

CLUB

HONG KONG FOOTBALL CLUB 香港足球會 JUNE 2009



Congratulations
to all Club Teams!

Australian Guest Chef Ben Higgs
Father's Day Celebrations
Weekend BBQ Buffet and more...



Jadis Blurton
Family Development Center
Workshops and classes for kids of all ages

We provide:

- **The Conversation of Women**
 A class for girls, ages 10 to 13, and their mothers
- **Cogmed Attention and Working Memory Training**
 Work on your computer from home to develop attention and Working Memory
- **Lego Education Robotics Camp (ages 7 to 11)**
 Work with Lego to create programmable robots and to learn about simple machines during the Summer
- **Comprehensive Learner Profile (ages 6 to 18)**
 Discover your child's unique profile of strengths and weaknesses and how to facilitate his/her learning.

**For more information
 please call 2869-1962**



Jadis Blurton
Family Development Center
 12/F, California Tower, 30-32 D'Aguliar Street,
 Central, Hong Kong
www.blurton-fdc.com

Special Offer
5% OFF
 Discount
Initial program purchase (HKD)

**We collect and deliver your car
 FREE OF CHARGE (Subject to Distance)**
 We provide good quick repair service at reasonable prices.

Our Competitive Labour Charges:-

| | FROM |
|----------------------------------------|-------------|
| Lubrication Service | \$ 110.00 |
| Tune Up Engine | \$ 220.00 |
| Engine Decoke & Grind Valves | \$ 1,150.00 |
| Engine Overhaul | \$ 4,000.00 |
| Brake System Overhaul | \$ 900.00 |
| Clutch Mechanically Overhaul | \$ 1,000.00 |
| Air Condition Freon Recharge (R12 Gas) | \$ 200.00 |
| Alternator Overhaul | \$ 400.00 |
| Starter Motor Overhaul | \$ 400.00 |

ALL REPAIRS WITH THREE MONTHS GUARANTEE

Our Business Hours: 8am-6pm, Mon-Sat & Public Holiday
 Our 24 hrs. Emergency Towing Agent "Shun Chong" Tel 2884 9204
 Please call us at 2565 6166 Fax 2856 1047
 E-mail: fookie@netvigator.com



FOOKIE MOTORS CO. LTD
Shop 7, G/F, Paramount Building
12 Ka Yip Street, Chai Wan
Hong Kong



SUNPAC TOURS & TRAVEL LTD

Hello Members



*We wish to acquaint you that Sunpac Tours is over 30 years in the travel business and we are the
 accredited / appointed agent for:*

*Air Canada; British Airways; Cathay Pacific; Dragon Airlines; EL AL Israel Airlines;
 Hong Kong Airlines; Hong Kong Express; Singapore Airlines; United Airlines;
 Virgin Atlantic Airways*

We offer numerous special fares to various Destinations, Packages & Cruises etc.....

For more information, please contact us at : 2810 9300

Address : RM1105, Asian House, 1 Hennessy Road, Wanchai, Hong Kong (License No: 350481)
 E-mail : commercial@sunpac.com.hk / airticket@sunpac.com.hk





HONG KONG FOOTBALL CLUB

MISSION STATEMENT

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

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

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

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

General Committee

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

Management

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

Club Magazine

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

Hong Kong Football Club • 3 Sports Road, Happy Valley,
Hong Kong • Tel 2830 9500 • Fax 2882 5040 •
Website: www.hkfc.com.hk



Contents

| | |
|----|------------------------------|
| 3 | The Thoughts of the Chairman |
| 3 | From the Desk of Mark Pawley |
| 4 | Food & Beverage |
| 10 | Squash |
| 12 | Lawn Bowls |
| 14 | Soccer |
| 15 | Hockey |
| 18 | Colts/Mini Rugby |
| 22 | Netball |
| 25 | Golf |
| 26 | Tennis |
| 28 | Swimming |
| 29 | Physiotherapy |



EXPERIENCE NOW! NATURE & ADVENTURE

5 DAYS/3 NIGHTS FROM JUST HKD4,399.
PLUS LOTS OF GREAT OFFERS.



Book before 2 June to enjoy 50% off an exciting optional tour! Flights are filling up fast. Act now!

Packages include:



• Round-trip air ticket and travel insurance



• Premium hotel accommodation with daily breakfast



• AZIAL 100% natural skincare travel set



• Buy 1 Get 1 Free from Pacific Coffee at the airport

- Double Asia Miles
- 50% discount on a one-day optional tour when booking Melbourne, Brisbane, Cairns or Gold Coast packages.*

Visit www.cxholidays.com for details.

Hotel Choices for 5-day/3-night Packages

Price (per person)

| | |
|--------------------------------------------------------------------------------------------------------------------|-------------|
| Melbourne: Hotel Enterprize Melbourne; Vibe Savoy Hotel Melbourne; Crown Promenade Hotel; Melbourne Marriott Hotel | HKD4,889 up |
| Brisbane: Crowne Plaza Pelican Waters Golf Resort & Spa | HKD5,139 up |
| Cairns: Cairns Colonial Club Resort; Pacific International Hotel Cairns | HKD4,839 up |
| Gold Coast: Watermark Hotel & Spa Gold Coast; Courtyard by Marriott Surfers Paradise Resort | HKD4,799 up |
| Adelaide: Mercure Grosvenor Hotel; Hilton Adelaide | HKD4,399 up |
| Perth: Goodearth Hotel Perth; Criterion Hotel Perth; Hyatt Regency Perth; Sheraton Perth Hotel | HKD4,689 up |
| Sydney: Holiday Inn Potts Points; Metro Hotel Sydney Central; Vibe Hotel Rushcutters, and more | HKD4,819 up |

Plus there are one-day optional tours available in all cities that include private car transfers, English-speaking guides and arranged itineraries. Experience your favourite parts of Australia, escape from the hustle and bustle of city life, and enjoy adventures in nature.

Please visit www.cxholidays.com for details and easy online booking with instant confirmation of your air ticket and accommodation. Or contact your travel agent and ask for Cathay Pacific Holidays.



Discover the difference

Offer details | Departure period: Now to 30 September 2009. | *50% discount on one-day optional tours sponsored by Tourism Victoria and Tourism Queensland. Limited quota, so first-come, first-served. | Package price is based on 2 adults checking in and travelling together throughout the entire journey and sharing 1 room. | Cathay Holidays Limited reserves the right to amend prices without prior notice. | Cathay Holidays Limited and Asia Miles™ terms and conditions apply. (License No. 352024)

Farrington American Express Travel Services Ltd.
3121 3661

2 June 2009

License No. 352145

Lotus Tours Limited
2316 1106

License No. 350296

Swire Travel Ltd.
3151 8855

License No. 350001

Travel Expert Ltd.
2845 3232

License No. 350709



The Thoughts of the Chairman

Summer is upon us and we are now at the end of most of the sporting seasons for our league teams. I had mentioned last month that I would try and share some of our sporting successes with you. Our Netball teams are to be congratulated as they won three out of four divisions this season – their best ever results! Squash also had a good season on court with four teams winning their divisions and three teams winning the final series. Rugby too had a good year winning both the 2nd and 4th Divisions, and Hockey won the Ladies 1st Division, yet again, with our Men’s A team finishing runners up in the 1st Division and the B’s easily winning the 2nd Division. Soccer, had a win for their second team, Lucky Mile, in the HKFA 3rd Division but unfortunately they lost in the promotion play-offs. It should also be noted that all our Mini and Youth sports had some tremendous achievements throughout the season. Well done to all concerned.

The Club played host to two very successful HSBC Asian 5 Nations Rugby Internationals during May, both of which played to packed stands with the rugby being enjoyed by all! The first match was even televised “live”, a first we believe, for the Club!

I am sure Members are familiar with the mobile phone rules at the Club. As such, a reminder to all that the Clubhouse is still a place where mobiles are prohibited and Staff members are in a position to enforce a fine if they see Members (or their Guests) using their phones. Members will know that the mobile phone Bye-laws have been relaxed in the Infield and Sportsman’s Bar Patio area which allows their use but all phones must remain on silent mode.

Another issue that has been brought to my attention is that acceptable standards dictate that the washing of soiled clothing and/or training shoes, etc. in the wash basins (and then dried with our hand dryers) in our Changing Rooms is not allowed! Staff members have been told to intercede if they see Member(s) doing this with a view that disciplinary action may then be taken.

The Swimming Pool is now starting to get very busy, particularly at weekends due to the good weather (hopefully) and I trust all Members will use the swimming facilities with care.

See you at the Club.

FOOK AUN CHEW
Chairman



From the Desk of Mark Pawley

May brings to an end the financial year for the Club, and I can advise that we have achieved some very good operating results compared to budget. Notwithstanding the financial crisis, the Club, to date, has been able to “weather” it quite well, and we look forward to another strong operating year going forward.

Congratulations are due to the recipients (pictured below) of the First Quarter Staff Star Awards. Many congratulations as well to Chefs, **Wai Cheng** and **Julian Man**, both of whom were successful in attaining Bronze Medals in the Western Cuisine category at the recently held Hong Kong International Culinary Classic 2009.

Now that the Swimming season is upon us, a reminder that we have three Cabanas located at the far end of the Children’s Pool(s) area and they are principally there in order that mums and dads can more easily nappy-change their young children, shower their children (and themselves!) etc. Similarly, the Cabanas are ideal (comfortable and air-conditioned) for the breast-feeding of babies.

On the Food and Beverage front we are lucky to have secured the services, once again, of **Guest Chef Ben Higgs**. Whilst he is here, from the 15th to the 20th June, Ben will be undertaking a number of functions and events being

held throughout the Club. Please do have a look at the following pages which fully outline what he is going to be doing, and, when. Otherwise, in the Restaurant, and, after an overwhelming response from Members in May, we continue with the **Asparagus promotion** for the first two weeks of June. In the Coffee Shop, we have a **Mango Mania Promotion** throughout the entire month as well as the **Weekend BBQ Buffet** available every Friday, Saturday and Sunday evening. In the Sportsman’s Bar, the British and Irish Lions Rugby Tour along with the French Tennis Open and Wimbledon will, no doubt, dominate the “Live” TV proceedings whilst **Pizza, Pimms, Strawberries and Cream** dominate our food and beverage offerings!

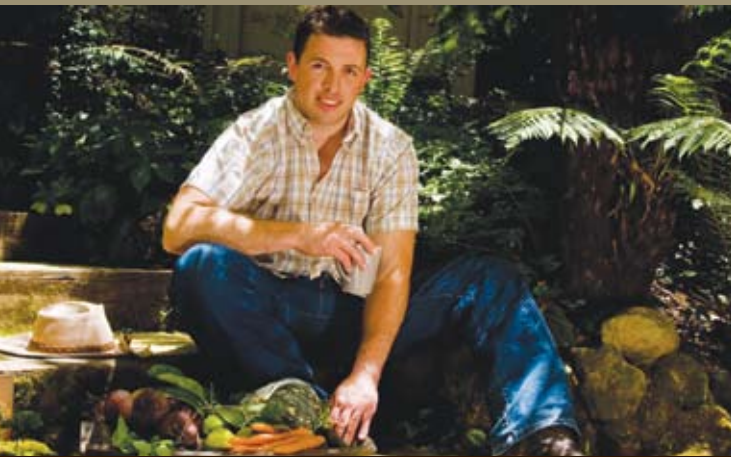
And, last but by no means least, don’t forget **Father’s Day** is on **Sunday 21st June**. Come and celebrate this day at the Club!

