





US 9



SQUASH

MY ROAD TO
THE US JUNIOR OPEN
BY VALERIE HUANG

Lawn Bowls

MICHAEL BILLING WORTH OBITUARY

Soccer

ENGLAND VS SCOTLAND BOXING DAY MATCH

Sportsman's Bar

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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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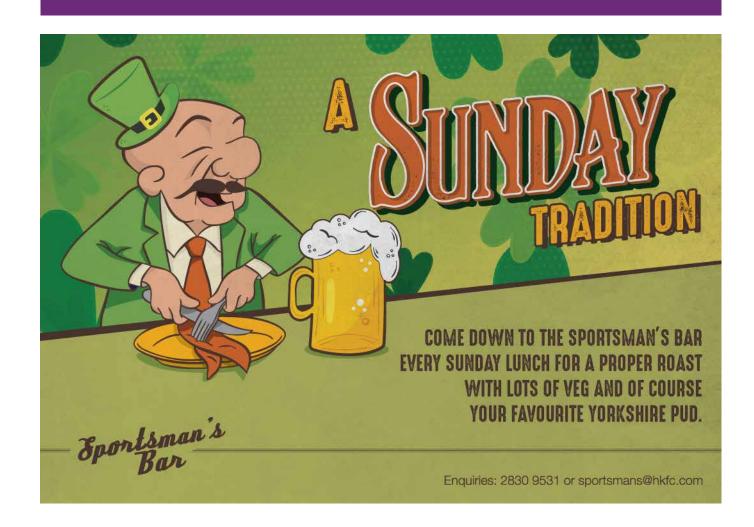
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# THE THOUGHTS OF THE CHAIRMAN

#### 主席的話



Michael J. Wood Chairman

At the time of writing, social distancing measures have just been tightened, and with the caseload of infections now greatly increased, we are unsure as to when operations at the Club will return to some degree of normality.

Notices and updates are sent to all Members to keep everyone apprised of the latest situation as we understand it, and I would like to emphasise the very robust and stringent measures that are taken to ensure the safety and wellbeing of our members and staff. My Chairman's Message on 9th February 2022 noted as a reminder to all that our Management and Staff members are 100% vaccinated (some have had their Booster jabs as well) and that our Deep Cleaning Air Sanitizing procedures are in place for all of the Club's facilities both front and back of house, and we will continue to adopt best practice at all times.

By now you should have received communications about the **Sportsman's Bar Project** which aims to undertake a complete rebuild of the kitchen, refurbish the toilets and effect a refresh of the bar area itself. The bar is probably the most popular venue in the Club and was last refurbished 20 years ago, but the kitchen is no longer fit for purpose, being both inadequate to cope with the demand and also being a very unpleasant place to work.

Unfortunately, the Covid pandemic has caused several delays to the Sportman's Bar Project, but the problems with the venue remain and as a result, GC have recently taken the decision to move ahead now so that the project can be completed before the end of this year. At the moment, and a firm date has yet to be finalised, this will mean the Sportsman's Bar (the bar itself) will be closing around mid-May and alternative arrangements will be made to maintain a service in that area.

We will be providing you with regular updates about the project, and as soon as practicable, we will hold a **Town Hall Meeting** as a further means to engage with membership on this matter.

In the meantime, stay safe and well!

Michael J. Wood Chairman 下筆之際,社交距離措施恰好再度收緊,加上現時感染數字急劇上升,目前尚未確定本會何時起才能陸續恢復 正常運作。

儘管一切如常的日子似是遙遙無期,大家還是能夠透過本會發出的通知及訊息,得知我們掌握的最新情況,同時想強調本會嚴而有力的保護措施,更可確保會員及員工的安全及健康。本人在2022年2月9日的文章曾提到,本會管理層及員工已全數接種疫苗,當中有員工更接種了加強劑,同時亦已安排會所前台及後勤設施進行深層清潔消毒,我們會繼續以最佳的方法應對疫情。

另外,相信大家現在已經收到有關Sportsman's Bar 改造工程的消息,工程主要包括重新建造廚房、翻新洗手間及酒吧內部裝潢。Sportsman's Bar是本會人氣之最,不過距離上次翻新已經是20年前,廚房更已不再切合所需,未能應付龐大需求,工作環境亦未如理想,所以是次工程確實是勢在必行。

不幸的是因為疫情爆發,Sportsman's Bar工程一次又一次要延期,令場地問題一直存在。有見及此,常務委員會最近決定立即重啓工程,好讓工程可以在本年尾前完成。此刻,動工日子尚未確定,但Sportsman's Bar將會於5月中左右關閉,屆時將另作安排,以維持酒吧的服務。

我們會定期提供有關工程的最新消息,同時也會在切實可行的情況下,就着相關議題盡快舉行**諮詢會**,進一步 聆聽大家的意見。

一如以往地,祝大家身體健康。

主席 胡米高

#### **OBITUARY**

We were saddened to hear the news of the recent passing of longstanding Members

Jack Walton and Mike Worth

Our thoughts and prayers go to their families and friends. May they rest in peace.



# FROM THE DESK OF MARK PAWLEY

總經理的話





In line with the Chairman's article as regards the tightening of social distancing measures and the return to "normal" Club operations, I am sure we are all hopeful that we will see some relaxation of the measures, at some stage in March. Interestingly, it was March last year when the Government relaxed a number of social distancing measures, that had been in place for some time, which allowed us to stay open for longer and have more people at table.

As you will see when you look at the rest of the magazine there are numerous F&B promotions that we are advertising to take place during March but obviously some of those will be subject to the Club being open in the evenings. The weekly What's On e-news that we send out normally every Thursday will update you as to what promotions will be on that week.

The Lawn Bowls Section, courtesy of Roger Nissim, have written up an Obituary (pages 6 and 7) in respect of the recent passing of "Mr. Bowls" himself Mike Worth. As Roger mentions "Mike literally ate, slept and drank Lawn Bowls", Mike had a wonderful life and he will be sadly missed.

Mark Pawley General Manager 正如主席剛才提到,社交距離措施再次收緊,本會何時可以回復「正常」運作仍是未知之數,但我相信大家都希望政府可以像去年3月一樣,在這個時間開始放寬一些已經實施了一段時間的防疫措施。還記得當時本會延長了開放時間,讓更多人可以同枱用餐!

