

# CLUB

HONG KONG FOOTBALL CLUB 香港足球會 MARCH 2008



2008



Get Ready for  
Rugby Week!

BBQ Dinner Buffets

Easter Brunch Buffet and more...



£ **7%**  
Gross / AER

\$ **6%**  
Gross / AER

€ **6%**  
Gross / AER

## Discover more offshore, with HSBC Bank International

By becoming a new Premier customer with HSBC Bank International, you could enjoy these great offshore interest rates on our special 3 month fixed savings account. Our Premier qualifying criteria is £60,000 or currency equivalent into an offshore bank account and for our special offer, a £10,000 minimum deposit is also required.

There will be a charge to you of £250 if you do not maintain your Premier balance for the duration of the 3 month savings offer or you withdraw money before maturity.

But hurry, this is a limited offer, available from 2 January to 31 March 2008 or earlier if oversubscribed.

Maximum limits apply as stated in the offer terms and conditions.

Award winning offshore banking for people living and working abroad.

**Call:** 2822 3225

**Email:** [hsbcintltd@hsbc.com.hk](mailto:hsbcintltd@hsbc.com.hk)

**Click:** [www.offshore.hsbc.com/766hkfc](http://www.offshore.hsbc.com/766hkfc)

**HSBC**   
The world's local bank

Issued by HSBC Bank International Limited - Hong Kong Branch which is licensed by the Hong Kong Monetary Authority as an Authorised Institution in Hong Kong and licensed for Type 1 "dealing in securities" and Type 4 "advising on securities" regulated activities under the Securities and Futures Ordinance. Issued by HSBC Bank International Limited, trading as HSBC Bank International, which is regulated by the Jersey Financial Services Commission to carry on deposit taking business under the Banking Business (Jersey) Law 1991 and regulated for General Insurance Mediation, Collective Investment Schemes & Investment Business, licensed by the Guernsey Financial Services Commission for Banking, Collective Investment Schemes & Investment Business and licensed by the Isle of Man Financial Supervision Commission for Banking and Investment Business. Deposits made with our offices in the Channel Islands and the Isle of Man are not covered by the UK Financial Services Compensation Scheme or the Hong Kong Deposit Protection Scheme. However, deposits held with our Isle of Man Office are covered by the Depositors Compensation Scheme contained in the Banking Business (Compensation of Depositors) Regulations 1991. As at 31 December 2006, its paid up capital and reserves were £187.1 million. Copies of the latest audited accounts are available on request from HSBC Bank International Limited, HSBC House, Esplanade, St Helier, Jersey, JE1 1HS. The AER is the Annual Equivalent Rate, a notional rate which illustrates what the credit interest would be if interest were paid compounded each year. The Gross rate is the rate before deduction of tax. Interest is calculated daily but paid on maturity. All interest is paid gross except to residents of the European Union. If you are residing in the EU and depending on your circumstances, credit interest may be subject to a retention tax. As an alternative, you can opt to have your account details reported ultimately to your local tax authority. Communications may be monitored and/or recorded for security and service improvement purposes. Full terms and conditions are available on our web site [www.offshore.hsbc.com](http://www.offshore.hsbc.com). ©HSBC Bank International Limited 2008. All Rights Reserved.

MC7274BYHKAW



## 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	: D. Agnew
Vice President	: N. Hunsworth
Vice President	: M. Lamont
Vice President	: R. Lawson
Vice President	: R. Neish
Chairman	: A. Brown
Hon. Secretary	: C. Cohen
Hon. Treasurer	: Chew Fook Aun
Sports & Recreation	: L. Edwards
Development	: M. King
Discipline	: D. Ko
Constitutional Affairs	: A. Lam
Membership	: J. Shanahan
Hockey Officer	: F. McCoig
Lawn Bowls Officer	: M. Worth
Rugby Officer	: J. Molloy
Soccer Officer	: T. Bratsanos
Squash Officer	: D. Reeves

#### Management

General Manager	: Mark Pawley
Operations & Co-ordination Manager	: Tony Sealy
Financial Controller	: S.K. Li
F & B Manager	: Jitka Wieland
Executive Chef	: Graham Burst
Facilities Manager	: Evan Tao
Chief Engineer	: Hackman Lee
Membership Services Manager	: Kerry Ogle
Human Resources Manager	: Peggy Lai
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](http://www.hkfc.com.hk)



## Contents

3	The Thoughts of the Chairman
3	From the Desk of Mark Pawley
4	Food & Beverage
10	Rugby
12	Soccer
13	Mini Soccer
14	Squash
15	Lawn Bowls
18	Hockey
22	Tennis
24	Netball
26	Golf
28	Swimming
30	Physiotherapy
31	Books and Movies Library



2008



GFI  
HKFC  
TENS

WEDNESDAY 26th & THURSDAY 27th MARCH  
HONG KONG FOOTBALL CLUB, 3 SPORTS ROAD, HAPPY VALLEY



Tickets \$200 for both days

[www.hongkongtens.com](http://www.hongkongtens.com)

For all enquiries, please contact Laxton Marketing,  
+852 2866 3110 / [pippa@laxtonmarketing.com](mailto:pippa@laxtonmarketing.com)



HSBC  FORTIS  PHILIPS  OLYMPUS  TSUNAMI  Heineken 



## The Thoughts of the Chairman

**M**arch sees the commencement of one of the busiest times of the year for the Club with International Rugby, Hockey and Lawn Bowls tournaments all taking place within the month. This particular year things may seem out of place and, confusing, as Easter arrives before Rugby Week which is, of course, highlighted by the GFI HKFC Tens and the Hong Kong Sevens. As mentioned in last month's article, our new Food and Beverage Manager, **Dominique Artigolle**, will just have taken up his duties before the March onslaught – a baptism of fire perhaps, but also a very quick way to get fully involved in Club life!

Hopefully, helping to lessen Dominique's burden will be the introduction of the new Food Preparation Kitchen on the ground floor of the Clubhouse and work is due to commence on this project shortly. This is one of the first recommendations coming out of the Masterplan Review which the General Committee and Development Sub-committee, in particular having been working on for the past year or so. Further proposals are in the pipeline and it is hoped to hold a forum to give Members a better understanding of the Masterplan after final consideration by the General Committee in March/April of this year.

With an exceptionally busy time ahead and with numerous visitors expected at the Club over the next few weeks, can I please ask all Members to refresh their memories as to the Club Bye-laws concerning the introduction/access of Domestic Helpers to the Club. Simply put, Helpers are very welcome as bona fide Guests but must not be asked to carry on their vocation/normal work duties in such circumstances. Management and Staff will take action in cases of abuse of the relevant Bye-laws. As these incidents are often embarrassing and upsetting for all concerned, please ensure you do not transgress the rules.

Lastly, the Annual Staff Party was held at the end of February and our thanks are due to all Management and Staff for their much appreciated efforts throughout the year, with special mention and congratulations to **Tommy Kan Wai Man** (*back of house*), **Pun Ramesh** (*front of house*) and **Hegel Kwan Chi Hung** (*leader of the year*) who were deservedly presented with the Employees of the Year Award on the same evening by myself and the General Manager.

**ALAN BROWN**  
Chairman



## From the Desk of Mark Pawley

**A**s mentioned in the Chairman's article the sporting month of the year is upon us culminating in "Rugby" week at the end of March, the Club's busiest month of the year! A welcome is in order to **Dominique Artigolle** who takes up the Food & Beverage Manager's position (from the end of February) and good luck to him in his first full month at the Club!! I am pleased to report that in the absence of a Food & Beverage Manager since mid-December, our F&B team have performed to the highest standards and I thank them for their fantastic effort over the last two and a half months.