I look forward to seeing you all at the Club.

MARK PAWLEY
General Manager



Q1 STAR AWARD RECIPIENTS
(From left to right): Yin Ho (Housekeeping), Raymond Cheung (Bar), Mark Pawley, Ming Cheung (Kitchen), Ken Lo (Steward), Winnie Lam (Bar)



BEN HIGGS

Guest Chef from Australia

Monday 15th to
Saturday 20th June

Ben Higgs, one of Australia's youngest top chefs and owner of the Restaurant "Wild Oak", is returning to the Club from Monday 15th to Saturday 20th June.

Monday 15th to Friday 19th June

SET LUNCH IN THE RESTAURANT

*** Entrée ***

*Light Curried Victorian Mussels
and Cauliflower Soup*

*** Main ***

*Spice Rubbed Australian Lamb Loin with Ratatouille,
Candied Tomato and Port Wine Jus*

*** Dessert ***

*Wattle Seed Infused Pavlova served with Fresh
Strawberries and Passion Fruit Curd*

Coffee or Tea

\$175 per person

(Menu created by Ben Higgs of Wild Oak Restaurant)

Booking is required. Please contact the Restaurant at 2830 9562 for a reservation or email: restaurant@hkfc.com



Winery representatives include
Adam Vart (for Petaluma/Knappstein/Bridgewater Mill)
and **Scott Welsh** (for Peter Lehmann).

Thursday 18th June

4 WINERIES APPRECIATION DINNER PAIRED WITH BEN HIGGS' MENU: 4-COURSE SET DINNER IN THE RESTAURANT

(Pre-Dinner Drinks start 7.30pm, Dinner starts 8pm)

*** Pre-Dinner Drinks ***

Non Vintage Bridgewater Mill Brut, Adelaide Hills, SA

Pacific Oyster with Beetroot Sangria

2001 Knappstein Riesling, Clare Valley, SA

*** 1st Course ***

Duck Liver Parfait with Fig Relish and Brioche

2007 Stonier Pinot, Mornington Peninsula, VC

*** 2nd Course ***

Rolled Lamb Tenderloin with Cabernet Jus and Buttered Spinach

2003 Leeuwin Estate Cabernet Sauvignon, Margaret River, WA

*** 3rd Course ***

*Australian Eye Fillet Beef Herb Crusted and Served with a Potato
Galette and Candied Tomato*

2004 Peter Lehmann 8 Songs Shiraz, Barossa Valley, SA

*** 4th Course ***

Light Chocolate Terrine with Fresh Raspberries

Fonseca Premium Reserve Bin 27 Port, Portugal

\$580 per person

(Menu created by Ben Higgs of Wild Oak Restaurant)

Booking is required. Please contact the Restaurant at 2830 9562 for a reservation or email: restaurant@hkfc.com

Saturday 20th June

BEN'S TANTALIZING SIGNATURE DISHES PAIRED WITH FINE WINES: 5-COURSE SET DINNER IN THE RESTAURANT

(Pre-Dinner Drinks start 7.30pm, Dinner starts 8pm)

Cocktail

*Non Vintage Bridgewater Mill Brut, Adelaide Hills, SA
Smoked Salmon, Sun Dried Tomato and Basil Lollipop*

*** 1st Course ***

*Garlic Beer Battered Australian Prawn with Apple and
Mustard Fruit Salad and Tarragon Beurre Blanc*

*2008 Bridgewater Mill Sauvignon Blanc, Adelaide Hills, SA
2007 Leeuwin Estate Prelude Chardonnay, Margaret River, WA*

*** 2nd Course ***

*Stuffed Half Baby Quail with wild Mushroom Risotto and Aged
Balsamic*

2005 Stoniers Pinot "Reserve", Mornington Peninsular, VC

*** 3rd Course ***

*Stuffed and rolled Australian Lamb Loin with Duckling and
Cherry Tartlet, Pumpkin and Island Celery Purée and a Foie Gras Jus*

2006 Petaluma Coonawarra Cabernet Merlot, Coonawarra, SA

*** 4th Course ***

Lemon and Myrtle Sorbet Palate Cleanser

*** 5th Course ***

*Bens Style Lamington, Frozen Layers of Callebaut Couverture
Chocolate, Raspberry Sorbet, Liquid Chocolate and a Coconut Wafer
Fonseca Tawny 10 year old Port, Portugal*

\$600 per person

(Menu created by Ben Higgs of Wild Oak Restaurant)

Monday 15th to Friday 19th June

DISCOVERY SIGNATURE 4 -COURSE DINNER IN THE RESTAURANT

*** 1st Course ***

Chestnut and Jerusalem Artichoke Soup

*** 2nd Course ***

*Spiced King Prawn with Herb Salad and
Lemon Myrtle Aioli*

*** 3rd Course ***

*Stuffed and Rolled Baby Barramundi
on Round Leaf
Mint Infused Pea Purée and Raspberry Vinaigrette*

*** 4th Course ***

*Chocolate and Wattle Seed Terrine with
Macadamia Nut Praline*

Coffee or Tea

\$378 per person

(Menu created by Ben Higgs of Wild Oak Restaurant)

Booking is required. Please contact the Restaurant at 2830 9562 for a reservation or email: restaurant@hkfc.com

Wines by the Glass Selection

White Wines

Peter Lehmann Weighbridge Chardonnay 2007, SA \$38

Peter Lehmann Semillon 2006, SA \$44

Red Wines

Peter Lehmann Art Series Shiraz 2004, SA \$38

Peter Lehmann Cabernet Merlot 2007, SA \$44



Booking is required. Please contact the Restaurant at 2830 9562 for a reservation or email: restaurant@hkfc.com

Wednesday 17th June

LEARN TO COOK WITH A DIFFERENCE IN THE SPORTSMAN'S BAR

See how Guest Chef Ben Higgs can create a sumptuous, healthy and tasty meal for you and your family in less than 30 minutes! He will also be sharing some great cooking tips on "how to enhance flavours" for your summer BBQ.

Time: 11.00am

Price: \$168: inclusive of a 3-Course lunch

Language: English

*** A complimentary glass of wine is offered with lunch*

Please contact the Sportsman's Bar at 2830 9531 or email at karen_limbu@hkfc.com

Thursday 18th June

THE 'POWER PLATE' LUNCH IN THE RESTAURANT

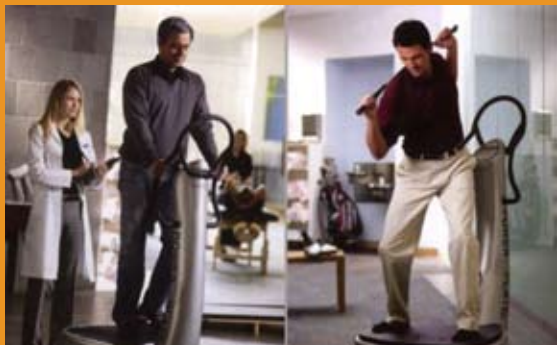
To complement Ben Higgs's healthy 3-course Set Lunch Menu, we have a "Guest Speaker" on Thursday 18th June to introduce a new way to get fit this summer! There will be a demonstration during the course of lunch on how to use the latest high-tech fitness machine – the **Power Plate Machine** (which the Club will be getting for the Fitness Centre). It is one of the hottest, new fitness methods among top celebrities, professional athletes and elite personal trainers. Don't miss this opportunity!

Time: 12.30pm

Price: \$168

Language: English

Booking is required. Please contact the Restaurant at 2830 9562 for a reservation or email: restaurant@hkfc.com



Friday 19th June

KIDS CAN COOK (BY THE SWIMMING POOL)

Guest Chef Ben Higgs will be leading a **Homemade Scones Cooking Class** which starts at 4pm.

Make the dough, roll the dough, cut the dough and send it off to bake in the kitchen! Hand-whisk some fresh cream, set up the plates, and enjoy your dish!

Time: 4.30p.m (about 1 hour from start to finish)

Price: Free of Charge

Language: English

(Maximum of 12 to 15 Children)

Booking is required. Please contact the Coffee Shop at 2830 9569 for a reservation or email at coffeeshop@hkfc.com



Friday 19th June

BEN HIGGS FAMILY POOLSIDE BBQ WITH AN AUSTRALIAN ACCENT AND SPLASH IN

Time: From 6.30p.m to 10p.m (Food serving from 6.45pm to 9.15pm)

Price: \$198 per Adult, \$148 per Child (age 3-12)

Please note: Free Wine Tasting for the Parents

FROM THE GRILL

- Australian Spiced Rubbed Prawns
- Tandoori Swordfish Skewers
- Honey Sesame and Soy Lamb Cutlets
- Little Sun Dried Tomato and Barramundi en Papillote
- Australian Beef Burgers with Beetroot Crème Fraiche
- Australian Porterhouse Steaks BBQ with Thyme and Garlic
- Marinade Duck and Apricot Sausages
- BBQ King Prawn with Salsa Verde

SALADS

- Roma Tomato Basil and Mozzarella Cheese Salad
- Kipfler Potato and Pine Nut Salad
- Australian Coleslaw Salad

SWEET TREATS

- Petite Lamingtons
- Pavlova with Passion Fruit and Strawberry
- Lemon Meringue Pie
- White Chocolate and Wattle Seed Mousse with Raspberries

Booking is required. Please contact the Coffee Shop at 2830 9569 for a reservation or email at coffeeshop@hkfc.com

PIE CHAMPIONSHIP in the Sportsman's Bar Saturday 20th June from 3.30pm

Bring your best pie to the Sportsman's Bar and win the "2009 Hong Kong Football Club Pie Championship"!

Instructions:

Bake your best pie at home and bring it to the Sportsman's Bar in the afternoon.

Any Pie Goes:

Sweet, Savoury, Hot, Cold, Meat, Fish, Vegetarian...

Judge:

Guest Chef Ben Higgs will be the Judge of Honour.

Prizes:

Great Prizes for the Winner, 1st Runner Up and 2nd Runner Up

How to Enter:

Entry forms available at the Sportsman's Bar

Would you like to apply to be a judge at the "2009 Hong Kong Football Club Pie Championship"?

Please call the Sportsman's Bar at 2830 9531 or email at karen_limbu@hkfc.com

FATHER'S DAY CELEBRATIONS Sunday 21st June

In the Sportsman's Bar

Father's Day Thrill of the Grill Sunday 21st June from 12 noon to 2.30pm

A variety of grilled to order items such as Lamb Chops, Rib Eye Steak, Blue Eye Cod and Coral Trout are all served with daily fresh vegetables.