當你差不多讀到會刊的最後部份,會發現餐飲部的同事為3月精心準備了一系列的推廣活動。如果屆時本會能夠繼續開放至晚上,各位便沒有藉口錯過任何一個活動。對此,大家可以透過本會逢星期四發出的「What's On」,得知該週推出的餐飲推廣。

最後,綽號為「Mr. Bowls」的Mike Worth最近不幸離世,Roger Nissim為Mike寫了一篇計聞(詳見第6至7頁)。當中Roger有句話説得很對:「Mike的衣食住行確實離不開草地滾球。」可見Mike擁有一個美好人生,我們會永遠懷念他。

總經理 龐禮文



MICHAEL
BILLING
WORTH (Voituaty)









Mike, who sadly passed away on Monday, 10th January 2022 this year at the very respectable age of 85, literally ate, slept and drank lawn bowls. His passion for and commitment to the game, as well as HKFC, is legendary over the past 40 years.

s a Registered Professional Engineer, Mike arrived to work in HK in 1976 and joined HKFC a year later. He started bowling in 1983 and was a side captain for 15 years from 1995 until 2010, playing mainly in the 1st Division of the Premier and Triples Leagues. It was during his period as a Skip that he earned the nickname 'Wickie Worth'! Such was his love of the sport he continued to play and represent the Club in lower teams up until a year ago. He hated the fact that the lower teams played on the indoor carpet because he always thought he played better on the outdoor grass.

In recent years, both Mike and his wife Stephanie could be seen, often together, prowling around the greens with sophisticated cameras in hand hunting for the best shots to help record all of the action.

He was Chairman and Convenor of the Lawn Bowls Section (LBS) for 10 years from 2000 to 2010 and was the Section's General Committee Representative for a total of 15 years from 2002 to 2010, and again from 2014 to 2021 and also worked on numerous sub-committees during this time. Mike had a secondary interest in golf being a founding member of the Club's Golf Society and having membership of Discovery Bay Golf Club these past 30 years.

In recognition of all these plus many other contributions, it was no surprise that he was, in 2012, elected as a Life Member of the Club.

In addition to his work for the Club, Mike somehow found the time to make significant contributions to the Hong Kong Lawn Bowls Association. He was their Vice President (League) from 2004 to 2007 and their Honorary Treasurer from 2010 until 2021. In addition, he actively helped support and promote

the sport in China and from 2012 to 2015 was appointed by the Chinese Multi-bowls Association as Deputy Director (Development) of its Lawn Bowls Section.

The passing of the irrepressible, irreplaceable Mr. Lawn Bowls represents a huge loss, not only to the lawn bowling community of HK, but also to his family, and our thoughts, condolences and best wishes go out to Stephanie as she, no doubt, struggles to come to terms with him no longer being present but with justifiable pride in his legacy.

#### Roger Nissim January 2022



# MY ROAD TO THE US JUNIOR OPEN JS SQUASH S SQUA

One thing that has remained by my side through my late childhood and teenage years is my love for squash. I had never thought of myself as an athlete until I stepped onto a squash court for the very first time when I was 9. It is ironic how squash now consumes my every thought and has taken on a significant role in my life. I like to think of it as a lighthouse that has guided me through turbulence on stormy days. The sport has taught me numerous life lessons that I otherwise would never firsthandedly experience.

s cheesy as it may sound, I would not be where I am today without the support of many people. I was fortunate enough to have been shaped and nurtured under the hands of my coaches, who in return had the misfortune of training a very stubborn player (just kidding). Squash has allowed me to establish friendships that are not necessarily confined within the sport. Through international tournaments, I have also created long lasting memories that I will cherish forever.

Participating in the US Junior Squash Open Championships was definitely one of the most



fruitful and rewarding experiences in my squash career. Amidst Covid-19, my family and I had a difficult time deciding on whether to attend or not, since there was huge risk and uncertainty. To embark on this adventure was not for the lighthearted as we knew that many sacrifices had to be made just to be present. Yet, opportunities do not come often, and I was ambitious and extremely determined to win. After long, sleepless nights of evaluation and internal conflict, we finally decided to set our worries aside and fully committed to the decision.

I came with a mission, and that was to play the best squash I possibly could, which hopefully led to desirable results. I put in one hundred percent of my effort in every match and pushed aside the nervousness that came with the immense pressure to do well. At times when I doubted myself, I remembered the years of training that led up to this moment, as well as the opportunity cost of this trip, which urged me to focus on performance rather than result. The best part about the tournament was competing against players from around the world because players from each

country had their own styles. I thoroughly enjoyed the excitement of testing my opponents, making observations and devising plans on the spot. I equally enjoyed watching the best players in the globe play against one another, from which I learned a lot myself.

Standing on the podium during the prize presentation ceremony was certainly one of the most glorious moments of my life. I'm extremely proud of myself for getting third place in the biggest junior tournament, and it is something that no one can take away from me. I have come to the realization that there is only one person we have to prove our worth to, and that is ourselves. Behind every medal, every trophy, is hours of relentless work - sometimes even pain. There is no need to justify ourselves to others. Rather, athletes should strive to seek personal growth and improvement. Achievements and ranks cannot and will never define one's worth: respect yourself, then others will learn to respect vou too.

Another note to future athletes is that hard work does pay off. Yes, some

people are born with innate talent, but talent only determines a small portion of our future. I am definitely not in any way naturally gifted at squash, but I learned to turn my passion into acquired talent. It is the satisfaction of redemption and accomplishment that I find most exhilarating - that feeling when you work hard for something that finally pays off when it is achieved - that is the real reward. I have poured my heart and soul into squash, making many sacrifices in academics and leisure. Frankly, I despise running and any form of fitness practice, but I know it is a crucial part of squash that cannot be ignored. By overcoming weaknesses like laziness, I can finally reap the rewards of hard work. The road was bumpy, but I am very proud of how far I have come.

Valerie Huang

#### **HOCKEY**





#### MEN'S **A TEAM**

Midway through another Covid-derailed season of hockey, the Men's As sit 3 points behind league leaders KNS. Backed by unreal performances from captain **Dev Dillon** and resident wizard **Arshad**, the boys have all to play for, for the remainder of this season.

Fresh off New Year's celebrations, the As put 19 past Shaheen, including 9 goals from top scorer **Ishtiaq Ahmed** and a hat trick from **Joe Green**. The competition for number 1 drag-flicker rages on between the two, while coach

Arif Ali proves he's still got it as he tops goal scoring in Division 1. HK Star Windfall Monthong has also had a tidy season, picking up 9 goals so far as the battle for the golden stick continues.

The team has unfortunately had to say hello and goodbye to a few players already this season. Felix Noodt, Jonny Schmitt and Jacob Gritter all brought some European flare to the team before departing back to cooler climates. Their presence on and off the pitch will be sorely missed. Lads, thank you for everything and we hope to see you back in Hong Kong tearing it up in Happy Valley and cutting shapes in LKF.

