and the Club management on potential major projects to add value and prestige to the Club. I would like to identify members who have related experiences as project managers, architects, authorised persons, engineers, and interior designers to enable me to draw on your expertise when needed. Please contact the General Manager if that interests you.

Wishing you all the best this month.

Neil Jensen Chairman 踏入5月,足球及曲棍球緊接成為大家的焦點。首先由5月1日(星期一)的**曲棍球季後錦標賽**以全新面貌為精彩的5月打響頭炮,值得期待。此外,本月稍後時間更可以看見本會部分男子及女子曲棍球隊在盃賽決賽亮相。

接下來便到足球,港會將在5月7日(星期日)的今季港超最後一場主場賽事迎戰冠忠南區,萬勿錯過,緊記比賽會提早於下午3點開始。球場過往的星期日下午一向相對冷清,但港會今季在滿滿的球迷面前數度交出精彩表現,令球場生色不少。這場最終之戰,肯定又是一場好戲。

5月20日(星期六)至21日(星期日)的**香港足球會青少年七人足球賽**是另一個不能錯過的大日子,青少年組的決賽更會在隨後星期的**香港足球會Citi七人足球賽**同時舉行。

而這個5月最受歡迎的盛事,相信也不用多介紹。2023 香港足球會Citi七人足球賽將於5月26日(星期五)至 28日(星期日)回歸,今屆主賽同樣有英超球會派出「明 日之星」參戰,分別是狼隊、富咸、白禮頓、阿士東維拉、 紐卡素及李斯特城,再加上雲集各方「著名名宿」的名人 賽,戲碼相當吸引。

正如Randal在總經理的話提到,香港足球會的發展繼續蒸蒸日上,並迎接更多新來的傑出領袖加入團隊。本會工程部未來將更積極為逾25年的會所建築提供無微不至的「關懷愛護」。

最後,本人正與常務委員會及管理層研究具潛力的重大項目,藉以提升本會的價值及聲譽,故在此想預先辨認 具相關專業經驗的會員,包括項目經理、建築師、認可 人士、工程師及室內設計師,那麼有需要時也可借助大家 的專業知識。有興趣的話,歡迎聯絡總經理。

祝大家5月一切順利。

主席 Neil Jensen



COFFEE

SUNDAY, 14TH MAY 2023

MOTHER'S DAY BUFFET

Available during lunch and dinner

\$368 per adult \$184 per child (aged 4-11)

Complimentary bowl of "Double-boiled Chicken Consommé with Abalone" per person.

Lunchtime workshop where children can make Mum a **Fancy Pastry Handbag**, HK\$100 per Jr Chef.

> T: 2830 9569 E: coffeeshop@hkfc.com

HAPPY VALLEY SUITES

SUNDAY, 14TH MAY 2023

MOTHER'S DAY BRUNCH

\$548 per adult \$378 per child (aged 4-11)

MOTHER'S DAY DINNER

\$578 per adult \$378 per child (aged 4-11)

Including free flow of sparkling wine, red and white wine plus beer for adults, and free flow of soft drinks and chilled juices for children.

> T: 2830 9559 E: bar@hkfc.com

RESTAURANT

SATURDAY, 13TH MAY 2023 SUNDAY, 14TH MAY 2023

MOTHER'S DAY SET MENU

Available for Saturday lunch Sunday lunch and dinner

\$508 per persor

For menu, please scan the OR code



T: 2830 9562 E: restaurant@hkfc.com



MOTHER'S DAY CAKES FOR PRE-ORDER

THROUGHOUT THE MONTH OF MAY

T: 2837 2678 E: kiosk@hkfc.com

GENERAL MANAGER'S MONTHLY MESSAGE

總經理的話





I want to start this month off with some "feel good" factors that were part of our Club's CSR initiatives. As the final stage of converting our DVD library into the Workspace, we decided to give back to our local community by donating the few remaining DVDs to the Salvation Army, a much beloved organization that cares for those in need. To show our support for the environment by raising awareness for the need to conserve energy, the Club participated again this year in the global Earth Hour. There are articles in the magazine, online and on our social media channels, if you want to learn more.

Let's focus on the Fitness Center. At the time of writing, we're confirming the delivery dates for over a dozen new cardio and strength machines, phasing out some that are a bit worn out. I hope they are already up and running. We have also updated our recommended etiquette guidelines. After living in our 3-year Covid bubble, being isolated by barriers and a 1.5m distance rule, it's going to take time to get used to other Members working out next to us. Let's share the space, respect each other, and focus on wellness and just being kind.

May is the month for Mothers! Every year, it's a celebration that needs no introduction or explanation. There's lots to offer so you can celebrate **Everything, Everywhere, All at Once for Mums**. Don't miss out on booking the big Sunday Brunch in the Happy Valley Suites.

For this month, the food and beverage venues are featuring allot of Japanese themed promotions. There are Japanese/French fusion dishes and Sakura based cocktails in the Chairman's Bar, a Japanese BBQ Bonanza themed buffet in the Coffee Shop and Teppanyaki Burgers at the Sportsman's Bar. The chefs thought them up and really love cooking Japanese food, too bad we don't have a venue to run a Japanese "private kitchen" restaurant in the Club!

I'm pleased to announce that **Logan Lam** has been appointed Facilities Manager at the beginning of last April. Logan has over 40 years of solid experience in the field of Engineering. He has worked in many international hotel chains including InterContinental Hong Kong, Holiday Inn Golden Mile, Conrad Hong Kong and InterContinental Grand Stanford Hotel. He was also the pre-opening team for W Hong Kong and Galaxy Broadway Macau. Prior joining the Club, he was a Director offering consultancy service in an Engineering Company.

In addition to that, assisting Logan is **Kenneth Wan**, Assistant Facilities Manager, has also joined us in April. Kenneth has an all-round solid experience working in Sports Facilities, F&B Services, Performing Arts Venues, and Residential Buildings. He has worked in various corporations including MTR Corporation Limited, Hong Kong Sports Institute, Café de Coral Holding Limited and West Kowloon Cultural District Authority. Prior joining the Club, he was the Facilities Manager at the Invictus School Hong Kong.

Please join me in welcoming both Logan and Kenneth, wishing them every success in their career here at the Hong Kong Football Club.

I look forwarding to seeing you down at the Club soon.

Randal Linhart General Manager 文章開首·想先釋放一些開心的元素,提一提本會最近 參與過的企業社會責任活動。相信大家都知道DVD館 已經改造成Workspace·在工程進入尾聲時,我們決定 回饋本地社區,捐贈剩餘的DVD予致力關愛有需要人士 的救世軍。除此之外,本會今年再次參與地球一小時, 以提高大眾對節約能源的意識,為保護環境出一分力。 如大家想了解更多,可在本會的會刊、網頁及社交媒體 平台詳閱相關文章。

現在將話題放到健身中心上。下筆之際,我們正在確認十多部全新帶氧及力量訓練器材的到貨日期,藉以分階段淘汰開始破舊的器材,希望新器材現時已經投入使用。本會的建議禮儀指引亦已經更新,生活在新冠疫情原來差不多3年,期間種種社交限制及1.5米距離把大家隔開,或許現在都要花點時間重新習慣與旁邊的會員一同健身,就讓我們共享這個空間、互相尊重,以及一起專注在健康及待人友善上。

5月是個專為母親而設的月份!這個每年不可或缺的節日也不需多説或解釋,餐飲團隊早已為母親節的周末安排好一連串精彩活動,好讓大家度過一個**溫馨愉快的母親節**。萬勿錯過Happy Valley Suites的周日早午盛宴,名額有限,預訂從速。

除了母親節活動,本會今個月在不同餐廳推出了形形色色的日式餐飲推廣,分別有Chairman's Bar的法日菜及櫻花雞尾酒、Coffee Shop的日本燒烤盛自助餐以及Sportsman's Bar的鐵板燒漢堡。以上菜式由各主廚構思而成,他們也很喜歡煮日本菜,很可惜本會沒有地方開設一間配備日本「開放式廚房」的餐廳,不然大家就有更多機會享受日式美食。

與此同時,很高興向大家宣布林俊才先生(Logan)4月初獲本會委任為設施經理。Logan在工程方面擁有逾40年的豐富經驗,曾於眾多國際酒店集團任職,包括香港洲際酒店、香港金域假日酒店、香港港麗酒店及海景嘉福洲際酒店,他亦曾是香港W酒店及澳門銀河百老匯酒店的籌備團隊成員。加入本會前,Logan在一間工程公司擔任總監一職,提供顧問服務。

另外,同樣4月加入本會的還有助理設施經理**溫健豪先生**(Kenneth),他將協助Logan處理管理事務。Kenneth擁有不同領域的豐富工作經驗,包括體育設施、餐飲服務、表演藝術場地及住宅大廈,並先後於不同企業任職,分別是香港鐵路有限公司、香港體育學院、大家樂集團及西九文化區管理局。加入本會前,Kenneth在英育德學校擔任設施經理一職。

讓我們一同歡迎Logan及Kenneth加入本會·並祝他們 在本會的工作一切順利。

期待與大家在本會相見。

總經理 林克朗

The World's Best 10s is back! It may have been 4 years, but the return of the Tradition HKFC 10s certainly proved what we had all been missing.



The 2023 edition included 12 men's teams and the inaugural edition of the women's tournament with 5 teams competing for top honours. With internationally capped players from over 20 countries, the tournament was also due to be the most competitive yet.

Amidst all the competitive action, we also saw the return of the Legends Charity Match which saw 20 international stars play rugby to fundraise for My Name'5 Doddie Foundation and Laureus Sport.

The Men's competition saw some familiar faces from 2019 arise as the biggest competitors (Tradition YCAC & Samurai RFC Warriors), with both teams topping their respective pools without conceding a point. French newcomers Natixis Seventise also impressed, with the French champions topping Pool C on Day 1.

Samurai's team saw 7 different nationalities pulled together by coaches Nick Easter (England, 54 caps) and

Kevin Maggs (Ireland, 70 caps), whilst Tradition YCAC were a familiar blend of up & coming New Zealand based talent, including All Blacks 7s representatives Che Clark and Kitiona Vai.

Day 2 saw these same teams continue in their fine form, cruising through their quarter-finals to set up a semifinal encounter. They were joined by the Overseas Old Boys who, aided by former All Blacks 7s star Gillies Kaka, managed a best finish in their 17th appearance at the 10s. Both were tighter affairs, with Samurai beating Overseas Old Boys (12-0) and Tradition YCAC beating Natixis Seventise (17-5).

The Cup Final saw physicality come to the fore with both teams deadlocked at half-time. After a series of held up tries and end-to-end rugby, **Tradition** YCAC emerged as champions in the closing stages of the match with **Trent** Hape scoring the only try (7-0). This saw them win the renamed Burgess-Wootten Cup to honour 2 great friends Bill Burgess and Craig Wootten for their contributions to the tournament. The trophy was presented by Craig's daughter Alyssa Wootten.

Hape was also named as Player of the Tournament and given a gold chain to honour Sean Browne - a replica of the chain Sean always wore when in photos with previous 10s teams. The award was presented by Kevin Browne, with the Browne family all in attendance.

The Women's competition was formatted as a round robin played on Day 1 & in the morning of Day 2 with the Cup Semi-finals seeded from there.

RKS Legal Samurai Warriors & Tokyo Sankyu Phoenix quickly emerged as front-runners. Samurai topped the round robin with Tokyo Sankyu Phoenix in 2nd after pool play, with Samurai snatching a narrow 17-14 win in Round 1 of pool play.