Wine of the month will be on special offer to bring your dining experience to perfection.

Limited A la Carte available on the day for lunch.

Booking is required. Please contact the Sportsman's Bar at 2830 9531 for a reservation or email: karen_limbu@hkfc.com



FATHER'S DAY CELEBRATIONS Sunday 21st June

In the Restaurant

Father's Day Brunch from 11.00am to 3.00pm

\$288 per Adult and \$148 per Child under the age of 12

Seafood Dinner Buffet from 6.30pm to 9.30pm

\$318 per Adult and \$168 per Child under the age of 12

*With unlimited serving of Sparkling Wine, beer and soft drinks.

No A la Carte available on the day for lunch and dinner.

Booking is required. Please contact the Restaurant at 2830 9562 for a reservation or email: restaurant@hkfc.com



FATHER'S DAY CELEBRATIONS Sunday 21st June

In the Coffee Shop

Father's Day Lunch Buffet from 12 noon to 2.30pm

\$178 per Adult and \$128 per Child under the age of 12

*One Complimentary bottle of Sparkling Wine when booking is made 5 days in advance.

International Buffet Dinner from 6.30pm to 9.30pm

\$228 per Adult and \$148 per Child under the age of 12

*With unlimited serving of soft drinks and beer.

Limited A la Carte available on the day for lunch and dinner.

Booking is required. Please contact the Coffee Shop at 2830 9569 for a reservation or email at coffeeshop@hkfc.com





Photo for reference only

DELICACY FROM UNDERGROUND: ASPARAGUS

in the Restaurant

First two weeks of June
from 6.30pm to 9.30pm
(Except Sundays)

Following an overwhelming response in May, we will continue the White and Green Asparagus promotion for the first 2 weeks in June. There will be a special **Asparagus Trolley**, where you can select an array of asparagus as well as different sauces as an accompaniment.

BRING YOUR OWN WINE in the Restaurant throughout the month of June available in the evenings

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

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

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

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

Please contact the Restaurant at 2830 9562 for a reservation or email: restaurant@hkfc.com

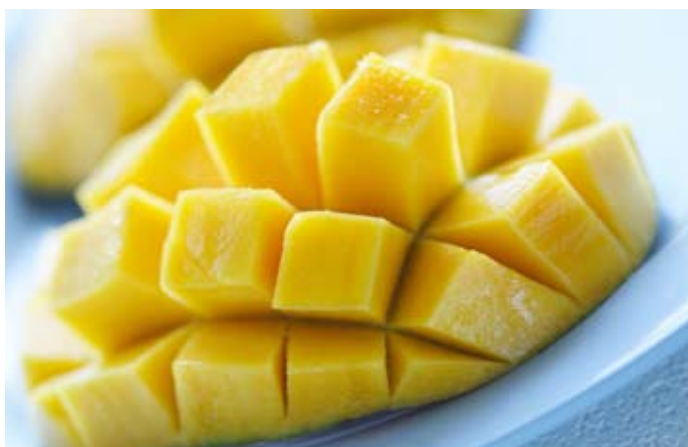


Photo for reference only

MANGO MANIA

in the Coffee Shop

throughout the month of June
Monday to Thursday
(Lunch and Dinner)

Enjoy a variety of dishes prepared with the freshest and juiciest mangoes this summer. Come and try them all!



Photo for reference only

WEEKEND BBQ BUFFET

in the Coffee Shop

throughout the month of June
Every Friday, Saturday and Sunday
evenings from 6.30pm to 9.30pm

Sit back and let our Chefs work their magic at the Outdoor Grill for you. You can choose from a selection of meats and fish, accompanied by salads and desserts. Spit Roasts are also available on these evenings.



Photo for reference only

**OYSTER ODYSSEY
IN THE EVENING**
in the Chairman's Bar
throughout the month of June
available from 6.30pm to 10.30pm

The Chairman's Bar is offering a Happy Hour Special.

Get two jet-fresh oysters and a glass of bubbly for just \$50 or enjoy 6 oysters for \$60 (minimum order of 6 pieces) .



Photo for reference only

**JUNE IN THE
SPORTSMAN'S BAR**

Summer's here, so come down to the Sportsman's Bar and get your sporting fix before going off on your holidays.

The British and Irish Lions tour to South Africa will start their first test on **20th June**, second test on **27th June** and final test on **4th July**.

Soccer goes into a summer break with all the major news being in the transfer market.

The **French Open** continues into early June, and **Wimbledon** is back with the first set starting on **Monday 22nd June** until the finals on **4th** and **5th July**. The Wimbledon institutions – **Pimms** as well as **Strawberries and Cream** will be available all summer.

In Auto racing we have two F1 races from Europe: the **Turkish Grand Prix** in Istanbul on the **5th-7th June** and the **British Grand Prix** at Silverstone, **19th-21st June**.

The Chairman's Bar will also be showing these like sports throughout the month.

From the kitchen side, **Pizza** is the highlight of the month. Cooked outdoor upon request and best enjoyed with a beer.

San Miguel P.P Draft as well as **San Miguel P.P bottle** will be on special offer all month.

See you around.



Photo for reference only

WINE CAROUSEL
in the Chairman's Bar
throughout the month of June
available from 6pm to 10pm

The Chairman's Bar offers 12 free-flowing wines specially selected from award-winning wineries. For a set price of \$120 per person, you can enjoy 2 hours of unlimited wines from 6pm until 10pm daily. Alternatively, you can select any two wines for only \$68. Come and try them all!



HSBC Bank International
www.offshore.hsbc.com

Squash News

Silver Lining at the End of the Squash Season

Another season comes to an end and we are happy to report a successful campaign on the trophy trail, with **4 league titles** and **3 playoff victories**. The Club, for a second season, remains the most successful club in Hong Kong.

Final Standings 2008/2009

| Teams | League Champions | Runners Up | 3rd Place | 4th Place | Playoff Winners |
|--------------|------------------|------------|-----------|-----------|-----------------|
| HKFC | 4 | 1 | 2 | 4 | 3 |
| TSC | 2 | 2 | 2 | | 2 |
| KCC | 2 | | 1 | 3 | 2 |
| HEAD SHATIN | 2 | 1 | | 2 | 1 |
| HEAD ADVANCE | 2 | | | 2 | 1 |
| HITEC | 1 | 1 | 2 | | |
| HKCC | | 1 | 2 | | 2 |
| HKJC | | 2 | 1 | | 1 |
| KINETIC | 1 | 1 | | | |

Team by Team:

- **Division 2** saw both Club sides qualify for the playoffs for the first time in our history demonstrating our strength at the top level.
- **Division 6** had the only unbeaten season during the league and narrowly lost out on the prize of the double, losing 3-2 in the play off final.
- **Divisions 8 and 9**, were two Club sides to complete league and play off doubles.
- **Division 11** cruised home in the league amassing a huge 118 points and after being hit by injuries lost out 3-2 in the play off final.
- **Division 13** came back from losing out in the league title to win the playoffs.
- **Masters** saw our teams compete with the best with some impressive results and a final play off place in Masters 3.

Many individuals also had impressive results. **Jamie Souter** ended the season ranking number 1 in Division 6 after a solid season. **Ruchika Kumar** remained unbeaten in Division 9 and claimed the top spot. **Ben Stewart**, complete with pink head and wrist bands, narrowly pipped at the top after a great first season with the Club in Division 11. **Simon Ho**, also in his first year, remained unbeaten for the same team. Another new boy **Richard Williams**, took over the number 1 spot in Division 12 and ended the season as number 2 on the rankings. **Wong Siew Chong** headed the table in his first season in Masters 3.

So another great season to follow the success of last season, shows that the Club is back where it should be. Those teams not bringing home the silverware also showed a lot of promise and it was good to see the team spirit amongst all the teams.

The Convenors as always have contributed to the success of the Section, some excelling in the team write ups with the likes of **David Fitzgerald, Nyen** and **Big Jules** writing some of the most poetic match reports.

Men's and Masters:

HSBC HKFC Team Positions 2008/09 Season

| TEAM | LEAGUE POSITION | PLAYOFFS |
|------------|-----------------|------------|
| HKFC1A | 4th | 3rd |
| HKFC1B | 6th | - |
| HKFC2A | 4th | 3rd |
| HKFC2B | 3rd | 4th |
| HKFC3 | 3rd | 3rd |
| HKFC4A | 7th | - |
| HKFC4B | 5th | - |
| HKFC5 | 5th | - |
| HKFC6 | Champions | Runners Up |
| HKFC8 | Champions | Champions |
| HKFC9 | Champions | Champions |
| HKFC11 | Champions | Runners Up |
| HKFC12 | 4th | 4th |
| HKFC13 | Runners Up | Champions |
| HKFC14A | 7th | - |
| HKFC14B | 8th | - |
| HKFC16 | 6th | - |
| MASTERS 2 | 6th | - |
| MASTERS 3A | 4th | Runners Up |
| MASTERS 3B | 9th | - |

At the time of publication, we should have a new Committee, including a new Captain, as I take a rest after two seasons in charge, and I wish them continued success and thank the committee, convenors and Vice Captain **Steve Gore** of the previous two seasons for their support.

Enjoy the summer break.

Dave Cross, Men's Captain

The Committee

Thank you to **Mike Wood** and his committee for their hard work throughout the season to ensure the smooth running of the Section.

Please keep checking your emails for update and the notice boards for summer competitions run by **David Murray** and Saturday training sessions with **Phil Head**. All Club and Section members are encouraged to join in the off season activities.



Recent Inter-Club Matches

We had two friendly away matches against the Cricket Club and American Club in April and May both of which ended in wins for the Club.

In April we sent our team of 20 players up the hill to the CC to battle against Matt Robinson/ Andy Phillips' team and came out winning 12 matches to their 8. To be fair, they took out two top players to balance with our team, but regardless, we had the edge and the Reds beat the Blues. Plenty of drinks were supplied by the CC, some of which were power drinks and many were fizzy amber fluids. Neither team could find the Cup, so we had to make do with a bottle of Champagne presented to us by the CC at a fine curry buffet dinner by their poolside. Only winners got a sip...A great fun event that was enjoyed by all.

In May we made an expedition to the Tai Tam American Club, and fielded 12 players. Again, with amazing ability to edge the 5th game in many matches we won 8-4. Of note was **Big Jules**'s match against Francis Longuepee where he forced him to chase a boast into the right hand corner, subsequently causing Francis to collapse and concede the match with an injured leg. Thus an easy win for the Big Man. **Adrian Ng** beat John Lau, their convenor, who had to play two doubles tennis matches the same afternoon.