This season has also seen an influx of youth talent moving up to the team. Promoted youngsters Felix Studholme-Wilson, Byron Poon and goalkeeper Antoine Nyssen were inducted into the team over the summer, seamlessly establishing themselves into the line-up. More youth was again added to the side, with midseason acquisitions Gurman Dhillon and Joel Langers who come into play further strengthen the squad.

These youngsters join other successful juniors in the squad. Benjamin 'Sharpie' Sharples and Sam 'Junior' Beere continue to be a defensive wall at the back, showing the returning Shep how it's done.



#### MEN'S **B TEAM**

The global sporting calendar had been full of surprises in 2021, as fans the world over became familiar for the first time in recent memory with phrases like "biosecure bubble", "COVID rapid testing" and, following a tightly contested first outing against local rivals Valley A, "HKFC B's win".

The 1-0 smash and grab from the Bs on the season's opening day, thanks to a trademark drag flick from **Ken Tsang** and some heroic defending from **Stuart Evans** and company, set the tone for a prosperous start as they plundered further points from Pak A the following week with Tsang again bolstering his credentials in the top-scorer charts.

This left the Bs with cautious optimism going into the next game against HKFC A, although the 0-6 result provided a swift return to earth. There was still some room for post-match cheer though as **Chris** "I didn't touch him" **Ball** heartily protested his innocence for a yellow card offence. The subsequent



video that emerged of the offence – picturing Ball in full flight chasing down a cross-field transfer before launching himself in a baseball style slide into the unsuspecting opposition ball carrier – left little room for debate, much to the amusement of his teammates.

Sadly, further losses followed for the Bs in hard fought games against Khalsa and KCC, although performances from a number of the squad, not least **Joel Langley** in the midfield engine room, merited plaudits. A return to winning ways came in the form of a win against Shaheen, with Club rookie **Taman Singh** letting loose with an impressive hat-trick from free play. The final game of the first half of the season was a disappointing

0-7 loss to Khalsa, reminding the Bs that there is still plenty of work to be done.

Nonetheless, for a side for whom victories had been hard to come by in recent years, sitting fifth in the league table at the halfway point is a significant achievement and testament to the hard work of the coaches and players, who can be rightly proud.

Unfortunately, this unexpected early season success was clearly harder for some to take than others, with HKFC B stalwart **Guy Perkins** returning to the UK shortly before the mid season break. His swashbuckling forward play, along with his fighting talk in the huddle and ability to push through a serious hangover on the field, will be sorely missed.





#### LADIES' **D TEAM**

What a first half of the season the D Team has had! We had a rocky start to the season at the bottom of the leaderboard with five losses but after winning a walkover, we are now back in the competition at 4th on a winning streak of 9 and a total goal count of 20 (yay!). The team bid farewell to some players who moved up at the beginning of the season, and welcomed a squad of fresh faces from both the Cubs and E team.

Our team is strong all the way through starting with our brilliant defence:

Yoyo in goal and Ellie and Fi in front, supported by Ais, Katie P and Florrie as the left and right backs. Linking the defence and attackers, we have our midfield line consisting of Caitlin, Laura,

Lucy and Maxi. In the middle of the first half of the season, we, unfortunately, had to say goodbye to Nicky who left for Mexico. Wishing her all the best! Up front scoring lots of goals, we have Lex, Eva, Sarah, Connie, Caro and Helen. Of course, we couldn't have made it this far without our incredible coach Arshad!

Unfortunately, due to a number of injuries, we were short on players for a couple of matches, but we progressed onwards and still managed to whizz up the leaderboard with the help of some additional players.

Overall, we've had a great first half of the season and we can't wait for the next! Go D-ream Team!

#### **HOCKEY**

# LADIES' **E TEAM**

The E-Team has had an exciting and successful season so far, with many ups and some downs.

In 2021, our E-tEam family has grown. It has been great to welcome new faces to practice and we have especially enjoyed the support from our own youth section at games! Sophie Jullienne, Hilary Wong and Marie Van Den Heuvel have stepped up and brought fresh energy and a new pace to our team. We were joined in August by Carmen Ng who has settled in so successfully - we can't believe she's new!

Despite the fab new dynamic and high motivation of the whole team, we still had our starting difficulties at the beginning of the season. In the games and in the results, you could see that we still had a lot of work to do and get familiar with each other as a team.

Thanks to our amazing coach **Katy Mountain**, we were able to learn how to best play together as a team and benefit from each other's strengths. The weekly training started to pay off and we began to get out of the games with success in a very short time. Even though we are a very mixed tEam of



mature and young players, the spirit and the fun we have during and after training couldn't be any better.

Unfortunately, despite all the fun, we had a few injuries in 2021, which meant that important players Hannah Keeley, Kim Roberts and co-Captain Jo Mooney were all forced to rest and recover. We were very grateful that all of them still supported us at every game, and we are glad they are now back on the pitch with us!

All in all, the E's season so far has been marked by a lot of quality time on and off the pitch. Thanks to **Ping Tan** who



generously provided her rooftop (pre-lockdown!) where we enjoyed a lovely evening with a lot of snacks, drinks, laughs and good stories. Also, the Christmas party was properly stirred up by our white SnowflakEs. A special shout-out goes to our top scorers this season, Sylvie Cayrouse and Lyndsay 'Binza' McKenzie, who have kept the goalies busy. Also, our three new additions from Germany, Val Münchow, Rosie Peterson and Lotti von Foerster have turned out to be some true goal getters. We are thankful for the experience of our 'long-serving' Es, Helen 'Champs' Champion, Jess Lam, Sophie Lai, goalie Miki Diep and co-Captain April Cheng, for bringing their experience and composure to our games!

Finally, we have to say goodbye to two lEgends - our dearest **Zoe Belhomme** and **Ping Tan** who will be leaving our tEam and Hong Kong. They have been with us and the Club for so long already and we are very sad to lose these two amazing players, but know we are not losing their friendship. We will miss you both a lot and wish you all the very best!





