

CLUB

HONG KONG FOOTBALL CLUB 香港足球會 JUNE 2013



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FATHER'S DAY
on Sunday 16th June!

Lobster Temptation
in the Restaurant
Sizzling Plates in the Sportsman's Bar
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HONG KONG FOOTBALL CLUB

MISSION STATEMENT

Vision: To be recognised as one of the leading sports clubs in the world.

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	: James Collins-Taylor
Vice President	: Nick Hunsworth
Vice President	: Bobby Lawson
Vice President	: Iain Valentine
Chairman	: John Shanahan
Hon. Secretary	: Mike Wood
Hon. Treasurer	: David Howell
Sports and Recreation	: Philip Woolf
Development	: Mark Clift
Discipline	: Dave Reeves
Constitutional Affairs	: Roger Finnie
Membership	: Maurice O'Brien
Hockey Officer	: Niccola Russo
Lawn Bowls Officer	: Nick Grimshaw
Rugby Officer	: John Molloy
Soccer Officer	: Martyn Russell
Squash Officer	: Neil Roberts

Management

General Manager	: Mark Pawley
Director of Operations	: Tony Sealy
Director of Food and Beverage	: Dominique Artigolle
Financial Controller	: Ricky Chan
Executive Chef	: Patrick Lau
Facilities Manager	: Evan Tao
Membership Services Manager	: Kerry Ogle
Human Resources Manager	: Angela Chan
Executive Housekeeper	: Tracy Tseung
Front Office Manager	: Shirley Lo

Club Magazine

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

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The Thoughts of the Chairman

At the time of writing, the HKFC Citibank International Soccer Sevens is about to kick off and the weather, just like last year when it rained heavily throughout the tournament, is not looking good. However, I am sure that whatever the state of the weather, the soccer will be first class and we will have had another successful tournament. As we move into the hot summer months, most of the sporting leagues finish and players can take a well earned rest. Apart from using the Swimming Pool Complex and Fitness Centre, there are a number of summer activities on offer at the Club for those of you that wish to retain their fitness levels, so seek out this information from your Section/DSA/Society as well as in this magazine.

On a non-sporting topic, I should tell you that the Club has an active recycling programme and we do our best not to contribute to Hong Kong's landfills. For example, in the last year we recycled 17,990 kg of Paper, 906 kg of plastic, 269 kg of Aluminium cans, 684 kg of Tin and Iron, 180 kg of stainless Steel and 4,000 litres of used oil. Not a bad result.

Following on from my previous **Chairman's Walk-in** earlier this year, I will be holding another open door session for any Members who want to talk to me about Club matters **between 11am and 1pm on Saturday 15th June** in a Meeting Room on the First floor. Please feel free to pop in if you have any questions about the Club.

JOHN J SHANAHAN
Chairman

At the Club

IN THE KITCHEN...

Many congratulations to Staff members **Cheng Chi Wai** and **Wong Kin Ming** who were awarded Silver and Bronze respectively at the recent HOFEX competition.



LEFT and BELOW:
Cheng Chi Wai
with his Silver Award in
Western Cuisine (professional
category); His winning dish:
Lamb Loin



LEFT and BELOW:
Wong Kin Ming
with his Bronze Award in
Western Cuisine (apprentice under
25 category); His winning dish:
Sustainable Fish – Halibut



As part of the ongoing Staff Training programme, here is a photo of Staff members who successfully completed a Basic Wine Course.



From the Desk of Mark Pawley

Well, the fine weather never really found Hong Kong in May, and we begin June after having just, had a major Black Rainstorm warning!! So, use of the Swimming Pool Complex hasn't quite "kicked in", as yet but the current signs are reasonably good that June will be the start of a fairly long period of sunny weather!

Moving from last month's photos and short article on Staff training, it's great to see (on the opposite page) two of our Chefs doing so well at the recent HOFEX at the Convention Centre as well as some of our Food and Beverage Staff members successfully passing a Wine Course.

On the eating and drinking front, Lobster takes centre stage in the Restaurant during June (except on Sundays) with our **Lobster Temptation** promotion, and our **Succulent Seafood Dinner Buffet** promotion (available only on Sundays during the month) running a close second. In the Coffee Shop on Friday and Saturday evenings during the month we have our **"Hi Barbie" All You Can Eat Dinner Buffet** and, of course, we continue with the very popular **"Home to the \$110 Steak"** promotion.

In the Sportsman's Bar we will be putting on the popular **"Sizzling Plate Specialities"** promotion and, we will also be looking to show as many "live" sports events as possible. In June, of course, we will be showing the **Wimbledon Tennis Championships** along with the first and second Tests, **Australia vs British and Irish Lions** (the third and final Test being in July). Don't forget too, we will be showing the first two matches of the **2013 State of Origin** in June, **Queensland vs New South Wales**. Please check notice boards and e-notices for the latest updates as to the dates and times for these sporting events.

And, don't forget **Father's Day** is on **Sunday 16th June**! Book now to avoid disappointment!

I look forward to seeing you all at the Club!

MARK PAWLEY
General Manager

For more information on reciprocal clubs, please make enquiry at the Club's Reception or visit our website at
<http://www.hkfc.com.hk/membership/reciprocal-clubs>

Featured Reciprocal Club this month:



THE LANSDOWNE CLUB

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Members are reminded that they can apply for an Introductory Letter from the Membership Services Department and that room bookings should be made by the Members on their own.

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Bentley Arnage R



Ask 04/04, 1 owners,
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Jaguar XJ8L



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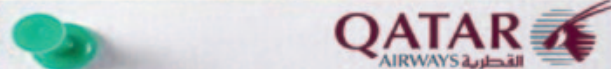
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Sales Period : Now - 31 Oct 2013

Travel Period : Now - 31 Mar 2014

For any other travel requests, please contact (852) 2810 9300.

All airport taxes & fuel charges are not included. Prices are subject to change without prior notice. All above fares are round - trip.
Certain terms and conditions apply and should any disputes arise, the decision of Sunpac Tours & Travel Ltd. shall be final.

FATHER'S DAY

Sunday 16th June

The Restaurant and Coffee Shop will offer a day of great food and fun for the Fathers and the families as a whole.



COFFEE SHOP

"I Love You, Dad" Lunch Buffet

\$228 per Adult

\$148 per Child under 12 years of age

An international buffet lunch and unlimited serving of soft drinks, orange juice and beer.

There will be a souvenir for all Dads.

(Limited A la Carte for Lunch)

"Dearest Dad" Dinner Buffet

\$258 per Adult

\$168 per Child under 12 years of age

Enjoy a sumptuous dinner buffet at the Coffee Shop with a selection of international favourites and Asian Delights and unlimited serving of soft drinks, orange juice and beer.

All Dads will receive a souvenir.

(Limited A la Carte for Dinner)

For a reservation please call the Coffee Shop at 2830 9569 or email at coffeeshop@hkfc.com

RESTAURANT

Brunch Buffet

\$325 per Adult

\$148 per Child under 12 years of age

Enjoy a brunch buffet with unlimited serving of sparkling wine, selected wines, soft drinks and chilled juice.

Kick off your Father's Day celebration with a magnificent brunch which features a selection of international favourites. Enjoy complimentary sparkling and selected white and red wines, chilled juice and soft drinks.

To add to the celebration there will be a free gift for all Dads.

Gourmet 4-Course Set Dinner Featuring Steak and Lobster

\$420 per Adult

There will be a 4-course set dinner with a choice of three Main Courses created by Executive Chef Patrick. **Each Dad will take home a special souvenir as well.**

(No A la Carte for Dinner)

For a reservation please call the Restaurant at 2830 9562 or email at restaurant@hkfc.com



RESTAURANT



LOBSTER TEMPTATION

in the Restaurant
every evening (except Sundays)
from 6.30pm to 10.30pm
throughout the month of June

There is no such thing as too much of a good thing. Don't miss the opportunity to feast on luscious lobsters this month!

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

Great Value for Money *"Take-away Wine"*

Life is too short to drink supermarket wine, so check out the very competitively priced selection this month.

Great value for money...

How to order?

- Please fill out the enclosed order form or pick up the form at the G/F Lobby or download it from our website www.hkfc.com.hk
- Fax it to: 2576 7598 or e-mail to: bar@hkfc.com
- Please allow 5 working days for the processing of your order

** Allocation is limited until stocks last
 (on a first come first served basis)

SUCCULENT SEAFOOD DINNER BUFFET

in the Restaurant
every Sunday for Dinner (from 6.30pm to 9.30pm)



Come and indulge in a selection of succulent Asian and Western seafood dishes at our Sunday Dinner Buffet from now until the end of June.

Enjoy some of the tastiest seafood favourites our culinary team has prepared for you. A carving trolley featuring a slow roasted prime rib will also be available.

\$285 per Adult

\$145 per Child under 12 years of age

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

Just as impressive, at the dinner buffet enjoy unlimited consumption of chilled juices, soft drinks, beer and house wine for just \$65 per person.

SUNDAY BRUNCH

in the Restaurant and Chairman's Bar
from 11am to 2.30pm throughout the month of June

\$280 per Adult (with unlimited flow of sparkling wine)

\$145 per Child under 12 years of age (with soft drinks and chilled juice)

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

Dress Code:

Club Casual. No Collarless T-shirts, no Flip Flops, no short Casual Shorts (Knee length – no beach wear). Ladies are required to dress to a comparable standard.



PINOT NOIRS FROM AROUND THE WORLD - WINE DINNER

In the Restaurant
Friday, 21st June 2013
7.30pm to 7.50pm Pre-Dinner Drinks | 8pm to 11pm: Dinner
\$ 750 per Member | \$ 810 per Member's Guest
Includes an enjoyable 5 - Course Dinner and 10 selected wines.

The Restaurant will feature **Pinots From Around the World**. You will taste great Pinot Noirs from Burgundy, France, USA, New Zealand and more to see how terroir influences wine. Terroir is anything that touches the grape vine: soil, amount of sun light, amount of rain, temperature, fog and more. All this influences the wine that is made. Taste how the same grape can result in tasting different wines.