John ran as best he could but the impact of Harrow quality squash equipment and deep shots to the back corners won the match. **Helen** dispatched their lady entrant 3-0. A wonderful drinks and dinner at the poolside overlooking Tai Tam rounded off a great day of friendly

Phil congratulates Ben Pawlyn on his magnificent "Golden Bolton" in Round 3 of the Club Championships!

squash. No winner's champagne for **Mike Belbin**, **Simon Ng** or **Dave Reeves** who represented the venerable portion of the team.

Thanks to the **Ng family** match stalwarts for their friendly fighting spirit at every match, for **Helen Chan** for leading the ladies involvement, for **Chris Williams** for extending every match to its limits and all others who displayed the Club's quality for sending teams who play hard but have fun too.



Summer Disruptions

Please be aware that throughout the summer, there will be some upgrading of the Squash Centre which will mean a reduced number of courts being available. Please check the magazine and notice boards for information on times and dates for these renovations.

Bangkok Tour 2009

This tour was not as successful as our last outing in Singapore where we took the tournament by storm.

This tournament proved tougher than in previous years, with some complacency shown by the Club's top representatives.

Off the court, the hospitality shown by our Bangkok hosts was exceptional and we encourage Section members to join in on tours in the future as they are always competitive and a fantastic cultural experience.





Alan Lo our Green Clipper

Green Clippings

Pig-Cutting Ceremony



Group at Roast Pig Ceremony

Each year, Section members will gather together at the Pig-Cutting Ceremony to mark the start of the Premier League Season. This time it was overwhelmingly supported by our Section players as about 80 of them showed up on Saturday 25th April to join the ceremony and to stay behind for the practice games afterwards. The pig(s) were duly cut by our Men's Captain, **SK Ng**, and our Ladies Captain, **Lydia Yang**.



SK and Lydia cut the pig

After a few words, wishing everyone good luck in the league games, the **Happy Chairman** introduced Mr. **Henry Wong**, standing in for his father, **Super Wong**, of Suzuran Bed Company, one of our most loyal bowlers for many years, who had generously agreed to provide sponsorship to the Section for three years.



Henry Wong of Suzuran Beds (in the middle) with Rita, the Chairman, SK, Lydia, Cyril and Grandy

With the help from our Social Secretary, **Rita Tsui**, the Men's and Ladies Captains worked out the formation of teams in order for the Men sides to play against the Ladies sides. Due to the severe thunder storm in the morning, the scheduled league matches were cancelled in the afternoon; thus more players joined the games. Our Happy Chairman decided to drop-out from the game then sat just right next to the plate filled with chopped roast-pig. Need we say any more...

All afternoon, the Men's Team did not spare their strength, even though some of the ladies had bribed them by supplying "Beers" but that still didn't enable the ladies to turn the tide around. The final result was 166 shots/31 points for Men and 126 shots/17 points for the Ladies.

Club Men's Pairs

This year, March and April were rather busy for our Section members. Competition after competition, Aikenhead Shield, Tiger Bowls Hong Kong & China Tours, Club Novices Singles, National Triples, Ronson Au Trophy and Club Ladies Pairs. Then came the long awaited Final for Club Men's Pairs. Our Happy Chairman watched this game with one big question mark mingling in his head – "When will this game be over?" We all knew that he had been waiting for more than four hours until he could present the trophy to the Ladies Pairs Champion a week earlier.

The finalist, **Denis Hamelin/Bernard Young** and **SK Ng/Wing Chan**, unfortunately were too concentrated in the game. They completely forgot about their wives, family, dogs, cats and the time. Inching up point by point, they played against each other without showing any mercy. Until the 16th end, they were only 1 point apart from each other. Wing Chan just wanted to prove again he was the one big lucky charming star. Can you remember? He won the Club Men's Pairs last year. Believe it or not, he did it again.

Congratulations to Wing Chan and SK Ng being the Club Pairs Champion this year. Secretly, we will tell you something, our Happy Chairman was waiting again close to four hours before he could present the trophy to Wing and SK.



Wing and SK, Club's Men's Pairs Champions

Friendship "up the hill"

Many years ago a strong friendship was forged between the bowlers of Club and the Hong Kong Cricket Club with the annual "Apple Trophy" competition and other such social events. However in recent years we have seen the two clubs go their different ways. We are pleased that the friendship has now been restored, with the Cricket Club playing host to the bowlers of Melbourne Cricket Club (well over 30 of them on a tour to HK), and inviting the Club to join their visitors and bowlers from other HK clubs in a social bowling day on 10th May to celebrate the visit. Officially titled "the Dot Cod Lawn Bowls

Challenge Trophy" to recognise one of their sponsors, the event took place in a splendid setting in front of the clubhouse on the grass green prepared annually from part of the cricket pitch with a few games being played on the artificial green atop the car park to accommodate the large number of players.

Starting at 9.00am, after a heavy breakfast, the 20 teams of four, enjoyed the round robin stage of 4 ends per game which finished after a burger lunch and a continuously running supply of soft drinks and the occasional beer. Club's mixed team of four, selected for each game from **Grandy Lui, Y S Leung**, Lydia Yang, Rita Tsui and **Connie Wong**, with some help at times from the Happy Chairman, won all its round robin games to enter the semi final for the Dot Cod Trophy against a team from Kowloon Cricket Club. Having won that game, they then realised they would play the Final over 6 ends against the team representing the Hong Kong Lawn Bowls Association.



Club and the Association, before the Final

The President of the Association, Vincent Cheung, had dropped out after the first few round robin games but this still left Cyril Leung, the Vice President of the Association, who is also the Section Deputy Chairman, to do battle against us. We thought we would have 5 on our side, but this was not to be as we were eventually beaten 6 to 3 and the Association took the trophy home.

(continues next page)



MCC Skip Norman Hayes shows the line to Club's Skip YS Leung

However, not all was over. After the regulation shower and change, the bowlers all enjoyed a traditional fish and chip supper and wine, at Dot Cod in Central.

Thanks to the Cricket Club, especially Tony Wong the Convenor. We all enjoyed ourselves, learnt a little about the grass green at CC which will be used for the current league programme, and took away a few bottles of wine as the runners up of the Dot Cod Trophy. We all agreed that our friendship had once again been restored with those "up the hill".



Club's Trophy Runners up collecting their prizes

SOCCER

Lorenz Memorial – Phuket 2009



The annual Lorenz memorial football match was played on 2nd May at the orphanage/football school that Henrik Lorenz established in April 2006. Veterans teams from HKFC and SCC competed for the memorial trophy, as a mark of respect for a man who lived life to the full and who gave plenty back to society through his caring and generosity.

The orphanage is home to 32 boys from the ages of 8 to 14 from all over Thailand. The boys attend the local school in Phuket and are trained to

play football by a professional coach on the orphanage premises, the pitch puts Wembley to shame. Currently two of the boys are in the Thai U-13 squad and recently one of the 12 year olds won a ball juggling contest by keeping the ball up 1,750 times, **Foxall** did three, at the fifth attempt!

The game between the fat old men from Hong Kong and Singapore provided the boys with plenty of amusement. I am sure that they have never seen a game played so slowly, to be fair it was 35 degrees C at kick off. You will be pleased

to note that HKFC retained the trophy with a rather laboured 4-0 victory with goals from **Lane 2** (a.k.a. Two in a Million), **Chaplain** and **Russell**.

The post match dinner at the orphanage and the various speeches provided a fitting end to a thoroughly entertaining day. I am sure that those who toured will be back next year and I hope that more vets will sign up.

Mike Lonergan



Chairman's Comments



holman fenwick willan hfw



Dear Players,

This year's Section AGM will be held on **Friday 19th June at 7pm** at the Club. Every Section member is welcome to attend. This is your opportunity to express your views about how the Section is being run and to question the committee. If you wish to add an item to the agenda you should contact me directly to discuss it. By way of encouragement, free drinks and snacks will be available for those that attend the AGM. I suspect too that after the AGM we will adjourn to the Sportsman's Bar and from there on to the usual haunts, so why not set aside Friday 19th June as a social party funded by the Section!

You should review the notices on the hockey bulletin boards to see who is up for election to the committee for the 09/10 season. If you would like to stand for a committee position or for captain of a team, you should find someone to propose and second you and then let me know, and I will have the bulletin boards updated. Elections will close at 10pm, Friday 12th June.

It's been another very busy month. The ladies teams have done exceptionally well in the cup, the last matches of the men's and ladies leagues are being played as I type and so by the time you read this we'll all know our teams final positions and whether we did ourselves proud or will talk of what might have been. We now look forward to the Summer Social Mixed Hockey and Indoor Hockey; for both you should contact Simon Chapman for further details. The Section hosted another Dutch gold medalist, this time from the Beijing Olympic squad, and for those that attended it, Minke Booijs' talk was a fascinating insight into the sacrifice and hard work required to reach the pinnacle of athletic performance in our sport. The men's section has paid its annual homage to Jakarta hockey about which I can't say a word! The next tour is Kuala Lumpur for the ladies and men. If you haven't toured yet this year, get signed up for this one immediately! HKFChockey.com has all the details. At the youth end of the Section, we hosted a school from Johannesburg South Africa that stopped off on its way to New Zealand to play our girls and boys youth teams, which was a great success and I'm pleased to say that we measured up well to the visiting team from St Sithians. Congratulations to our U12s who won a mini tournament on the Happy Valley pitch one wet Saturday morning!

As we head into the summer, anyone that wants to change things for next season should start talking to me now as the off-season is the right time to plan for the coming season. There are always many things to be done. We want to continue to grow the Mini and Youth section. We want to grow the coaching staff for both the Mini and Youth sessions as well as the adult Tuesday and Thursday sessions. We want the Section to continue to tour all over Asia, both the men and the women! We want to continue to attract the very best hockey players to HKFC hockey and where that means using debentures to attract the best talent then that is easily done, just let me know. We want to grow the active umpiring base too, and for those that didn't know, umpiring is, as well as coaching, a way to earn your four year commitment should your playing days be behind or beyond you due to, say, injury or work schedules. Coaching and umpiring can also qualify for debentures for suitable candidates.

A final word for those that are frustrated with the HKHA and I'm not mincing my words here as I know there are many of you (myself included). You should keep an eye on their website and attend the AGMs of the relevant section (Men's, Women's and Umpire sections) once the dates are announced. I will also try to publish these dates on our website once I know them. There will be delegations going to these events on behalf of HKFC hockey and your attendance, ideas and moral support will be welcomed! If you are interested in driving changes at the HKHA level then attending the AGMs is the best way to start to get an idea of how to do this. If you have practical ideas that you want discussed at these AGMs then you should email your convenor asap so that they can email the HKHA (see the HKFChockey.com committee page for the email address of our men's and ladies' convenor if you don't already know them).

Congratulations on a superb season and I'll look forward to celebrating the highs and dismissing the lows with you all at our End of Season Ball (about which I am very excited, I can't wait!).

Happy Hockey!