Road and Stand Stand Fall at Lockhart Room

MARCH 2012
Time: 01:30pm 06:00pm

TASTING AVAILABLE, IF ALLOWED

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#### **MINI RUGBY**



# MINI RUGBY THE SEASON SO FAR!

chance to look back on our season so far after an enforced break midway through the season. With 715 girls and boys registered with HKFC Mini Rugby, it has been great to see a return of games between other clubs. Our U12 Girls and Boys are well-placed after three rounds of the Kim Lam Cup and Richard Hawkes Trophy respectively. Contact age groups (U9s to U11s) have been able to get away from Sports Road to lock horns with other clubs in the TigerFest at King's Park and Sandy Bay Festival at the Stanley Ho Sports Centre. Non-contact age groups have not been left out, with U8s venturing to Sandy Bay for their own tour and the U6s and U7s heading over to Tung Chung for HKMRFU's run Carnivals. Here is a selection of photos from all these age groups from the past few months. Hoping everyone is maintaining their fitness and improving their skill sets ready for a return to ruggers!









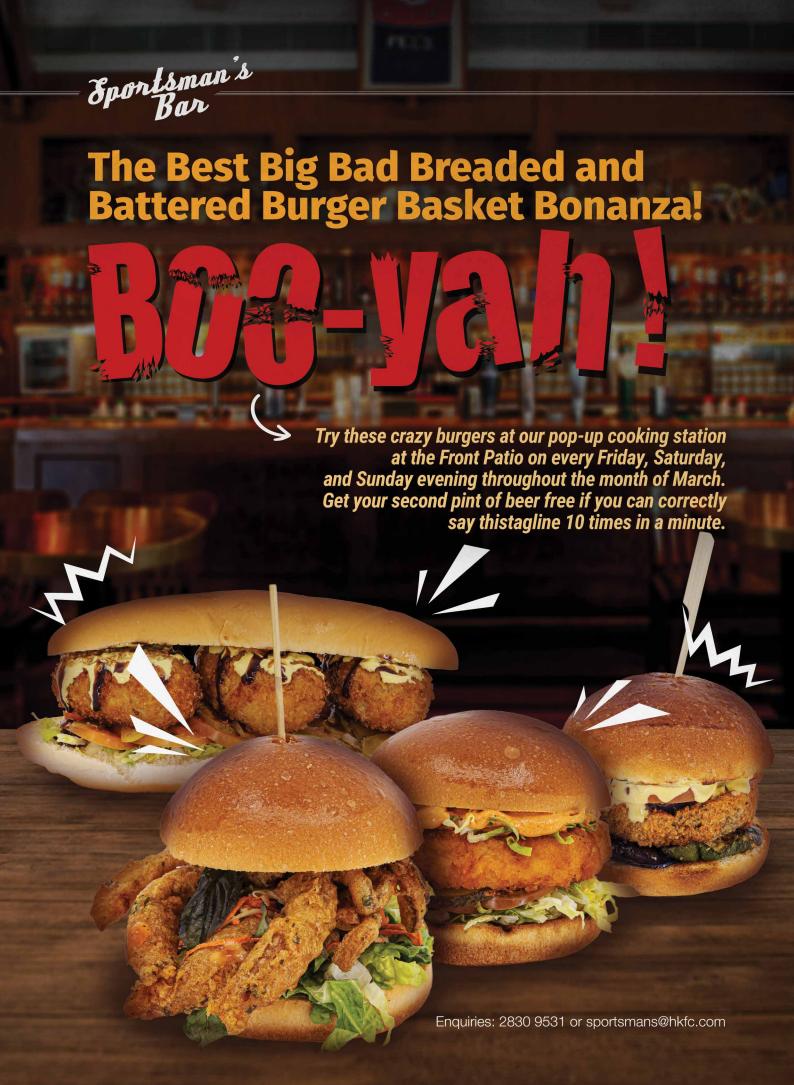












#### SOCCER







# ENGLAND VS SCOTLAND

#### **BOXING DAY MATCH**

The famous England vs Scotland game was back on Boxing Day after last year's COVID related disruption, and it proved to be an entertaining affair.

he England warm up described at its best as "disorganised" and at its worst "shambolic". Manager Robert Scott was quick to deflect blame (what's new?).

The Scotland warm up was similarly disjointed - no doubt a result of the language barrier evident between the multi-national side.

The game started in comical fashion with the Scotland side scoring directly from kick off. Perhaps the first time in this fixture's history a goal was scored without a single English or Scottish touch of the ball. 1-0 Scotland.

England were quick to reply with the Chairman **Robert Bacon** slotting home a fine finish from the edge of the box.

Scotland then took a hold of the game with two quick goals from **Antoine Sahaghian** and **Matt Zoeller** after some lax defending from the England backline (just head it **Rory**).

Antoine continued to terrorise England and scored another goal to make it 4-1.

The defending on show was dodgier than **Scott Semple**'s recruitment policy.

England then responded well with 2 goals from **Noa Fjelddahl**, the first a backpost header and the second a cracking individual effort. 4-3 and all to play for.

After 35 minutes **Callum Beattie** finally started to run... unfortunately it was the result of a dodgy Christmas dinner, and after he rushed off the pitch to deal with the emergency, **Matt** scored his third to make it 5-3.

The second half saw the introduction of the Vets players.

England began brightly with midfielder **Tom Chignell** breaking into the box and finishing well. 5-4.

The equaliser came from another good goal, **Fitzy** wrong footing the goalkeeper with a good strike from the edge of the box. 5-5.

At this point **Scott** and **Robert** began a fascinating game of managerial chicken, both twitching and threatening to bring the big guns back on the pitch. Thankfully, a stalemate was reached, and both agreed only to sub on over 35s. "We respect the spirit of the game" was heard from the Scottish bench, muttered by either the Frenchman or Brazilian sat in blue.



England finally took the lead, with **Grainger Senior** playing one of his textbook slide rule passes through to **Grainger Junior** who finished well to make it 6-5.

The final goal of the game came from **Rob Winmill** who had worked tirelessly up and down the right side and deserved to get on the scoresheet. 7-5.

England became back-to-back winners with **Rob Scott** quick to take credit. **Scott Semple** was gracious in defeat (whilst sober) and vowed to recruit more aggressively next year. After the fourteenth rendition of Scotland the Brave by the Hong Kong Pipe Band, it was back to the Sportsman's Bar for some leftover turkey and ham.

Thanks to all who participated, and we look forward to next year's game.



#### **TENNIS**

# HKTA WINTER LEAGUE

#### **MEN'S**

#### A+ TEAM



The season got off to a horrible start with a number of our main team members coming down with injury or leaving the country. **Tim Gauntlett** the young gun of the team left for college, **Toby** slipped while demonstrating to ladies how to change direction and injured his thumb, and **Warwick Foy** injured his shoulder earlier in the year and had not fully recovered.