RKS Legal Samurai Warriors seemed to have the perfect blend of experience, boasting England Internationals Rocky Clark (137 caps) & Tamara Taylor (115 caps) mixed in with the youthful talent from the Australian 7s squad. They were also boosted by the return of Olympian & GB 7s representative Abi Burton who made her first return to



SPORTS

with autoimmune encephalitis, a condition for which she was put into an induced coma for 25 days.

Meanwhile, **Tokyo Sankyu Phoenix** quickly became crowd favourites with their silky smooth skills and set plays. As Japanese champions in both 7s and 15s, they too boasted international experience, including Olympians Nia Toliver and Yume Okuroda

With both teams winning their semi-finals comfortably, the Women's Final was yet another tight encounter. After Samurai took an early lead (7-0), Tokyo Sankyu Phoenix were suddenly dealt 3 yellow cards in short succession and inevitably conceded another try (14-0). With Tokyo Sankyu Phoenix back up to 10, the Phoenix fought hard to come within 2 points of snatching victory (14-12), but Samurai proved to be too good in the closing stages.

Nia Toliver from Tokyo Sankyu Phoenix was named Player of the Tournament, a deserved award given the number of tries & outstanding pace displayed all weekend from the American

Thank you to the 10s Committee, led by Tournament Chair **Paul Christopher**, on all their efforts over the past few months. Thank you to the tournament and team sponsors, in particular title sponsors **Tradition**, for their continued support. Thank you to all the staff and the General Committee at HKFC who have helped make the tournament possible.

RESULTS

Men's Cup Winners **Tradition YCAC** 7-0 vs Samurai RFC Warrior.

Men's Plate Winners **HKFC Natixis Club** 10-7 vs East Africa RFC

Men's Bowl Winners **Taikoo Place HK Scottish Exiles**

Women's Cup Winners RKS Legal Samurai Warriors 14-12 vs Tokyo Sankyu Phoenix

Women's Plate Winners
Ashbury Tropics
20-10 vs HKFC Nativis Ice

Men's Best & Fairest
Trent Hape, Tradition YCAC

Women's Best & Fairest
Nia Toliver, Tokyo Sankyu Phoenix











FROM THE CHAIRMAN OF YOUTH RUGBY

YOUTH RUGBY

As I write this, preparation is almost complete for the Junior Youth showcase matches at the "Tradition HKFC 10s" and the "CATHAY/HSBC Hong Kong Sevens" in March. By the time you read this, we will have already enjoyed the 10s and the Hong Kong Sevens. Both events will feature Youth Rugby.

JUNIOR YOUTH FESTIVALS!

We had the Valley Fort Festival on 5th March and HKFC Festival on 19th March. Reports from Head Coaches are below.

Many thanks to Festival Director **Evan Moore** for his sterling work on pulling together the HKFC Festival, which (as is usual) included the finals of the Kim Lam Cup and Richard Hawkes Tournament.

Denis Brock, Chairman





HAWKES' HEROES' **HEARTACHE - FC1**

I'll start at the end: extra time in the final, two teams locked at two tries apiece, both reduced to 5 players-a-side from 7 chasing a 'golden try', FC1 vs VF1 almost inseparable, mistakes from both sides, nerves, a last-gasp try to Valley, tears, gut wrench, frustration, humility, respect, strength, learning... the tough lessons of competitive sport.

The FC1 squad experienced all emotions at the final round of this year's Richard Hawkes - a 'winner-takes-all' competition for the U12s hosted at our magnificent Football Club venue.

It was always meant to be FC1 vs VF1 in the final, but Sunday's journey started against DB Pirates for our first pool game. The goal for FC1 through our pool was to ensure our full squad of 12 players had plenty of game time over the four games, experiencing the atmosphere and sharing the workload. Ably managed by Coach Matt Dobbyn, we were able to rotate our squad and share game time. Against DB, some really quality sevens rugby - competing at the breakdown, moving the ball away from contact, finding the edges, strong chop tackles - saw us run out worth winners 6-1. We were able to grind out victories against a spirited THT side, and then moved on to win our group after thumping wins against SSP and VF2. The performance and attitude of our extended squad, including players newer to FC1, was hugely encouraging and bodes well for future seasons. Notable contributions from Jackson Whittaker (strong, dynamic running), Milton Kwan (dominant close contact skills) and Oliver Masters (textbook tackling)

helped us move to the knock-out phase fresh and injury free.

So on to the semi-finals and a large, physical and fast Tigers team. This was the game our boys needed to focus the body and mind, with our early lead reduced down by a breakaway Tigers try. At 2-1, and with some assistance from the officials, we were 'backs to the wall' in defence for much of the 2nd half, saved by strong goal line defence and desperate turnovers, jubilantly celebrating the final whistle.

With the exception of a single narrow victory in February and one prior draw, VF1 have consistently beaten us all season, but both sides were aware FC1 have been closing the gap week-toweek, and in a grand final "anything can happen". The key messages before the game: look for forward dominance at scrums and lineouts, boss the breakdown, move the ball wide to the edges to our danger men. And so, we almost got there. Thomas Wood and Simon Ferreira Danjoux, our two mighty props, did establish forward dominance, the former clinching an equalising try after busting through a couple of tackles. **Tomas La Fontaine** added his pace and physicality to complete a formidable forward pack. VF1 had earlier scored a 'penalty try' after we held them up over the line, a technical interpretation and a little unfortunate for our boys in a grand final. VF1 responded strongly, playing with the expected pace and urgency they had displayed all season, and finally outflanked us to take the lead. Time was running out before we 'went back to basics', some excellent 7s continuity play, and then distribution creating space for Hugo Cubells to tear in at the corner for



an equalising score. The crowd erupted and our boys continued to believe. It was a try that showed how much they had learned through the season and was set up with great vision, communication and execution from playmaker Gus Grewcock. It was a very physical game the rapid **Harrison Young** (our discovery of the season) copping a big hit to the sternum, Hugo Cubells busting his fingers and bravely continuing.

This left us with 'sudden death' in 5-a-side format and ultimately to some tough lessons. We had our opportunities after VF1 indiscipline and great turnover play, but we couldn't quite execute, somehow deciding to kick (ironically discouraged by Matt all season) on more than one occasion, and the last kick gave Valley the ball and allowed them to squeeze over for the winning try. "Just work our patterns and pass it to our fast lads boys. Don't kick the ball away!".

We would like to congratulate all the boys for their contribution on the day - we were all so proud of their commitment, especially in such an epic final. Well done to **Tetsuo** Sugimoto and Andre Chan for slotting in so effectively and seamlessly off the bench. Quinten Yeung had the most difficult task of marking the VF1 'player of the tournament' - tribute to Quinten for shutting his opponent out and maintaining great distribution and showing his own sniping speed.

A huge thank you to our very own Berangere Danjoux and Jacinto Ferreira for their outstanding organisation and communication on the day and throughout the season. They spent many hours completing all the unseen

work: planning, scheduling, chasing, arranging, communicating.

To finish, in truth, of course this was all another breathless chapter in what will hopefully be a rich, multi-volume novel for our boys as they continue to experience the unique spirit and highs and lows of rugby - bring on next season and all the fresh opportunities of 15-a-side rugby!

FC2

And, might we say, what a great run of results - 3 wins on the trot, and even some clean sheets! 6-0?! Pinch me!

It was so pleasing to see some great things, including:

Tackling – some bone crunchers there! Isaac, Bobby, never knew you could dump tackle!

Rucking – some great platforms getting set up to release the backs with some great cleanouts from Cameron.

Kick-offs - Naoise began to really find his groove with some highly effective grubber kick-offs which either forced a knock-on from the opposition or set up Jo in the fly half position straight through for a try!

Ball carrying - strong running from our forwards, Isaac. Matthias, to name a few. And backs as well of course! James bursting through to score a few, and Alasdair, Rei and Anish combining well on the outside to score some breakaway tries.

All saw great improvements!

We were unluckily undone in the semi-final against Monkeys who deservedly went on to beat Valley to win the bowl. Admittedly, they had some nice set plays, but nothing we can't do ourselves with some tweaks and drills here and there. Overall, great play and progression. Good to see the sportsmanship from our boys as well.

Well done boys, great effort. Most importantly, we hope you enjoyed the season and are looking forward to the upcoming trainings and season! We have certainly enjoyed coaching you.

Colin, Espen and Vinay





SPORTS



thrilling ending to an extraordinary season, with highs and lows, and an amazingly competitive final round to wrap up the Kim Lam Cup Competition. Our FC1 girls went up against the best teams in Hong Kong in a tournament-style final round of the KLC. Our FC1 girls faced a familiar schedule against the first-tier teams in Hong Kong. USRC Tigers, DB Pirates, Valley Fort, Sandy Bay and the newly promoted FC2 girls who made their debut in the first division. Our FC1 squad started the day with a rumble against arch-rival USRC Tigers. In a balanced match between two strong teams, neither team was able to take the advantage, when Club's **Emily Pomana** smashed up the middle to put Club on the board. FC came out on top with a 1-0 win. Strong scrummaging led by Caroline **Lindsay** contributed to the win. Next, our Club girls went up against DB Pirates. FC1 dominated the match from the start, jumping out to a 2-0 lead based on a strong performance by Amika Potgieter scoring two tries. Not to be out done, forward Ellen Lui blasted up the wing for her own try. Amika finished off the Pirate girls with a final try, winning the match 5-0. In the next match, FC1 went up against Valley Fort, quickly overwhelming their defence. The exceptional team play with a sequence of passes from Amika to Ellen to Jessica Cowan to score a try on the wing. Continued top performance by Amika with a strip for

a try and finally, Emily made a brilliant full pitch run, fending numerous defenders before scoring the final try. Strong performance at the back of the scrum by **Eleanor Hartwright** helped lead to FC1's victory 5-1. Next up, newly promoted Sandy Bay who were shocked and awed by the girls from Club. Our girls set the tone early by recovering the ball for a try by Emily. another from the back of the ruck by Jessica, and a brilliant run by Ellie **Roddy** with a well-timed pass to Jessica for a try up the middle. Defence led by Nina Gourlay at centre helped contain HKU. From the back of the scrum, Danielle Leung made a well-timed grab & go, scoring a try, followed by a skilled steal from the back of the HKU ruck by **Liliana Kahu**, scoring another try. Finally, forward Valentina Walters made a huge pass to **Amy Yu**, scoring the final try, winning the match for Club 8-1. In their last regulation match, FC1 went up against FC2 in a Clubon-Club match. Newly promoted FC2 played well against FC1 with strong performance by FC2 scrum-half Lauren Lui and prop Ally Po, putting pressure on FC1's offence. Finally, FC1 overcame FC2's defence, winning the match 3-0.

Our FC1 squad then advanced in first place into the finals, with their first semi-final match against the girls from Sandy Bay. Club leapt to an immediate lead with tries by Amika, Emily, Amy, and Jessica. Danielle made an excellent pass to Cara Riddell who then made a ½ pitch run for a try on the wing.

Finally, the throwing skills of Caroline led to a successful lineout by Club with Cara scoring the final try of the match, resulting in a 6-0 win for Club.

In the finals, our FC1 girls went up against their arch-rival the Tigers in the most competitive match of the day. A resilient Tigers quickly set the tone with a first strike against our girls, scoring the first try. In a rough and tumble match, the two sides fought hard for possession of the ball. Tigers gained the upper hand, driving to the try line, only to be held up by Amika. However, when it was not called by the referee, the Tigers had a chance to recover and score. Down by 2 tries, our intrepid FC1 squad answered back with a rough run up the middle by Emily to get Club on the board. Another try from the back of a ruck by Amika tied the match at 2 all. Then in the final moments, the Tigers barrelled across Club's try line. With the clock running out, the Club conceded the match 2-3. The FC1 girls were gutted. An incredibly close match between the two best teams in Hong Kong.