As with the above comments much of March, in respect of food and beverage, is geared to Rugby Week and, more specifically the Tens and Sevens Tournaments. As you will note on the following F&B pages both the Coffee Shop and Sportsman's Bar are putting on various promotions to cover the expected large numbers of Members and their Guests, requiring "sustenance", particularly after the respective tournaments have finished in the evenings. During the rest of the month various other promotions are being put on including the **U.S. Prime Beef Promotion** in the Restaurant from the **17th to the 31st March** and the **Macanese Promotion** in the Coffee Shop from the **7th to the 22nd March**. For the whisky lovers amongst you we have organised **An Evening of Glenlivet Whisky** in the Chairman's Bar, which includes an introduction and talk from Glenlivet's Brand Ambassador Darren Hosie. As there are limited spaces advanced reservations are highly recommended.

Further to the Chairman's article, a fantastic well done to our Employees of the Year. A great achievement by the three concerned Staff members and also well done to other Staff members who were voted in as our Star Award employees of the quarter throughout the last twelve months.

Last, and by no means least, a big thank you from all the Staff to those Members who recently contributed to the Staff Fund. For information, the total amount received is equally distributed amongst all Staff members.

Have a Happy Easter.

I look forward to seeing you all at the Club.

**MARK PAWLEY**  
General Manager



## U.S. PRIME BEEF PROMOTION in the Restaurant Monday 17th to Monday 31st March

The steak lovers amongst you can look forward to this promotion in the Restaurant! Come and enjoy an array of sizzling cuts with a fabulous bottle of red wine!

From 17th to 31st March we will be offering an A la Carte selection of US Prime Beef items, as well as a US Prime Beef Dinner Set menu.

## EASTER BRUNCH BUFFET in the Restaurant Sunday 23rd and Monday 24th March

Come and celebrate Easter with your family and friends!

Please contact the Restaurant for further information or reservations at 2830 9562 or at [restaurant@hkfc.com](mailto:restaurant@hkfc.com)



## WHISKY TASTING in the Chairman's Bar Wednesday 19th March

On Wednesday 19th March, the Chairman's Bar is proud to introduce a rare evening of Glenlivet whisky. From 7pm we will be holding a tasting to be accompanied by a selection of canapes. Mr Darren Hosie, Brand Ambassador from Glenlivet, will be on hand to give a brief description and history of each whisky and answer any questions Members may have. There is a small charge of \$50 per person and with limited numbers advanced reservations are recommended, so book now with Johnny Tang at 2830 9559 or [bar@hkfc.com](mailto:bar@hkfc.com).



## MACANESE CUISINE in the Coffee Shop

### Dinner Buffet

Friday 7th to Saturday 22nd March  
Fridays and Saturdays only

### A la Carte Menu

Monday 10th to Thursday 20th March  
Mondays to Thursdays only

Macanese food is a fusion cuisine that combines elements of Portuguese, Chinese, Indian, and Malay cuisine, with some African spices thrown in for good measure. Well known dishes include Galinha a Africana (African chicken), Macanese Chili Shrimps and Stir-fry Curry Crab.

We are offering a Dinner Buffet from the 7th to the 22nd of March on Friday and Saturday evenings only, and an Macanese A la Carte menu will be available from the 10th to the 20th of March, Mondays to Thursdays only.



## RUGBY 7's WEEKEND in the Coffee Shop

Friday 28th March

Spit Roast Lamb Dinner Buffet (6:30pm to 9:30pm)

Saturday 29th March

Full Breakfast Buffet (8:00am to 11:00am)

Char Grill BBQ Dinner Buffet (6:30pm to 9:30pm)

Sunday 30th March

Full Breakfast Buffet (8:00am to 11:00am)

International Dinner Buffet (6:30pm to 9:30pm)

Please contact the Coffee Shop for further details and reservations at 2830 9569 or at [coffeeshop@hkfc.com](mailto:coffeeshop@hkfc.com).



---

## WINE OF THE MONTH

### COTES DU RHONE PARALLELE 45 BLANC 2006

Clear golden colour with attractive brightness. White peach, quince and exotic fruit aromas. Final note of honey and candied fruit. Starts out full and fresh, with final warm, rich notes of candied fruit.

Bottles \$178.00

Glass \$36.00



### COTES DU RHONE PARALLELE 45 ROUGE 2006

Deep colour with attractive brilliance. Elegant and aromatic, with red fruits blended with spices. Well-structured on rounded tannins, with final spicy notes.

Bottle \$ 178.00

Glass \$36.00



---

## PASTRY CORNER – Cherry Bakewell Tarts

A classic British dessert consisting essentially of shortcrust pastry filled with almond frangipane and topped with Glacé cherries.

Take away price \$ 120.00 for 2 lbs

Please contact the Coffee Shop to place your order at 2830 9569 or at [coffeeshop@hkfc.com](mailto:coffeeshop@hkfc.com).



---

## EASTER COUNTER Until Thursday 20th March

Once again the Easter Bunny has been busy shopping for a variety of special treats. The Bunny Sales Counter will be open until Thursday 20th March.

Hours of Operation:

Monday to Friday 1:00pm to 9:00pm

Saturday and Sunday 10:00am to 9:00pm

## MARCH IN THE SPORTSMAN'S BAR



**R**ugby, Rugby and more Rugby!  
The Six Nations continues with the last two rounds of games on:

**Saturday 8th March** 9:15pm Ireland vs Wales  
11:15pm Scotland vs England

**Sunday 9th March** 11pm France vs Italy

**Saturday 15th March** 9pm Italy vs Scotland  
11pm England vs Ireland

**Sunday 16th March** 1am Wales vs France

In anticipation of the big Six Nations Rugby games on the Saturday nights of the **8th** and **15th March** we shall be offering our **Tandoori Menu** from 6:30pm

**Super 14 Rugby** heats up with games on Friday nights and Saturday afternoons throughout the month.

The Mini Rugby Festival on **Sunday 9th March** promises to be a busy day with the Infield servery open and a special **Brunch Buffet** on offer in the Sportsman's.

At the end of the month the Club hosts its annual Rugby Tens tournament followed by the HK international Rugby 7's held at the HK Stadium. With plenty of Members both current and, those on Absent status returning, we have put together a selection of buffets to satisfy all our hungry fans:

**Wednesday 26th March - Rugby Ten's BBQ Buffet** at \$98 from 6:30pm

**Thursday 27th March - Rugby Ten's BBQ Buffet** at \$98 from 6:30pm

**Friday 28th March - Texan Smoker A la Carte Menu** from 7pm

**Saturday 29th March - Traditional Curry Buffet** at \$158 from 7pm

**Sunday 30th March - Spit Roast Lamb Buffet** at \$158 from 7pm

Amazingly, there are also other sports on this month with the English Premier League highlight being the games on **Sunday, 23rd March; 9:30pm Manchester United vs Liverpool; 11:55pm Chelsea vs Arsenal**

The 2008 Formula 1 season starts on the afternoon of Sunday, 16th March with the Australian Grand Prix live from Melbourne.

With plenty of games and events on this month make sure you see the notice boards for the updated dates and times.

While stocks last we have casks of British real ale – Yellowhammer from Devon for the true beer lovers amongst you!

In celebration of **St Patrick's Day on Monday, 17th March** we shall be offering Guinness specials from the **14th** through to the **17th March**.