This was not a great start, and coming up against the reigning champions in the first match of the season set the scene for a long and tough couple of months. A new addition to the team **Anthony Su** added some much needed enthusiasm and youth. With a number of our strongest players sidelined, sorting the correct pairings to counter tough opposition was a difficult task.

Throughout the season, we had our chances to secure some wins, but not having the consistency in the teams' pairings made the job very hard to complete. At the end of the season, we managed to hold onto 5th place after winning the final match of the season.



Hopefully next season we will get some players back on court, train harder and set some solid and consistent pairings.

Nathan Booth

#### MEN'S A+

Nathan Booth Captain
Toby Clark Vice Captain

Mario Riccio Joshua Carter Roy Cheng Colin Law Warwick Foy Simon Cheung Tim Gauntlett Anthony Su

#### A TEAM





The Men's A team finished 3rd in the Winter League. It is one of the best seasons for our team so far, with 5 wins and 2 really tight losses (4-5). A big shout-out to all our players taking part in the League. Such a shame that we did not get into the play-offs this time, but I am sure we will try our best to achieve that in the upcoming Summer League.

**Angus Chan** 

#### MEN'S A

Angus Chan Captain
Garreth Anwar Vice Captain

Adrian Leung Adrian Long Antonio Lee Darren Yates Dusan Zivkovic Guillermo Medina Henry Lai James Mann Shaan Mohan

# 2021-22

#### **B TEAM**





The Men's B team finished 4th in the 2021 Winter League, with our losses coming from the top 3 teams in our group. No shame in that. Our team results have improved significantly over the past several seasons, from regularly fighting relegation to now placing near the top of our group for a potential playoff spot.

A big shout-out to all our players that took part this season. Looking forward to the upcoming Summer League season. Let's see if we can do even better!

Myles Ormerod

#### MEN'S B

Myles Ormerod Captain Amro Abbas Vice Captain

**David Law Eric Desgouttes** Gilles Bonnier Jordan Rhodes Michael Bickel Sean Healy Ringo Leung Ryan Swallow

Shaan Bhojwani **Shane Wallis** Nadeem Siddiqui Jonathan Quach Stephen Knight Tong Lo Wei Ng William King Williams Henry

#### D TEAM



The Men's Ds enjoyed a stress-free season racking up three convincing wins, and then cruising to a comfortable 3rd place finish.

Jeremy Thorne

#### **ACCOLADES** FOR THE WINTER SEASON

Best performed - Job, Richard and Fred Most improved - Justin and Paul Handsomest photo - Phil Most injured - Jeremy and Laurent Most guarantined - Tom K Least available - Paul H and Robbie Most confusing team selection - Franki or Frankie Missing...Presumed alive - Tom F Most drop shots in a single point - Barry Most annoyingly deceptive serve - Jesse Best backhand return - Alan What's a backhand? - Conrad



#### **MEN'S D**

Jeremy Thorne Captain

Alan Kung Barry Ho **Conrad Wong** Franki Chung Frankie Fang Frederick Atting Jesse Kavanagh Job Tang **Justin Flowers** 

Laurent Laporte Lennard de Haan **Paul Harris** Paul Su Philip Tam Richard Wildman Robert Bacon **Thomas Forrest Thomas Keenan** 

#### **TENNIS**

#### LADIES'

#### A+ TEAM





Ladies' A+ finished the 2021 Winter League in 7th place. Thank you all for the effort and hope that you had some fun and exciting moments during the matches.

Special thanks to Tina for playing 27 games in total and big congratulations to Tanya for having a great comeback by winning 14 games in total. Hope that we can come back stronger next season!

Jenny Tong

#### LADIES' A+

Tina Pavri Captain Jenny Tong Vice Captain

Aparna Kanthan Tanya Master Jenny Tong Karen Hui Paula Wymond Vicky Hui Samantha Ho

Tiffany Leung Tina Pavri Zoe Pavri

#### A TEAM





Ladies' A finished the 2021 Winter League in 6th place. Thanks to all the effort and sweat given by our teammates and hope that you had some fun during the matches.

Special thanks to Claudia for hosting the End of Season Party for our team in 19th November 2021, we had a lot of fun surrounded by all the delicious food prepared by our teammates! Hope that we can come back stronger next season!