Despite the final results, the U12G FC1 team can be proud of their strong performance in the final round of the Kim Lam Cup Tournament against a set of top competitors. They played as a team and progressively improved their game throughout the tournament and the season. Great job girls!

Allen Schoonmaker

A NOTE FROM CHRIS LEE

CO-FOUNDER OF BUDDY BITES, SPONSOR OF SAMURAI RFC WARRIORS



Now that the dust has settled, mental fog has lifted... Roshini has chased me 3 times. I can try to articulate how much fun it was being back in Hong Kong and attending the Tens (rumoured to be the best in the world, tbc). Having left Hong Kong last summer to expand Buddy Bites into Singapore, rugby involvement has been non-existent and social life has only been marginally above that (stay in HK, kids)... so to be back at Sports Road, catching up with old mates and seeing the Club (and HK) back to its best was an absolute pleasure. Even better when I had Ryan's membership card on me all week.

For Ryan and I, involvement at the Tens this year was as (one of) the sponsors of the impressive Samurai side, something that I had pitched hard to Ryan as a piece of "marketing strategy genius". With his forever white-knuckled clasp on the company purse strings, this was not easy but having convinced him the Club membership is an "untapped resource" and "they must all have dogs", he eventually caved - as long as we maximised the event and set up a stall inviting people over to win prizes and essentially be introduced to Buddy Bites. Anyone that has tried

to get a drink out of Jamie Lauder will appreciate the "Scottish accounting" I'm referring to.

This sounded like a great idea, and we set about ordering 1000 Buddy Bites mini rugby balls as prizes and/or souvenirs and planned to have our team there both days from start to finish, dealing with the inevitable droves of customers interested in the brand and more importantly, a mini rugby ball with our logo on to take home and cherish forever. Weirdly enough, the focus of all in attendance was on the rugby taking place and not on the makeshift coconut shy we had set up. We abandoned this plan by day two, leaving the Buddy Bites stall with definite "Lastof Us" vibes to anyone that did walk by. If anyone is in the market for 950 mini rugby balls, slide into our DM's!

So, that part may not have been the roaring success I had promised Ryan, but the rest of the tournament was fantastic. Seeing the standard of teams that ran out –and, let's be honest, the size of them, really hammered home how happy Ryan and I were to be involved, without any expectation of having to take the field! Having played

together at 9 and 10 for Drags for about 8 years, we have both appeared in the HKFC side at the Tens - I will be quick to point out that the talent pool and Ryan were a hell of a lot thinner back then compared to now and our input was minimal. Ryan came off injured 30 secs into game one, having been folded by a Samurai player and I was benched for day two by Westy because I "smelt like piss". Who doesn't love a Wednesday night?

Since our mercurial (look it up) rugby partnership for the Mighty Fire Breathers, we have diverted from losing back-to-back GC's and embarked (sorry) on setting up our dog food brand Buddy Bites. So far proving a much better partnership off the field than on it. Advice from what was to be our last Drags coach, Tim "Russian" Usasz, was incredibly poignant, (I have replaced his limited vocabulary of rude Australian words with a nice replacement, so as not to offend the readership) "You two 'puppies' are 'puppin' atrocious! You'd be better off slinging 'puppin' dog food ya 'puppies'" ... a eureka moment if ever there was one!! Must thank him.

To be back as sponsors at the club that gave us so much, Club call-ups for Ryan and buffet pour moi, is an exciting privilege. You'd have to look very hard to find a club that does events like this anywhere close in standard and attracts a better crowd (on and off the pitch) all year round. You can step away for a year and return to Sporties like it was yesterday (mainly because you can't tell what the refurb entailed) and long may that continue! Congrats to all that organised, to Tradition for taking home the silverware and to all others, LIP THE CLUB!





SPORTS



arch saw U7 participate in 3 festivals and saw the continuation of their strong winning record and high participation rates. First up, 8 teams travelled to King's Park to take part in the Valley Fort Festival. At this stage of the season, the teams, players and coaches from other clubs are all becoming much more

familiar with each other, and as a result, some friendly rivalries are developing given an extra layer of fun to an already passionate group of players. Winning more than 80% of their matches, the athleticism and teamwork of HKFC U7 shone through, although the highlight of the day for many was the cotton candy and entertainment!

U7 then had the honour of taking the first session on the HKFC main pitch as the HKFC youth rugby festival returned following its long Covid hiatus. It was a fabulous day for all concerned, with the kids thrilled to host rival clubs on their own turf and equally proud of their medals. On the pitch, HKFC U7 continued their season of domination, losing just one of the 32 games played, with Jay Hazarika, William Bundy, Aiden Hou and Tristan Zhou all adding multiple tries to their tallies for the season and more than 30 try scorers on the day across the HKFC squad. Finally, a huge thank you to the parent volunteers who stepped up to run our control point, marshall the pitches and help everything run smoothly. We couldn't have done it without you!

March ended with a trip to Hong Kong Stadium, with U7 playing showcase games ahead of the return of the HK7s. A first for all our squad – another real highlight in a fantastic season of rugby.

ALLEY FORT FESTI

or an age group that has had to deal with three years without festivals, King's Park now feels like a second home to the Under 8s as we return for the third time, on this occasion for the Valley Fort Festival. As is our standard practice, HKFC submitted 6 teams with each of our three training squads splitting into a pair of teams. Our Avengers took to the field as teams FC3 led by coaches Anne, Gurwinder and **Sunny**, and FC4 led by Head Coach Chris and coach Mitch, with some muchneeded corralling assistance on the sidelines from dad Nathan.

FC3 won their first game against Tuen Mun Sharks, followed by another close fought win over Sandy Bay. Third match was against a very strong and fast Sai Kung Stingrays team and, despite valiant effort, FC3 ultimately conceded defeat. They didn't let that get them down and went into the final match against USRC Tigers at full pelt, resulting in a spectacular sequence of four consecutive tries from **Aaron P (x2)**, **Elie** and **Eashan** in the space of about 3 minutes.

FC4 were unfortunately only able to play 3 games due to a last-minute drop out by the team from Tai Po. However, the effort they would have put into the missing game was directed into their other three matches. The strong defence by top tacklers Max, Alastair and **Owen** allowed plenty of turnovers to feed the ball to our speedy wingers Brennan and Greg to the try line, resulting in convincing wins against Sai Kung Stingrays (2-1), Sandy Bay (5-1)

and Valley Fort (3-0).

Apologies to parents of our other teams from the Incredibles squad (FC1 and FC5) and the Titans squad (FC2 and FC6) for the lack of write-up. Unfortunately, I had to rush off to watch the U11 boys and did not get a chance to collate scores and after-action reports from your Squad Leads before they found the beer tent kindly laid on by Valley Fort! Needless to say, I am reliably assured that all our teams came out with positive results and are looking forward to the HKFC festival on 19th March!

Head Coach Chris



HKFC FESTIVAL

inally, after three years, HKFC festival is back and our Under 8s were keen to show what they could do on their home turf. An amazing turnout of 77 of our players took to the field for a demonstration of the skills and the teamwork that they have been learning and training over the course of this season.

The Avengers squad provided teams FC1 and FC2, and came away from the festival technically undefeated, having won all their games with the exception of a very hard fought 2-2 draw between FC2 and HKU Sandy Bay. With an overall tally of 26 tries scored against 13 tries conceded, the boys can be very proud of their achievement.

The Incredibles squad played as FC3 and FC4, and unfortunately were drawn against some of the strongest teams in the U8 competition, leading to some tough and high scoring matches. Both teams started with comfortable wins over Tin Shui Wai and Valley Fort respectively but were unable to hold out against the strong Sai Kung Stingrays 1 and 2 sides in their second matches. Both teams bounced back with wins in the third matches, but despite strong play and some good runs, both teams lost out in their final matches against Tsuen Wan Rhinos and a very strong side from Macau Bats. Nonetheless, the girls

were able to score tries in every single match to finish the day in the positive.

Just under 30 of our Titans squad turned out to fill out the rosters for FC5 and FC6, and it was just as well as the teams had two occasions where matches scheduled at the same times. Both teams found themselves fairly evenly matched against their opponents, with some very tight scorelines in almost all of their matches. FC5 were undefeated, with wins against Sham Shui Po and Aberdeen Dolphins, and two draws against Monkeys and Valley Fort. FC6 had a harder time, securing only a single win against Aberdeen Dolphins, a draw against Sham Shui Po and unfortunate losses to Sandy Bay and Monkeys.

On behalf of all the Under 8 coaches and players, I'd first like to say a huge thank you to our festival director Evan Moore and timetabler Phil Bundy for the sheer amount of effort that went into making the day so successful. Secondly, on a personal note, I'd like to thank the U8 parent volunteers who stepped up to act as pitch monitors and man the control point to help make sure the U8 competition ran smoothly. Finally, I'd like to thank coach **Tim** from our Avengers squad for volunteering to act as standby Head Coach when it was not certain I would make it back to Hong Kong in time for the festival (thankfully, I did!).

Head Coach Chris







ur dominant U10 girls team faced an unusual challenge in recent weeks as they attended festivals hosted by Valley Fort, Sai Kung Stingrays and our own HKFC Festival. Such is the popularity of the HKFC programme that more than 1/3 of teams entered at the festivals were representing HKFC! This meant a number of our matches were between HKFC teams, but they were certainly played with the same intensity of any other game!

FC1 and FC2 continue to lead the division, maintaining their winning record in the A stream. At the Sai Kung tournament, the format followed a round round and knockout format, which saw FC1 and FC2 contest the final! Our development squads continue to progress strongly with some good results in the B stream against other clubs' first teams. U10G look wellplaced when these girls move up to our A stream next season.



fter years of Covid disruption. it was thrilling for the U9s to field a bumper crop of players across five teams in our home tournament on 19th March. Over 50 players, 16 coaches and 20 parent volunteers helped deliver a very enjoyable day of rugby on Happy Valley 2.

With great planning from the Club, a 7:30am start and good management throughout the day, we stayed on schedule and got through all our matches on time.

Overall, the teams were mostly solid on technical play, but facing opposition that was increasingly physical, deploying tactics like crash balls and even pre-bound runners. We had some narrow losses, a number of great wins, and a great fighting spirit.

The Zebras might be lacking a bit in experience, but they made it up in heart and determination. They had a great festival, winning all 4 of their games! Kingsley King had a strong performance, both defensively and offensively. Hopefully this positive experience springboards them forward! Special thanks to Cheetahs' Leo Ouyang and Adrian Wong, and Lions' Alexander Ussani, Theo Ng, and Zachery Lau for coming on as impact substitutes.

Leopards finished our home festival with a fantastic show of force with a last-minute win over SCAA. This concluded a challenging day where the whole team were tested and had to work together to stand up to very strong squads. We started the morning with a comfortable win over SKS but followed with hard gigs against DBP2

and USRC1 successively where we conceded two tough losses.

Special mention to our tackling machines Charlie Cox and Aidan Norman who managed to keep the team afloat, and to Connelly Shaw for his absolute dedication in driving the ball forward.

The Cheetahs had a tough day out, going down in all matches against some very strong sides. The team was far from its best performance against very well-organised opposition. It was a tough learning experience for the team after 4 wins from 4 games at the Valley Fort tournament 2 weeks earlier.

The first game against SKS1 was very close, with a 2-1 victory to our opponents. The team played solid, disciplined rugby for the full 10 mins and were unlucky not to win. The games against Valley Fort, Sandy Bay 1 and Shatin were tougher affairs with large margins. For our more experienced players, it was a good taste of what may come in the upcoming 7s Showcase and the Singapore tour in May. Previous tournaments have fielded less competitive teams and senior players were able to break tackles and score easily.