FOOD & BEVERAGE PROMOTIONS — MARCH 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Please plan and make your reservations early to avoid disappointment!                      Please call the Restaurant at 2830 9562 or email <a href="mailto:Restaurant@hkfc.com">Restaurant@hkfc.com</a>                      The Coffee Shop at 2830 9569 or email <a href="mailto:CoffeeShop@hkfc.com">CoffeeShop@hkfc.com</a></p>						
<p><b>3</b></p>  <p>Visit our Easter Sales Counter until 20th March</p>				<p><b>7</b></p> <p>Macanese Dinner Buffet Coffee Shop</p> 	<p><b>1</b></p> <p>Spit Roast Pig- BBQ Buffet Coffee Shop</p> <p>Visit our Easter Sales Counter until 20th March</p>	<p><b>2</b></p> <p>Brunch &amp; Family Dinner Buffet Restaurant</p> <p>Breakfast &amp; Lunch Buffet Coffee Shop</p>
<p><b>10</b></p> <p>Macanese A la Carte Menu from 10th to 20th Coffee Shop</p>				<p><b>14</b></p> <p>Macanese Dinner Buffet Coffee Shop</p>	<p><b>15</b></p> <p>Macanese Dinner Buffet Coffee Shop</p>	<p><b>16</b></p> <p>Brunch &amp; Family Dinner Buffet Restaurant</p> <p>Breakfast &amp; Lunch Buffet Coffee Shop</p>
<p><b>17</b></p>  <p>St. Patrick's Day</p> <p>US Prime Beef Promotion from 17th to 31st Restaurant</p>		<p><b>19</b></p> <p>Whisky Tasting Chairman's Bar</p> 		<p><b>21</b></p> <p>Good Friday</p> <p>Macanese Dinner Buffet Coffee Shop</p>	<p><b>22</b></p> <p>Macanese Dinner Buffet Coffee Shop</p> 	<p><b>23</b></p> <p>Easter Brunch Buffet &amp; Family Dinner Buffet with Seafood Highlight Restaurant</p> <p>Breakfast &amp; Lunch Buffet Char Grill Set Dinner Coffee Shop</p>
<p><b>24</b></p> <p>Easter Monday</p> <p>Easter Brunch Buffet Restaurant</p> <p>Char Grill Set Dinner Coffee Shop</p>		<p><b>26</b></p>  <p>Rugby 10's BBQ Dinner Buffet Sportsman's Bar</p>		<p><b>28</b></p> <p>Spit Roast Lamb BBQ Dinner Buffet Coffee Shop</p> <p>Texan Smoker A la Carte Dinner Menu Sportsman's Bar</p>	<p><b>29</b></p>  <p>Breakfast Buffet BBQ Dinner Buffet Coffee Shop</p> <p>Curry Dinner Buffet Sportsman's Bar</p>	<p><b>30</b></p>  <p>Brunch &amp; Family Dinner Buffet with Seafood Highlight Restaurant</p> <p>Breakfast &amp; Lunch Buffet Int'l Dinner Buffet Coffee Shop</p> <p>Spit Roast Lamb Dinner Buffet Sportsman's Bar</p>
			<p><b>27</b></p> <p>Rugby 10's BBQ Dinner Buffet Sportsman's Bar</p> 			
						<p><b>31</b></p>



# Serious about UK property investment?

Our specialist mortgage  
teams make it so easy...



...you can't help but smile.

**International Personal Banking**

Make it happen

Hong Kong +(852) 2966 2529

Singapore 1800 416 8500 or +(65) 6517 5754



Tony George  
Rugby Section Captain

**CBRE**  
CB RICHARD ELLIS

## Notes from the Men's Captain

Aiyeeeah!

Hello, and welcome to another packed month for the Rugby Section. As I write, the league is coming to an end, with two games left before the knockout competition. Club are delicately poised, needing one more result to win the title, whilst the Dragons have sown up Division 2. First major silverware of the year, though, was won by GAICE, the Ladies side – as you can see from the following write-up.

We've got some pretty major fun coming up, however. The GFI HKFC Tens 2008 is on **26th and 27th of March** and, as usual, will contain some high quality entertainment and will, I'm sure, prove to be the ideal warm up for the Sevens again. Plans are also underway for the May Ball – watch this space for more info next month.

That's all from me, as I know Kim has a lot to get off her chest.

Remember, if you can't be good, be careful. *Tony*



# Ice Ladies – Grand Champions once again!



**H**KFC Ice Ladies has had an amazing XV's season this year. With the help of the ladies of Gai Wu, we formed the formidable Club/Gai Wu (GAICE) team. There were a lot of uncertainties and bumps along the road, and yet we managed to come together and knock over each of those barriers - GAICE ended up winning every game in the senior women's league except against Generali CWB Phoenix. Though we ended up second on the league table, we found ourselves in the Grand Championship Semi-Finals against the ladies of HKCC. A thrashing 22-0 victory saw GAICE in the Grand Championship Final against, once again, the ladies of Generali CWB Phoenix.

Knowing that despite winning against HKCC, we didn't play our best game, we began a one-week intensive training sessions with Fei Gao, Coach Extraordinaire. A lot of (blood), sweat and tears were involved, as well as pieces of skin left on the Astro Pitch. On Saturday, 26th January, GAICE faced off against Generali CWB Phoenix at Kings Park. This is the third year that CWB have made the finals, and previously lost out to DeA/Gai Wu and HKCC/HKFC. These girls were hungry for a win. However, GAICE, captained by HKFC Ice's **Kim Kan**, had fire in their "bellies" after the pre-game speeches. GAICE won the kick-off, and chose to have **Antje Keim** to make the first kick.

The whistle blew, the ball flew into the air, and it all began. It was a tight game, with both sides gaining equal possession of the ball. An early try saw CWB taking the advantage, but just a short while later a 2-on-1 gave Ah Sum from Gai Wu an opportunity. She drew the player, and then a quick pass to Kim Kan who then ran up the sideline to score a try near the posts. A conversion by Antje Keim made the score 7-5 at half time.

In the 2nd half, things were just as close, but CWB slowly came back. Another unconverted try was scored, so it was 10-7. Unfazed, and with all the determination we could muster, GAICE hit back immediately. A well-placed kick by Antje Keim and some fancy footwork saw **Candy Cheung** scamper over the try line. A missed conversion by

“

... CWB kept attacking, full of desperation, and only by sheer will did GAICE hold them back...

”



Antje Keim saw the score 12-10. With only 10 minutes to go, any doubts were cast into the (cold) wind. CWB kept attacking, full of desperation, and only by sheer will did GAICE hold them back. There were some close calls, and if the game went on for another few minutes the score would have been different, but when the final whistle blew, it was 12-10 to GAICE. GAICE were crowned Grand Champions for 2007/2008. This is the second consecutive win for HKFC Ice.

We lost a few players over the season due to injuries, not too serious, yet serious enough that we needed them well rested. We all wish **Emma Tsang** all the best with her up-coming knee operation (as she puts it, “pre-surgery”) and hope to see her back in form soon! We also lost **Ida Wong** early in the season to motherhood. Hopefully, she will be back on the pitch soon!

After having enjoyed an amazing season of rugby, we would like to thank all our new players who have joined us and we look forward to playing together in the Sevens and in the next XV's league! The newbies consists of: **Diana Li, Anisha Ramanathan, Nadia Wong, Emma Tsang, Dani Means, Amy Reed, Kim Chow, and Casey Gallagher.**

HKFC Ice also had good representation in the National teams this year. **Royce Chan** (Vice captain) Kim Kan, Dani Means, and Antje Keim went to represent Hong Kong in the XV's tour to Korea in December, where as Royce Chan, Dani Means, and Emma Holland will be on tour with the VII's team in late February.