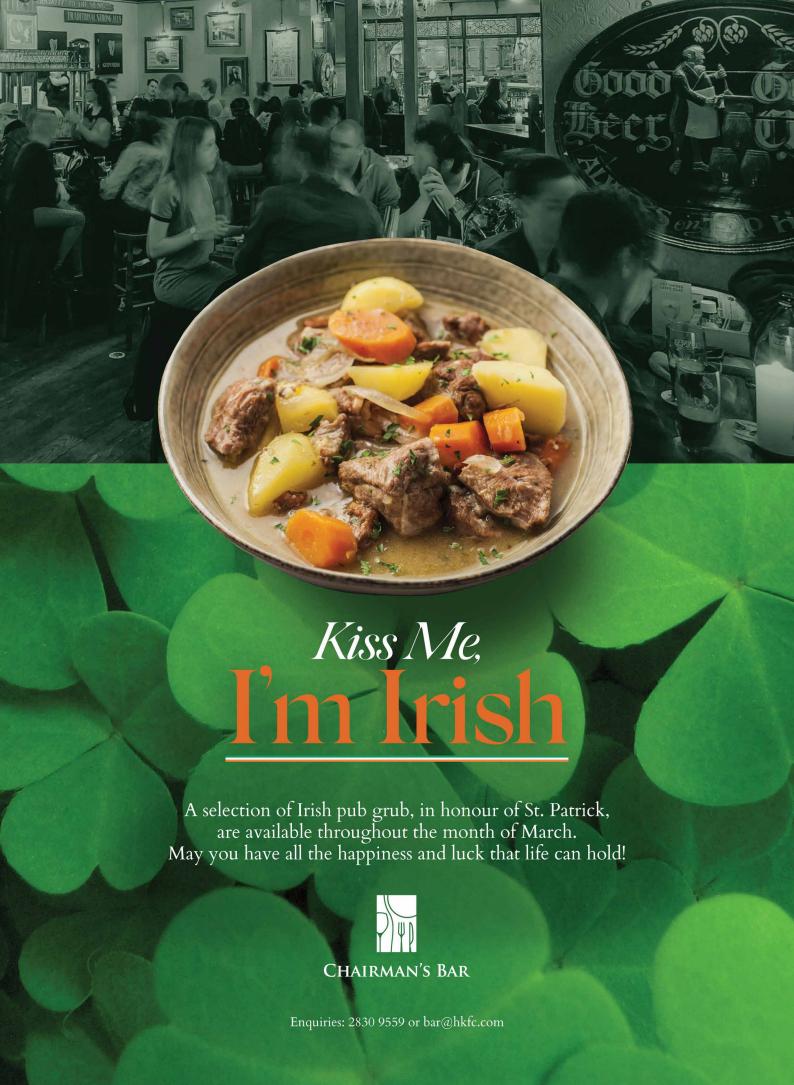
**Nicol Cheung** 

#### LADIES' A

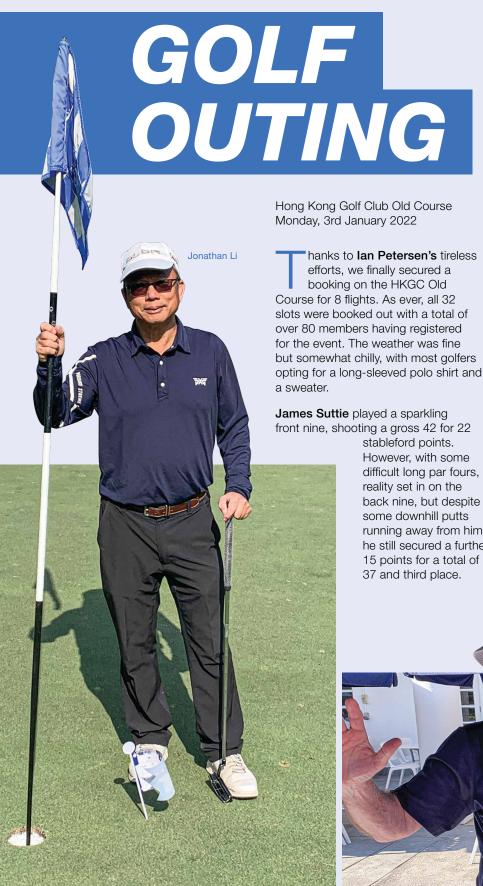
Grace Swallow Captain Portia Chan Vice Captain

Charlotte Cheung Mary Soo Claudia Anticona Flora Ni Han Yan Irene Ang Jennifer Feng Katy Wan

Myrna Jivraj **Nicol Cheung** Rachel Ta Sarah Trueman Vivian Choi Yoke Ming Ong



#### **GOLF**



Lee. The first highlight for us came on the 3rd hole, where after hitting his tee shot to 12 yards, Jonathan managed to roll in a very tricky downhill putt which must have had at least 18 feet of break. This secured the first birdie of the day, and Jonathan followed that up on the shortened 7th hole, hitting a 54-degree wedge to one foot to give himself a tap-

In my group, I was partnered with Jonathan Li, Wong Wai Ho and Steve

For my part, I had a very solid front nine, shooting 38 gross with 1 birdie and 5 pars. I also had the satisfaction of a monster drive on the 507 yards par 5 9th hole. Managing to crest a ridge in the fairway, it caught the downslope beyond, and by the time it stopped rolling, I was only left with 150 yards to the green and an easy two putt birdie to make my day.

The winner of the event was Steve Knight with 41 stableford points. In fact, in the last 2 years of outings, no one has been able to shoot above 40 points. Not only did he win the cash coupons from HKFC, but he also won a free golf lesson! Robin Zavou, who originally quit calculating his stableford points as he thought he had no chance of a prize, had an excellent finish to total 39 points and secured second place!

**Happy Golfing** 

Ted Li

stableford points.

However, with some

reality set in on the

difficult long par fours,

back nine, but despite some downhill putts

running away from him, he still secured a further

15 points for a total of 37 and third place. Steve Knight













#### **NEAREST TO THE PIN**

Hole 3 Eric Desgouttes
Hole 5 Fredric Teng
Hole 7 Jonathan Li
Hole 12 Alastair Murray
Hole 16 Paul Aherne

#### 2 SHOTS NEAREST TO THE PIN

Hole 8 Henry Lai

#### **LONGEST DRIVE**

Men Ted Li
Ladies Lucia Lee

#### **BEST GROSS**

84 Andrew Yates

1st placeSteve Knight41 points2nd placeRobin Zavou39 points3rd placeJames Suttie37 points

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- -Buy & Sell Cars

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E-mail: fookiemotors@gmail.com

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#### SWIMMING AND TRIATHLON

## LOCKED OUT

# BUT NOT LOCKED DOWN

As the Club was forced to shut its pool and training facilities, Society members took to the outdoors to keep training and stay sharp and fit. Pool training was replaced by open water sessions. Track was replaced by trails. Gym gave way to home sessions. Biking outdoors and on turbo trainers, doing their own virtual races. Creating small communities inspires others to join and stay fit, happy and healthy. Meet the Society's unstoppable and resilient athletes.



#### OPEN WATER SWIMMING

boosts your mood by stimulating the release of feel-good endorphins.

And you can't go wrong when you use such a healthy exercise to train for races. This is exactly what **Dominic Tsui**, Society's Swim Coach, has put in place. On weekdays at 0700 in Repulse Bay, Dom hosts OW training sessions for HKFC members. With all the health benefits and added training sets, it's a win-win for everyone. It appears we have found our playground.



# AT THE SAME TIME

Begum Demiral, who had registered for

Cold Half Solo, is keeping up with her open water training together with **Judy Stevenson**. Cold Half Solo is an extreme 14km swim between Stanley and Deep Water Bay. Even though the Cold Half has been rescheduled, it hasn't stopped Begum from building the miles. Go Begum!

#### WAIT IT GETS EVEN BETTER

Sally Gentle and Richard Hall were registered for the Cold Half Relay. It's

the same extreme open water swim that Begum is training for. Sally and Richard just couldn't wait. And on the original Cold Half date, they went ahead, nonetheless, attempting to finish their virtual Cold Half in an extremely exposed and choppy section of the sea in Clearwater Bay. The duo started their swim in Clearwater Bay Beach 2 and swam 7km each in choppy and windy conditions. "Three kilometres of the swim was like a washing machine," says Hall. Sally recollects that "the waves were big... looking back, I think we were mad. But during it, it's just a matter of head down and keep going". They swam without any kayak support and finished the course in 2 hrs and 11 mins. Top work Sally and Richard!

Sally and Richard were all smiles, and a little cold, at the finish in Sheung Sze Wan. Bottom right is the swim course which is totally exposed to big swells, chop, and Force 3-4 winds from the East.





#### **CYCLING**

is big in Hong Kong. Despite

the congested streets and impatient car and minibus drivers, Society's members have been biking outdoors. **Catherine Sen**, one the Society's fastest swimmers and triathletes, has been doing some night riding. As Catherine prepares to depart Hong Kong for good, she shared with us some impressive routes she has explored.