Canapés

Baby Buffalo Mozzarella with Cajun Shrimps
Foie Gras Toast
Badet Clement Sparkling, France

1st Course

Pan Roasted Sustainable Cod Fish with Dill Cream Sauce
Served Sautéed Fennel and Button Mushroom
Ata Rangi Petrie Chardonnay 2008 NZ, Walter Hansel Chardonnay Estate 2008 USA

2nd Course

Slowed Roasted Kurobuta Pork Loin with Tarragon Jus
Braised Snow Peas and Caramelised Apples
Vincent Girardin Savigny les Beaune Village 2009 France, Ata Rangi Crimson Pinot Noir 2011 NZ

3rd Course

Roasted Australian Lamb Rack Provencal and Braised Lamb Shank in Lamb Jus
Roasted Root Vegetables and Mashed Potatoes
**Vincent Girardin Santenay 1er Cru Les Gravières Rouge 2009 France
Giant Steps Sexton Pinot Noir 2011 Australia**

4th Course

Cheese Platter served Fresh Cherries and Honey
Vincent Girardin Beaune 1er Cru Les Bressandes 2007 France, Walter Hansel Pinot South Slope 2010 USA

Dessert

Braised Pear in Red Wine Soup with Vanilla ice cream
Innocent Bystander Pink Moscato 2012 Australia

Coffee and Tea
Petits Fours

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

Last day for cancellation: Thursday 13th June 2013

** Cancellations made after this date will be charged in full to the Member's account, unless there are exceptional circumstances

*** All the above wines will be served in limited quantity***

COFFEE SHOP



ALL YOU CAN EAT DINNER BUFFET: “HI BARBIE”

**in the Coffee Shop
on Friday and Saturday evenings
from 6.30pm to 9.30pm**

\$260 per Adult, \$140 per Child

With the weather warming up, it is time to make the most of the season by sitting out and enjoying a barbecue. If you don't fancy slaving away over hot coals, step aside and let our culinary team take over.

For more information please call the Coffee Shop at 2830 9569 or email at coffeeshop@hkfc.com



AFTERNOON CRÊPES

**in the Coffee Shop
from 3pm to 5.30pm
throughout the month of June**

Freshly Baked Vanilla Pancakes prepared in different ways.
Please call the Coffee Shop at 2830 9569 for more details.

Home to the \$110 Steak

Every Day for Lunch and Dinner
We have the steak special in the Coffee Shop

Enjoy a succulent
200g striploin steak,
salad and your choice
of fries or mash for
only \$110



CHAIRMAN'S BAR

FRESH OYSTERS

**in the Chairman's Bar
every day from noon to 10.30pm**

- 6 oysters and 2 glasses of Sparkling for \$160
- or 12 oysters and 2 glasses of Sparkling for \$265



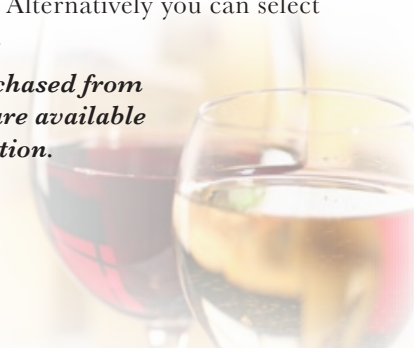
WINE CAROUSEL

**in the Chairman's Bar
every day from 6.30pm to 10.30pm**

From 6.30pm until 10.30pm daily, you can enjoy 2 hours of free-flowing wines specially selected to match the season at a set price of \$150 per person.

There are 12 wines on offer. Alternatively you can select any two glasses for only \$80.

All these wines can be purchased from our takeaway list. Forms are available on our website or at Reception.



*Please note that
there will be
no Breakfast Buffet
served in the Coffee Shop
from June until
the end of August.*



LET'S DO LUNCH AT THE CLUB

The Restaurant

Monday to Friday
from Noon to 2.30pm

Set Lunch with Starter Buffet

2 Courses: \$170

Add \$20 and enjoy a third course

3 Courses: \$190

The Coffee Shop

Monday to Thursday
from Noon to 2.30pm

Light Lunch Buffet

\$135 (Adult); \$73 (Child)

Friday to Sunday
from Noon to 2.30pm

International Lunch Buffet

\$158 (Adult); \$78 (Child)

The Chairman's Bar

Monday to Friday
from Noon to 2.30pm

Express Set Lunch

4 Courses: \$110

SPORTSMAN'S BAR

OPENING HOURS

As the Mini Soccer and Mini Rugby training seasons are coming to an end, starting from June, the Sportsman's Bar will open at 11am on Saturdays, Sundays and Public Holidays until further notice.

On the Food and Beverage front

SIZZLING PLATE SPECIALITIES

Who does not love the delicious anticipation that comes with the smell and sound of a sizzling hot plate?

This month the Sportsman's Bar will feature a selection of creative sizzling specialities for your enjoyment.



Photo for reference only

On the Sports front

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

The **Wimbledon Championships** are back with the first match starting on **Monday 24th June** until the final day on **Sunday 7th July**.

With Rugby, the **British and Irish Lions** tour to Australia will start their first test on **22nd June**, second test on **29th June** and final test on **6th July**.

In F1 racing, the **Canadian Grand Prix** is in Montreal from **Friday 7th June** to **Sunday 9th June**, and the **British Grand Prix** is in Silverstone from **Friday 28th** to **Sunday 30th June**.

Soccer goes into the summer break with all the major news, no doubt, in the transfer market.

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

For further information, please call the Sportsman's Bar at 2830 9531.

2013 STATE OF ORIGIN QUEENSLAND vs NEW SOUTH WALES

GAME 1 – ANZ STADIUM, SYDNEY

Wednesday 5th June at 6pm in the Sportsman's Bar

GAME 2 – SUNCORP STADIUM, BRISBANE

Wednesday 26th June at 6pm in the Sportsman's Bar

CAPTAIN'S CALL

Never-ending Rugby!!

In the last few weeks I've personally managed to attend two international matches, tour India, play a few social matches, coach some kids, host the May Ball and enjoy Lions Week in Hong Kong. I could do with a rest, but instead it's another big month building up to the HKFC Lions Tour.

150 plus tourists will be travelling as part of the official HKFC Rugby tours to Brisbane, Melbourne and Sydney, no doubt to be joined by old Members from across the globe and others who are making their own way to the Tests. A huge thank you to **James Manders** for coordinating this huge crusade. It is sure to be a magnificent experience and we will be sharing some stories and photos in future issues.

We will also have a round up and photos of the Lions in Hong Kong in the next issue, covering the big Testimonial dinner at HKFC, the Lion Dragon Challenge Cup match between Club and London Scottish, plus the big day itself the Lions v Barbarians.

I experienced the two ends of the rugby spectrum in Asia in the last month. At the very top of the game I enjoyed the Asian 5 Nations matches at the Club, to see the ground packed full of supporters, old Clubmen resplendent in their Hong Kong international caps and our national side packed with Club men was simply wonderful. While at the other end of the games pyramid, the Vandals Tour to India was a great experience and saw us coaching abandoned children being given education and life learning using amongst other things the great game of rugby. Thanks to **Sean Purdie** for providing a great article this month on what the Vandals got up to and congratulations to



HKFC VANDALS XV vs CALCUTTA

Back-row: Christian Kimberley, Adam Woolliscroft, Richard Scarth, Patrick O'Connor, JD, Ali McGregor, Ali Frost

Middle Row: Ross Bolton, Gordon Marsden, James Atkinson, Sean Purdie, Tony Forrester, Rhys Pendergast, Adam Harper

Front Row: Callum Dunn, Scott Lindsay, Mark Liversidge (Club Captain), Andrew Eagle, David Nazer

Adam Woolliscroft on winning the Venus Cup!

The Rugby Ball was once again a huge night out, the ladies looked stunning, the lads scrubbed up, I survived the traditional bread roll missiles, we rocked to Gary Hamps band and importantly recognised the seasons award winners. Congratulations to all the winners and keep hold of those trophies! Thanks to **David Nazer** for once again delivering a fantastic night.

Speaking of trophies, we have had a great year and collected armfuls of cups for league and Grand Championships, but sadly only 2 have made it back to the Club! The rest literally fell apart, something that the Union clearly needs to address next season (with all their cash I think they can afford something a little better than a recycled Coke can!)

On the subject of governing bodies, you will be all excited to hear that

the IRB in its wisdom has once again modified the scrum laws! I will go on record to say that "Crouch, Bind, Engage" will be equally baffling to all. Let's just simplify the whole thing, rather than looking for a 6 Sigma process, go back to how it was with the front rows binding together and then applying pressure before the ball comes in...

Finally, can I ask for you to all join us at the **AGM being held on Thursday 6th June**. It's your Section and you should come and hear what has been achieved in the season just gone and being planned for the year ahead. At the very least it's a grand excuse to pop out and have a few sharp ales on a Thursday night (on the rugby ZZ card!!!) See you there.

Only a few more sleeps till our Lions Tour.

Livo ■

INTERNATIONAL RUGBY

ASIAN 5 NATIONS

The men of the Club provided the core of the national squad, as Hong Kong once again challenged to be crowned champions of Asia. Tom Bolland, Dan Watson, Will Hunt (on debut), Charles French, Stephen Nolan, Mike McKee, Stew McGaw, Seb Alfonsi and Mike Glancy all lined up as the team looked to continue to build on recent impressive performances and establish themselves as strong challengers to the title.

**Hong Kong 53 – 7 UAE
Hong Kong 0 – 38 Japan
Philippines 20-59 Hong Kong**

In the midst of the Asia 5 Nations, we sat down for a coffee with Club XV Captain and international prodigy, **Tom Bolland**, as he discusses stardom, diets and love.

Growing up in England, who were your biggest influences in life from a personal and rugby perspective?