It was encouraging to see a real competitive spirit emerge within the team. Call-outs to Markus Lee for another huge game of both tries and tackling, Valen Macdonald who was a great (if tall!) halfback and did not stop tackling all day, and Oscar Hicks for delivering huge workload all round.

It was also exciting to see injured teammate Adriano Laporte, if only on the sidelines. We miss his flair and speed. Fast recovery to your fractured fingers, Adriano!

The Lions won 2 from 4, losing two very competitive matches against Discovery Bay and the Tigers. The team executed the game plan of quick ruck ball and utilising their speed across the pitch well in their first two games, but found it more difficult against the bigger, physical teams. The level of commitment across all aspects of the game was huge from all the boys, tackling, competing at breakdowns and chasing any loose ball or opposition. Alistair Curran and Rahul Combs

carried strongly across all games. Great running and footwork by **Theo Ng**, James Cameron and William Butcher throughout. Committed tackling from Zachery Lau and the Chan twins. Excellent commitment and attitudes from all players.

The FC Rhinos U9 boys rugby team put on an impressive display at the recent tournament, showcasing their skills and teamwork. In their first game against SKS, the Rhinos were dominant, shutting out their opponents 4-0. They controlled the ball for the majority of the game, thanks to strong drives from Julian, Lewis and Kohtaro.

The Rhinos continued their dominance in their second game, with Ryan and **Nao** executing textbook rucking and Joshua, Lexton and William contributing with strong individual efforts. Griffin's speedy kick returns gave the team an early lead, which they defended successfully for the rest of the game.









Although the Rhinos lost their next two games against DBP and HKU. they showed great determination and fighting spirit throughout. Finn's clean tackles were a highlight, and even Daniel, who was feeling unwell, contributed with his impressive speed and running ability.

Overall, the FC Rhinos displayed great sportsmanship and teamwork, with each player making important contributions to the team's success. Congratulations to the Rhinos on a job well done!

The U9 group has come a long way over the course of this their first season of contact rugby, and for some their first season ever! A real energy and competitive drive has emerged in the group and we are feeling confident about how this group will transition to U10s.

Thanks all for a great season proper onwards to 7s and Singapore!

Final word... a fond farewell to our Head Coach Enda Curran, his wife and fellow coach **Tracy**, and son/ player Alastair, who are moving to Washington DC as a result of a terrific work opportunity for Enda. We will miss them all - watch out Capitol Hill!



BUILDING CONNECTIONS IN HONG KONG & FRANCE

Prior to the Tradition HKFC 10s, we invited our title sponsors, Natixis Corporate & Investment Banking, and 1 of the 10s teams, Seventise Rugby, for an afternoon filled with rugby at HKFC. Seventise are French Champions and are also sponsored by Natixis!

The afternoon started with a lunch and a roundtable discussion with Natixis employees & Seventise. Later, we hosted a training session with Seventise for Natixis employees, followed by a friendly game of touch rugby with mixed teams!

We really valued this opportunity to further connect with Natixis. The afternoon showed us how sport can help forge great friendships & connections, no matter one's ability or background.

Thank you, Natixis CIB, for your continued support!





SPORTS

HKFC FESTIVAL IS BACK

The U11 Dominators continued with their "shock & awe" strategy into their home festival. And a short note of thanks to U11 FC2 coach, **Evan Moore**, for his outstanding work putting together a marvellous day.

First up was Sai Kung Stingrays who, out of character, didn't really turn up and were swept aside by FC1.

Next was Discovery Bay Pirates. An edgy match with lost opportunities, which ended with a FC1 try on the line being disallowed by a rather lacklustre referee, when the scores were level. Sportingly, the DBP Head Coach acknowledged (after the match) it was a good try, so a victory for FC1.

Next was USRC Tigers, a match which was another dominant display by and victory for FC1.

Finally old rivals, and probably the closest to FC1 in ability this season, Sandy Bay. Another "Churchillian" speech from Coach Booth, and FC1 raised their game another notch, entered the field and left victors.

A good but tough day at the office, where all the boys put in a tremendous shift. Anyhow, let the photos do the talking...







AT THE 10S

U11's FC1 was invited to participate in **the Tradition HKFC 10s**, but with a twist. They would be shared among two Barbarians' teams **Dragons** and **Lions**. The other players being supplied from other clubs included Sandy Bay RFC, USRC Tigers, Sai Kung Stingrays and Discovery Bay Pirates.

The players (which included a fearless young lady from SBRFC) had one training session. Less than a week later, they took to Main Pitch during Wednesday afternoon, a tight match with HKFC coaches **Matt Smith** (Dragons) and **Daniel Booth** (Lions) guiding their teams, where no one wanted to give any quarter, ended with an equalising try on the klaxon. 3-3 and rugby was the winner...

VALLEY FORT FESTIVAL - TEAM SHOCK & AWE

Back to King's Park for the Valley Fort Festival. A gloriously sunny day (leading to a few red patches, more sunscreen please) and a well-run festival.

U11 FC1 first took on Sai Kung Stingrays who played valiantly, but we overcame by FC1's next stage of tactical development "shock & awe", being the use of overwhelming power and spectacular displays of force to paralyse the opponent's perception of the rugby field and destroy their will to play! FC1 won without conceding a try.

Next came Discovery Bay Pirates who also succumbed; DBP fought back but again FC1 ran out as comfortable winners. Again, not conceding a try.

Finally, it was Sandy Bay; after a nervy start, FC1 conceded their first try.

Once recomposed, FC1 started to move the scoreboard and overcame SB. FC1 will need to be ready for them at Club's Festival.

Anyhow, let the photos do the talking:













fter the end of the 15-a-side where the U13s played a few teams with predominantly U14 boys, the squad were looking forward to some action against their peers.

INITIAL SEEDING ROUND

In the initial round, the HKFC 1 and HKFC 2 teams were drawn together in the same pool. Both easily saw off the USRC Tigers and so the crunch inter-club game was to decide the group winner. It was a tight, evenly contested match but two moments of individual opportunism from Victor Zapolsky at the end of each half were enough to secure a 12-0 victory for HKFC 2. HKFC 2 won the group with HKFC 1 second.

HKFC 3 started vs Flying Kukris. A real ding-dong battle saw the Club boys come out on top in a 31-21 thriller. Next up was a strong Sandy Bay outfit who ran out 39-10 winners. In the final game of the day, however, the boys came good to win their second game, administering a 50-0 win vs Sai Kung 2. This was enough to secure 2nd place in the group behind Sandy Bay.





RANKING ROUND

This involved two groups of three who will ultimately play for the Cup. It is a testament to the strength in depth of Club this season that all three HKFC teams were in this ranking round alongside DB Pirates, Sandy Bay and Sai Kung 1. With 5 of the 6 games being played involving Club teams, the coaches were pretty busy!

HKFC 2 and HKFC 3 were grouped together and HKFC 2 ran out fairly easy winners 69-7. The next game saw HKFC 1 play Sai Kung. The boys suffered a couple of injuries, a fairly liberal interpretation of the offside law which Sai Kung took advantage of as well as some unlucky bounces and took a 47-7 loss. HKFC 3 played DB Pirates and although they lost 45-19, they never gave up and scored some great tries through Jonathan Szeto, proving that in the shortened game, there is no substitute for genuine gas on the wing!!

HKFC 1 had an immediate chance to bounce back and took it in style to put Sandy Bay to the sword 50-0. HKFC 2 then finished off proceedings with a 41-0 win against a dangerous DB Pirates team.

HKFC 2 go straight into the Cup semi's, and HKFC 1 and HKFC 3 will play off in the quarter's. Club are guaranteed a place in the Cup Final.



SPORTS

MEN'S CAPTAIN

Teams C and E crowned Champions in advance at Division 2 and Division 8 respectively with promotion in 2023-2024 while both teams also secured with the highest scores with Champion Teams. With very special thanks to the strong supports and efforts from Wilson Kwong (Side Captain of Team C) and their teammates, Team C had kept fighting from 7th ranking after the first 2 matches to the Champion (in advance with 1 remaining match) such that there would be 3 HKFC Men's Teams at Division 1 in the forthcoming Triples League 2023-2024, which would definitely be one of the commendable achievements for the Club and Lawn Bowls Section.

Division 2 Champion Team

Frankie Siu, Patrick Choi, Patrick Fong, Leung Yau Shing, Edmund Yiu, C L Fung, Timothy Or, Wilson Kwong (Captain), Dicky Mak, Charles So





Patrick Fong, Leung Yau Shing (Best Skip), Patrick Choi



Division 8 Champion Team

Mobin Yau, C. M. Chan, Francis Chau, H. B. Chan, Neil Roberts, Cyril Leung, Chan Shu Wing, Edmund Leung, Johnny Tsang, Grandy Lui, Donald Wu, Jack Law, Roxy Ho

LADIES' CAPTAIN

In the Triples League, an additional team was enrolled to accommodate for more novice members to enjoy league games and be familiar with the competition atmosphere, during which our side captains encountered big challenge such as the shortage of players, preference of surface/venue playing and non-Sunday games, etc. With all parties' hard work and reserve players' cooperation, all the above-mentioned problems were settled and all teams were secured in their respective divisions. Members understanding in this regard were appreciated.

Division 3 Champion Team

Shirley Ma, Connie Chan (Best Skip), Winnie Au



Division 1 Runner up Team

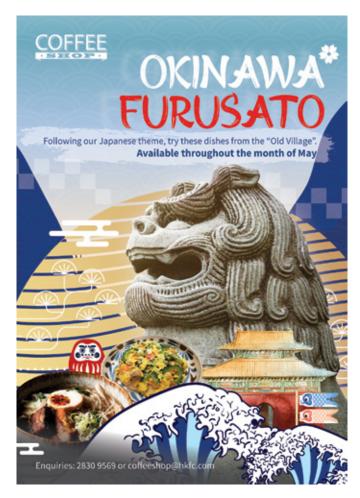
Rita Shek, Camilla Leung (Captain), Cherry Tsoi, Emmie Wong, Josephine Lam, Yunse Ha, Phoebe Ho, Eva Yu, Christina Yeung, Phyllis Wong

MEN'S TRIPLES LEAGUE 2022-2023 Sides Divisions Ranking (1/3/2023) Remarks 2-point 3rd with top 2 4th Champion and Promotion to **Champion Team** Promotion to Runner-up Promotion to Champion and **Champion Team** Promotion to Runner-up 5th 8th

Sides	Divisions	Ranking (1/3/2023)	Remarks
Team A	1	Runner-up	
Team B	2	3rd	Champion Team
Team C	3	5th	
Team D	4	6th	
Team E	6	7th	

2023-2024 LAWN BOWLS SECTION OFFICERS

Chairman	Johnny Tsang
Deputy Chairman	Esmond Lee
General Committee Representative	Kenneth Pang
Men's Captain	Tony Cheung
Ladies' Captain	Camilla Leung
Secretary	Philip Sze
Treasurer	Irene Muk
Membership Secretary	Patrick Fong
Greens Secretary	Leo Yau
Coach	Chung Ming Sang
Competition Secretary	Wilson Kwong
Social Secretary	Philip Chan





JAPANESE BBQ BONANZA

THEMED BUFFET



Robatayaki and Izakaya

and many more dishes on the rest of the buffet.