Caitriona during one of her super-fast paced training sets

#### **RUNNING**

is all-time favourite at

this time of the year in Hong Kong. Running outdoors feels like a real adventure, especially in nature when doing trails. Running boosts your mood and mind. A perfect workout for physical and mental health. Olivia Wong from the Society went ahead and completed sections 1 – 4 of the Hong Kong Trail. Nerissa Yan, also from the Society, ran a Virtual Half Marathon. And Caitriona Jennings, Society's Olympian, ran a loop of Hong Kong Island in 3 hrs!





#### CORE WORKOUTS

are said to improve balance and stability.

It makes the body work in harmony. But Society member **Jo Hull** took this to the next level! While training to keep fit during shut pools and gyms, Jo did a monstrous 150 burpees! It's a sweaty whole-body workout! Loolo, Jo!!



#### SWIMMING AND TRIATHLON

# SPLASH FOUNDATION'S BLUE JANUARY CHALLENGE



The Blue January Challenge required Simon and Libby to swim daily in the cold ocean water for the 31 days of January. In order to raise money for the Splash Foundation, they set a goal to find 31 new monthly donors to go along with the 31 days. The Splash Foundation is Hong Kong's only charitable organisation dedicated to providing free learn-to-swim programmes for under-served communities, including migrant domestic workers, kids from low-income communities and kids with Special Educational Needs (SEN). They have taught nearly 4,000 adults and kids how to swim since being founded in 2015.

January can be a challenging month for athletes, especially with the latest covid closures of gyms and pools, but the ocean is still open and braving the cold water has a myriad of mental health benefits as well!

hroughout the month of January, HKFC Swimming and Triathlon members joined **Simon Holliday** and **Libby Alexander** (Co-founders of Splash) for their Blue January Challenge. If you are interested in Splash or making a donation, please visit their website www.splashfoundation.org

A big thanks to **Deb Hanley**, **Dominic Tsui** and **Nicolas Gontard** for being monthly donors!



#### **EVENTS CALENDAR**

12th March 2022

Sai Kung 50 -13km / 22km / 54 km

2nd April 2022

Annual Long Course Master's -Swimming Sun Yat Sen 20 March Goodman Healthy Hike & Run -5km / 13 km / 19km

10th April 2022

Repulse Bay Action X Sprint - 9km / 14km

23rd April 2022

**Three Islands Green Race** 

24th April 2022

Discovery Bay Action X Sprint - 9km / 12km

3rd July 2022

Kayak n Run Tai Tam Bay

### RACES WE ARE WAITING TO HEAR

May or July 2022

**Stan Group Triple Challenge** 

July/August 2022

**Sheko Challenge** 

October 2022

**HK Clean Half** 

September/October 2022

World Masters Championship in Fukuoka

# SIDER AND BEER CONSTRUCTION OF THE PORTUGUESE BEER at the Club, Super Bock.

Available throughout the month of March

# **Combo Price Available**

Check with your server for daily selection now!



CAPTAINS

Enquiries: 2837 2622 or bar@hkfc.com







#### How does lockdown affect your training?

- "It's been a bit hard with lockdown since there aren't any courts available outside. However, I am fortunate that I get to train in the Sports Institute. Stricter lockdowns also lead to higher chances of not being able to travel to compete."
- "Lockdown has affected my training significantly as I am now unable to play badminton in HKSI or HKFC. My physical and technical training has also been limited, due to not much equipment and spaces."

#### What other activities do you do during lockdown?

- "A lot of reading! And studying as a university student."
- "Some activities I have been doing during lockdown are mainly focusing on my studies a bit more as I have a lot of time now and I think time is well spent on studying. I didn't have too much time to study before because of the long hours of training. Another activity I really enjoyed doing was hiking with my family which was extremely enjoyable. It's also really healthy! At the same time, it was also really nice to go out and get some fresh air!"

#### What are your tips to catch up training after lockdown?

- "Don't overload too fast and make sure to take it easy for the first week to prevent injury. But if you've done guite a bit of cardio through lockdown, it'll be easier to get back into your previous form because you won't get winded easily!"
- "Some tips on catching up with training after lockdown would be to first make sure you warm up and stretch properly in order to not get injured! One main tip to catch up with training is to just focus and concentrate more and make sure to try your hardest always!"

#### Tips to stay active and maintain standard?

- "Definitely try to keep fit by moving around for 2 hours a day. Cardio, circuit training and badminton specific activities such as skipping are all good ways to maintain fitness."
- "You could always do some physical training at home, for example, workouts, light weight training, footwork, etc. These can really help maintain physical standard. If possible, you can also go down to a park or somewhere that has sufficient space where you can just have a hit with family members or friends!"



Coraline took her time to hike with family.



#### WHAT'S KENNETH CHAU DOING?

Kenneth started skipping rope outside of his house in one of the outlying islands to maintain his fitness, which is a blessing during lockdown.

Kenneth also got to spend time with family (his father on the right) for some Chinese New Year shopping.



Team Selection to
Hong Kong Games 2022
(Islands District Singles Event)
- CORALINE LO

Coraline Lo, our current part-time junior national team player, was selected to represent Islands District in the upcoming 2022 Hong Kong Games.

www.hongkonggames.hk

To further promote the "Sport for All" culture in the community, the Sports Commission has organised the Hong Kong Games (HKG) biennially since 2007. HKG is a territory-wide major multi-sport event with the 18 District Councils (DCs) as participating units. The objectives of the HKG are to provide districts with more opportunities for sports participation, exchanges and cooperation, and to encourage active public participation in sports. Apart from improving sporting standards at the district level, HKG can also strengthen the public's sense of belonging to the district they live in and help promote community cohesion through facilitating communication and fostering friendship among the 18 districts.



#### EXERCISE OF THE MONTH

# LATERAL BAND WALK

Primary Muscles Worked: abductors
Secondary Muscles Worked: glutes

Lateral walk with band trains the muscles that abduct (moves apart) your thighs, like your gluteus medius and gluteus minimus.

#### BENEFITS

- Excellent warm-up exercise before workout.
- Builds strength in your glutes, thighs, tensor fasciae latae and hips.
- Improves the health of your hip joints and your hip rotation.
- · Helps to avoid long term pain and injuries.







Walk sideways, stepping wide enough to feel the band's resistance.

You may walk ten steps in one direction followed by ten steps in the other direction, that is 1 repetition.