I was blessed enough to have parents that provided me with a raft of rich opportunities, and fully supported all of my endeavours no matter what they were.

In terms of rugby, it was my big brother Ben, who despite being 10 years my senior would play one-on-one rugby with me tirelessly in the backyard.

In addition, Charles French, the self-proclaimed Prince of Hong Kong Rugby, is also a major influence.

You were lucky enough to gain your first international cap in 2011, and have quickly become an integral part of the national set up, what does playing for Hong Kong mean to a boy who grew up in England?

Receiving an international cap for Hong Kong was never a consideration when moving here, and I am incredibly grateful



HKFC Rugby players for Hong Kong

for all the opportunities that Hong Kong has given me including representing my adopted country.

The environment of an international side is something I will always cherish, and the first cap is a profound moment for any of the boys. Listening to the national anthem and seeing how much it means to the local boys is beyond words.

It is pleasing to see a large contingent of HKFC players in the squad including your two props, Stephen Nolan and Ian Ridgeway, how important is this for you?

The large amount of HKFC players in the squad, 11 in total, is testament to the talent at the Club. We have all taken the level of physicality and intensity of the international environment, and are attempting to implement it into the Club culture.

Horse and Ridgeway also keep me safe on the field when the big boys are bullying me.

Sides like Japan are professional and perform accordingly. What are the challenges of performing like a professional side when the majority of the players have careers and families outside of rugby?

Japan is the regional benchmark of rugby professionalism and playing against them is currently the epitome of our competition. Obviously if we were in a professional environment the gap that exists will close, but to get where we have got at this point, we have all made huge commitments to the cause and the team, which is only possible through the support of our families and employers.

Perhaps the biggest barrier of all is the Irish mafia and their Bermuda Triangle of Solas, Rula Bula and Kila.

For home games we notice that you spend time at the Marco Polo. What's the environment like leading up to the match?

The fact that we stay in a hotel the night before the home games illustrates the professional atmosphere, which is built into our mindset.

The most poignant aspect of the preparation is the jersey presentation tradition before every game. A guest from outside of the squad individually presents players with their jersey to the applause of the full squad. My greatest moment was when Kevin and Sean Browne presented ours before the Japan game last month.

As a front rower, do you struggle keeping to the strict diet?

Yes! The life of an international 'fatty' involves chocolate contraband being smuggled onto the premises. I have heard nasty rumours of a secret eating club but I suspect that is people like Stew Megaw and Will Hunt, as opposed to myself, Frenchy and Watto.

If there is one mantra that you have lived by, what would it be?

Work hard, play hard. ■

TOM BOLLAND *Fast Facts*

Age: 28

Weight: 108kg (give or take 10 kegs)

Height: 186cm

Position: Hooker/Centre

Hometown: Yarmouth, Isle of Wight
Junior Club: Hall Grove Preparatory School, Surrey

International Caps: 13

Favourite Food: Anything sweet, or savoury, or liquid.





Oh Calcutta!!! Vandals 2013 Tour



Following the Vandals tradition of helping to support the less well known rugby playing countries in Asia, this year we headed to India and spent 5 days exploring the grand old city of Kolkata.

Departing Hong Kong on the Friday night and arriving very, very early on Saturday morning the Vandals continued their tradition of misadventure with buses, as the journey to the hotel was interrupted by a broken fan-belt and small fire, resulting in the tour party enjoying the moonlight from the roadside before being rescued by a fleet of cars...

After a Saturday morning relaxing, the team was hosted for lunch by the representatives of the Calcutta Cricket and Football Club (CCFC) in their impressive clubhouse, before the challenge match against an invitation XV. One of the grand old clubs of Asia, The Calcutta Cricket Club was founded in 1792 the oldest in the world, and the Calcutta Football Club, founded in 1873 is believed to be the oldest rugby club in the world outside of the United Kingdom. In 1878 the Calcutta Football Club presented a cup to the RFU to be contested annually by the national teams of England and Scotland, now known as the Calcutta Cup.

Acknowledging the significance of the rugby tradition in Kolkata, the Vandals prepared diligently for the match over several bottles of Kingfisher and were only slightly derailed by the game being played in 42-degree heat and with only 18 fit players whose average age was 36. A number of the older players who were expecting to play short cameos were drafted in to the starting lineup, to face a CCFC Invitational XV that featured several internationals, a talented English Fly Half and a massive Samoan centre. Buoyed on by the sideline calls of

“Focus” from our Welsh inspiration **Christian Kimberley** the Vandals contested strongly in the first half to trail 16-12 at the break, with strong performances by Swiss flyer **J-D**, silver fox **Rhys** and great niggler from **Paddy O'Connor**. The conditions, age and efforts of our Samoan friend finally took their toll in the second half and the Vandals let in a couple of late scores to succumb 31 -12 to Calcutta. Special mentions to **Ali McGregor**, former Vandals and Select player and longtime India resident for his cameo at the end, **Gordon Marsden** for making his comeback and confirming that hockey is definitely his game and **Scott Lindsay** for “that kick”.

Afterwards the CCFC were magnificent hosts, providing dinner and refreshments until the small hours, as we shared speeches, fines and **Frostie** won the yard race by a mere two clear minutes. New friendships were made, as all the Vandals players were presented with a CCFC club tie and gifts were exchanged between our **Club Captain Livo** and the CCFC President. One of the more interesting discussions late in the night was a plan to hold a biennial contest to be held between CCFC and HKFC in rugby, football and hockey.

The next day the Vandals were with the Don Bosco Ashalayam “Empowering Street Children” programme in Bhattanagar. The charity takes in abandoned children who live on railways and gives them education and support to succeed in life, as well as rugby being a core activity for the boys! The Vandals provided sports coaching programme for the boys, in rugby, football, cricket and basketball, before joining them for a cooling swim. The kids then provided a fabulous lunch for everyone and showed us around the facilities, with the Vandals making a donation to fund their future projects.

The Vandals also spent time with Khelo Rugby, which is a key sport and social development project of the NGO Jungle Crows in Bengal. Khelo is about taking sporting opportunity to socially disadvantaged communities,

most of whom would not normally have any chance to take part in organized sporting activity. Rugby training sessions were planned by the Vandals, led by **Rhys Pendergast** and a social cricket match was also played on the Maidaan, the historic open green area in central Kolkata, which resulted in **Christian Kimberley** having his nose smashed by a vicious bouncer, some less than convincing batting and poor fielding especially **Richard Scarth**.

The cricket match was followed by the traditional Vandals Court, held on the lawn of the Calcutta Rangers Club, that saw **Adam Wooliscroft** awarded the Venus Cup and joining **Gaz Wilde**, **Flo Servan**, **Ali Frost**, **Dan Browne** and other legends in a very exclusive club!

In between all of this the Vandals were also able to include paint ball, a visit to the Victoria Museum, enjoy an afternoon drinking Gin and Tonic on the lawn of CCFC watching bicycle polo, and a global first on a rugby tour - an Indian cookery class lesson, which was heartily consumed without side effects by all tourists. The final day saw the tour party relaxing at reciprocal club the Tollygunge Club, including the “mad dogs” midday golf (least impressive tee shot - **Frostie**), a pool recovery session and a few Kingfisher beers while enjoying the Kolkata Knightriders IPL cricket match.

Special thanks to **Mark Liversidge** for liaison with Kolkata clubs and charities, **Paul Walsh** of the Jungle Crows/Khelo Rugby and Deepankar Nandi - CEO of CCFC for their incredibly warm hospitality. ■

THE 2013 VANDALS:

Richard Scarth, Adam “VC” Wooliscroft, Rhys Pendergast, Tony Forrester, Callum “Chop Chop” Dunn, Alastair Frost, Pat O'Connor, Jimmy Atkinson, JD Pequignot, Livo Liversidge, Ross Bolton, Andy Eagle, Scott Lindsay, Adam Harper, Gordon Marsden, Christian Von Kimberley, Sean Purdie and “the humblest of slaves” David Nazer.



HKFC 2013 RUGBY AWARDS

As is tradition, the annual awards were presented at the Rugby Ball, recognising outstanding performances on the field and incredible contributions to rugby at HKFC.

Jack Kelly Award

Clubman of the Year - Terry Wright

Brian Huddleston Trophy

Section Best and Fairest Player - Tony Forrester

Paul Gibbs Award

Most Improved Player in Section - Jason O'Neill

Recognition of service to HKFC Rugby

Damien Babis and Rob Naylor

Club Player of the Year

Jake Phelps and Dan Falvey

Players of the Year

Dragons - Jamie Chapman
Scorpions - Federico Bogna
Select - Andy Yates
Sequins - Pete Spizzirri
Bulls - John Pearson
ICE - Fiona Foxon

RUGBY SECTION ANNUAL GENERAL MEETING

Thursday 6th June 7:00pm

Please do attend, it is important you hear what has been achieved in 2012-13 and the plans for the year ahead, as well as having the opportunity to share your views and elect the committee.

As is tradition, following the AGM, the committee will host drinks and no doubt plenty of stories of the Lions v BaaBaas weekend, along with banter about the Lions Tour.

British and Irish Lions Tour

For those not lucky enough to be in Australia, watch the test series at HKFC:

Australia vs British and Irish Lions

22nd June – 6pm

29th June – 6pm

6th July – 6pm

Pre-Season Training

Starts 15th July at 7:15pm

As we reach the end of rugby for the 2012-13 season, preparations are already well underway to ensure even greater success for HKFC in the year ahead. Director of Rugby, **Kevin West**, has prepared an intensive pre-season programme to ensure every player, across all teams, will be as sharp as possible come the first game of the season.



HONG KONG HONOURS THE LEGENDS OF RUGBY

HKRFU presents International Caps to past players

The HKRFU recently held ceremonies at HKFC to recognise all those who have represented Hong Kong and many ex-Club players were honoured receiving their Hong Kong caps retrospectively, as prior to 2009 the HKRFU didn't formally award international caps.