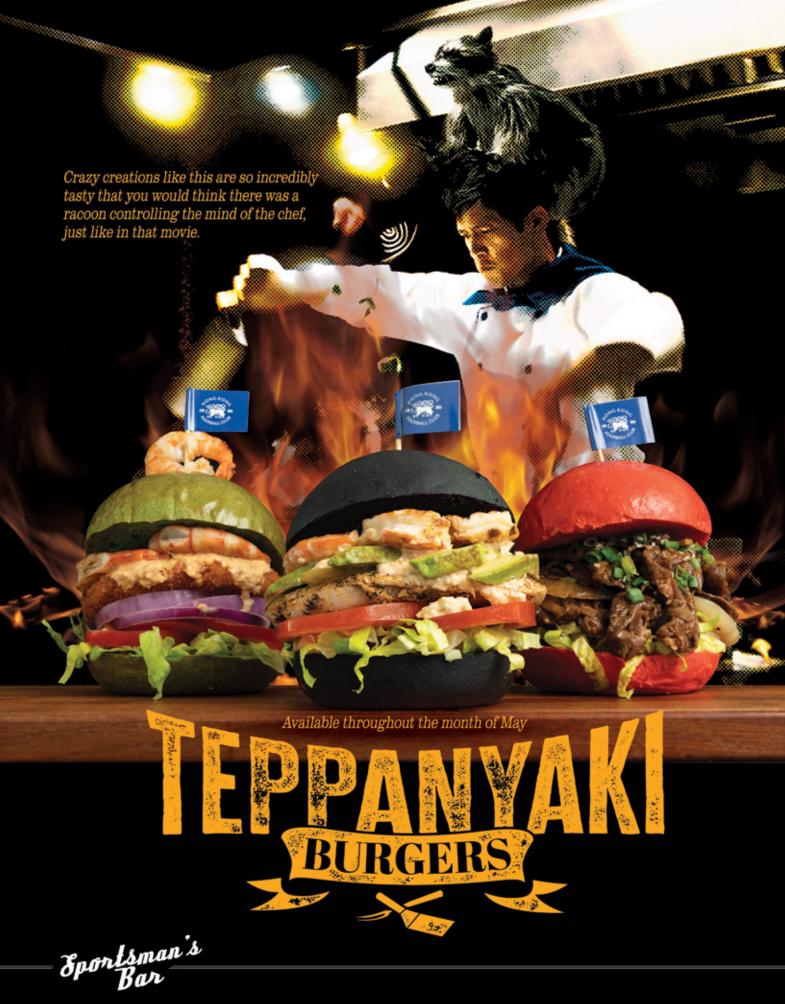
Throughout the months of May and June

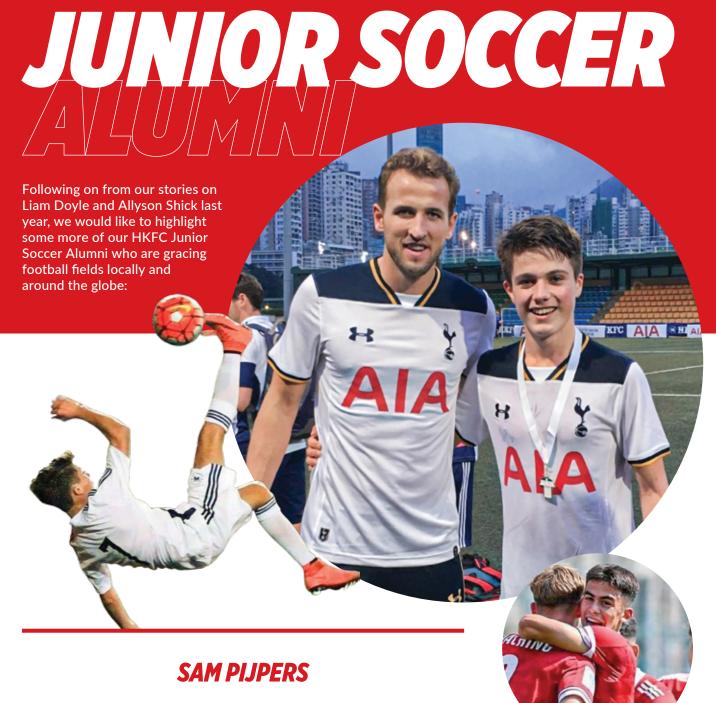


*AGE FOR ELDER CHILD: 8-11 YEARS OLD *AGE FOR CHILD: 4-7 YEARS OLD FREE OF CHARGE FOR INFANT BELOW 4 YEARS OLD

FRIDAYS 6PM - 9:30PM | SATURDAYS 5:30PM - 9:30PM

Enquiries: 2830 9569 or coffeeshop@hkfc.com





Back in September last year, Sam Pijpers was named Liberty League Offensive Performer of the Week after having had a dominant week for St. Lawrence University. Sam scored twice to lead St. Lawrence University to a 2-1 win over No. 13 SUNY Cortland (20th September 2022) and followed this up with a last-minute winner in 1-0 win over Union (24th September 2022). Sam not only had a great week but is having an excellent season, registering 6 goals and 2 assists in 10 games and helping lead his university team to an overall 6-1-3 record and current 2nd place position in the Liberty League.

Sam is another one of our talented

Junior Soccer players who was able to utilise his football abilities to pursue higher education. Sam joined HKFC Junior Soccer after arriving in Hong Kong at the age of 12. He helped our U13 and U14 JS Saturday teams win the HKJFL League and he also starred for our academy teams from U13 to U18 before leaving for university. In addition to our youth programme, Sam played for our Colts team, helped us win the Cup at the Operation Santa Claus 5-aside Adult Tournament and had the honour of being called up to play for our senior First Team in the 1st Division Cup. A gifted athlete, Sam was also a star player for the HKFC Field Hockey Programme.

AARON KELLER

scored a goal in September 2022 in Germany's U19 Bundesliga Match Day 2, slotting home a penalty in a Bundesliga derby between his team SpVgg Unterhaching and Bayern Munich, which Unterhaching won 3-2. This follows Aaron having scored the tying goal vs Freiburg in the 91st minute in Match Day 1.

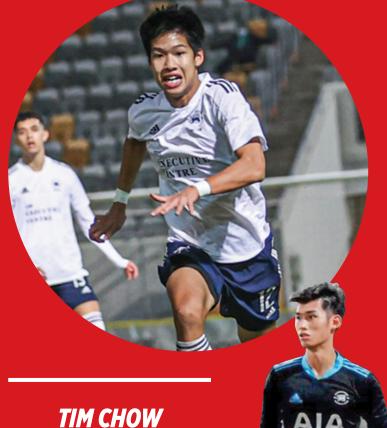


DEREK NG

starred in goal for our Youth Pathway Academy teams from U15 to U18 (helping lead our U16s to the round of 16 in the Gothia Cup) as well as our Colts team in the Yau Yee League. Derek is the definition of a Student Athlete. While playing for HKFC, he achieved academic excellence of the highest level while attending HKIS, and is now starring in goal and studying Computer Science at one of the most challenging elite academic universities in the world.

Derek was voted SCIAC Defensive Player of the Week in September last year, making 8 saves on his way to helping Caltech secure a 3-0 win over SDCC.

From a local Hong Kong perspective, we have:



in the Hong Kong BOC Life Premier League. Tim captained the Hong Kong Under 17 National Team last October at the AFC U17 Asian Cup Qualifiers in Kyrgyzstan. Although Hong Kong did not advance to the proud of Tim for having been chosen as Team Captain and scoring one of the best goals of the tournament, a beautiful header to put Hong Kong ahead in the 9th minute of its first match against host Kyrgyzstan.

Tim joined the HKFC Junior Soccer Programme when he was 10 years old (U11) and quickly established himself as one of the leaders of our group as measured by results and

Tim has represented HKFC on all levels, including our Junior teams, Colts team in the Yau Yee League and HKFA Premier League. This season, Tim, at the age of 16, is our youngest player on our Men's First Team.

JUSTIN FUNG

made his debut for HKFC First Team in a Sapling Cup game against Sham Shui Po in October 2022. Justin at 14 years of age in 2018 and played for our U15-U18 teams over the



JACK SEALY

made his debut for HKFC First Team inwas welcomed back to HKFC for the 2022/23 season, and at time of writing this, the first team was running 5th and looking good for a top half

Jack, who is the son of former QPR footballer Tony Sealy, represented the Hong Kong Football Club from an early age. By the age of 12, he was playing football in the Yau Yee League before making the step up to the Hong Kong Second Division at the age of 16. At 22, he was promoted to the First went on to play for Sun Hei and then South China, making a further 56 year deal with Chinese Super League side Changchun Yatai. Two years later, Jack returned to Hong Kong to play for Tai Po, Pegasus and then Southern before returning 'home' to the Hong Kong Football Club.

Kong National Team on the 6th of and went on to play 23 times for the national side between 2013 and 2017.

At 35, Jack is one of the Senior players that our younger players look up to. humble, he sets the bar for the next generation of players coming through

ANDY RUSSELL

Lastly, Andy Russell made his debut for top of the table Kitchee against HKFC in February 2023. He and his teammates were full of praise for the atmosphere that the Club had created. and he remarked on how difficult it was to play against HKFC on the day despite coming away with the win.

His journey to the top of Hong Kong Football started at HKFC as he watched his dad Martin Russell play for the HKFC First Team. Andy played football at every age group through HKFC and was elevated to the first team in 2003 at the age of 16 where he played for two seasons.

Happy Valley before moving back to the UK to complete his education and seasons before moving to Malaysia to play for Penang FC. He then returned to Hong Kong to play for Tai Po before getting picked up by Liaoning Whowin in the Chinese First Division. He signed China Fortune for the 2019/20 season Liansheng, Jiangxi Beidamen and

Sichuan Jiuniu. On the 8th of February 2023, Russell returned to Hong Kong and ioined Kitchee.

A career highlight for Andy was his international career getting to play away against teams like North Korea and Irag.

Andy looks back very fondly on his HKFC origins with people like Paul Sayer, Anto Grabo, Tony Sealy and Richard Lant playing large parts in curating his early development.

Like Jack Sealy, he is an incredibly humble man and a great professional. Andy's guidance for younger players himself and Jack. Take ownership of your development by taking nothing for granted and use every possible spare moment to push yourself sessions or gym work. Lastly, you can less likely to achieve your potential.

Words of wisdom that flows into all walks of life....

RST_TEAM



ADAM BAILEY (MOUSEY)

JOINED MEN'S TEAM 2015 **POSITION** Midfielder

Adam started playing football at the age of 5 years old in England. Adam played for Reading FC Under 12's for a season before having a bad knee injury which set him back. He had a bad occurrence of knee injuries between the age of 11-14 years old, but he managed to push through to a school of excellence in Birmingham where he was picked up to play for Stoke City for 2 years. Unfortunately, Adam didn't get his pro contract at 16 years old.

After leaving Stoke City, Adam played for his local side Didcot Town for 2 years and was the youngest player at that period of time to represent Didcot. After a successful 2 years, Adam moved on to Conference side Banbury United where he had 1 successful season but left to join local side Milton United. Adam finished that season as Young Player of the Year and 2nd top scorer in the team. He was then picked up by Thatcham Town but struggled throughout the season with injuries. Within this period, Adam gained his county cap for Oxfordshire after representing his county over 30 times.

After his time at Thatcham Town, Adam decided to step down from football and just play with his close friends to regain his passion for the sport.

After moving to Hong Kong in 2012, Adam joined the club and after spending 2 successful seasons with Lucky Mile, he then moved onto the first team. Adam has now been a part of the first team since 2015 and only had 1 season in 2016-2017 when he didn't play for the club. Adam has now played a total of 8 seasons for the first team.