On a final note, we would like to say a big thank-you to **Cavior Liu**. She plays with all her heart and has been a valuable member of ICE. She recently announced her retirement from rugby, and although she will be missed on the pitch, we know she will still be around supporting us!

*Kim Kan and Anisha Ramanathan*

Do you want to  
**boost up**  
your performance and  
**avoid injuries?**

**SP** **sportperformance**  
運動表現研發

**50% off**  
for one biomechanical  
video analysed assessment  
for all sports

Terms & Conditions:

- Valid until 30th June 2008
- Discount applied for new clients only
- Cannot be used in conjunction with other promotional items
- Prior appointment must be made during opening hours
- Original copy of this advertisement should be presented to enjoy the offer
- “sportperformance” reserve the rights of final discretion in the case of dispute

**7** day service  
天無休

8/F AON China Building, 29 Queen's Road Central, Hong Kong  
香港中環皇后大道中29號怡安華人行8樓  
Tel: +852 2521 6380

**www.sp.hk**  
Email: [info@sp.hk](mailto:info@sp.hk)



Stewart Montgomery  
Soccer Section Captain

# Captain's Corner



## HKFA 2nd Division (as of 11th February 2008)

TEAMS	P	W	D	L	GF	GA	GD	Pts
<b>HKFC</b>	<b>13</b>	<b>10</b>	<b>2</b>	<b>1</b>	<b>68</b>	<b>16</b>	<b>52</b>	<b>32</b>
Mutual	13	10	2	1	44	13	31	32
Double Flower	13	6	3	4	19	22	-3	21
Fukien	13	6	1	6	26	28	-2	19
Kwai Tsing	13	5	3	5	20	20	0	18
Tung Po	13	4	5	4	17	20	-3	17
EU Tai Chug	13	4	2	7	23	33	-10	14
<b>Lucky Mile</b>	<b>13</b>	<b>3</b>	<b>1</b>	<b>9</b>	<b>8</b>	<b>38</b>	<b>-30</b>	<b>10</b>
Kwok Keung	13	3	1	9	8	38	-30	10
New Fair Kuitan	13	1	3	9	9	40	-31	6



## Yau Yee Football League Division One

TEAMS	P	W	D	L	GF	GA	GD	Pts
Innerlight USRC	14	8	3	3	34	16	18	27
816	14	8	3	3	26	17	9	27
<b>Club Wanderers</b>	<b>14</b>	<b>7</b>	<b>3</b>	<b>4</b>	<b>33</b>	<b>26</b>	<b>7</b>	<b>24</b>
KCC	14	7	2	5	27	21	6	23
French Kiss	14	6	4	4	31	22	9	22
HKDC Squadron	14	6	4	4	24	18	6	22
<b>Club Colts</b>	<b>14</b>	<b>6</b>	<b>4</b>	<b>4</b>	<b>27</b>	<b>24</b>	<b>3</b>	<b>22</b>
<b>Club Albion</b>	<b>14</b>	<b>5</b>	<b>4</b>	<b>5</b>	<b>21</b>	<b>25</b>	<b>-4</b>	<b>19</b>
Dragons (KCC)	14	4	4	6	20	23	-3	16
Antonhill	14	3	5	6	28	34	-6	14
Spartans	14	2	3	9	17	36	-19	9
White Youth	14	2	1	11	22	48	-26	7

coming from the English Premier League (EPL) regarding their quest to have EPL games played all over the world in cities such as New York and Hong Kong. No thanks! Hong Kong football at the professional level is nearly finished altogether, and the last thing Asian FA's need is the already stagnant and overhyped, overexposed English domestic game coming to the National Stadium in So Kon Po. OK, initially you might think it would be brilliant to see a 'real' (aren't they Spanish? Ed) game, in reality it's a money spinning exercise taking the game further away from the supporters in England (OK in Man Utd and Liverpool's case, maybe it's bringing them closer). And, the next step will be moving clubs altogether much like the Americans have done with numerous NFL sides. What chance does the local game here possibly have if things like that start happening? The HKFA resembles a sad wee corner shop run by an 80-year old guy, with virtually nothing left on the shelves and no cash to buy new stock, and the last thing he needs is for the powerhouse that is the EPL to roll in and open up a massive Superstore. The old guy would end up just sitting there day after day bemused why people who used to come in every week now never come near him. The HKFC aspires to be a permanent fixture in the top flight here....let's hope the top flight still exists when we are ready to do so....

Before I get too carried away, however, let's turn our attentions to local competitions. And, incredibly, this month will see the end of the season for both the 1st team and Lucky Mile. Albion, Wanderers and Colts find themselves competing in the Yau Yee League (YYL) 1st Division well into the month of May, and indeed we just might have an all HKFC Cup final again as all 3 sides are alive at the Quarter final stage. The tie of that round is undoubtedly the Colts-Albion derby, which if nothing else ensures two Club sides will be in the Semi

Well, it's March and, of course that mean the 7's are on the horizon. I'm not talking about the egg chasing booze extravaganza which takes place over the hill in So Kon Po, and is generally an event for people outside of Hong Kong given the feeble amount of tickets made available to those of us who actually live here and pay tax, no, I'm referring to the Phillips International HKFC Soccer 7's which takes place here at our Stadium from the 23rd May to the 25th May 2008. It's the best tournament of its kind in the world, and I've seen the list of teams and stars set to make this year's event, and trust me, it will be a huge tournament. While we are on the subject of seeing teams from all over the world right here in our own backyard, I feel it's pretty topical to mention the recent insane ramblings

Finals, Wanderers need only skip past 3rd Division Darts to secure their berth. With any luck we could see the HKFA 2nd Division title, the YYL 1st Division title and the YYL Cup on the mantelpiece at Sports Road once the season's done. As things stand on 11th February, you can see that the 1st team are essentially in a race to score more and concede less than Mutual, given that those two sides are so far ahead of what is if truth be told a pretty poor league. I realize that may seem harsh on Lucky Mile who are coached well and have some very good players, but their lack of depth in key areas has prevented them from picking up more points and really making a mark in Division 2. The 1st team have hopelessly outclassed many of their opponents, but you can only beat what's in front of you so they should be commended for plugging away and amassing the goals in their quest to take us once again into the professional 1st Division. Again, we find ourselves as a Club far too good for 2nd Division football, but not quite good enough to survive when thrown into the professional environment. I believe the HKFC is considering ways in which that bridge might be easier crossed. Returning to the strictly amateur fields of the Yau Yee League, a close look at Division 1 shows Wanderers having won 8 on the bounce poised to mount a late attack on the title. I personally think they can do it, but they will need a few teams above them to falter along the way. The Colts are having a very steady and at times spectacular season, and it looks like Bobby's boys don't want to give up their position of best placed Club side from last season without a real battle. I think the title is well beyond them personally, but having won the Cup last year, who's to say they can't hold onto to it this time round? Albion is the short answer. Their season in the league is reduced to stopping others from winning it and so are left with a series of what if's title wise. In the Cup though they have a chance to perhaps do themselves justice, given that it's easily the most talented Albion side there has ever been. That Quarter Final against the Colts will be unmissable, so stick the 9th of March down in your diaries and make sure you are at the Club that Sunday.....it will be a cracker.

Monty

# Mini Soccer's P4 in Action



Paul Altier and Rory Lonergan keep their eyes on the ball



Coaches Phil Shirley and Mick Lonergan plus smiles all round



The P4 equivalent to parading the trophy in the open top bus!