Charlie Poulton



Kim Roberts
Ladies' Captain



Ladies Captain's Notes

By the time you read this:

The season surely would have drawn to a close. I expect you will be regaling, to anyone who will listen, about your superb performance on the field this season, the goals you scored, or stopped, the impressive number of times you put your body on the line, putting team before self. No doubt you will be enjoying your weekends lounging by the pool, or even better, on a tropical beach somewhere, sipping tea (tea !?!?!).

Sadly, some of our Members may be leaving Honkers for other places, whilst some will be anticipating long summer holidays. Others may be left to swelter in the heat here in Hong Kong, or alternatively freeze in their over air-conditioned office. Regardless, it won't seem long until coach **Chappie** puts out the call to start pre season training, and to get ourselves back into shape for yet another season.

On a more serious note, please read on to find out more about the KO Cup, league standings and All China Games....

The other teams have also done our Section proud. The E team (Div 3) who were involved in play-offs, got through it, and round 1, to round 2, only to meet HKCC A (Div 2). The team gave it their best, and held the opposition 0-1 after an early goal till the last 3 minutes when unfortunately HKCC A scored a soft goal to leave the score 0-2. But it had been a tight game, the team surprised HKCC A with their tenacity! The F team (Div 4), who similarly to the Es were involved in play-offs, were not so fortunate, and were extremely disappointed to not make it to round 2. The Gs (Div 5) also had the game of their lives against Valley C, two divisions higher, and it looked like a 1-1 draw would take them to penalties, only to have Valley C score in the last 4 minutes! Pity, indeed!

The League

The ladies winter league season is drawing to its conclusion, but at this point in time there is still the odd match to be played. The league result table to date below highlights the current standings of each team (as of May 7). Whilst this season the ladies teams may not win as much silverware in terms of league winner status, we can all be proud of our performance. It goes without saying that the A team has come out top again, winning every league game and only conceding 5 goals. Top work ladies As! The B team have been indomitable this season in Division 1, fighting for every game. They are probably most proud of their performance against our very own A team, only losing 0-2 and 0-1 in the last 2 of their 3 contests in total. The narrow 1-2 loss to KCC A was another moral victory. The C team would just wish that they could have scored more goals (don't we all!), and may be 6th or 7th in Division 2. The Dinos (Div 3) are not far behind leaders Shaheen B, but with only one game remaining are unable to catch up. The Es, Fs and Gs have all made significant improvements in league standings this season, currently 5th, 3rd and 4th in their respective divisions (3, 4 & 5).

League Results (as of 7th May)

| Team | Div | Position | Played | Won | Drew | Lost | GF | GA | GD | Points |
|------|-----|----------|--------|-----|------|------|----|----|-----|--------|
| *A | 1 | 1 | 17 | 17 | 0 | 0 | 78 | 5 | 73 | 51 |
| B | 1 | 5 | 17 | 3 | 2 | 12 | 6 | 35 | -29 | 11 |
| C | 2 | 6 | 16 | 5 | 3 | 8 | 20 | 35 | -15 | 18 |
| D | 3 | 2 | 13 | 10 | 0 | 3 | 37 | 13 | 24 | 30 |
| E | 3 | 5 | 13 | 4 | 5 | 4 | 15 | 18 | -3 | 17 |
| F | 4 | 3 | 16 | 8 | 4 | 4 | 27 | 14 | 13 | 28 |
| G | 5 | 4 | 16 | 8 | 1 | 7 | 19 | 26 | -7 | 25 |

*Total should be 18 games and won, so 54 points.

The Knockout Cup

The Knockout Cup is still currently in full flow as I write this, and we are very chuffed to announce that 3 of our teams are through to the semis on 16th May in, wait for this, drum role, please...the Cup Section of the tournament! The Cs come up against our formidable A team and the B team are up against KCC A. Go, get 'em ladies! Bring on the silverware!

The highlight to date has definitely been the C team (Div 2) win against Shaheen A (round 1). Seventy minutes of play brought no score, so nail-biting penalty flicks were needed. Our penalty takers looked like they took penalties everyday, and netted them with aplomb, whilst fabulous GK, Lizzie Nobles, continually dive-saved Shaheen attempts. Meanwhile the C team players themselves looked rather stunned at their success! The game of their lives! Delirious, too, leaving them buzzing!

All China Games: April - May 09

We were proud to have our very own A team ladies, **Katie Mountain** and **Nicola Sawyer**, playing for Hong Kong in the All China Games. From all accounts it was an extremely tough and grueling experience, not least of which was the freezing cold of Dalian and adjusting to a different diet particularly breakfast. However, at the same time, it was also very rewarding. Playing matches day after day against very fast, skilful, strong teams must indeed have been a challenge.



Katie Mountain at the All China Games in Dalian

Annie Wong (B team) went as manager of the team, and similarly found it a rewarding experience.

Barbara Mountain would have been there except since the beginning of April she has been enjoying some very competitive hockey in Germany/Europe. A team in Frankfurt invited her to play for 3 months, which is an honour in itself. **Nicky Russo's** permanent residency unfortunately did not come through in time to allow her to go. **Patricia Chiu's** employment similarly kept her here. Unfortunately, the approval for the Hong Kong team to participate had come through very late.



Nicola Sawyer in action



Katie, Nicola and Annie

B Team Report



What a season the B team had! We were a very new look side in the heat of late September but within no time at all we had gelled into a team who could have been playing together for years. We have played some fantastic hockey this year and as a result have held onto our much deserved place in Division 1 and are in the semi-finals of the knock out cup where we will play KCC A. A credit to all concerned.

Claire Archer quickly demonstrated what a quality keeper she was and made a name for herself in the Club with her cat like acrobatics in the D. Not afraid to get stuck in she could be seen cleaning out the opposition (and occasionally her own team mates) to keep the ball out of the goal! **Cat Sen** also appears no stranger to commitment as her willingness to get stuck-in and even head a hockey ball showed! The youngsters in the team; **Grace Lant, Nicole Dainton, Leani Rademeyer, Melanie Baleyte** and **Elianne Vos** played well in every match and their confidence and skill noticeably increased throughout the season. The slightly older members of the team managed to balance the pace of the youngsters with wisdom and experience aplenty; **Annie Wong, Sarah Watt, Claire Black, Claire Murphy, Caitlin Gall** and **Maartje Bus** often out-running the opposition and interlinking well around the pitch. Defensively, **Ching Chun, Annabel D'Avillez, Caron Hughes, Amanda Glover, Abi Tyrell, Christina Mattula** and **Fiona Squair** were under a great deal of pressure throughout the season but consistently kept their cool at the back and kept us in the game. We can now all have a well deserved break over the summer.

The B team would finally like to thank **Guv** for being a fantastic coach this season. We've pulled off some great wins and some narrow loses including a 1-0 defeat against our A team. Clearly he has helped form us into a true force to be reckoned with. We look forward to his coaching next season – If he can put up with us!

Claire Murphy

Under 14s Rugby



It was another extremely successful season for the Club Under 14s, who have over 60 boys playing at this age, and run 3 Teams, one in each of the first 3 divisions of the Hong Kong Leagues.

Our 2nd and 3rd Teams have performed very well and finished second in their respective leagues. Both teams also picked up some silverware at the end of season Sevens and Tens Tournaments.

However, it has been the 1st Team who have stolen the limelight, and have remained unbeaten in all competitions this year. They won the League, winning all games, before winning the Grand Championship, beating D.B. Pirates 44 – 0 in the final. In all league games this season, we scored 470 points and conceded just 3 tries.

The team also won the end of season Hong Kong Colts Sevens, The Hong Kong Colts Tens and The International Tens, beating a strong Dubai College side 21 – 0 in the final.

The team capped the season off in style, by beating 'The Best of The Rest' from the other Hong Kong clubs, 19 – 0, in the 'End of Season Finale.'

Congratulations to the following ten boys, on their selection for The National Squad, which completed an unbeaten tour of Singapore in April: **Alex Post, James Mason, Richard Lewis, Michael Coverdale, Raef Morrison, James Christie, Adam Prentice, Lewis Ho, Hugo Chui, Alex Bradbury.**

A big thank you on behalf of the players; to all coaches, parents, and to our administrator, Ame, for their fantastic support and hard work this season.

Bill Mason



The Headmaster of King's College Asian Tour 2009

The Headmaster, Mr Bradley Fenner, and Admissions Director, Mr Mark Kennelly will be travelling to Hong Kong in June to meet with prospective parents of students who may wish to attend King's College in future years.

Monday 22 June and Tuesday 23 June
Excelsior Hotel, Causeway Bay, Hong Kong Island
Between 9.00am and midday

Please contact Admissions Director, Mr Mark Kennelly to arrange an appointment. +64 9 276 0677
Email: m.kennelly@kingscollege.school.nz



Mini Rugby Festival

Under 12s bring Richard Hawkes Trophy home

The HKFC Under 12s enjoyed a busy season that included regular training, festivals, touring to Kuala Lumpur and, of course, our ultimate aim, to win back the Richard Hawkes Trophy and see HKFC engraved as 2009 champions.

The Richard Hawkes Trophy, named after an ex-Chairman of HKFC Mini Rugby and the Hong Kong Mini Rugby Football Union is won by the most successful Under 12 team of the season. HKFC entered three teams into our own festival on 8th March and we felt confident that we had enough ability and resolve to walk away with some silverware.

FC3 who had not lost a competitive game all season faced tough opposition in their group and were narrowly beaten by Tai Po Dragons and HKU Sandy Bay, before beating Tin Sui Wai to earn a place in the Shield semi final where Sai Kung would be our opponents. Some great play by captain **Will Robinson**, tough tackling by **Alphonso Ng** and **Joe Hodson** saw FC3 win 2-0. We entered the final as favourites against a fast team from Causeway Bay Monkeys. FC3 took charge of the game immediately with some strong running and great scrummaging from **Daniel Torlof** and **Mitchell York**. Tries were scored by **Will**, **Jenny Pugh** and then from 40 yards out a blazing run by FC3's

Sebastian Chabal look-alike **Hugo Mary**, saw one of the day's best tries. The final ended 3 -1 to Shield Winners HKFC FC3.

FC2 had a tough day ahead of them, being grouped with two of the tournament favourites. Having three key players absent didn't help but they attacked from the first kick off and were desperately unlucky to lose to Valley Fort by a single try. **Giacomo Lamplough** tackled above his weight and both **Cameron Smith** and **Oisin Harbitz** were strong at the breakdown. **Connor Howell** put in the hard yards and a place in the Semi Final of the Plate was achieved. DEA 2 however, were too strong and FC2 found possession hard to get. A hard fought game saw DEA edge FC2 out 2-0. The competition draw never helped FC2 but they played with great energy and desire throughout the day and were beaten by the eventual Plate winners.

The Richard Hawkes Trophy was going to be won or lost over the course of five games. We knew we would have to face Valley Fort, HKU Sandy Bay and top seed DEA. An improved Flying Kukris were the first challenge though but **Andrew Sue** led the team to a 1-0 victory, a bit too close for comfort but a win is a win. Our second game was a real team effort, a 6-0 win over DEA2. It was great to see the forwards slogging away at the

(continues next page)



HKFC Under 12s celebrate a sweet Cup victory



The HKFC Under 12 Squad – Season 2008/2009

coal-face and the backs running in some great tries. Well done to **Charlie Rigby** and **Michael Schats**.