Adam says: "I have enjoyed being part of a great group of players for a long time now, and although the first season in the premier league was disappointing, with the hard work the team has put in, we are now seeing a very successful period for the first team. The support of the club and matchday atmospheres have been amazing and I hope that continues. It has also been fantastic to see younger players stepping up through the club and exceeding expectations. The future is bright for the club and the first team."



BRAD YUE

JOINED MEN'S TEAM 2021 **POSITION** Defender

Brad started playing football at age 6, first playing for ESF Lions. Brad later played for several clubs before finishing his youth career at Kitchee Academy. After finishing secondary school, Brad committed to the University of San Francisco, joining their Men's Soccer Team.

After Hong Kong Football Club were promoted to the Hong Kong Premier League, Brad joined the first team in 2021 and has played for the team in the past 2 seasons.

Brad says: "Our first season in the Hong Kong Premier League was definitely difficult, as for many players in our squad including myself, it was our first time being involved at the professional level. But the improvements that we have made this season have been very encouraging, having finished the first half of the season in 4th position. We look to continue the momentum heading into the last quarter of the season and secure a top half finish in the league. I feel very fortunate to have the opportunity to play for the first team, and I thank Tony and the rest of the coaching staff for developing me as a player."

REBECCA SIN

JOINED WOMEN'S TEAM 2012 **POSITION** Centre Back



Rebecca is a veteran of HKFC and has been playing for the Club since 2012! Hailing from Toronto, Canada, Rebecca has always been active in football and other sports. While she captained her high school football team, she spent most of her time training as part of the Canadian National Rhythmic Gymnastics Team. With her gymnastics days behind her, football has become Rebecca's primary sport of choice. Rebecca played on the Deutsche Bank football team in London and, after moving to Hong Kong, continued competing in various tournaments. She has played with the Hong Kong Women's National Team in friendly competitions, coached several U18 teams, and even taken referee and coaching courses. She was also the captain of a football team that won more than 5 tournaments and league competitions, where she was the only female player in the whole league.

One of Rebecca's most memorable

moments - it was unfortunately a sad moment - was when her team came close to winning a free trip to train and play with Manchester United for a week! Sadly, her teammate missed the penalty shot and they lost the match.

When she is not on the football pitch, Rebecca is a Senior ETF Analyst at Bloomberg where she writes research, and you may even catch her on TV. She has a Bachelor of Science degree in Mechanical Engineering and a minor in Mathematics. She has won awards including Best in Fintech and exceptional contribution to drive diversity across Women in ETFs and Women in Finance Asia. She is passionate about gender diversity and equality. If there is any time left in the day, and if she is not on the football pitch, she can be found either at the gym or in the kitchen where she is a certified cuisine and pastry chef from Alain Ducasse's Culinary School in Paris.





How Flexible Workspaces Benefit Football Fans

As football fans, we understand the challenges of pursuing our passion while balancing a career. Hong Kong's fast-paced corporate culture and long work hours can make it difficult to find time for our hobbies and interests. Fortunately, flexible workspaces offer a solution for busy football enthusiasts looking to have it all.

The Struggle is Real: Challenges Faced by Football Fans in Hong Kong

While we love our jobs, work often gets in the way of our leisure time. For football fans, this can mean missing out on matches, training sessions, or socializing with fellow fans. With Hong Kong's busy lifestyle, it's easy to feel like we're always behind and never catch a break.

Work Smarter, Not Harder: The Benefits of Flexibility

This is where flexible workspaces come in. By offering remote work options, co-working spaces, and a variety of work arrangements, flexible workspaces allow us to fit our work around our football commitments. With the freedom to attend matches during the day or work in the evening, we can work smarter, not harder.

Flexible workspaces offer accessibility, allowing football enthusiasts to pursue their passion while advancing their careers. Located in convenient central areas, flexible workspaces provide easy access to both workspace and football commitments. The ability to work remotely or in a co-working space allows for greater flexibility in scheduling, enabling us to attend

games and practices without compromising professional responsibilities. Whether we need a workspace in between games or dedicated space with convenient access to sports facilities, flexible workspaces offer options to meet our needs. This accessibility helps maintain a healthy work-life balance, keeping us at the top of our game on and off the field.

Renting a serviced office can also be more cost-efficient for football fans seeking work-life balance. Unlike traditional fixed lease offices, serviced offices offer flexible rental

terms and all-inclusive pricing, meaning we only pay for what we need. This is especially beneficial for football fans who may not need a full-time office but still require a professional workspace. Serviced offices also help avoid additional costs for furnishing and maintaining an office, allowing us to invest more in our passion for the sport.

Finding Your Ideal Workspace: What to Look For

With numerous flexible workspaces in Hong Kong, finding one that meets our specific needs is crucial. Location is essential – we want to find a workspace near a football pitch or stadium to make attending matches easy. Amenities and services are also important - we look for workspaces with on-site sports facilities and partnerships with local sports teams for the resources we need.



Ultimately, finding the right workspace comes down to finding a community that shares our passion for football. Through sports events, networking opportunities, or a shared love of the game, being part of a like-minded community can make all the difference in balancing work and play.

In conclusion, flexible workspaces provide an ideal solution for football enthusiasts in Hong Kong seeking work-life balance. By working smarter and taking advantage of the amenities and services offered, football fans can stay at the top of their game while advancing their careers. When choosing a flexible workspace, we look for a location near a football pitch or stadium, on-site sports facilities, and a supportive community that shares our love of the game.

The Executive Centre is recognised as the leader of premium flexible workspaces and event spaces across the Asia Pacific & Middle East through their 28+ years of experience providing corporate real estate solutions to industry leaders, MNCs and professional networks. At the heart of their growth is a Member-First philosophy to foster connections between our growing membership, giving them opportunities to connect, share information and benefit from a robust event series across all of their 180+ locations.



ADMIRALTY

TAIKOO

12 Grade A Centres across Hong Kong Island

SPORTS



platforms a new and dynamic point of view.

Through her posts and photos, Rachel has kept many of us at the hockey section (as well as friends around the word) updated on the latest news, match results and events from around the hockey section.

These platforms have also become an important point of contact for the hockey section's local and overseas friends looking to stay in touch with us. Whilst she has so far stayed away from the spotlight herself, you can often find her pitch side on match weekends with her camera capturing the action and ready to share with everyone.



We caught up with Rachel, our KOL, with a round of ten quick fire questions to find out who is the lady behind the lens.

When did you join HKFC?

"I joined the club in 2020."

What is your role at HKFC?

"I am one of the Hockey Section Committee members where I volunteered to manage the 'hkfchockey' social media account on Instagram and Facebook. Please follow us and like us! This season I was very grateful to be invited to play Centre Back in E (Dinos) but I have requested to be moved back to F to play Mid to work on my skills and confidence on pitch next season."

What is your hockey background?

"I have been playing hockey for 4 years. My son inspired me! He has been with club's mini hockey from 6 years old. I saw a banner in Happy Valley advertising Thursday Adult Beginner Hockey Course in May 2019 and thought 'I may have a go!' I got hooked since! I was very lucky to pass the trial to join the club via sports membership."



Who taught you how to play?

"'Popeye' was my first coach at the Adult Beginner course. He is brilliant. I am a good student too!"

Who is your hockey hero?

"I like both Eva De Goede and Lidewij Welten, from Netherland!"

What is your best hockey moment to date?

"I scored a hat trick in one of the Vets C game. It was definitely more of a fluke!"

We have really enjoyed the HKFC hockey photos you have taken this season. How did you get into sports photography?

"Well, I am still outside of it - but thank you! I wish I knew how to use DSLR properly! My lens doesn't zoom out enough either. So my benchmark is against smart phones - as long as I can take better photos than phones, I am happy! We also have an awesome team of social media reps that help to take and share team match photos. If anyone is interested in sports photos, and happy to spare some time for us, please get in touch at sociamedia@hkfchockey.com! We need you!"

Editor's note - I would also like to jump in on that request to anyone interested in writing about the hockey section for the magazine, please get in touch at news@hkfchockey.com

Is there anything you look for when you take a photo?

"Hockey is a fast paced sport. I like to catch the intensity and speed. I also like to take photos of people having fun, e.g. families and friends' lazy Sunday binge watching hockey games."

Do you have a favourite player (or team) at the club you like to photograph?

"Our hockey section is such a lovely family with a shared passion for hockey. Each team is unique. I love them all and do try to get pictures for all of them if can on or off the pitch. I would like to give some glimpses through social media, of what we do to keep everyone updated and also to help to attract new members to the section and the club. We have grown 200 net new followers to our Instagram account in the last 6 months. Hope this could translate to new members in the coming season."

What is your favourite food at the club?

"Sportsman is our defaulted destination post games good food, good sports atmosphere. But my favourite has to be THE BUFFET at the Coffee Shop - spoiled for choices!"





IN AUGURAL SQUASH MASTERS MATCH

n March, the first ever HK Island squash masters match was played out at the HKFC. A team of experienced over thirty-five squash masters from HKFC took on a combined HK Island Masters team comprising of old foes from HKCC, LRC, HK Club, American Club and the HK Yacht Club. All levels of squash attended with mixed teams on both sides.

The match was going to be one of the biggest of the year with a 40-a-side extravaganza. With careful planning and preparation, the team orders were set where each player would have one match against their counterpart. With all seven courts in use throughout the afternoon, there was some amazing squash on show with many close games being played.

The HKFC team got off to a fast start being 5-2 up in matches after the first round. HKFC's **Wai Ming Lam**, who is close to 80 years of age, showed his skills on court to win his match 3-1. **Jennifer Chui** played well to win her match 3-0.

The tone was set for the rest of the afternoon with the Dragons team being 9-5 up after the next round of games.



David Rundle of the Dragons had a marathon match against Barry Caveney to sneak it 3-2, with Barry then filling in to play another match and defeat Dave Cross 3-0 which shows that even with the more mature squashers, there are still some very sprightly players out there. One of the younger masters Steve West of the Dragons, who just turned thirty-five and came into this elite group, just missed out losing 2-3 in his match.

As the afternoon wore on, old foes started to play each other with Ho Fai beating the Dragons Andrew Ward and David Robinson just losing to Euan So of the Spartans. Alas, the late run was not enough for the Spartans team to claw their way back with the overall result after forty matches 27-13 to the HKFC Dragons.

Players of the tournament were Ajay



Hazari for the HKFC team who fought back from two-nil down to win 3-2 and **Liam Stevenson** of the Spartans who played in one of his last matches in HK before relocating to the UK.

As with all good masters matches, the camaraderie and after squash "refreshments" made it a very enjoyable afternoon and evening with curry buffet being served in the family lounge. To try and get some semblance of balance back, the Spartans team through Phil Head challenged the Dragons to a boat race, but they still could not win that.

Due to the excitement and exuberance of the day, there was a bag mix-up with **Ken Lo** seeing double and taking the wrong squash bag home with him.

Thanks to all who attended from the two teams and to all the organisers including Dave Cross, Carlos Cornes, Barry Caveney, John Lau and Russell Lamb.

This is a fixture that will now be cemented in the annual calendar with the trophy up for grabs for many years to come.