The Keatch brothers (Tom and Nikki) challenge for the ball



Down but not out, William Donker hits the floor



Head Coach Phil Shirley and the P4's at Operation Santa Claus tournament

# Singapore Jumbo Doubles Tournament 25th-27th January

The first Squash Section tour of 2008 saw nine highly-trained athletes and Mattie Robinson travel to Singapore to participate in the 9th Tanglin Club Jumbo Doubles tournament.

The event was played over three days and drew 102 doubles pairings from across Asia. HKFC contributed five doubles pairings, ranging in experience from the 1999 tournament winners (Phil Head and Glen Hitch) to the considerably less accomplished pairing of Nikolaj Schultz and Nick Stearn. The teams were:

- HKFC 1 **Phil Head / Glen Hitch** (seeded 2)
- HKFC 2 **Mattie Robinson / Keith Frith**
- HKFC 3 **Guy Barton / Jono Barton**
- HKFC 4 **Tom Tsang / Peter Tsang**
- HKFC 5 **Nick Stearn / Nikolaj Schultz**

The tournament began with the first round matches (as most tournaments tend to begin). HKFC 1 had a bye, which was a privilege reserved for the seeds and so with that Phil chose to take himself off shopping for the afternoon while Glen dozed by the pool. The whole 'always support your team-mates' thing seemed to pass them by on this occasion! HKFC 2 positively showboated their way into Round 2, while Team Barton (HKFC 3) eased their way to a comfortable victory. HKFC 4 succumbed against another HK team in the form of the American Club. Then came the turn of HKFC 5, which was slightly disadvantaged by the fact that it only had one player by the time it came to the warm up, as Mr Schultz was still en-route from Indonesia. We tried all avenues to locate him but with no luck and so an experienced **Graham Dare** was drafted in from the Tanglin Club to play the match. All this was to no avail as HKFC 5 went down 2-0 and hence cemented their entry into the first round of the Plate competition. Would Schultz turn up for that we all wondered??

Round 2 saw the appearance of Mr Head, who appeared very happy with his sale shopping from Orchard Road, and a particularly tanned Mr Hitch. Unsurprisingly they breezed into Round 3 without breaking sweat. Once again, HKFC 2 focused on a potential quarter final clash with HKFC 1, with Robinson showing his versatility by playing both front and back of the court. However, after one point up front he reverted to the back of the court after almost destroying the tin! HKFC 3 were brought back down to earth with a Round 2 defeat, but Guy Barton's facial expression went from utter dejection to that of a 5-year old on Christmas Day morning when he realized that they had got an entry into the "Classic Plate".

Saturday morning, 8.50 a.m., and a particularly cloudy-headed Stearn arrived at the Tanglin Club for a Plate Round 1 clash,



wondering if his partner would turn up this time. Schultz turned up and then HKFC 5 promptly got dealt another blow with a 2-0 defeat to Ultimate Squasher 1, who then proceeded to knock out HKFC 4 and win the Plate competition outright.

HKFC 1 once again moved into the next round of the tournament with an accomplished display against Ultimate Squasher 2. Then came HKFC 2's chance to exact revenge on the team that had knocked out the Bartons the previous evening. Earlier, Mattie Robinson had uttered these fateful words to his partner: "Don't worry Frithy, I watched them and I think we'll be alright". The experienced pairing jumped into a 1-0 lead only to be overcome 2-1 and bow out of the tournament. The pairing were inconsolable to say the least, because although it did mean they could go and sit by the pool for the rest of the day, they had missed out on a long awaited quarter final clash with Head and Hitch.

So by the time late Saturday afternoon came along, HKFC were left with just one team in the tournament. HKFC 1 breezed past Robinson and Frith's earlier conquerors to set up a Saturday evening semi-final against the highly rated, world-ranked Steve Robinson and Mat Kowalski, from the Royal Automobile Club of Melbourne. The question in everybody's minds was would

our experienced pairing overcome the youthful pairing from Melbourne? The whole encounter started off well for the HKFC pairing as they jumped into an early lead, but then Phil's exploits on Orchard Road the previous afternoon, and Glen's Dom Perignon stunts the night before, all caught up with them and the young Aussies came out 2-0 on the night. HKFC 1 accepted defeat graciously and then raced to the bar to purchase a well-deserved jug of beer. The prospect of a carefree night on the Singapore tiles was soon shot away as Hitch and Head learnt they had to play a 3rd/4th playoff at 10 a.m. the following morning. Hitch was disgusted, but the youthful Head was elated at the proposition.

HKFC were so gracious in their semi-final defeat to the young Aussies from RACV that they decided to extend the typically hospitable gesture to the pairing by taking them out for dinner. We felt that the ideal preparation for the tournament finalists would be a seafood paella, a few glasses of Rioja, a snooker ball juggling demo from Matt Robinson and a 5 a.m. finish in the 80s lounge of the 'Ministry of Sound'.

Sunday morning came round way too fast for our elite pairing, who then had to play their 3rd/4th playoff. Hitch may well have been late for the match had it not been for the 45 texts Frithy had sent him saying "hurry up, you are on court soon". Regretfully, it was all too much for Team Head/Hitch, who came in a credible 4th in the tournament. After the match Hitch returned to bed and Head went for a well earned 11 a.m. beer.

Annoyingly, the two Aussie boys turned up to the club for the Final showing a great ability to not look as hungover as the rest of us. They were playing against the No. 1 seeds from the United Condor Squash Club, who clearly hadn't sampled any nightlife the previous evening. The encounter was a display of fine doubles squash and before long the UCSC pairing went into a 2-1 lead. A few quiet words from Phil Head (beer still in hand!) between games in the car park of the club clearly did the Australian pair the world of good as they then chased everything down to triumph and win the tournament 3-2.

And so HKFC's first squash tour of 2008 had ended. No silverware, but plenty of memories. Thanks must go to Ross Mackenzie and the Tanglin Club for organizing a great tournament and to Nick Schultz for making the club's shortest appearance on an HKFC tour (16 hours).

## Green Clippings



Alan Lo our Green Clipper



Club's **Camilla Leung**, **Grace Chu** and **James Keung** all handed in top ten finishes in a whirlwind fortnight of lawn bowls in the 2008 World Championships in Christchurch, New Zealand last month.

Camilla handed in Hong Kong's best performance of the titles when she joined United Services Recreation Club's Winnie Wai and Kowloon Cricket Club's Elizabeth Li to reach the last eight in the world, the quarter finals in the ladies triples. Hong Kong beat ultimate gold medal winner South Africa in a pool game, but went out in the quarters to silver medalists Australia.

In the first week of the world titles, Club's Grace Chu and Camilla Leung teamed up with Winnie and Elizabeth to finish tenth in the world in ladies fours, while Club's James Keung skipped Kowloon Bowling Green Club's Ken Chan and Kowloon Cricket Club's KK Yeung to tenth in men's triples.

In a positive sign for the future of lawn bowls in Hong Kong, Craigengower Cricket Club's Robin Chok, 28, and KBGC's Heron Lau, 30, finished ninth in the world in pairs.

Club had five representatives at the World titles. **CM Chan**, manager of the HK men's side, and **Cyril Leung**, a World-Bowls accredited umpire, joined Camilla, Grace and James in Christchurch.

Predictably New Zealand, with four gold and two bronze from eight events, and Australia, one gold, three silver and three bronze, dominated the medal count in the world titles in Christchurch.