HKU Sandy Bay had equalled us in tries and wins and this head to head was a must win. The game was tight and aggressive with some fast rugby and a nil all scoreline up to the last minute when our forwards drove the opposition back towards their line and the ball was spun out to the left wing where **Matt Worley** broke through a couple of tackles and powered his way over the line. 1-0 and top spot in the group.

A semi final against Valley Fort was next. Confidence was high, team spirit was fantastic and the performance that followed was magnificent. A 5-0 victory, over the club that cruelly snatched the trophy from our grasp last season by a single try on count back, was well deserved and very enjoyable! A front row of **Clare Coverdale**, **Callahan McMaster** and **Nathan Chan** were immense. The Richard Hawkes Trophy was within our grasp but DEA1 also wanted to get their hands on it and the clash of the day was on.

The players got together before the final and you could feel the atmosphere and tension. It may sound a little clichéd to say that FC1 got better and better in every game but the way they played the final was as good as Mini Rugby gets. The back row of **Brook Leung**, **Marco Tarchoune** and No 8 **Calum Henderson** played so well DEA hardly saw the ball. FC1 spent 80% of the game parked in the DEA half but couldn't quite breakthrough. In the last two minutes Calum Henderson got his hands on the ball, out to Andy Sue, a loop from Charlie Rigby and we were over. One minute to go and then the hooter went.

Played 5, won 5 and no tries conceded. Performances beyond their years by many players and an amazing team spirit. Goal achieved, the Richard Hawkes Trophy was back home where it belongs at HKFC.

Cup and Shield winners on the day and Richard Hawkes champions over the season. Smiles, laughter and top quality rugby - a great day had by all 3 teams. Finally a big thank you from me to all the coaches and parents who made the day so special for all involved.

Well done the Club Under 12s!

Martin Worley. Head Coach

Under 10s come good at the last

It had been a tough season at the festivals for the four Under 10 teams with results not always going our way. I'm not sure if it was home turf (well Happy Valley plastic) or just the fact that, as hosts, the Under 10s felt they needed to step it up a level, but the performances at the HKFC Festival were by far the best of the season. Although going down narrowly to Valley Fort and DEA, Club Blues are clearly getting closer and closer to our nearest rivals so who knows what might happen by the time we reach the Under 12s! Convincing defeats of the two other opponents for the day, HKU Sandy Bay and Discovery Bay Pirates, showed that right now there are three clubs vying for top spot. Club Blacks similarly had suffered defeats from Valley and DEA during the previous festivals and were determined to turn this around. The opening fixture against Valley Fort was the first opportunity and they didn't disappoint. After being camped in the opponent's half for most of the match, the Blacks just couldn't cross the line and the match ended in a 0-0 stalemate but a fantastic performance. A narrow victory against Flying Kukris and a slaughtering of Tai Po Dragons saw the Blacks end the day unbeaten, a far cry from the first festival of the season when they came away without a win. The Whites and the Golds teams continued to show their development over the season with some great performances.

Under 9s continue to improve

Our five Under 9 teams finished the day with 11 wins, 2 draws and 2 losses. It has been a big season for the squad having to learn so many new things: full contact tackle, maul, ruck and line-outs, but everything seemed to come together for our own Festival. Most importantly, the players are finally beginning to play as a team and not as a group of individuals.

Team Victor - 2 wins and 1 loss. Best rugby seen from the players all season. Try of the day involved **Tom James** and **Jack Abbott** combining for a scissors manoeuvre, which resulted in Tom scoring. The last win against Valley was memorable for the constant wave after wave of attacking rugby.

Team Whiskey - 2 draws and 1 win. The players were enthusiastic and team morale was high. Tackling was noticeably stronger and their passing was more directed. Team worked very well together in a systematic pattern.

Team X-Ray - 2 wins and one loss. **James Irish**, **Robbie** and **Luke Patterson** played particularly well on the tackle front whilst **Matthew Liu** and **Dominic Lumley-Smith** were the star backs who ran in tries.

Team Yankee - 3 wins and no losses. Great support, tackling play from everyone. **Nicky Keattch** made a superb game saving tackle in the last game of the day. Great improvement from all players.

Team Zebra - 3 wins and no losses. Everyone played very well with the players executing on the field many things they had been practising all season, eg. mauls, rucks, aggressive running and direct passing, hence the high number of tries scored (9).

Paul Liu, Under 9 (Stand-in) Head Coach

Under 9s continue to improve

Moving up to full tackle rugby in Under 9s next season this was the last festival this age group will play touch rugby but they certainly played it in style. The mighty Omnitrix team had its most successful tournament so far this season winning two games and drawing one with the squad demonstrating determination and fantastic ability in every match. **Abi How's** capacity to tackle was showcased time and again while **Cameron Gordon's** running ensured that the score board kept on ticking over. **Ian Alabaster** was tireless in chasing down his man in defence whilst providing quick, accurate passes in attack and the rising star that is **Jacob Beaudoin** showed why he is such a key talent in the team. **Lucas Gilbert** was vital in defence, several times denying the opposition a try as **Misha Fischer's** grit and flair established her as a great Omnitrix asset on the day. **Hunter Hamilton** had marvellous resolve especially in defence whilst **Cruise Chan's** speed on the attack was a huge advantage to the team all day long. Finally, **Gordon Tang** proved he is such an essential pivot around which the whole team can rise to perform so well which was amply illustrated as the team scored four unanswered tries in the final game.

The Predators U8 team continued their strong run in all competitions this season, with 3 wins from 3 in the HKFC

Mini Rugby Festival. A mixture of fast attacking play from the speedsters **Nicholas Lim** and **Justin Koo** combined with a solid defensive line led by **Kei Sasaki** and **Justin McCarthy** led to them overcoming DeA Tigers 3-1 in the opening match, a happy win against DeA who inflicted their only loss in tournament play this year. A tough and hard fought encounter with Valley Fort followed, an excellent try by **Matthew Baumgartner** at the death, created by some solid work and good skills through the middle from **Mitchell Fong** and **Teddy Palmer** proved enough to clinch the win. This was a very even and entertaining match between two good sides, where the defensive awareness proved to be the difference and **James Hamlyn's** organisation of our line on our own try line was a key to us winning this match. The final match against a well drilled defensive HKU Sandy Bay team was again a close run affair won by a single try after some great interplay between **Max Irvine** and **Christian McAteer**. The Predator defence kept chewing up and pushing back the HKU attacks and none more than **Levin Ho** and **Wesley Sew Hoy** who typified this grit and determination to keep our try line intact. All the players contributed to another truly team effort from the Predators of which the coaches were very proud to be a part of.

Ripjaws had mixed fortunes winning one match, drawing one and losing two. They were up against the streamed teams of the other clubs so they should be quite satisfied. They did show some quite remarkable positional organisation in defence and are starting to pass the ball nicely down the line and away from the tackle when in attack. Two particular players stood out in **Nicholas Teague** and **Jasper Plowman**, two of our most improved players this season.

Alastair Murray, Under 8 Head Coach

With all the other age groups in action, from Under 6s running around like crazy all over the HKFC Astro pitch, the early games on the main pitch for the Under 7s, 8s and 9s, to the Under 10s, Under 11s and Girls teams all in action on the Valley pitches, and of course, the victorious Under 12s, the HKFC Festival was once again an incredible spectacle with some 3,500 parents and players in attendance. This season also saw the Hong Kong Rugby Team Supporters providing some additional entertainment for the players and their siblings. Congratulations to Chairman **Ian Seow** and Festival Organiser, **Case Everart** for their exceptional contributions and to **Aaron Stockdale** and his team of HKFC staff who helped make it arguably the best HKFC festival to date.

Finally, I cannot close without once again congratulating the Under 12s in winning back the Richard Hawkes Trophy. It goes to prove once more that this is the best Mini Rugby club in Hong Kong.

Chris Plowman



Netball News



Comments from the Chair

*Karin Loram,
Division Chairperson*

It is with excitement and pride that my first report as Chairwoman brings with it such amazing results for the Netball Division this season.

Hong Kong Football Club won 3 of 4 Divisions! Club, Whirlwinds and Cyclones placed first in Divisions 1,2 and 4.

Tornadoes placed second in division 3 and Typhoons finished off 4th in Division 1. No other club has had such amazing results in the same season. This is true testament to the hard work and commitment of the players, captains, coaches, physiotherapist and committee members, and the support that all our players receive regardless of the Divisions they might be in.

Many of our Members received awards and recognition at this year's HKNA Awards Presentation evening for their tireless work in all areas of netball including umpiring and coaching and players also received MVP awards for their performances in the semi and final matches. Congratulations to everyone!

Next month, **Alex Kent, Claire Chapman, Kirsty Hutt, Anna Chadwick and Alex Holden**, will be competing in the The Asian Netball Championships in Kuala Lumpur, Malaysia. I am sure their netball will benefit from such an experience and we wish them good luck.

Lastly, I want to thank all members of the out-going committee, especially **Tarne Usback** (out- going Chairwoman) for their hard work over the years and I look forward to working with the new members this season. Our objective for next year is to win ALL 4 Divisions of the HKNA league and to look good doing it!

Karin Loram

Division 1 Champions - Club



Division 2 Champions - Whirlwinds



Division 4 Champions and Runners up - Cyclones and Hurricanes



Division 3 Runners up - Tornados



Typhoons on the Semi Finals night against Club



Teams at the AGM



Club



Tornados



Typhoons



Hurricanes



Whirlwinds



Cyclones

Awards for the 2008/9 season

Player's Player



Alex Weston (Club)



Sarah Wells (Typhoons)



Vanessa Elliot (Whirlwinds)



Rose Voce (Tornadoes)



Jocelyn Bollands (Cyclones)



Jess Lavender (Hurricanes)

Not pictured here:
Jennifer Reid and
Caroline Freeman

Most Improved Player

| | |
|------------|----------------|
| Club | Kate Babington |
| Typhoons | Alex Holden |
| Whirlwinds | Paula Ferrick |
| Tornadoes | Rose Voce |
| Hurricanes | Ming Ong |
| Cyclones | Yvonne Phelp |

Service to Netball Award for 20098/9 season

Alex Weston

Congratulations to all our winners and to everyone who contributed to a fantastic season!

MOVING HOME?

relocasia
THE MOVING COMPANY

relocasia
THE MOVING COMPANY

relocasia
THE MOVING COMPANY

INTERNATIONAL DOOR TO DOOR RELOCATIONS
Call 2976 9969 • enquiry@relocasia.com • www.relocasia.com

NEED SPACE?