Congratulations to all Club men.

ABOVE:

Back row, left to right
1. Warren Warner
2. Paul Gibbs
3. Bob Lloyd
4. Simon Hague
5. Paul Dingley
6. Tom Cameron
7. Bill Mason
8. Robin Bredbury

Front row,

left to right
1. Damien Babis
2. Simon Dean
3. Grant Jamieson
4. Pieter Schats
5. Rick Field
6. Ben Harris
7. John Molloy



PIG CUTTING CEREMONY

Over 80 Lawn Bowls Section members joined this traditional curtain raiser on 20th April to give all the bowlers (representing our 3 Ladies and 5 Men's teams, who will be participating in the Premier League which started on 27th April), good luck in their endeavors.

Chairman **Roger** together with Ladies' Captain **Daisy** and Men's Captain **Bernard** officiated the ceremony, and following the ceremony, practice games were played both indoor and outdoor, with suitable breaks to allow everyone to enjoy the delicious food. Thanks go to **Vivek, Charlene, Daisy** and **Bernard** for ensuring everything ran smoothly and a good time was had by all.

Above:
Bowlers at the
Pig Cutting
Ceremony

Right:
Bernard, Daisy
and **Roger**
officiating at
the ceremony



OTHER MATTERS

I am delighted to announce that **Walter Kwok** has been co-opted onto the committee to serve in the key role of Competition Secretary and, in a supporting role, **Jesse Bradford** has agreed to assist by take over the running of our Indoor Ladder. Their support is greatly appreciated.

Wanis Sze and her sub group have finished their work on the design of our new uniform and we are awaiting the final sample from the factory before placing the order. Hopefully our new kit will be available for the second half of the season.

Leo Yau has also been working hard to get our new website designed and up and running and I hope we will see the fruits of his labour very soon.

Roger Nissim
Chairman

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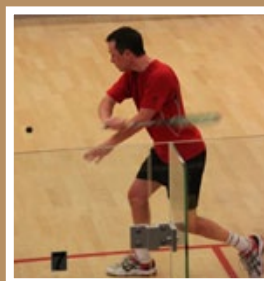
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PSA INTERNATIONAL 25

29th May to 1st June

The Professional Squash Association International 25 is to be played again at the Hong Kong Football Club between 29th May and 1st June. The first round contestants are from Finland, Botswana, Hong Kong, Egypt, USA, Malaysia, England and the Netherlands.

The final is on Saturday 1st June and should be a hotly contested match as always. Hong Kong is represented by **Max Lee** and **Leo Au**. All matches are played at the Club.

Top 20 PSA Ranking (May 2013)

Rank	Player	Country
1	Ramy Ashour	EGY
2	Nick Matthew	ENG
3	Gregory Gaultier	FRA
4	James Willstrop	ENG
5	Mohamed El Shorbagy	EGY
6	Karim Darwish	EGY
7	Peter Barker	ENG
8	Amr Shabana	EGY
9	Borja Golan	ESP
10	Omar Mosaad	EGY
11	Tarek Momen	EGY
12	Simon Rosner	GER
13	Daryl Selby	BOT
14	Alister Walker	ENG
15	Cameron Pilley	AUS
16	Tom Richards	ENG
17	Laurens Jan Anjema	NED
18	Stephen Copping	RSA
19	Saurav Ghosal	IND
20	Nicolas Mueller	CHE

Players at a glance



MAX LEE

Current PSA
Ranking: 32
Country:
Hong Kong
Preferred Racket:
Prince



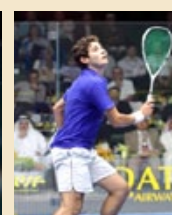
ALI WALKER

Current PSA
Ranking: 14
Country:
Botswana
Preferred Racket:
Tecnifibre



**HENRIK
MUSTONEN**

Current PSA
Ranking: 41
Country: Finland
Preferred Racket:
Prince Exo3 Rebel



**KARIM ABDEL
GAWAD**

Current PSA
Ranking: 24
Country: Egypt
Preferred Racket:
Harrow



OLLIE TUOMINEN

World Ranking: 24
Country: Finland
Preferred Racket:
Dunlop Pro GT-X



CHEUK YAN TANG

Current PSA
Ranking: 204
Country:
Hong Kong



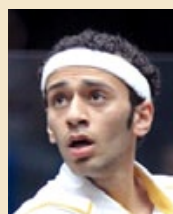
**MOHD NAFIZWAN
ADNAN**

Current PSA
Ranking: 33
Malaysia
Preferred Racket:
Head 135



LEO AU

Current PSA
Ranking: 49
Country:
Hong Kong



**MARWAN EL
SHORBAGY**

World Ranking: 29
Country: England
Preferred Racket:
Dunlop



**JULIAN
ILLINGWORTH**

World Ranking: 55
Country: USA
Preferred Racket:
Dunlop



KARIM ALI FATHI

World Ranking: 43
Country: Egypt
Preferred Racket:
Feather



**LAURENS
JAN ANJEMA**

World Ranking: 17
Country:
Netherlands
Preferred Racket:
Head



HKFC International Squash 3's Tournament

31st May - 2nd June 2013 • Hong Kong Football Club

All Members are welcome to come and watch

DIARY DATES

3RD SICC/MARIGOLD INTERNATIONAL JUMBO DOUBLES SQUASH TOURNAMENT 20th to 23rd June 2013

Open Event for all players to contest and a Veterans Category (for players 45 years old and above)

TORINO WORLD MASTER GAMES, ITALY 2nd -10th August

Squash is part of the games! One HKFC member already signed up! Please contact paul.errington@yahoo.com if you wish to go to this event!

For details of this World Master Games, please visit:
<http://www.torino2013wmg.org/?lang=en>

Squash details: Individual (Men and Women)

Open: This grade is for elite players who have competed at an international or national team level and players who have competed in national, provincial/state championships.

Competitive: This grade is for players who have competed in competitive leagues and club players.

Age Categories: Individual (Men and Women): 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 75+, 80+

Age determined at 2nd August 2013.

Every participant can compete only in one age category per event.



SATURDAY MORNING YOUTH SQUASH *at the Club*

10:15am to 12:30pm
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COACHES CORNER

Player of the month:
Rachel Suttcliff

Junior of the month:
Aaron Nieshorster



Nick Studholme-Wilson,
Hockey Section Chairman

CHAIRMAN'S REPORT

I cannot believe that we are at the end of another season. These days they seem to go by in the swish of a stick. I am pleased to report that the season has been another excellent one, where we have competed extremely well at all levels.

The Ladies' A were yet again the team to beat this season and it is to the credit of this formidable team that it forced our closest opposition to bring in the Kiwi's to beat us. As always the best way of gauging your quality is to see the lengths the opposition have to go to, to beat you. They had to go a long way!

Men's A had another strong season to finish as runners up. The premierships is getting tougher and tougher as clubs bring in an increasing number of players from overseas. This is unlikely to change anytime soon and the league will soon start to look increasingly professional. At the moment we seem to be able to cope, but this is going to change and we need to ensure that we keep attracting the best players to the club.

Played 14 won 14. It simply does not get better than that! The season is long and players come and go with injury or holidays and still the Ladies F team kept winning throughout the season. All great teams trip up at least once in the season when they let their guard down and one of the opposition gets a sneaky draw, but not this F team. Well done Ladies on a perfect season!

Congratulations are also in order for the Men's G team who won the 4th Division title. It was another excellent season for you guys, I am very proud of your performance.

Junior Hockey has taken another big step forward in both numbers and quality. Our junior teams are the benchmark at all age groups and this success has bred more and more interest in our development programme, to the extent that we are at capacity unless we are able to secure more pitch time. Thank you **Neil, Rob, Chappie** and all the coaches who are there week in, week out on Fridays and Saturdays; the next generation of premierships players is in very sound hands.

Before I sign off I would like to say a big thank you to our sponsors **HFW, China Private Equity** and **Senon**. We could not have done this without you.

Nick



Joanna Fargus,
Ladies' Captain

LADIES CAPTAIN'S REPORT

Well another successful season has come to a close and I'm sad to say, my tenure as Ladies Captain is also coming to a close. It's been a great couple of years immersing myself in the inner workings of the Hockey Section, however, it sure will be nice just showing up and playing next year!

Here's a quick season wrap up for our 7 women's teams:

After suffering a couple of unlucky early draws, the A's saw themselves fighting a 2 team battle to the very end against a hungry Valley side. With the fate of the league resting on the very last game, Valley proved too strong. However, second place in the Premiership (and Holland Cup finalists) is nothing to shake a stick at and I'm sure the A's will come back stronger and more determined than ever next season.

The B's also had a fight on their hands throughout the season, but came back week in week out with a great attitude and team camaraderie – resulting in a 5th place finish in a tough Premier Division, as well as reaching the Holland Cup semi-finals.

The C's had a fantastic turnaround this season going from strength to strength each week to finish second in the First Division behind a powerhouse Dutch team, as well as being selected to play in the newly formed Holland Cup tournament.

The D's had a shaky start but fought back each week to finish a respectable 7th in the First Division as well as make it through to the knockout cup semi-finals.

The E's (Dino's) continue to show their unrivalled hockey experience with (almost) a full team each week and a third place finish in the Second Division - as well as progressing to the knockout cup Plate semi-finals. What a way to celebrate their 25th anniversary!

The F's finally gave up their "bridesmaid" title to claim Division 3 with a perfect season - 14 wins, 0 losses – the only team in Hong Kong (both men and women) to win every game this season. An amazing result.

The G's capitalized on the injection of their fabulous A team coach to finish their season in the top 3 and win the knockout cup Saucer! Well done G's.

So we have one last hurrah at the **End of Season Ball** before we all go our separate ways for the summer - but don't forget we run a **Social Mixed Hockey** league over June/July if you're keen to brush up on your skills before trials in August. Keep an eye on the website for updates!