But one blast from the past brought joy to the hearts of old timers in Hong Kong when Scotland's David Peacock, Willie Wood and Wayne Hogg took the men's triples gold medal.

For William Wood MBE, in his 70th year in 2008, that made a total of five gold medals in world bowls: as second in the winning four in England in 1992, second in the winning triple in Australia in 1996, second in the winning triple in Scotland in 2004, second in the winning triple in New Zealand in 2008 and as a member of the Scotland team that won the overall Leonard Trophy in 1996. Maybe there is something in what Coach Bernard says about second being the most important and difficult of all positions to play successfully.

Willie is a crowd favourite among veteran lawn bowls watchers in Hong Kong, winning the Hong Kong International Classic Pairs with George Adrain in 1985, and backing up to win again in 1986.

\*\*\*

Hong Kong finished eleventh in the world overall, in both the Leonard Trophy for the men's teams and the Taylor Trophy for the ladies' teams.

That ranking qualifies Hong Kong's men and ladies directly for the finals of world bowls in Adelaide, Australia, in 2012, without the need for any pre-qualifying matches.

Driven by media pressure for quick results and sudden death finishes, formats will be revamped for the Adelaide world championships in 2012, with two sets followed by a tie-break in all events.

Players in singles will still use four woods, but pairs will use three woods and triples two woods, with fours continuing to be a two wood game.

Quick matches and sudden death finishes. Why not go all the way and reduce rugby matches to seven a side and seven minutes each way?

\*\*\*

Club's **YS Leung, Johnny Tsang, SK Ng** and James Keung will represent Happy Valley when the China Bowls Open Championships are played in Shenzhen this month, from 3rd to 7th March, straight after the Hong Kong Football Club International Mixed Fours and Tiger Bowls in Hong Kong.

Australia is back this year, and will join Canada, Cyprus, England, Scotland, South Africa, Spain, Wales, USA and Zimbabwe, lining up against Asian teams China, Hong Kong, Japan, Macau, Malaysia, The Philippines, Singapore and Thailand. Fours representing Happy Valley, Kowloon and Causeway Bay complete the line-up.

\*\*\*

Fresh from his final four finish in the Hong Kong International Classic Singles in December, Club member **George Chan** represented Hong Kong in the 2008 World Indoor Bowls Championships at Potters Leisure Resort in Norfolk in England. George qualified for Potters by winning Hong Kong's Professional Bowls Association title, and was joined in the Open Pairs by Hong Kong ladies' winner Selina Suen from Indian Recreation Club.

On the slick indoor surface at Potters, drawn against Ireland's Simon Colvin and Gary Kelly, George and Selina quickly found

themselves a set down and battling to take the second set to stay in the match with a tie-break. Potters uses markers in all games and, at 8-8 in the second set, the marker signaled that Hong Kong was one down. George fired with his last wood but missed, Selina insisted on the measure, the marker was wrong and Hong Kong was into the tie-break.

In front of 1,200 spectators, and communicating through lapel microphones, Selina and George held one shot on the crucial second end of the tie-break. The Irish skip was certain to fire, should George draw second shot or play the back wood? Selina's call for a back bowl crackled through the sound system and George acquiesced. Gary Kelly took out Selina's shot bowl and the match was all over.

The Ireland pair then beat Wales' Jason Greenslade and Robert Weale, but lost to England's Ian Bond and Andy Thomson, who went on to take the title from Mark McMahon and Greg Harlow.

In another blast from the past, Mark McMahon is a former Club player, who took out the Hong Kong International Classic Pairs in 1988 with Noel Kennedy.



Rooster Winners



Rooster Players and Guests

Coach **Bernard Young** made a brilliant start to the Year of the Rat when he skipped **Tonia Yiu, Henry Cheung** and **Winifred Luk** to the Fat Choy Rooster Cup on the third day of the Chinese New Year.

A full house of 48 played five pool games of eight ends, before coach Bernard's rink won a tough final from **Nicole Cheung, Celena Kwok, KH Wong** and **Stanley Luk**, first runners up.

Second runners up were **Letty Parsonson, Robert MacPherson, CT Wong** and **Chris Parsonson**, together with **Rita Tsui, Denis Hamelin, Menno Vos** and **YS Leung**.

Social Secretary **Gigi Nam** and Membership Secretary **Clement Lau** organized a superb day of social bowls, in an event that was booked out weeks before the Chinese New Year.



*Rod and Rosemary*

A third blast from the past hit Club last month when Rod and Rosemary Allen stopped over in Hong Kong to watch the end of the Fat Choy Rooster Cup.

Men's and ladies' convenors in the 1990s, Rod and Rosemary these days are retired back in Wales. On the day after the Chinese New Year they joined the Oriana for a 35 day cruise around Australia, including a stopover at Yorkeys Knob, near Cairns in the tropical north of godzone country.

\*\*\*

Hong Kong Lawn Bowl Association Chairman Vincent Cheung has a list of 57 items where courtesy and good manners will enhance the playing and enjoyment of lawn bowls in Hong Kong. Club's Stephanie Worth translated them from Chinese to English.

Here are Club's top six points of etiquette.

1. Respect the mat. Don't walk in front of the mat and, when the bowler steps on the mat and starts to bowl, other bowlers should keep quiet and not move. When the bowler from the opposing side starts to bowl, don't try to interfere. Your team members should stand right at the back about two metres away.
2. If you do follow your wood to the head, the rule is that you must reach the head before your wood stops running. You must not get caught between the mat and the jack after your wood has stopped.
3. It is good manners not to clap or cheer one of your woods that has achieved a lucky or fluky result or a lucky wick. Acknowledge the result silently.
4. It is good manners not to clap or cheer when one of your opponents has played a bad or unlucky wood, even if the result of that bad bowl or bad luck is important for your side. Acknowledge the result silently.
5. Always be prepared to say well done or well bowled when your opponent has played a good wood.
6. Respect the decision of the umpire or someone you invited to measure on your rink. It is extremely impolite and unsportsmanlike to turn down his/her decision.

## COACH'S CORNER

Coach Bernard gives some pointers on how to play second, the most important and difficult of all positions to play successfully, rated by Australian selector Rex Johnston as the engine room of a rink.

Tony Allcock describes the second's position as onerous. To begin with, the second invariably has to deal with a situation not of his or her making. If the lead has done well, the second will be attempting to consolidate the position, laying bricks on the lead's foundation. If the lead has left things in a bit of a mess, it is up to the second to put things right by drawing, as the last member of the rink to be guaranteed a clear shot at the jack.

Drawing well under pressure is a prerequisite, but the second may be required to play any of the running shots on any hand. Allcock argues that the shrewdest observers of the game point out that the second is the anchor of the rink.

The late Barry Salter stressed the need for the second to consolidate the position with well thought out positional play or with the playing of crucial reaching shots under difficult circumstances, with few woods in the head. Salter suggests that the modern game has brought the second out of the shadow of the lead. The second must be able consistently to draw close to the head, but this is no longer

enough. Today's skips will use all the talents of the second to create an advantage. The second may be called upon to play any shot in the book at any time, so the second needs to practice the draw, the positional draw, the drawn block, the draw close to the ditch, the trail, the ditch weighted shot and the drive.

Tony Allcock suggests a useful practice routine geared to improving the tactical understanding of anyone playing second. Set up a mock head with four woods, including two of your own, without giving much thought to the actual positioning. Then go back to the mat and examine all the options available, work out the percentage shot and play it. Keep repeating this exercise into different heads.