LOW COST STORAGE
AIR CONDITIONED • COLLECTION & RE-DELIVERY
FROM JUST HK\$220 PER MONTH
CALL NOW 2976 9982

selfstorasja
THE STORAGE COMPANY

www.selfstorasja.com • enquiry@selfstorasja.com

INTERESTED IN PLACING AN ADVERTISEMENT?

Please call 28309503 to find out our rates.
Members receive an additional 15% discount.



19th Hole with the Chairman

Andy Ho,
Golf Society Chairman

Following on from the recent news of another accident that happened at KSC, I wish to take this opportunity to remind every golfer to take special attention while playing at KSC. Again golf insurance is important!

Online registration by members on our website has been very encouraging so far. 497 members have registered already. That said, the Golf Society (GS) currently has 1001 members, so there are still quite a number who haven't logged in yet! Remember all events are posted on the website, so log on to www.hkfcgolf.com and find out what's going on!

There will be 27 golfers playing at Deep Water Bay followed by the GS Annual Dinner on June 4th. Our GS Annual Dinner and prize giving will be taking place at the Club as usual and there will be plenty of prizes to be given out. Your Captain Dallas has prepared a set of tricky and difficult golf related questions for the quiz in the evening, so come and test your knowledge!

Future outings include the **Summer Cup**, which for the first time will be played on a **SATURDAY on June 13th** at KSC North! There is also an outing on **July 17th** at KSC South followed by a BBQ at the Sportsman's Bar Patio and The Open on big screen!

We intend to put up a few golf insurance providers on the GS Notice Board as well as our website for members.

For golfing in China, Palm Island Resort has offered all GS members a special weekday and weekend overnight package. The offer are valid until the end of 2009. Details will be available on our GS Notice board and website.

RULE 23-1/10: Removal of Loose Impediments Affecting Player's Play

Q: A player with a downhill putt picks up loose impediments between his ball and the hole but leaves some behind the hole. An opponent or fellow-competitor wants to remove the impediments behind the hole as they may serve as a backstop, but the player objects. May the opponent or fellow competitor remove the loose impediments behind the hole?

A: No. When it is the player's turn to play, his opponent or a fellow competitor has no right to remove loose impediments affecting the player's play if the player requests the opponent or fellow competitor not to do so. If the opponent or fellow competitor ignores the request, he is in breach of Rule 1-2. In match play, the opponent loses the hole. In stroke play, the fellow competitor incurs a penalty of 2 strokes and, in equity (Rule 1-4), the player is entitled to replace the loose impediments.

In the absence of a request not to remove loose impediments affecting the player's play, an opponent or fellow competitor who does so incurs no penalty. In equity (Rule 1-4), the player is entitled to replace the loose impediments. *(Revised)*

Swiss Privilege Callaway Equipment Day

Similar to previous years, again on a rainy Saturday, nearly 30 members turned up to our 3rd annual Equipment Day on Saturday 25th April. On show were the newest and latest models of Callaway golf clubs including the new FT-iQ Driver, the longest, straightest driver Callaway ever created!

Unfortunately, one of the simulators was not functioning on the day. Whilst Members waited for their turn to try the new clubs, wine was free flowing accompanied by finger food all afternoon.

We held the nearest pin and longest drive competitions (separate longest drive for men and women). The competitions were hotly contested. **Matt C** beat me (Andy Ho) on the longest drive by hitting 276 yards and **Stephen Gore** won the nearest pin by being only 7 feet from the hole. **Desiree Wong** won the ladies longest drive. All winners walked away with an Odyssey Putter.

Thanks to all those who took the effort to help out on the day and all the Society members who turned up. Special thanks to our sponsors Swiss Privilege and Callaway. *Andy Ho*

Kau Sai Chau East — 11th March

The Society's package for KSC is great value, including transport to and from the Club, so the nine flights were fully booked with a waiting list and even **Adie** didn't get a game!

The South course is a par 69 with only a single par 5, but holes 10-18 are tougher and that's where we started, in coolish overcast conditions, but without rain so really quite nice golfing weather.

Plenty of good Stableford scores in the 30s, but the best golf of the day was from **Nick Allen** and **Dallas Reid** with gross 76 each, with Nick squeaking Dallas on countback for the best gross prize.

The net Stableford prizes went to **Allan Hay** and Dallas with 38 points, **Chas Doyle** with 39, Nick Allen with 40 and **Paul Rust** with an excellent (and handicap reducing) 42. No ladies in this group, but **Linda Doyle** would probably have won the Ladies net with her 33 points, if there had been a ladies prize. Most ladies seemed a bit coy about handing in their cards!

The long drives went to **Bob Lloyd** and either **Eva Fan** or Linda Doyle, confusion being caused by an early playing gent who forgot the ladies LD flag!

The near pin prizes went to **Susan Hall** (#2), **Helena Ko** (#16) and **Nick Allen** (#5 / 11).

David Connolly



Tennis Update

2009 Tennis Singles Champion: Adrian Leung

Both of our finalists had relatively easy routes through to the semi-finals, where **Jeff Wong** knocked out **Philippe Bonval** for his final berth, and **Adrian Leung** pushed out reigning champion, **Neal Soo** to earn his place in the final. The stage was therefore set for a play-off between two of our best (and youngest) tennis players.

The finals having been rained off once already, meant a sigh of relief went up when the sun shone on the morning of 10th May. Neither player had met before nor seen each other play, so the first set saw each player pushing the other, forcing the pace, and testing each other's power and accuracy. Adrian came out of the traps fastest gaining the lead, but that was quickly extinguished with some punishing forehands from our top leftie. Jeff took the first set with an easy 6:3 win.

The second set looked to be a repeat with Jeff gaining the upper hand with some delicate finesse at the net versus a dicey start from Adrian, but any spectator who might have been thinking along those lines, was underestimating the ability of Adrian to claw his way back into the match. With some powerful serves and some rock-solid down-the-lines, Adrian somehow managed to storm his way through the second part of the second set with a 6:4 win.

The third set was an amazing ding-dong battle with some wonderfully executed, technically perfect play from both sides. At 4:4, Adrian managed to break Jeff for a 5:4 lead and an opportunity to serve out the match. Jeff had played some wonderful tennis, but nothing was going to take victory from Adrian at that stage of the match. Adrian executed a final smash-volley at the net to claim the Championship with a third set win of 6:4.

Our thanks to tournament organizer and chair umpire for the day, Head Coach, **Adam Doyle**. A special mention also goes to Wilson, who sponsored the prizes of racquet and racquet bags for the finalists and semi-finalists. Well done to all 32 players who signed up for the tournament – there is always next year – the name of the man to beat is Adrian Leung!



Adam Doyle -
Head Tennis Coach

From Your Tennis Coach

Tennis Camps will be available for juniors in July and August over the summer holidays. Classes will be held each week. You can sign up for one week or as many as you like. The sign up forms will be located at the Reception. Classes will be split up into different age groups. Normally the age groups are 6-9 and 9-13 yrs. This will also depend on the numbers that sign up. The camps are run in the morning between 9-10.30am and 10.30-12pm. We also have a camp for kids between 12-18 in the afternoons between 3.30pm -5pm. This class is for more experienced players. The camps emphasize technique, footwork and also some fun games for the kids. Sign up today to book your kids in as spots are limited.

In June we will host a few events for members of the Tennis Society. The Coach and Social event will be held every Friday night in June from 7-10pm. Expert coaching and drills will be performed on the night. This event is the most inexpensive way to learn some new techniques to help you improve your game. June will see us also host a Sunday social event for the ladies. This event is a fun way to meet new people and is also a competitive event with prizes to be won.

The Junior Development Programme (JDP) will stop at the end of June and will start again in September. The juniors who are in these JDC classes will automatically unless notified be placed in the same groups to start in September. All those who initially took part will be notified in August as well via a phone call.

Private lessons are available from Adam and Chat morning to evenings Monday through Saturday. Call today to improve your game. We can help you improve your technique, footwork and help with injury prevention.

Most Improved Adult:
Lisa Neilsen

Most Improved Junior:
Grace Merrit

Jiangmen Tennis-Weekend Away (May 2009)



It is the third time that the Tennis Society has arranged a long weekend-away to Jiangmen, where sits a national tennis centre with 20 courts, of which four are indoor under a huge weather-proof dome. This trip was our biggest ever with two coaches holding 76 participants. We organized six doubles competitions, and with a mixture of computers and a series of lottery draws managed to keep players on court for two afternoons of social tennis with very little hanging-around. For those who still had not had enough, two morning socials were also available, although truth be told, most bowed out of the first social, preferring the delights of old Jiangmen's shopping district. Participants were kept busy during the evenings with excellent dinners and soothing massages – come and join us next time, it is great fun.

Our thanks go to **Helen Ormerod**, who practically single-handedly organized the tour, and kept everyone happy. A big thanks also goes to **Yoke Ming, Job** and **Katy Tang** and **Vincent Chan**, who did not mind being called upon over the three days to help with organization.

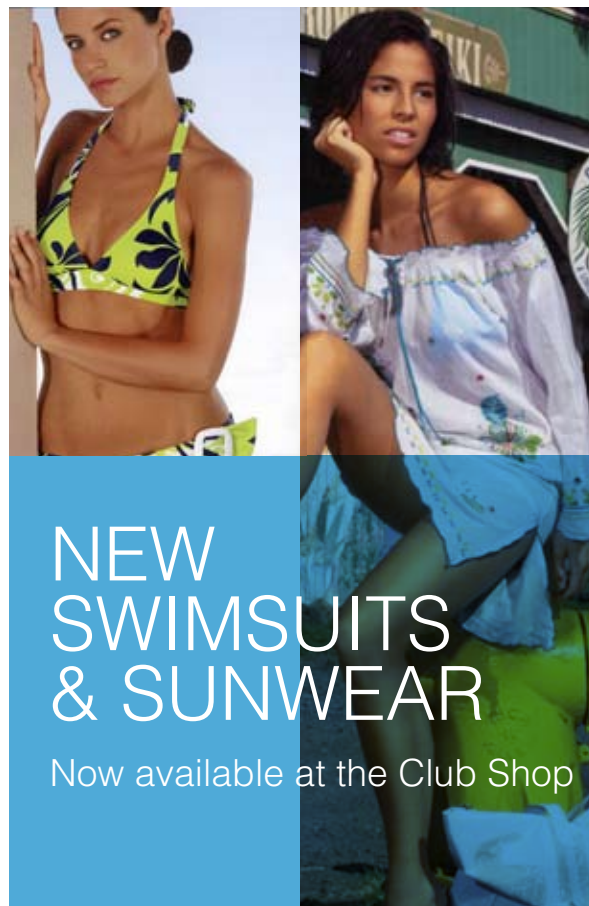
Events to Watch Out for

June's Coach and Social

Every Friday in June (7-10pm), the Tennis Society in conjunction with our coaches (**Adam Doyle** and **Chatt**) will be organizing a "Coach and Social". This will take place on three courts: one court for drills, one court for doubles with one of the coaches either coaching or participating, and the third court will be for social tennis. Adam and Chatt will keep things moving (at least between 7-9pm) and light refreshments will be provided. Just bring your racquets. Participants will be charged a nominal HK\$50 for this heavily-subsidised event.