John Thompson







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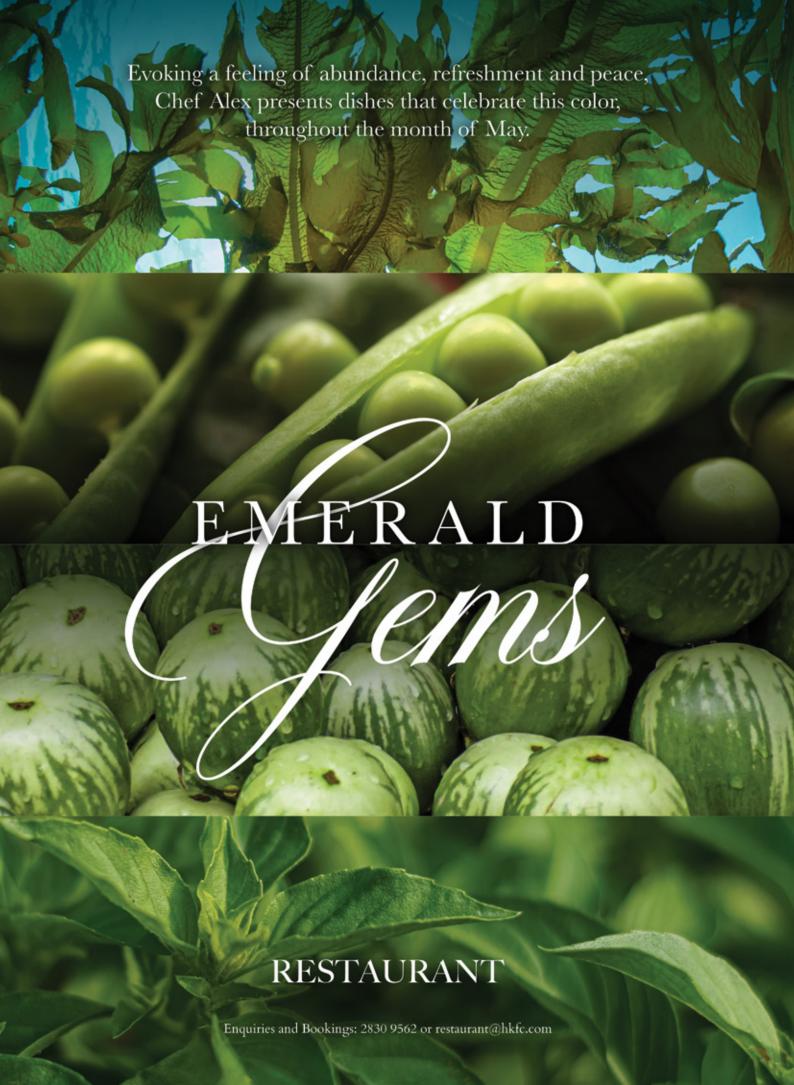
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THURSDAY, 16TH MARCH 2023 MACAU GOLF AND COUNTRY CLUB

With all Covid restrictions now lifted, we were delighted to be able to restart this annual fixture against one of Hong Kong's oldest golf societies. It is an event which we had won the first few times it was held, but in more recent years, we have been less successful and so were determined to win the trophy back this year.

o reach the pinnacle of preparation (not to mention avoiding a very early start), Dallas Reid and Shane Burgess headed to Macau on the Wednesday to check out the course and try to glean some secret information for the match. The main tip they were able to send back to the rest of the team was that the greens were very slow.

On the Thursday, the remaining players all arrived on the coach that Captain **Andy** had organised from the ferry. Unfortunately, despite him repeatedly advising the coach company that we would arrive at the Taipa terminal,

Laughs on the 18th green. Clearly Andy Ho has not

the bus waited for them at the other Turbojet terminal. Fortunately, with the help of the wonders of mobile phones, players and coach were eventually reunited and everyone was on time for the official tee time. There was even enough time to make some practice putts on the putting green which confirmed the tip about the slow greens.

Of course, it turned out that the greenkeeping staff had aggressively mown the greens (but not the practice green) overnight as our team discovered when their putts on the first few holes went sailing past the hole!

Other than that, all the matches proceeded smoothly, with some good. bad and ugly golf being displayed. Mention must be given to Simon Hague who finished his round with a flourish by eagling the 550-yard closing hole to the delight of the onlookers who were already rehydrating with tins of Macau Beer.

Sadly for the Football Club, despite our best efforts, it became obvious that Little Sai Wan were once again victorious. Captain Andy did, however, point out that as LSW do not have a clubhouse or trophy cabinet, it would be best if we kept the trophy at the Football Club.

After the match, we had a pleasant session on the verandah overlooking the South China sea where the trophy was (briefly) handed over to Captain Cuvelier. The players then proceeded to buy the entire stock of Blue Girl at the ferry terminal, and a high proportion of all the Carlsberg on the Cotai ferry.

Dallas Reid



A reluctant Andy Ho handing over the trophy to the victorious JP Cuvelier

LITTLE SAI WAN GOLF SOCIETY VS HONG KONG FOOTBALL CLUB				
LSW	HKFC	Result		
JP Cuvelier, Captain	Andy Ho, Captain	HKFC	5&4	
Wynand Oosthuizen	Dallas Reid	LSW	3&2	
George Sobek	Simon Hague	LSW	3&2	
Simon Acton	Ian Petersen	LSW	5&3	
Will Glover	Oli Baijings	LSW	3&1	
Nick Gikas	Matt Keefe	A/S		
Lorenz Zimmermann	Terry Wright	HKFC	2 Up	
Stuart MacKenzie	Marco Jorge	A/S		
Michael Jackson yes really	Jonny Brock	LSW	3&2	
Alastair Murray	Shane Burgess	LSW	6&5	

GOLF OUTING

FRIDAY, 3RD MARCH 2023 FANLING NEW COURSE

The last time we had an event on the New Course as the Hong Kong Golf Club Fanling was in June 2022.

s usual, the golf gods blessed us with beautiful weather conditions, with bright sunshine and a mild wind blessing the 32 participants for the day.

Dallas Reid and I had the chance to team up; this would be our first time playing in together. Our four ball also included **Ryan Woollford** and **Jonny Brock**.

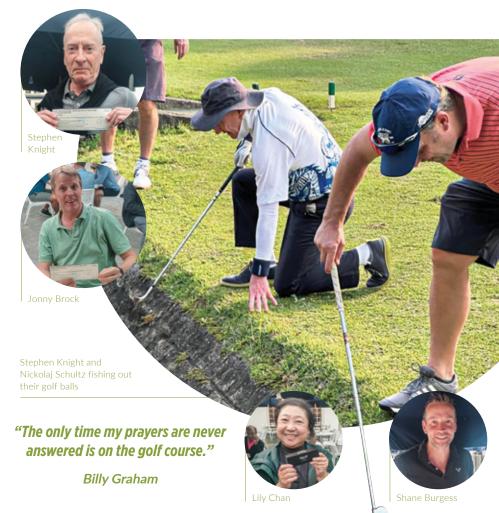
We had a new member joining as well as some returning golfers after a long gap.

We warmly welcome **Quinton Burrows**, who is returning to the golf society after









a long sabbatical, as well as **Cara Fischer** playing her first golf society event!

Back to the 32 golfers, we got things going, and after the first hole, it was clear how tough the greens were, and what sort of a day we would be having! There were greens where you would tap the ball for a 3-foot putt, but end up being 12 foot past the hole, I gave up trying to read the greens after a few holes in and just hit and hoped. To test how difficult the greens were, our foursome held a little friendly putting contest on the hole 6 green just to see how unpredictable the greens where and lets just say it was erratic.

Stephen Knight and **Nikolaj Schultz** did a spot of fishing for their balls after both their balls ended up in one of the course steams.

Overall, it was a amazing and fun day followed by well-deserved refreshments on the Veranda. **Alistair Murray**, our former handicap secretary, took first place with 39 points, followed by **Stephen Knight** (37 points) and **Jonny Brock** (36 points). Well done to all the winners results are shown on this page.

William Chan

STABLEFORD WINNERS

1st Alistair Murry 39 points 2nd Stephen Knight 37 points 3rd Jonny Brock 36 points

NEAREST TO THE PIN

Hole 2 **Jonny Brock**Hole 4 **Mark Saunders**Hole 8 **Donald Roberts**

Hole 11 Dallas Reid *2nd shot

Hole 13 **Jonny Brock**Hole 17 **Andy Ho**

LONGEST DRIVE

Women's **Lily Chan**Men's **Shane Burgess**

BEST GROSS

Jonny Brock 7^e





We returned to KSC's East Course; given how many times we had played here, this course might very well be our home course for 2022.

ou'd think that after so many challenging rounds on this course and the amount of money spent having to replenish the lost golf balls, a person would naturally grow accustomed to it. This is not the case for me, and in fact, I believe I've gotten worse.

As usual, I started things off with **Peter Ayres**, **Andrew Wood**, our recently retired Golf Society captain, and **Marco Jorge** in our four-ball group. I was paired with **Peter**, both of us are high handicappers vs. two low single-digit handicappers, so it seemed natural to have a friendly match play against **Marco** and **Andrew**.

Thank God for our high handicap, as this gave us a two-shot buffer on most of the holes, and with some lucky shots, we managed to draw the match!

Peter even got a nearest-to-the-pin on the 15th hole, giving himself an easy 2-foot putt to make birdie and win the hole.

It was also wonderful to see some returning members. **Kan Shun Ming** wins two nearest to the pin awards; his last event with the GKFC Golf Society was in May 2022!

Marco Jorge wins the Stableford Competition with 38 points after

"The reason the pro tells you to keep your head down is so that you can't see him laughing.."

Phyllis Diller, American Actress

shooting an impressive +2 par on the day, gross score 74. Because he won the main competition, the best gross goes to the next person, **Dallas Reid**, who shot 83 gross score.

Both players scored 33 points for second and third place, and there was one point separating them on the back 9 total score.

Jonny Brock comes in second, and Jean Paul Cuvelier comes in third.

Winners for the closest to the pin and longest drive are displayed on this page. Congratulations to all the winners, and we hope to see you all again soon!

If you haven't already, I highly encourage you to attend one of our Golf Society golf days for a superb day out.

William Chan



Mark Chow and Joe Wong







STABLEFORD WINNERS

1st Marco Jorge

2nd **Jonny Brock**

3rd **Jean Paul Cuvelier**

NEAREST TO THE PIN

Hole 3 Kan Shun Ming

Hole 4 Marco Jorge *2nd shot

Hole 5 **Alan Hay**

Hole 8 Lucia Lee

Hole 13 Peter Ayres

Hole 15 Kan Shun Ming

LONGEST DRIVE HOLE 17

Women's **Elizabeth Dendle**Men's **Marco Jorge**

BEST GROSS

Dallas Reid 83







Mother's Day Gift FAIR

Saturday, 6th of May 11 am to 7 pm

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FASHION, JEWELLERY, LIFESTYLE AND MANY OTHER FABULOUS MOTHER'S DAY GIFTS



nutrition, and holistic support programmes. This fantastic charity sadly suffered a severe setback recently, losing their premises to a fire.

On 12th March, the Tennis Society Committee hosted their annual Charity Cup Social to raise money to help Love 21 rebuild stronger, bigger and better. HK\$12,000 was raised through sign-ups to the event and a further HK\$5,000 was donated by Tennis Society sponsor Protiviti. Carmel Armstrong from Love 21 joined us to accept the cheques and explain a little more about the good work Love 21 are doing in HK.

44 players had a great morning of doubles play, tried the Serving Challenge, battled it out to be King of the Court challenge, enjoyed breakfast courtside as well as singing Happy Birthday to Coach Nathan!

Thank you to everyone on the Tennis Committee that helped make the Charity Cup a great event and to Franki for being the event photographer!









hree young swimmers joined the Short Course Division 2 meet run by the Hong Kong China Swimming Association on 6th March. The now experienced swimmer, **Matthew**Mcquhae, featured here previously outperformed again! Bettering his own Personal Best (PB) in the 50m free by over ONE second, coming in at 27.81 seconds. Many in the masters program will be envy of this fast time.