Coach Bernard reminds all seconds to bring a pen to mark your scorecard. In Hong Kong, the second in every league game needs to keep a card. Complete your card as soon as the end is declared, check the score with your opponent, then change the scoreboard. Remember to get both skips to sign the card.

Next month, Coach Bernard will provide some tips on how to play third, certainly the most important and difficult of all positions to play successfully.

# Hockey News



## Men's Captain Report

Position	TEAMS	P	W	D	L	GF	GA	GD	Pts
4	HKFC D	12	8	2	2	28	10	18	26
3	HKFC C	14	7	2	5	31	31	0	23
6	HKFC F	12	4	3	5	21	26	-5	15
7	HKFC A	10	4	1	5	29	33	-4	13
10	HKFC H	12	2	4	6	21	32	-11	10
11	HKFC G	15	2	4	9	22	38	-16	10
11	HKFC E	14	2	2	10	11	27	-16	8
8	HKFC B	11	0	0	11	17	70	-53	0

Since the last report, the results of the Men's hockey section have seen a reversal in fortunes: Those who were struggling during the first half, now are enjoying success, those who were challenging have had a few disappointing results. What has been most pleasing is that the teams that had had a tough first half are now playing well and enjoying their hockey – most notable are the E and G teams.

The A team has had two wins and two losses in the period. A heavy 7-0 defeat to league leaders Shaheen and their Chinese imports was followed by a strong 3-0 win versus the old enemy Valley. **Pietro Attala's** side at least showed that they can fight to the death against the Dutch. Being lead 1-0 following a goal by veteran, **Thomas Stassen**, they clawed their way back. In a moment reminiscent of Alex Ferguson's Manchester United win in the European Cup, the captain scored a short corner with the last drag flick of the game.

**Rik van Donk's** Derby County, although yet to have a win, have played much better hockey. Having decided to drop the Kevin Keegan approach, adopting a more defensive formation, they lost narrowly to KCC (1-3) and Bullets (2-5). They even managed to put 4 past Shaheen. No mean feat. Silverware may be won in the big Recreio Centenary Cup where they have reached the final.

The C team remains on target for a top 3 finish, with wins against KCC "C", Pakistan Assn "B" and the Veterans "A" team. In the latter, the late arrival of **Simon Chapman** (like super sub **Mark Viduka**) saw a 2-0 deficit turn into a 3-2 win in the dying seconds. The D's have lost ground with a couple of 0-0 draws against Aquila A and 144U. Like the faltering West Bromwich though, the D's still have the best chance of all our teams of winning their league.

Plaudits must go to the E team, the Tottenham of the Hockey Section. Struggling for players this rag-tag of misfits has raised its game. Under the leadership of **Martin "Robbie Keane" Harris** and with **David "Paul Robinson" Taylor** in nets, they are working their way out of relegation trouble. A win



against Aquila A (1-0) having lost to the same team 2-0 in December underlines the change in fortune.

The F and H teams, not unlike Portsmouth and Wigan, have some familiar household names in their line ups, can play good hockey, but have struggled through injury and availability to put together a consistent run. Both will fight the drop.

Finally the new, improved G team has managed to total 10 points, now pushing the H team. Not unlike Aston Villa, this team may yet pull of a few surprises under the O'Neillesque eye of **Joel Chu**. Wise recruitment has added youth and balance to his squad. Foreign import and ex-Polish junior international **Scott Jalowayski** has been a powerhouse in midfield.



celebrating 175 years of excellence  
1833-2008

**MERCHISTON**

Mr Andrew Hunter, Headmaster,  
and his wife Barbara,  
warmly invite you to a

***Drinks Reception***

to find out more about  
Scotland's leading Boarding School for boys  
based in the capital city, Edinburgh

Tuesday 25 March 2008  
The Hong Kong Football Club  
from 6.30pm - 8.00pm

*RSVP Carole Burnett,*  
*marketing@merchiston.co.uk, +44 (0) 131 312 2235*

**[www.merchiston.co.uk](http://www.merchiston.co.uk)**



## Ladies' Captain's Report



Kim Roberts  
Women's Captain

A warm start to the year suddenly turned cold, and we were all wondering what had hit us. But, it appears that the cold weather has not dampened Club hockey enthusiasm and we have all continued to play with guts and determination. Read on for progress reports on some of the ladies teams.

### 9-side tournament: Div 1, 3 & 5: One VERY WINTERY Saturday

Surely, this could not be Hong Kong! BRRRR.....felt like the deep freeze, COLD, RAIN, MORE COLD and MORE RAIN. A, E and G teams showed their fortitude and dedication to the game of hockey by turning up to play at their respective venues with full teams whilst other teams either came in dribs and drabs or totally wimped out falling by the wayside. A HUGE THANKS to all the players who braved the elements.

The A team were champions of division 1 beating KCCA, CDR A and Valley A, so congratulations A team. Meanwhile at Kings Park, the division 3 tournament was in a shambles with the E team having no team to compete against except Aquila A – 8 players - (and Shaheen B, a team of one!), so after trying a friendly, competition was abandoned. G team, turned up on time, only to wonder if there were to be any opposition as no other team was in sight, but in due course, the competition began with Skyers taking first place.

### The half-way mark or so: Where are the teams at?

The Dinos playing in the Third Division in the 2007/2008 season and captained by **Hilary Rowark** have enjoyed a modicum of success both on and off the pitch. In so far as hockey is concerned the team sits at the top of the Third Division having won 5 out of 8 games, drawn 2 with one loss to the new kids on the block HK Cricket Club. Nine Dinos have hit the back board 27 times so far with Di May top goalscorer with 6 goals. Coach/team manager **Heather Probert**, complete with paper, pen and wicked chuckle, performs an invaluable job in making sure that there are always 11 Dinos on the pitch at any one time. Dino thanks to the E and F team players who fill the gaps from time to time.

Off the pitch, **Cath Hopkins** became a mother (Zack), another Dino will become a grandmother in the Year of Rat, **Mel Watt** is the HKHA's Umpires Secretary and **Alison Cabrelli** is a member of the HKHA's Disciplinary Committee.

Off the pitch, the Dinos boosted profit margins in the Sportman's Bar by carbo loading (i.e. eating lots of chips)

and maximising their fluid intake (i.e. drinking lots of white wine).

It's a training technique which seems to work .... pip, pip.

by *Alison Cabrelli*

### F Team: Sweet sounds of success

Sweet sounds meaning the sound of the ball against the backboard, or certainly in the goal, resulting in wins and the F team leaps and shouts of joy. For a while, these sounds seemed to elude the F team despite some close tussles, but draws rather than wins. However, in January, there was a swing in the right direction and 3-0 (vs Valley E) and 3-1 (vs Shaheen C) victories brought euphoria, and well-deserved I may add!

The words of F team player, **Heather Barrington** sums it up just right. Outstanding performance by every individual on the team. But more importantly, it was a pleasure to play and win as a collective unit. A special thank you to **Guvinder Dillon** who helped coach us to a win! With more to come of course!

A changing team until recently, the F's are now fairly stable, with some strong players who are gaining in confidence week on week. Attendance at training and continued teamwork will mean we'll build on what we've achieved so far to be a stronger side in the future. We just need to keep getting in those goals! (**Helen McCarten**)

Youngsters, **Catriona Penny**, nearly hat trick **Katie Boag** and **Aiko Henderson** get special mention for their efforts; their unwavering commitment and good play continue to make a significant contribution to the dynamics of F team play.