#### HIGHLIGHTS IN MARCH



The Coffee Shop presents

#### **Thailand Travel Bubble**

Take a gourmet tour through Thailand with all these great promotions at the Coffee Shop:

- · Weekend International Buffet Dinner with Thai BBQ Station
- · Thai BBQ Platter on weekdays
- · Monthly Specials featuring Royal Thai Cuisine
- · Thai Chicken Takeout Menu
- · Thai Style Special Drinks



In the Restaurant

#### FROM TUESDAY 1ST MARCH

#### **Amazing Artichokes and Asparagus**

This Springtime, we're partnering these two perennial powerhouses to offer you dishes that will leave others green with envy.

Both are highly celebrated and coveted from the Mediterranean to the rest of the world, with their wholesome, earthy, woodsy complexity.

Healthy and delicious, throughout the month of March.



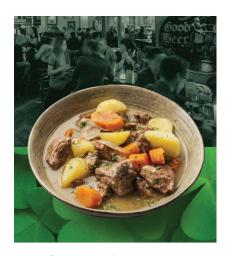
In the Sportsman's Bar

#### FROM FRIDAY, 4TH MARCH

## The Best Big Bad Breaded and Battered Burger Basket Bonanza! Boo-yah!

Try these crazy burgers at our pop-up cooking station at the Front Patio every Friday, Saturday, and Sunday evening throughout the month of March.

Get your second pint of beer free if you can correctly say this tagline 10 times in a minute.



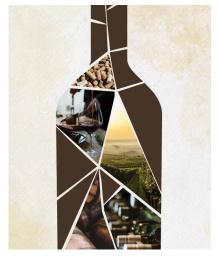
In the Chairman's Bar

#### FROM TUESDAY, 1ST MARCH

#### Kiss Me, I'm Irish

A selection of Irish pub grub, in honour of St. Patrick, available throughout the month of March.

May you have all the happiness and luck that life can hold!



In the Kiosk

#### ON SATURDAY 26TH AND SUNDAY 27TH MARCH

#### **Monthly Wine Fair**

Time: 1:30 – 6pm daily Venue: Lockhart Room, 2/Fl

Time to stock up your wine fridge!

#### WINE EVENTS

In the Restaurant

SATURDAY, 26TH MARCH

**Roschild Around the World Wine Lunch** 

In the Happy Valley Suites

SATURDAY, 19TH MARCH

Portuguese Wine and Ports Masterclass

In the Lockhart Room

SATURDAY, 26TH MARCH SUNDAY, 27TH MARCH

**Monthly Wine Fair** 

#### In the Coffee Shop

Themed Buffet: International with

**Thai BBQ Station** 

Monthly Special: Royal Thai Cuisine



Beverage: Thai Style Special Drinks
Takeaway: Thai Chicken Takeout Menu

#### In the Sportsman's Bar

Front Patio Pop-up: The Best Big Bad

**Breaded and Battered** 

**Burger Basket** 

Bonanza

Daily Special: Pie Day 3.14

Beverage: Unusual European Beer Fun Activity: Beer Drinking Contest

on 18th March

#### In the Chairman's Bar

Set Tea: Pretty in Pink

Beverage: From Russia, with Love

In the Captain's Bar

**Slider and Beer Combo** 

In the Family Lounge

Kid's Sushi and Yuzu Ginger Drinks

In the Kiosk

**Wine Clearance Sales** 

# PREVIEW IN APRIL



#### Have an EGGstraordinary Easter!

It feels like just yesterday we were cuddled up by the fire on Christmas Eve, but believe it or not Easter is right around the corner.

The F&B team have planned a list of activities during the Easter holiday already.

#### WINE EVENTS

In the Restaurant

THURSDAY, 14TH APRIL before holiday

Sake and Shochu Wine Dinner

FRIDAY, 29TH APRIL

**Four Nations Wine Dinner** 

In the Happy Valley Suites

THURSDAY, 21ST APRIL

Cocktail Making Masterclass

In the Lockhart Room

SATURDAY, 23RD APRIL SUNDAY, 24TH APRIL

Monthly Wine Fair

#### In the Restaurant

Slow Food Movement: Working With Local Fisherman

In the Sportsman's Bar

Izakaya Charcoal Grill BBQ

Daily Special: Izakaya Style Tapas

Fun Activity: Toga Party

In the Chairman's Bar

**Slow Food Movement: Working With** 

**Local Farms** 

Set Tea: Organic Spring
Beverage: Floral Cocktails

In the Captain's Bar

Sushi Bento Box

In the Family Lounge

**Marshmallow Rabbit** 

#### RESTAURANT

T: 2830 9562 E: restaurant@hkfc.com



T: 2830 9569 E: coffeeshop@hkfc.com



T: 2830 9531 E: sportsmans@hkfc.com



T: 2830 9559 E: bar@hkfc.com



T: 2837 2622 E: bar@hkfc.com



T: 2837 2663 E: bar@hkfc.com



T: 2830 9531 E: coffeeshop@hkfc.com



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#### **NEW BOOKS**

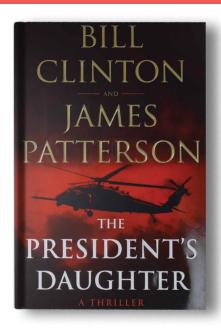
**Apples Never Fall** Liane Moriarty

Zero Fail: The Rise and Fall of the Secret Service Carol Leonnia

The President's Daughter: A Thriller

James Patterson and Bill Clinton

**Sixteen Horses: A Novel** Greg Buchanan



#### **NEW DVD'S**

#### No Time to Die

Daniel Craig, Ana de Armas

#### Dune

Timothée Chalamet, Rebecca Ferguson

#### I'm Your Man

Maren Eggert, Dan Stevens

#### Last Night in Soho

Thomasin McKenzie, Anya Taylor-Joy





#### **NEW BLU-RAYS**

IOVIES

#### Mass

Jason Isaacs, Martha Plimpton

#### Spencer

Kristen Stewart, Timothy Spall

#### The Addams Family 2

Oscar Isaac, Charlize Theron

#### The Superdeep

Milena Radulovic, Sergey Ivanyuk

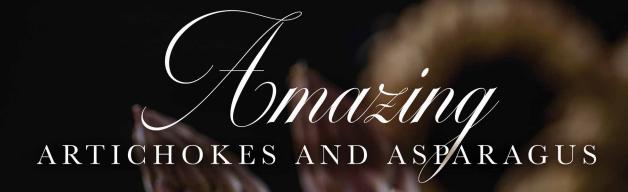




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RESTAURANT

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