Cheers

Jo



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MEN'S HOCKEY INTER-PORT *HKFC vs RBSC*

On a cool spring evening (certainly by Bangkok standards), the 2nd annual HKFC and Royal Bangkok Sports Club (RBSC) Inter-port hockey match got underway between the RBSC touring side and a HKFC invitation team (consisting of players from a range of the HKFC men's teams).

With the elegant new porcelain trophy to play for (donated by the touring side), the 'friendly' strategy quickly turned competitive for both sides. It also meant it was a fairly free flowing, attack-minded game, as neither side wanted to defend if possible, with the relatively strong Club side controlling much of the possession.

There were a number of useful moves and set plays created by the opposition but most of the action was at the opposite end, with a number of the Club players getting in on the scoring action.

The Club team ran out the victors and to the bar both teams headed to cap off the tour in the most appropriate manner. The event was well received and enjoyed by all who took part. We look forward to visiting Bangkok for the 2014 Inter-port, defending the title, and hopefully bringing the trophy back to Club for another year.

Many thanks to the RBSC tourists, the HKFC Hockey Section, the HKFC Staff and everyone else involved.

END OF SEASON SUMMARIES – HKFC MEN'S TEAMS

Men's A Team

In August the Men's A's faced the tough task of trying to repeat their league-winning season from 2012. The league was looking even stronger than before with more teams bringing in players, but the guys started well with a 4-2 win over new comers Punjab.

The first half of the season was going well and we were unbeaten until the grudge match with rivals Khalsa. A close game, a dodgy flick but a 2-1 loss meant we were chasing from then on.

Christmas and New Year came and went and we needed a strong start to the second half of the season. Unfortunately, too many mince pies, beers and general over indulgence meant 3 points were thrown away at KCC and then a draw with Punjab pretty much put paid to any chance of winning the title.

We got back to winning ways after that and started to hit the heights of the previous season with some quality hockey. Unfortunately, we couldn't quite peg back Khalsa, although a draw against the league winners with 10 men was probably the performance of the season. A creditable 2nd place finish though was reward for a strong if not epic season. Bowing out in the semi-final of the Holland Cup was also disappointing but onwards we look!



We are also sad to see some stalwarts leave us shortly.

Russell Abel has been true to his name and much more through his three seasons in the A's. A forceful, vocal, crowd baiting left back has given his all to the cause on the pitch and as social coordinator extraordinaire. I look forward to reports of his matches in the Delhi league!

Olly Watt returns to the UK, having been a major part of our miserly defence for five years. We will certainly miss his ability to stifle the most skilful of opponents and his presence as a proper team man.

Farewell and good luck fellas!

Men's C Team

The C team season has been one of peaks and troughs. The standard of Division One hockey has improved substantially since last season, and it was a tough start for the C's facing most of the top teams. Draws against poorer opposition and losses where points could have been salvaged, meant at Christmas the C's were sitting just 2 points outside of the relegation zone with 8 points.

At this point the team realized they needed a collective change in tactics, and sport, and they went through a tough winter programme of bobsled training, culminating in a fine performance at the Christmas party, leaving a group of Smurfs and the masses of Wan Chai and LKF wondering what had hit them.

On the back of this tough regime, a new found belief and energy was found, and the C's went on a unbeaten run through to the Chinese New Year taking a maximum of 16 points from 18. One of the highlights of this run was a 3-2 win over rivals Valley B, where the C's instigated a comeback from 2-0 down in the last 10 minutes to win 3-2. Injuries dogged the C's in the second half of the season, with further losses, however they finished a respectable 7th in the league.

Men's F Team



The F Team has had one of its best seasons in recent memory, in as much as some players are that old that they can't remember that far back anyway!

What we deem as being a 3rd equal placing, but in fact finishing 4th according to the HKHA, 34 points, with one win less than the 3rd placed team. We had 9 wins, 7 draws, and only 4 lost games.

The season started on a low, 5-1 down to the eventual league winners, and we struggled to find form, with a multitude of close run draws. Just one or two of those being changed to a win and we'd have been scarily close to promotion!

Second half of the season, we surprised **Chappie** by doing what he had told us to do for years, and remained almost unbeaten, winning all games bar the penultimate one. We went out with a close run final win.

Now we are well placed for the Cup and hope to go one step further than last year's Cup Final loss (in extra time penalty shoot outs) to bring home the silverware. This year's campaign has gotten off to a storming start with an 11-0 win in the first round of the competition.

Some new 'youth' players were added to the squad - well under 40 - and the old "experienced" ones have combined well to make a team that can put together quite a good game of hockey week in and week out once we put our minds to it.

Good season, great results, best team spirit.

Men's G Team

A highly ambitious, trophy-hunting G team squad opened the 2012-13 season with wins over Dutch B (5-0), Dragons B (4-1), Elite D (2-1), Shaheen C (4-1) and Recreio C (5-1). A minor hiccup followed with losses against fellow title contenders, Elite E (0-2) and Valley D (0-2) before getting back on track with wins against the Hs (5-2), Dragons C (3-0). In a magnificent display of grit and determination we came back twice from two goals down to hold on for a draw against Rhino B (3-3). Another win against Dragons B (2-1) before once again falling short against a very strong Valley D (1-3).

The pressure of maintaining such a high playing standard took its toll though and we lost a handful of players, including goal machine **Michael "The Greek" Vrontamitis**, to injury. The E's provided reinforcements in the form of **Martin Harris, Speedy** and **Austin**.

The title campaign resumed with victory over Elite D (3-1). We continued to match Elite E point for point under ever increasing pressure from Valley and Recreio. There was a defeat to a mid-table Shaheen C (1-6), who reversed early season form to produce the most clinical display of hockey we faced all season. They also beat all our title rivals. A highly competitive and above-average quality division meant that all the top teams dropped points in the run-in to the league season.

Wins against Rhino B (3-1) and the Hs (2-0) followed before we met top of the table Elite E again. 70 minutes of chess-like hockey ensued with neither team able to gain the upper hand (0-0). A win over Dragons C (3-0) left us needing two wins and plenty of goals from our last few games. We stylishly dispatched Dutch B 7-1 before making the trek to Recreio and



securing the Division 4 title with an epic 3-0 victory over the masters of grass.

There were some notable comic moments that could be mentioned, but this season's focus was all about the perfect team, gelling together to win silverware. At the time of writing, a league and plate double is still on the cards.

Men's H Team

The HKFC H's had what can only be described as a challenging season. With many of our best players promoted to more senior teams it was always going to be hard going, and at times it felt that we were something of a fish out of water in the league we were in. Yet the team pulled together for a fantastic effort, generating many memories along the way: the "Use two hands!" bellowing of **Nick; Nigel, Anthony** and **Chris'** Duracell-bunny performances; the evergreen team of **Neville, JJ, Tony**, and **Martin**; the cricket-shot goals by **Hanson** and **Taylor**; rock-solid tackles by **Abhinav, Julian, Timo** and **Vincent**; and the welcome injection of skill by **Mark, Thorsten, Guy** and **Dom. Paul** and **Cyrus**, at centre forward and goalkeeper respectively, were outstanding contributors, but only stood out because of the enthusiastic and spirited platform they were given by the rest of the team. It was fun, but next year will be far more so! ■



Junior Hockey coaches



JUNIOR HOCKEY 2012/13 SEASON AWARDS

U8	
Best boy	Felix Studholme-Wilson
Best Girl	Amelia van Maanen
Most improved Boy	Atif Javed
Most improved Girl	Phoebe Wilkinson
Coaches Award	Beatrice Furniss
Best Coach	Neil Norman

U10	
Best boy	Luke Marcon
Best Girl	Maya Maloney
Most improved Boy	Aadzo
Most improved Girl	Chloe Sik
Coaches Award	Dylan Hughes
Best Coach	Yan Adams

U12	
Best boy	Justin Mak
Best Girl	Lottie Burton
Most improved Boy	Archie Wilkinson
Most improved Girl	Emily Norris
Coaches Award	Thorwen Uiterwaal
Best Coach	Christel Kolff

Youth	
Best boy	Alessio Kenda
Best Girl	Julie Kolff
Most improved Boy	Romain Gaud
Most improved Girl	Emma Davis
Coaches Award	Alfred Lindman and Alec Drew-Prior
Best Coach	Simon Sheperdson

Junior Soccer News



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Congratulations to ERIK WIHLBORN – Hong Kong U14 National Squad Player



Erik Wihlborn – No. 17 (far left)

Achieving National representation is usually the highest honour bestowed on a sportsperson, however, when that person is only 13 years old, one hopes it is the start of the journey rather than the end.

HKFC U14 player, **Erik Wihlborn**, recently represented Hong Kong at the AFC U14 Asia Championship qualifiers. While a technicality forbids Hong Kong being described as a National team, Erik had the privilege of playing against national teams from Macau, Mongolia, as well as traditional regional “power houses”, DPR Korea and Japan. Hong Kong played with distinction,

narrowly losing to Japan and finishing 3rd overall, ahead of Macau and Mongolia and behind Japan and eventual winners, DPR Korea. DPR Korea qualifying for the U14 Asian Championships to be held next year.

Erik, playing in a traditional “No.7” role within a 1-4-3-3 system, started against DPR Korea and Japan, however was unable to play the final match against Mongolia due to injury.

Congratulations to Erik on achieving Hong Kong Representative honours. He is a talented player and one that should continue to be afforded the support and encouragement of the Soccer Section.