Parent and Child Tournament

Don't worry, **Ringo Leung** and his son **Austin**, who both grace our A-team will NOT be allowed to play! This is a fun tournament to get young kids and their parents (we can provide 'parents' for the duration of the games, if necessary) onto the courts. There will be handicapping to even things out, but the idea is for the older generation to instill their passion for the sport into the younger generation. The date will be one of the Sundays in September. When you see the notices, do sign up and join in.



NEW
SWIMSUITS
& SUNWEAR

Now available at the Club Shop



Festival of Sport 2009



It can sometimes seem that the “powers-that-be” are more concerned with minimizing disruption to traffic than they are with the promotion of amateur sport in Hong Kong, and the authorities’ unwillingness to keep the roads closed later than five minutes after the average local motorist had finished off his muesli and crumpets meant that the Hong Kong Triathlon Association “Festival of Sport” got underway at a time that would be best described as “silly o’clock”. No matter. The 4am meeting time for the transport put on by the race organizers did little to dissuade hundreds of eager triathletes from making the journey to Plover Cove, many arriving in time to arrange their kit in the dark.

The narrowness of the course meant that the Olympic distance race was separated into two waves started an hour apart, and a half-Olympic (or “sprint”) event was set off an hour later. The swim consisted of two loops (or one, for the sprint) around a course marked in the flat water and picturesque setting of Tolo Harbour, before the bike leg sent competitors out to complete four (or two) lung-busting loops of Brides Pool Road. The nature of the road meant that this leg was a test not only of fitness and strength in going up the hill, but also one of bravery in coming down it (many people were still flying past me when my speedometer was showing 60kph!). The race then finished off with two (or one) “out and backs” over the Plover Cove dam, with the straight, flat nature of the course meaning that runners were able to gauge where they were in the race (which can

obviously be a blessing or a curse!). An impressive overall turnout was complemented by a large contingent of Club members making the early journey north.

Andree Bemet putting in a very solid debut at the Olympic distance finishing in 2.56 with a 29.51 swim time for 1500m. Apparently **Steve Bemet** is concerned and is now eating four Weetabix for breakfast each morning. **Claire Chapman** was 2nd in the 20-29 age group with a “hair of the dog” cocktail in her water bottle coming home in 2hrs 34minutes.

Congratulations also to HKFC’s **Paul Dingley** and **Ashley Dyer** (first and second respectively in the 35-39 category) and HKFC Club triathlon coordinator Steve Bemet, who took the 40-44 age group honours in an incredible time of 2hrs:14 minutes, turning back the clock! **Guy Horne** notched up 2 hours 41 minutes, but is claiming they must have got the last two digits mixed up and **James Chapman** 2hrs 30 minutes, breathing Chilean Pinot Noir on the finish line officials!

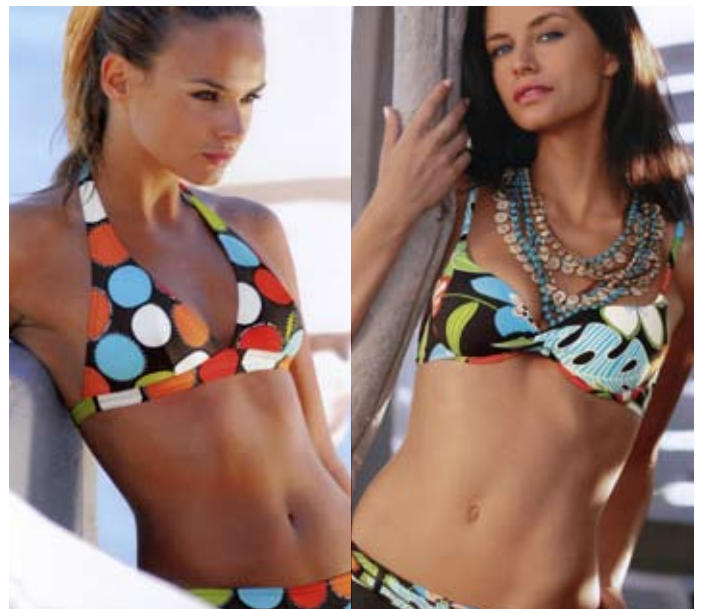
Our Super Sprint racers **James Shortis**, **Victoria Pope** and **Steve Wilmott** all cruised home and look to be stepping up to the Olympic distance in Bintan in 2 weeks’ time. *James Chapman / Guy Horne*

Thailand Sri Lanka
Houses Villas Beachside Acreage
Sales & Rentals

*"We provide a professional service
to holiday rental clients
and holiday home buyers."*

Tel: 9754 5967
sue@propertyperfectsolutions.com
www.propertyperfectsolutions.com
www.watura.com

PROPERTY PERFECT



NEW
SWIMSUITS
& SUNWEAR

Now available at the Club Shop



David Bayldon

How to Tape Your Ankle

Strapping can be effective for both prevention and treatment of a sprained ankle. **Prevention is better than cure.** Strapping your ankle will not guarantee that you will not injure it. However it will reduce the risk and may reduce the severity of injury.

There are many “correct” ways to strap an ankle, the following is one of the methods.



1. Preparation

Shave. Clean and dry the ankle.

- Tape does not stick well to your skin if you are hairy, wet or dirty/sweaty.
- (for the boys) Pulling tape off Hairy skin HURTS.

- Use pads over the tendons at the front and back of the Ankle. (this prevents blisters).

If you have sensitive skin you should use an Underwrap under the tape to reduce allergic reactions.



2. Anchor

These stop the rest of the tape from slipping. They need to be well stuck down to the skin. Apply with low tension. Should NOT be tight.



3. Stirrups

- U-shape, Horizontal and Vertical.
- Overlap 3 alternate strips of Vertical and Horizontal each.



4. Figure 6's

- Start off like a vertical stirrup.
- As you bring the tape back up cross it diagonally over the front of the ankle to form a figure 6
- Overlap 2 strips in each direction



5. Heel Locks

Provide very secure support to the ankle by locking the heel preventing twisting movements.

- Start horizontally across the front of the ankle. Pass the tape under the foot and diagonally across the heel.
- Finish off pulling the tape across the front of the ankle. Near to where you started.
- Another half heel lock may be applied in the opposite direction, following exactly the same technique.



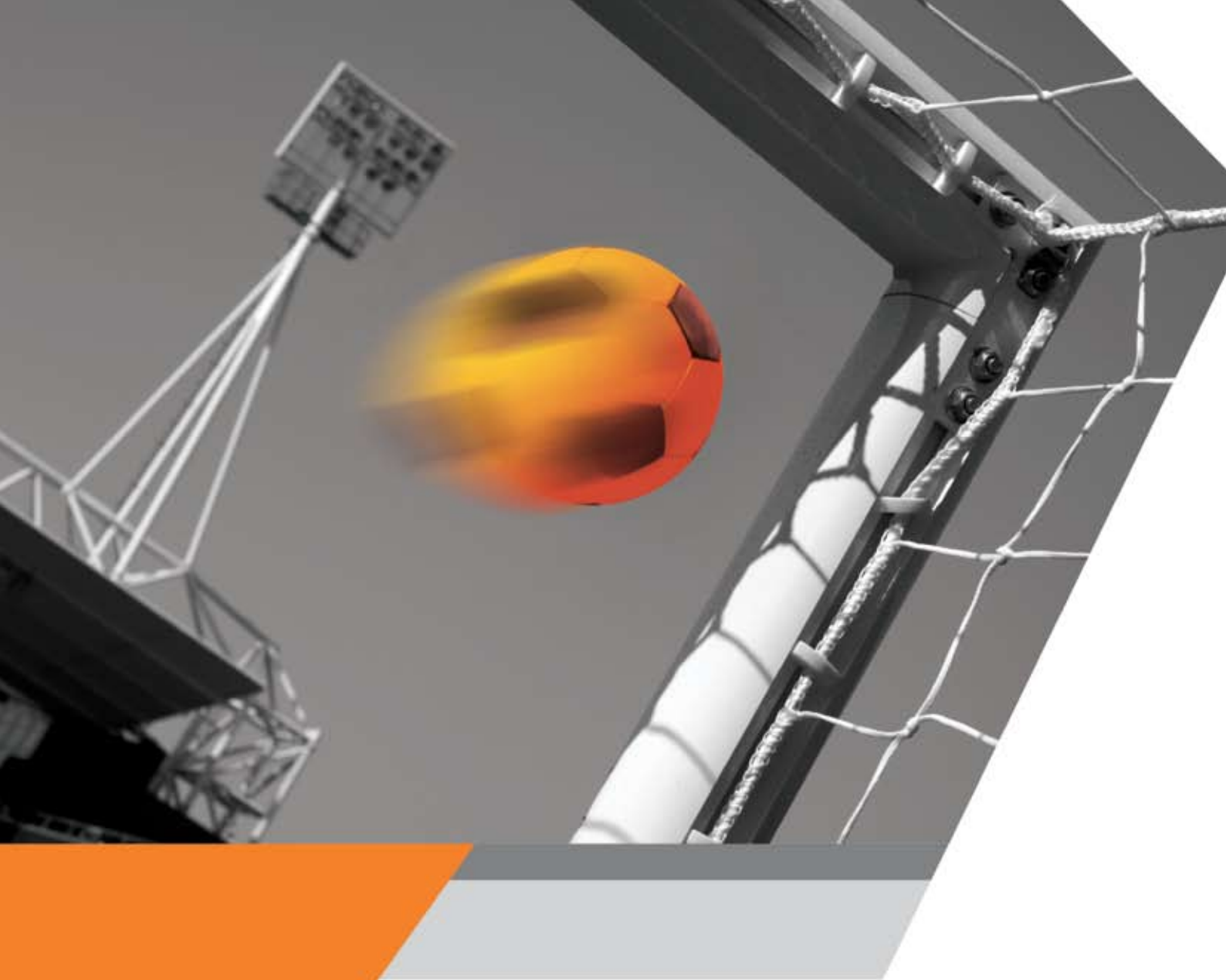
6. To Finish Off

Cover with Light Elastic Adhesive Bandage.

NOTE: Stand up and test how the strapping feels. The tape may settle and stretch a little but **if it is painful or there is no circulation in the toes, you must loosen the tape or take it off and start again.**

Do not expect to get a perfect tape job the first try. It will take lots of practice to get it right.





ALWAYS TOP OF THE LEAGUE

Allied Pickfords – still No 1

On the relocations playing field, Allied Pickfords is constantly staying one step ahead of the competition, ensuring that you and your family are part of the winning team.

We're one of the largest and most respected providers of moving services in the world, handling over 50,000 international moves every year through 800 offices in more than 40 countries

Move with Allied to Allied worldwide.



Call us now on 2736 6032
www.alliedpickfords.com