We have 2 other 12 year olds swimming identical fast times in the 50m free, finishing at 31.59 seconds. **Efe Demiral** swam 50 seconds in time trials (TT)

a year ago has bettered this by almost 20 seconds. **Isaac Yuen** swim consistent with his good performance and added a 100m Breaststroke qualifying time at this D2 meet. **Isaac** is our first swimmer qualifying two D2 times in a meet!

Our tri-kids group is definitely growing in numbers and now gaining good experience in the Hong Kong racing scene. We swim (notice the train word is not used here) twice a week on Monday and Wednesday at 4:45pm to 6:15pm.

For enquires, please email swimming.fastlane@gmail.com, or come chat to **Coach Dom**.

Advise from Coach Dom: The trick is not to be overwhelmed or to feel the pressure of the event, but to stay focus and calm, cut out all the noises the pool and execute the swim to plan.



SWIMMING AND TRIATHLON



SET NEW RECORDS

WITH PODIUM FINISHES AT HKGSA 2022/2023

unday 26th March marked the last of the HKGSA 2022/2023 season with a long course meet at Sun Yat Sen Memorial Park Swimming Pool. There was a good showing by the HKFC swimmers with lots of exciting racing and podium placings.

Alex Fong kicked things off by winning the 200m breaststroke and smashing the existing age group record in the process.

Next up was the 50m freestyle where **Craig Nortje** was just able to sneak in under the age group record for the win. **Edmund Wan** was narrowly out touched and finished second in his age group.

Braedon Sharp and **Craig Nortje** both took on the 100m butterfly and finished second and first in their respective age groups.

The last event of the morning session was the 50m backstroke where **Braedon Sharp** finished second, **Craig Nortje** first, **Edmund Wan** forth and **Patrick Ip** was pipped into second in their age groups.

Looks like **Coach Dom** needs to work us harder on our finishes?

The 800m freestyle was in the afternoon session. This is a tough race not only for the distance but also with a very long waiting time before you swim. Swimmers start in the water, taking away the advantage of a dive, and swim two competitors per lane giving you something extra to think about while racing. **Braedon Sharp** stormed

home to first place in his age group. **Simon Holiday** and **Simon Brewster** took fifth and six place in their age group and **Patrick Ip** placing second in his age group.

Congratulations to all the swimmers!

Looking forward to more good result at the first meet of the 2023/2024 season on 30th April.



LONG COURSE MS SWIMMING COMPETITION PART 1 RESULTS				
Event	Name	Time	Position	
40-44 200 Breaststroke	Alex Fong	2:38.70	1	
45-49 50 Freestyle	Craig Nortje	26.24	1	
50-54 50 Freestyle	Edmund Wan	29.99	2	
40-44 100 Butterfly	Braedon Sharp	1:03.81	2	
45-49 100 Butterfly	Craig Nortje	1:02.51	1	
40-44 50 Backstroke	Braedon Sharp	32.13	2	
45-49 50 Backstroke	Craig Nortje	33.00	1	
50-54 50 Backstroke	Edmund Wan	40.02	4	
55-59 50 Backstroke	Patrick Ip	39.37	2	
40-44 800 Freestyle	Braedon Sharp	10:04.58	1	
45-49 800 Freestyle	Simon Holiday	11:23.25	5	
45-49 800 Freestyle	Simon Brewster	11:52.48	6	
55-59 800 Freestyle	Patrick Ip	12:11.51	2	





HKFC & TORQ SPORTS INTERNATIONAL LADDER SERIES 2023 UPDATES OF JAMS **Events** Name of Player(s) Ranking Andy Xie 1 **Thomas Lee** 2 Jack Du 3 U15 Boys Singles Kenneth Chau 5 **Curtis Cheah** 6 2008-2010 Girls Single Evelyn Zhu 2 **Thomas Lee** 1 Kenneth Chau U 15 Boys Doubles Jack Du 3 Michael Chen Perry Miu 1 Michael Cha 2 2006-2008 Open Singles 3 **Ethan Chov** 8 Nicole Wan U21 Invitational Open Singles **Anthony Chuang** 9

The ladder series championship will be held in May 2023 and good luck to all of the HKFC players!!



JAMS AND JUNIOR SQUAD PLAYERS REPORT

Hong Kong Annual Badminton Tournament 2023 Intermediate Level Open Ladies Singles

Ouarter-finalist Coraline Lo

Kwun Tong District Age Division Boys' Singles Badminton Tournament

1st runner-up Kenneth Chau
2nd runner-up Thomas Lee

Wan Chai District Age Division Boys' Singles Badminton Tournament

4th place Jack Du
Michael Chen
bund of 16 Nixon Chiu

Wan Chai District Age Division Girls' Singles Badminton Tournament

1st runner-up Ellen Lui
2nd runner-up Nicole Wan

ELITE JAMS TRAINING UPDATE

Our elite JAMs have been very busy travelling to the mainland for national team training camps to prepare for their upcoming international tournament and challenges:

5th-10th March 2023

Guangzhou Coraline Lo

12th-26th March 2023

Suzhou Coraline Lo and Fuzhou Happy Lo

19th-26th March 2023

Fuzhou Saloni Mehta

UPCOMING JUNIOR EVENTS

28th-30th April 2023

HKFC & Torq Sports Junior Badminton Tournament 2023 (overseas players participation)

September 2023 to January 2024

HKFC Junior Team Series 2023-2024

HIGHLIGHTS IN MAY

FESTIVE CELEBRATION



This Mother's Day, there's a host of ways to celebrate Everything, Everywhere, All at Once for Mums

Our F&B team has already planned for a bunch of activities for the Mother's Day weekend, including Buffet at the Coffee Shop, Menus at the Restaurant and free-flow Brunch and Dinner Buffet at the Happy Valley Suites.

Mother's Day Cake for pre-order is also available at the Kiosk.

TAKEAWAY



From May to June

Japanese Hot Pot Sets for 2 to Go!

Shabu Shabu is sliced thin while Sukiyaki is chunkier.

Either of these Japanese hot pot sets is all you need to cook at home.

Please order 2 days in advance.

KIOSK



Mother's Day Cake

Available for pre-order.

COFFEE SHOP



Japanese BBQ Bonanza Themed Buffet

A family favourite theme featuring Robatayaki and Izakaya and many more dishes on the rest of the buffet.

Monthly Special: Okinawa Furusato Cooking Buffet Upsell: Kushiyaki Platter Beverage: Yuzu and Shikuwasa Drinks

SPORTSMAN'S BAR



Teppanyaki Burgers

Crazy creations like this are so incredibly tasty that you would think there was a racoon controlling the mind of the chef, just like in that movie.

Daily Special: Sweet & Sour Dishes
Beverage: Thai Big Bottle Beers
Fun Activity: Use 1 chopstick to open a bottle
of beer

RESTAURANT



Emerald Gems

Evoking a feeling of abundance, refreshment and peace, Chef Alex presents dishes that celebrate this colour.

CHAIRMAN'S BAR



JAPONISM

A 19th century French term that refers to the popularity and influence of Japanese culture among Western Europeans. Enjoy these enticing fusion dishes.

Set Tea: Spring Garden Beverage: Sakura Cocktails

CAPTAIN'S BAR



Grilled Waffle Sandwiches

Who doesn't love breakfast for lunch? Waffles any time of the day, I'd say!

FAMILY LOUNGE



Doughnuts Stuffed with Cream!

Beverage: Pineapple Themed Drinks

POOL BAR



Yuzu and Shikuwasa Drinks
Food: Fritti Snack Shack

WINE EVENTS

Thursday, 25th May

Loire Valley Wine Master Class

7pm – 8:30pm speaker Stephanie Srey,

French Wines Ambassador

PRICE \$258 per person

\$50 refund for any wine purchased right after

the class



Friday, 19th May

Epicurean Night with two Experts

TIME 7:30pm Welcome Drink,

followed by Dinner

VENUE Restaurant, 2/F

SPEAKER Laurent Dumenil and Yan Yeung

PRICE \$888 per member

\$938 per member's guest

Enquiries and Bookings: 2830 9532

or restaurant@hkfc.com



Saturday, 20th May Sunday, 21st May

Wine Fair: Everything But The Wine

TIME 1:30pm – 6pm daily VENUE Lockhart Room, 2/F

Tasting available

PREVIEW IN JUNE

FESTIVE

Father's Day Celebrations

WINE EVENTS

Friday, 2nd June

Wine Dinner: Whisky Wine Dinner

Thursday, 15th June

Wine Masterclass: Discover Hidden Gems in California

Saturday, 24th June | Sunday, 25th June Wine Fair: **Try our New House Wine**

Friday, 30th June

Wine Dinner: Bubbles Wine Dinner

COFFEE SHOP

Buffet Theme: Japanese BBQ Bonanza Themed Buffet

Monthly Special: Japanese Chicken Dishes Buffet Upsell Platter: Izakaya Otsumami Sampler

Beverage: Yuzu and Shikuwasa Drinks Takeaway: Shabu Shabu and Sukiyaki Pack

POOL BAR

Fritti Snack Shack

Beverage: Yuzu and Shikuwasa Drinks

RESTAURANT

In Love with Lobsters

SPORTSMAN'S BAR

Outdoor Cooking Station: Mongolian Stir Fry

Daily Special: Big Macs, Sloppy Joes & Beer Can Burgers

Beverage: Thai Big Bottle Beers

CHAIRMAN'S BAR

From Land and Sea

Set Tea: Summer of Love

Wine & Spirits: Classic Cocktails with the Modern Twist

CAPTAIN'S BAR

Singaporean & Malaysian Tiffin Boxes

Beverage: Lychee Drinks

FAMILY LOUNGE

Stuffed Doughnuts Beverage: Qoo Juices

KIOSK / CLUB SHOP

Club Made Pastas & Sauces

RESTAURANT

TEL 2830 9562
EMAIL restaurant@hkfc.com



TEL 2830 9569
EMAIL coffeeshop@hkfc.com



TEL 2830 9531
EMAIL sportsmans@hkfc.com



TEL 2830 9559 EMAIL bar@hkfc.com



TEL 2837 2622 EMAIL bar@hkfc.com



TEL 2837 2663 EMAIL bar@hkfc.com



TEL 2830 9531
EMAIL coffeeshop@hkfc.com



TEL 2837 2678 EMAIL kiosk@hkfc.com

CATERING SERVICE

TEL 2830 9513 EMAIL catering@hkfc.com







AVAILABLE THROUGHOUT THE MONTH OF MAY

STRAWBERRY YOGHURT CHEESECAKE WITH RUM CHESTNUT MOUSSE

\$428 /2lb

2 days advance order required

HOT ITEMS IN MAY





MOTHER'S DAY GIFT SELECTIONS

- 1 Tilley Soya Candle and Reed Diffuser Set 160g & 75ml \$260
- 2 Tilley Triple Scented Soy Candle 240g \$220
- 3 Tilley Triple Scented Reed Diffuser 150g \$260
- 4 Luxurious Soy Wax Scented Candle 200g \$200
- - 5 Scents of Nature Vegetable Wax Candle 240g \$220
 - 6 Taste of Life Natural Soy Wax Candle 150g \$200
 - 7 Taste of Life Reed Diffuser 100g \$150

KIOSK OPENING HOURS: Monday - Friday 11am to 8pm | Saturday, Sunday and Public Holiday 10am to 10pm TEL: 2837 2678 | EMAIL: kiosk@hkfc.com

CLUB SHOP OPENING HOURS: Monday - Friday 10:30am to 8:30pm | Saturday 10am to 8pm | Sunday 9:30am to 7:30pm TEL: 2830 9526 | EMAIL: library@hkfc.com



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