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Email: wilmadonnelly@gmail.com



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Exotic Cream Moisture Dew for Dry Skin by Elemis	60 mins	\$620
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Elemis Oxygen Skin Calming Facial - Sensitive skin	75 mins	\$880
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Elemis Visible Brilliance Facial for Ageing, Stressed & Slackened Skin	90 mins	\$1,080
Elemis Procollagen Marine Anti-Ageing Facial for Tired & Matured Skin	90 mins	\$1,080
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BODY MASSAGE THERAPY FOR HER & HIM (For him add \$100 per session)

Sports Massage	30/60/90 mins	\$330/650/950
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Aromatherapy Massage	60 mins	\$600
Deluxe Pregnancy Massage	45/60 mins	\$450/550
Manual Lymphatic Massage	60 mins	\$680
G5 Gyratory Slimming Massage	30/60 mins	\$300/580
Besem SD Ultrasound Therapy	15/25/45/60 mins	290/390/680/960
Signature Wellness Massage by Wilma	30/60/90 mins	\$330/650/950
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Recommended, Massage Therapy Package: One(1) Treatment every two weeks course of 10 (10% discount)

Intensive Course: Massage Therapy Package:

One (1) Treatment every week course of 20 (15% discount)

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Elemis Body Sculpting Cellulite & Colon Therapy	75 mins	\$680
Elemis Muscle Body Wrap	60 mins	\$640
Elemis Cellulox Detox Body Wrap	60 mins	\$640

SKIN, BODY AND LIFESTYLE CONSULTATION	15 mins	\$220 (waived)
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HAIR REMOVAL WARM WAXING FOR HER & HIM

Lip Hot Wax	8 mins	\$120
Underarm Hot Wax	8 mins	\$120
Chin	8 mins	\$120
Stomach	10 mins	\$150
Forehead	10 mins	\$150
Half Arm	20 mins	\$180
Eyebrow Wax / Styling	20 mins	\$200
Half Leg (Lower)	20 mins	\$240
Half Leg (Upper)	25 mins	\$260
Bikini Line	15-20 mins	\$200-\$250
Shoulders	15 mins	\$220
G-string Bikini	25 mins	\$280
Full Face Wax	20 mins	\$250
Chest	25 mins	\$250
Maintenance Treatment (3-4 weeks only)	30 mins	\$320
Back and Shoulders for Him	25 mins	\$350
Full "Hollywood Bikini" (Hotwax) All Off	30-45 mins	\$380
Full Arm	25 mins	\$380
Full Brazilian Bikini" (Hotwax) With Shape	30-45 mins	\$390
Full Legs	35 mins	\$450

WAXING PACKAGES

a. Half leg (lower) + Bikini Line	30 mins	\$400
b. Half leg (upper) + Bikini Line	30 mins	\$410
c. Half leg (lower) + Bikini Line + Underarm	45 mins	\$488
d. Half leg (upper) + Bikini Line + Underarm	50 mins	\$498
e. Full leg + Bikini Line + Upper Lip	50 mins	\$610
f. Full leg + Bikini Line + Underarm	50 mins	\$640

LITTLE EXTRAS

Spa / Basic Manicure (add \$50 for French Polish)	60/45 mins	\$360/220
Spa / Basic Manicure (add \$50 for French Polish)	75/60 mins	\$560/345
Eyebrow Styling	20 mins	\$200
Eyebrow Tinting	15 mins	\$200
Eyelash Tinting	25 mins	\$200
Eyelash Tinting & Curling	60 mins	\$520
Eyebrow Styling & Tinting	60 mins	\$380
Eyelash Tinting & Eyebrow Tinting Combo	30 mins	\$380
Eyelash Curling	30 mins	\$350

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Updated: 20th May 2013

Badminton News



HKFC JUNIOR BADMINTON TOURNAMENT 2013

The future of badminton at HKFC is in good hands! The junior tournament on 14th April was a cracking display of badminton prowess - power, control, movement, aggression and intelligence in abundance from our youngsters. The photos tell the story better than any words, so take a look at how the boys and girls performed.

The turn-out was slightly lower than last year, but the quality of play has improved enormously under the watchful eye of coaches **Jaff Lo** and **John Leung**, so we expect even greater things for the future.

The results of the events were as follows:

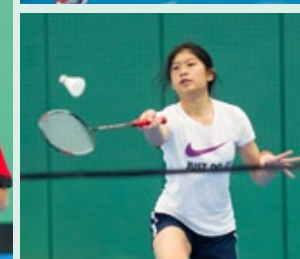
Event	Champion	Runner-up	2nd Runner-up	3rd Runner-up
U-12 Boys and Girls	Gaius Ip	Raymond Khoo	Marcus Ip	Reacan Lee
U-15 Boys	Timothy Chue	Timothy Seong	Aryan Ganali	Nathan Man
U-15 Girls	Tiffany Yu	Natalie Yeung	Lianne Howley	
U-18 Boys	Ryan Ng	Timothy Chue	Timothy Seong	Nathan Man
U-18 Girls	Natalie Leung	Lianne Howley	Tiffany Yu	

On the back of their performances, one or two of these players were invited to play in the senior match against the West Hong Kong Medical team on 4th May and **Timothy Chue**, our U-15 Boys champion, made an outstanding debut in that match. **Timothy** also teamed up with his mum in the Senior Tournament 'Family Doubles' event on 28th April to add another Champion's medal to his collection. See below for more details.

Men's and Mixed League teams both lose out in quarter-finals

The month of April saw the fantastic league runs of our two teams come to a halt at the quarter-final stage. In the case of the Men's team, a team weakened by absence came agonizingly close to making it through to the semi-finals. Although losing 6 games to 3, the result in two of those lost games was 31-30 and the overall points difference between the two teams after nine games was just 6 points! A closer match is hard to imagine. Congratulations to the players for a hard-fought contest.

Meanwhile, the Mixed team, short of reserves because of a lack of any strength in depth, was unable to field a full team for their quarter-final, so the match was conceded. This was a really disappointing way to end their competition after a promising start, but the Society is already taking steps to increase and improve the squad in preparation for the next campaign.



HKFC BADMINTON TOURNAMENT AND AGM 2013

Two weeks after the Junior Tournament, it was the turn of the older Society members (and some of them are very old!), to strut their stuff in the annual Club tournament. The tournament is always a hotly-contested affair and this year was certainly no exception. The stars of the show were **John Leung** and **Yeuk Sxe Wong**, who each walked away with two Champions' medals, but there were some outstanding performances across the board. With some of our younger players also appearing in the tournament for the first time, notably **Timothy Chue** with his mum **Agnes** winning in the Family Doubles, it was a time for the more established players to see how tough the competition is starting to become. New names are appearing on the trophies now!

The results were:

Event	Champion	Runner-up	2nd Runner-up
Centenarian Doubles	Brian Lovell and Colman Lam	Danny Wong and Steve Lo	Ken Ton and Benjamin Chan
Men's Doubles	John Leung and Nick Nandwani	David McDonald and Matthew Wong	T K Lam and Ka Leung Chan
Ladies' Doubles	Amy Chan and Yeuk Sxe Wong	Chris Lo and Agnes Chue	
Mixed Doubles	John Leung and Yeuk Sxe Wong	Brian Lovell and Jennifer Yu	David McDonald and Yoke Ming Ong
Family Doubles	Agnes Chue and Timothy Chue	Chris Lo and Steve Lo	Jovin Lee and Peric Lee

At the AGM that evening, the Chairman reported on the healthy condition of the Society finances (not least on the back of incredible sponsorship secured by **Tommy Liu**), and on the junior training programmes. The Men's and Mixed League teams had both reached the quarter-finals in their respective leagues, which was a very gratifying performance at this stage in the teams' development and the intention is to enter a Ladies team in the League next season. Following adoption at the Committee of the new bye-laws, the AGM elected the following Committee for the coming year:

Chairman: Brian Lovell
Vice-Chairman: Benjamin Chan
Secretary: Paul Tso
Treasurer: BK Mak
Membership Secretary: Philip Chan
S&RSC Representative: Cheung Yu
Badminton Captain: David McDonald
Ladies Captain: Amy Chan
Youth Badminton Representative: Samantha Lam
General Officers: TK Lam, Matthew Wong, Tommy Liu and Colman Lam



Playing doctors and nurses!

On 5th May the HKFC Badminton Society hosted a team from the Hong Kong Hospital Authority (West Cluster) for a friendly match, organized by our very own **Patrick Cheng**. It was a very friendly and festive occasion and the match was played in a great spirit. The match was divided into Men's, Ladies and Mixed competitions and the overall result was a comfortable win for HKFC. The Men's team of **Ka Leung** and **Timothy**, **Brian** and **Matt**, **Colman** and **Boon**, and **Jaff** and **Ryan** won 8-0. The Ladies team of **Amy** and **Jennifer**, and **Peggy** and **Yeuk Sxe** lost 4-0 in some close games, while the Mixed team of **Amy** and **Matthew**, **Peggy** and **Ka Leung**, **Yeuk Sxe** and **Timothy**, **Jennifer** and **David**, and **Amy** and **Timothy** ran out 3-2 winners. Notable in all this was the performance of our Junior under-15 champion, **Timothy Chue**, who won three of his four games on his senior debut. Also prominent was our other young debutant, **Ka Leung Chan**, who was on the winning side in all three of his matches. So special congratulations to both **Timothy** and **Ka Leung** on their performances! The post-match dinner was well-attended and a return match beckons...

INAUGURAL INVITATION CHALLENGE CUP



HKFC team



On 4th May the Tennis Society hosted the Inaugural Invitation Challenge Cup. We invited three teams of 12 (6 men and 6 ladies) from the Hong Kong Cricket Club(HKCC), Kowloon Cricket Club (KCC) and Clearwater Bay Golf and Country Club (CWB) for a friendly competition. The event was designed for B, C and D graded players in a round robin format with men's, ladies and mixed doubles.



KCC were overall champions with 20 points, CWB and the Football Club were equal on 12 points each, but CWB were ahead on total games won so they finished in second place and HKCC were in fourth spot with 10 points.

Prizes were presented by the poolside with an excellent BBQ. Kudos to **Kevin McNamara** for leading this event and coordinating with the visiting clubs. Thanks also to **Job** for sorting out the trophies and captains **Yoke Ming** and **Greg Brutus** for arranging the teams.



Champions – KCC



Runners up – CWB

CHARITY CUP

On what turned out to be perfect weather for tennis - overcast and cool with NO rain, twelve teams of four players (2 men and 2 ladies) battled against each other for nearly five hours in order to raise much needed funds for a small orphanage in Kampala, Uganda, called Jordan House.

A total of just under HK\$27,000 was raised - thanks to all of those players who participated in the event and to those members who also donated money. In the end, the team of **Yoke Ming Ong**, **Agnes Baleyte**, **Tony Shield** and **Simon Cheung** managed to come out on top, just ahead of the team comprising **Mel Watt**, **Alison Cabrelli**, **Kevin McNamara** and **Greg Christison**.



START OF SEASON BBQ

A great night was had by all as nearly 50 Tennis Society members got together around the HKFC pool on a balmy evening, some resplendent in their Hawaiian outfits, to help bring in the new tennis league season. For the first time in our history, we have a ladies A team along with a men's C league team to join our teams from last season - men's A, B and D and ladies B. The food was excellent while the beer and wine went down very well!



League Update

The Club is being proudly represented by no less than six teams in the evening league for the first time this summer. The newly formed ladies A team captained by **Celina Leung** has gotten off to a great start with three wins out of three. This is a very short season for the ladies with only six matches and the team is unbeaten so far with convincing results. They beat HKU2 by 8-1, Hong Kong Cricket Club by 7-2, and Hong Lok Yuen by 6-3. Three more matches to go and hope of booking a place in the playoffs is high if they can keep up with their performance.

Simon Cheung's A+ team has lost the two matches they've played so far, while the men's B, men's C and Ladies B teams have all won 1 out of 3 so far. And the men's D is feeling the effects of several players moving up to C grade and has lost the two matches they've played so far.

If you'd like more information about joining the league please contact the respective captains at tennisociety@gmail.com.



FORTHCOMING EVENTS

Saturday 1st June – French Open Social 2-6pm

Saturday 8th June – Visiting team from Bangkok

Thursday 20th June – AGM

Saturday 6th July – Wimbledon Social 2-6pm

Saturday 2nd November – Tennis Society Ball

SUNDAY SOCIAL TENNIS

A reminder that Sunday Social Tennis takes place every Sunday morning from 9am -12 noon. This social event is open to all Tennis Society members. Just come along with your racquet and you are set to go.

Be sure to check out the Tennis Society website which is updated regularly with lots more photos from all of the recent events. www.hkftennis.com

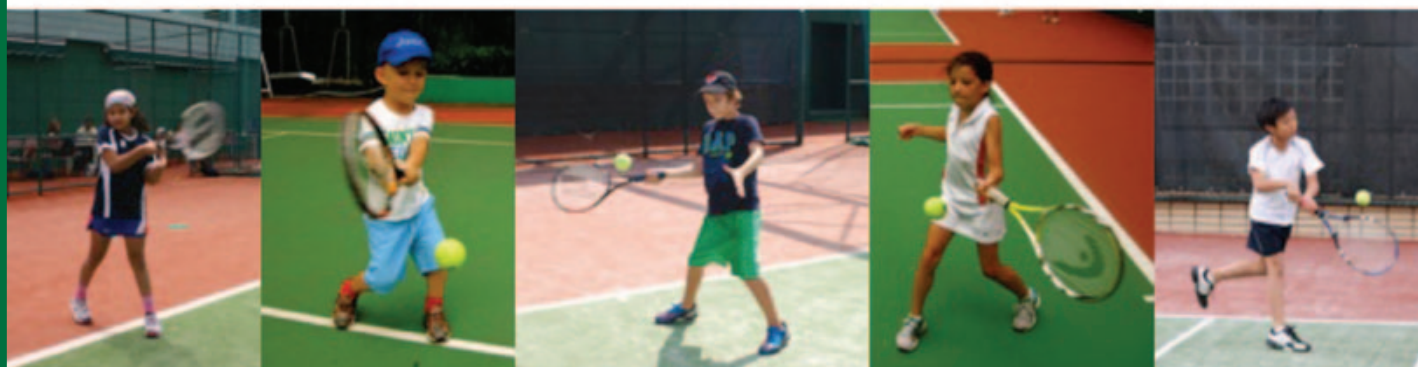
If you have any questions, comments or suggestions for the Tennis Society, please email the following address: tennisociety@gmail.com



SUMMER

Tennis Camps

JULY/AUGUST 2013



1st July - 4th July
8th July - 11th July
15th July - 18th July
5th Aug - 8th Aug
12th Aug - 15th Aug
19th Aug - 22nd Aug
26th Aug - 29th Aug

**9am -
11:30am**

\$1980

**4 Day
Camp**

**(non members -
\$2380)**

HKFC

Optional Tournament Day Friday of Each Camp - 9am to 11am - \$350

All levels, beginner, intermediate, advanced, elite. 4 - 17 years old.
Snacks & drinks provided daily, prizes & certificates for all players!

Entry forms at HKFC 1st Floor Sports Desk & 3rd Floor Tennis Desk

or e-mail: hkfc@atatennisaces.com

Golf News

19th Hole www.hkfcgolf.com

Change in Event Organiser

First of all, a big thank you from the Golf Society to **Candi Anna Chan**, who stepped down from the position of Event Organiser on 30th April 2013. **Candi** is succeeded by **Bruce Chan**. **Bruce** is looking forward to meeting our members during our golf outings and has pledged to do his best to meet our event needs during his tenure.

Match against HKCC

This first inter-club match in 2013 was held on the weekend of 20th April at Lotus Hill Golf Resort in pouring rain. Captained by **Duncan Spooner**, our players had the difficult task of winning back the trophy surrendered last year.

On day 1, our four pairs comprising **Andy Ho** and **David Keller**, **Dallas Reid** and **Nick Allen**, **Andrew Wood** and **Phil Head** and **Duncan Spooner** and **Matt Burke** made a flying start to a streak of wins. However, **Declan McDaid** and **Ali Murray** and **Des Hastie** and **JP Cuvelier** were unable to withstand their opponents. At the end of the day FC was up 4-2.

Day 2 brought the singles matches with 12 points up for grabs. Matches were closely fought with see-sawing scores. The overall result was a tie when ten singles matches finished. So it all came down to the last two men – **Ali** and **Nick**. **Ali** went down but **Nick** turned his match around in heroic style from 3

down at the turn to win – squaring the contest. Sadly, a drawn match meant the trophy remained with HKCC. Members can visit the 'Highlights' section on the website [www.hkfcgolf.com] for a full report on the match.

Other inter-club matches are lined up later this year. The Society is also exploring the possibility of inter-port matches. Those who wish to be considered to represent the Society should contact **Duncan**.

Monthly Outings

TaylorMade Challenge 12th April 2013

Twenty-two members and guests joined golfers from Pacific Links Club and GD Golfers in this tournament held at Phoenix Hill Golf Club, Dongguan. To make it more interesting and competitive the organisers introduced a trophy to be awarded to the winning club based on the Double Peoria of 10 best golfers from each club.

Our Members displayed a good level of play with **Henry Lai** winning the Net 1st Runner Up and **Emma Pike** taking the longest drive. **Graeme Peacock**, a member's guest, was Net Champion. Gross Champion was a lady member of GD Golfers, which also claimed the club trophy. Football Club came second, conceding only a few strokes to the winner.



TaylorMade Challenge on 12th April

Discovery Bay 29th April 2013

Twenty members competed at the Diamond and Jade course using Stableford format. Four players were tied at 33 points with **Dallas Reid** being eliminated on count back. The winner was **Jonathan Li**, with **Jennifer Chapman** and **Emma Pike** second and third respectively. Nearest pins were won by **Fred Teng**, **Joseph Wong**, **Jonathan** and **Emma** (x2). Longest drives went to **Jonathan** and **Lily Chan**.

Prizes were presented by our Chairman, **Ian Petersen**.



Tentative Upcoming Events

Sunday 2nd June – Kau Sai Chau (East)

Saturday 22nd June – Kau Sai Chau (North and South): Annual Club Championships

Saturday 22nd June – HKFC: Annual Dinner

Saturday 13th July – Kau Sai Chau (North): President vs Chairman

Sunday 21st July – Kau Sai Chau (South): Summer Cup

■ **Margaret Tsai**

Golf Society Team for Match against HKCC on 20 April



Swimming and Triathlon



Catherine Sen,
Captain, Swimming and
Triathlon Society

CAPTAIN'S REPORT

The wet and windy days of March and April did not deter our members from putting in some serious training in the pool with coach Lloyd McBean and all that hard work has clearly paid off!

Richard Hall ran a race us mere mortals can only dream of in Ironman South Africa. **Richard** finished 5th in his Age Group with a time of 9 hours 33 mins and has won a place at the Ironman World Championships in Kona, Hawaii later this year. What a tremendous achievement!

Laura Walsh and **Jonathan Perrin** both raced in the inaugural Laguna Lang Vietnam triathlon on April 14th and continued our stellar start to the season, both with podium placings.

Congratulations also go to our members who competed in the HKASA open water swimming race at Tei Mei Tuk on Sunday 28th April. **Craig Nortje**, **Stuart Tait** and **Simon Brewster** swept the board with a 1-2-3 in the Men's 35-39 Age Group. **Anne-Marie Balfe** and **Sally Gentle** also had great races, with **Sally** winning 2nd place in her Age Group. Another winning weekend for the HKFC!

The first triathlon event of the year in Hong Kong at Plover Cove on 5th May saw some further great achievements from our members with **Richard Hall** (second overall), **Laura Walsh** (first female), **Cordelia Dyer** (third in age group), **Anne-Marie Balfe** (first in age group) and **Niccola Russo** (first in age group).

The trials for the HKFC Elite Youth Swimming Squad were held on 15th April and **Arthur Li**, our resident 3 time Olympian, will be training the squad every Monday and Wednesday to get them in top form. As ever we are very lucky to have someone of **Arthur's** quality to work with our youth team. It all bodes well for the future of the HKFC Swimming and Triathlon Society!

I look forward to seeing you in the pool, on the bike and round the track.

Cat

Email: captain@hkfcswimming.com
www.hkfcswimming.com

Triathlon Vietnam

(Swim 1.8km/ Bike 62km and 12km run)

14th April 2013

Congratulations to Jonathan Perrin and Laura Walsh at their podium placings at the inaugural Vietnam triathlon.

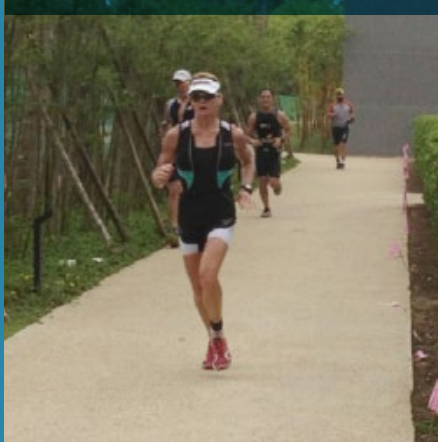
The first of anything is always going to be special, although maybe with a few unexpected road bumps! That was very much true for the Laguna Lang Co Triathlon in Vietnam, a 1.8K swim, 62K Bike leg and a 12K run to finish off. All of which took place in and around the grounds and surrounding countryside of the new Laguna hotel.

The first road bump was the weather, this was expected to be calm and barmy, but instead it was storming right up until the race. Training was therefore interesting. The beach had been red flagged and the swells were 1.8m with a very short wave length, they were full of sand and were dumping. This made swimming almost impossible, but it was a very cheap way to get an "all over" body scrub. Cycling was a little less hairy but with strong gusting winds and squally showers the best option was to tuck in behind a water buffalo (of which there were many) and draft, clearly keeping an eye out for any "weight loss" from said buffalo.

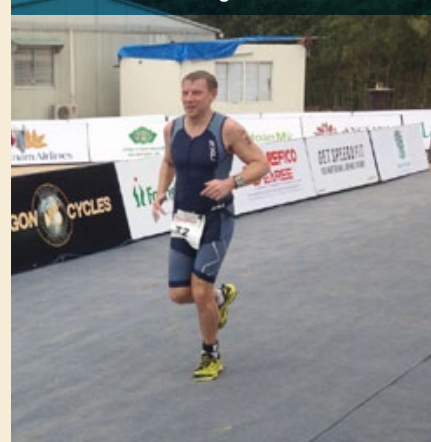
The second road bump came at the race briefing. Yes we were listening as it was the first ever briefing, and we were told that the swim had a probability of only 10% of occurring. This was no surprise to anyone who had been in the water, and the fact that of the two buoys they had managed to place, one was nearly on the beach! But, the pro field was stacked with Chris Leito, Macca, Belinda and Justin Granger, Massimo Cigana, Fredrick Croneborg, and Radka Vodickova and there was that feeling that they wanted to swim.

The morning of the race dawned with the sea conditions no different, so expecting the swim to be off and switched to a duathlon format with an initial 6K run we arrived at transition at 5am to hear that the swim was on, but that we could switch to the duathlon if we wished. So there we were looking at the waves crashing into the shore with 1.5m swells and even a few waves breaking over the marker buoys. **Laura** and I looked at each other, then at the waves, then each other, and then the rescue canoes capsizing and being rescued and decided with a heavy heart that a 6K run around the golf course looked like

Laura



Jonathan with a strong finish



a good way to get to our bikes and switched to the duathlon along with a great many others. In the end the swim was cut to 1K and a few people did have difficulties getting out but luckily there were no safety issues and those that took part said it was a challenge but once through the maelstrom of the first 60 meters the tide was with them and the times were quick.

No more road bumps, the rest of the day was wonderful. The bike course is fantastic, lots of long straights and three climbs to break the ride up, one over a wonderful pass which had great views of the lagoon and bay ahead, as long as you were not over taking lorries on the wrong side of the road as hurtled down the other side on the one bit of road which was not perfect, but rather had been laid using corrugated iron sheets to provide that wonderful sensation of not being able to hold on to the handlebars due to vibrations. Although the roads were only traffic controlled on the whole they felt and were very safe and even lorry drivers giving you proper space. The support was wonderful all through the bike course with the usual proliferation of children but also all the adults were equally enthusiastic. This is a ride that was a real treat, even with the wind.

Then to the run. 12K is not always the best of fun, but after a fast initial 6K run and 62K on your aero bars it took a while to straighten up and get going. Again the course is wonderful, it was two loops all on the golf course but even with all the rain it was firm underfoot and gently undulating. With water, ice and sports drinks every 1.5K it was well supplied and the crews on each station offered fantastic support.

And then it was done. Or was it? Another road bump was placed in front of us! We now had to attend the after race cocktails 2pm till 4pm, followed by pre awards cocktails at 5pm – 6pm, followed by awards dinner, followed by the awards party 7:30pm- 10pm followed by the after awards party 10:30pm – 2pm! Suffice it to say only **Laura** made it to our planned ride first thing in the morning!

In the end the results were out with **Laura Walsh** winning her age Group and second overall, and I managed 3rd in my age group and 7th overall. But the main prize should go to **Cat Sen** who put a brave face on the fact that she could not race due to a Chrissie Wellington style bike crash, then put another brave face on not being able to lounge around in the sun and all through the weekend provide fantastic support and great sandwiches!

This is a great race and will be a classic race in years to come. All they need is more direct flights which I am sure will come as the resort develops.

By Jonathan Perrin



Stuart Tait and Craig Nortje



Sally Gentle (2nd on left)

HKASA OPEN WATER SWIM RACE (2km), TAI MEI TUK

28th April 2013

One of the Society's missions has been to expand the performance of our open water swimming and we are delighted to report that our members achieved a fantastic placings in their age groups at the 2km HKASA race held in April. Congratulations to **Craig Nortje** (first), **Stuart Tait** (second), **Simon Brewster** (third) and **Sally Gentle** (second).

BANK OF CHINA (HK) 56TH FESTIVAL OF SPORT TRIATHLON (1.5km swim/40km bike and 10km run)

4th May 2013

Despite a tough bike leg the cool weather led to some fast times for the HKFC Members who did the first Hong Kong triathlon race of the year at Plover Cove. A special mention to **Richard Hall** (second overall), **Laura Walsh** (first female), **Cordelia Dyer** (third in age group), **Anne-Marie Balfe** (first in age group) and **Nicola Russo** (first in age group).



Phil Shirley, Anne-Marie Balfe, Cordelia Dyer and Mike Sadler

	Swim time (1.5km)	Bike time (40km)	Run time (10km)	Time	
Richard Hall	21:52	1:02:46	36:54	2:05:07	2nd overall
Laura Walsh	26:09	1:13:30	43:08	2:27:30	1st female
Phil Shirley	28:17	1:14:30	53:12	2:41:09	
Cordelia Dyer	28:03	1:19:38	48:47	2:42:09	3rd in age group
Mike Sadler	34:39	1:21:50	50:53	2:50:24	
Anne-Marie Balfe	28:18	1:25:09	53:51	2:54:06	1st in age group
Sprint					
Nicola Russo	18:07	43:45	24:23	1:32:14	1st in age group

Ten Pin Bowling News



Marian Au
BIG Editor

BIG EDITOR'S REPORT

The Hong Kong Inter Club Tenpin Bowling League Season 2012-2013 has come to an end, and we are delighted to announce that with all the hard work and perseverance of our team members, we have maintained a 2nd place in the championship, despite the new challenging handicap scoring scheme.

Nicholas and **Gordon**, two of our youth members, recently represented South Island School in the Hong Kong Inter-schools Tenpin Bowling Competition, and managed to secure a top position in the finals to bowl against some of the top student bowlers in Hong Kong. In addition, it's great to see that many of our members have improved their average scratch by double digits as compared to their performance the year before, all of which we couldn't have achieved had it not been for **Catherine Che's** ongoing dedication and professional coaching. We are truly thankful for her coaching!



Nicholas and Gordon (second and third from right)

In the meantime, before the summer holiday starts, the HKFC Bowling Interest Group is actively participating in social competitions and invitational cups, such as the Bank of China (HK) 56th Festival of Sport 2013, Tenpin Bowling Club Championships, the 39th Hong Kong International Open Tenpin Bowling Championships. And of course, as always, we have the long awaited Hong Kong Inter Club Tenpin Bowling Challenge Cup!



From left: Mark Rittmayer, Raymond Chan, Henry Luy and Emy Clarke

BOWLING TIPS: HOW TO PICK-UP SPARES - RIGHTIES

Obviously, you hope to throw a strike on your first shot. But if you don't, the adjustment you need to make is simple math. You will keep the same speed as your first shot, and aim at the same target. The only adjustment you need to make is your starting position.

After throwing your first ball, make sure you know exactly what pins are left standing. Then, apply the advice in the upcoming steps.

Depending on what pins you leave, you'll move left or right, four boards at a time. This is because of where the pins are placed on the lane. If you start your approach four boards to the left of your usual starting position, and aim at the same target and use the same speed, your ball will hit the pin deck four boards to the right of your normal shot.

Here are some examples:

The 1, 3, 5 and 8 pins

Use the same starting position as your first ball. You may have missed your mark the first time, but if you throw the ball as if you're trying for a strike, you will pick up these pins.

The 2 and 4 pins

Move four boards to your right. The ball will hook earlier and take out the 2 and 4 pins.

The 6 and 9 pins

Move four boards to your left. The ball will hook later and take out the 6 and 9 pins.

The 7 pin

Move eight boards to your right. The ball will hook into the 7 pin. Eight boards is a big move, and especially for beginners, you might find yourself uncomfortably in line with the gutter or even farther to the right.

The 10 pin

Move eight boards to your left. You might feel like you're throwing directly at the gutter, but if you use a proper release and speed, the ball will hang on and knock down the 10 pin.

The information is meant as a guide, but you'll have to use common sense and experience to pick up more complicated spares.

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