Goal honours have been shared at 2 a piece: **Katie Boag**, **Anna Mathieson** and **Katrina Trebbien**

**Katrina Trebbien** (still playing) has had to step down as captain due to work commitments outside of HK, so a BIG thanks to her for a job well-done, and a BIG welcome and thanks to newbie, **Helen McCarten**, for stepping in to fill the position. Also the role of captain has naturally fallen to **Renee Spencer**, so more thanks to her, too.

### G team: 'G' standing for "Go-Get-it" type of enthusiasm



Once upon a time, a long time ago on an extremely hot and polluted Saturday, two captains named, **Kim** and **Kym** respectively, stood on the

# ThreeSixty<sup>o</sup>

Hong Kong's largest organic and natural food store

## Detox



## Take your first steps to a healthier lifestyle

Thinking about detox but don't have a clue where to begin? Drop by the store because we have all you need to kick start a healthy detox experience, from organic and natural food, to chemical-free skincare items and environmentally friendly household cleaning products. Also, our experts at the Wellness Centre are ever ready to guide you through the detox programme.

Now, you can even win a chance to join our **“Detox Programme for 2”** simply by sharing your organic recipes with us.



**Eat Well. Live Well.**

■ 3/F & 4/F, The Landmark, Central Tel: 2111 4480 Business hours: 8am – 9pm (Mon – Sun)

■ Shop 1090, 1/F Elements, Union Square, Kowloon Station Tel: 2196 8066 Business hours: 8am – 10pm (Mon – Sun)

For more Wellness Tips, please visit

[www.threesixtyhk.com](http://www.threesixtyhk.com)

side-lines directing the G team. Our faces probably told the whole story –how on earth were we going to get this motley crew to play hockey!?! Many of these players were new to the Club and new to hockey, and what's more had to play their first game of the season on grass and in searing heat whilst breathing in foul air– poor souls. And oh, I nearly forgot, we had had no pitch to train on. The odds were stacked against us. Tough initiation indeed! This game was only the beginning of what has now proved to be a show of the team's indomitable character.

**Eleanor Walsh's** performance in goal that day really saved the day for the Gs and she deservedly got the MVP. She continues to be a key player in the team.

The G team has gone from strength to strength. Player commitment to training and games is outstanding, and this has been reflected in the results. Initially, it was a struggle, but slowly but surely they have been climbing up the ladder. And, as for top goal scorers, well, let us say that goal getting has been shared. The team spirit on and off the field is second to none.

At the helm, stands **Kym Tonkin**, and she has been magnificent as captain. She even bakes birthday cakes for her players. This is going beyond the call of duty surely! Initially, not able to play because of an ACL injury (sustained in hockey last season), she is now also able to make a huge contribution on the field. Unfortunately, Kym will be leaving HK around Easter and she will indeed be sorely missed by her teammates and the section. Don't leave us, Kym!

## FROM YOUR TENNIS COACH



I hope that everyone had a fantastic Chinese New Year break. If you feel like you indulged too much over this period and would like to get back into shape, get out on the courts and work off some of those calories. Make the most of the cooler weather before the hot, humid weather arrives.

Junior Development Classes resumed on the 11th February. They will continue uninterrupted until the Easter holidays. During Easter, tennis classes will cease from Friday 21st March and will resume again on Saturday 29th March. For those of you interested in signing your child up for group coaching, please contact me (Mark Hopkins) on 2830 9578 and I will do my best to fit them into an appropriate class.

Those of you who saw Jo-Wilfried Tsonga play at the Australian Open would have been impressed with the big man's touch. He often displayed great feel around the net and hit numerous winning drop volleys. The secret to doing this effectively is to open the racquet face (make sure you are using a continental grip) and get the strings of the racquet under the ball with soft hands. This causes the ball to lift up off the strings. If you can absorb the impact rather than block the ball, you should be able to drop it just over the net. Practice this shot, learn to hit it and you'll enjoy seeing your opponent left flat-footed with their jaw dropped.

Most Improved Player – Jack Pong

# 50% off

## COUPON

MEMBER DISCOUNT  
FOR THE MATTRESS ONLY



**LATEX  
POCKET SPRING  
MATTRESS**

Please visit our showroom and  
counters for more comfortable beddings.  
For Football Club members only.

**Terms & Conditions:**  
This coupon must be presented before payment. This coupon cannot  
be used in conjunction with other promotional offers.  
This coupon is valid until 31/5/2008.

---

Service Hotline : (852) 2408 7078  
Website : [www.suzuranbed.com.hk](http://www.suzuranbed.com.hk)  
Showroom : Shop 4A, Leighton Centre  
Available at : Apita, Sogo



**PROFESSIONAL ADVISOR  
ON THAILAND'S RESORT PROPERTIES**

**CBRE**  
CB RICHARD ELLIS

Your desire to own  
an exclusive home in  
Thailand's coastal paradise  
is no longer a dream.  
Make your ideal choice  
from our selection  
of spectacular resort  
residences.

**Phuket • Phang Nga • Samui • Pattaya**

**[www.cbre.co.th](http://www.cbre.co.th)**

[bangkok@cbre.co.th](mailto:bangkok@cbre.co.th)

**66 2 654 1111**

[pattaya@cbre.co.th](mailto:pattaya@cbre.co.th)

**66 38 364 969**

[samui@cbre.co.th](mailto:samui@cbre.co.th)

**66 77 430 737**

[phuket@cbre.co.th](mailto:phuket@cbre.co.th)

**66 76 239 967**



## Comments from the Chair

Suzie McGuire,  
Division Chairperson



Netball was pretty quiet for most teams in February due to the CNY break, however, Hurricanes and Tornados did not get a break at all! Thanks to all the Hurricanes and Tornados players and the guest players who stepped in to help field those teams over the CNY festivities - I am sure it was difficult getting on the court on those freezing nights while the rest of us were at home warming our toes and sipping on hot toddies. While I am on the topic of commitment, I may have mentioned in a previous edition, that this season, the HKNA imposed new umpiring regulations on teams providing that if players are not badged and/or did not attend the umpiring courses put on by the HKNA, then those players are not qualified to umpire and their team would lose points if they provide umpires that are not qualified. This has led to the very unfortunate situation in some teams where there are only 2 or 3 qualified umpires in a team who are forced to take on all the umpiring duties for their teams every week. There is not much we can do to address this situation this season as the HKNA has not run any further umpiring courses since November, however for next season, new policy will be imposed on all our netball players, that it will be compulsory for all non-badged players to attend the umpiring course, and failure to do so may mean players will not be permitted to continue playing for their teams. I am sure this new policy is going to be controversial but the committee feels it is essential to ensure fairness to all players since umpiring is a team responsibility and should not be left to 2 or 3 players.

Good luck to all our teams in March as this will be the last month of games before the finals in April.

Congratulations to **Lynette Ryan** on the slightly early but safe and happy arrival of baby Harvey on Monday 11 of February 2008!

Have a Happy Easter everyone!

# Netball News



## WEEKLY MATCH REPORT:

### TORNADOES

#### 28 January 2008: Tornados vs Genesis (27 vs 17)

It was a slightly shaky start to the match at Aberdeen, with Genesis taking the lead 3-2 in the first quarter. But luckily with the return of **Minal** and **Laetitia** to the team and our new addition, **Jen**, we soon settled into a more comfortable rhythm. The shooters did sterling work as usual, with Laetitia and Catherine gaining great momentum in the 3rd and 4th quarters. There was good defensive play to keep the wandering opposition shooters out of the circle which worked well in conjunction with the smooth centre passes from Ari and the ensuing impressive movement of the ball down the court. All in all once settled we played well as a team which led us to a solid 27 -17 win. Go Toooooornades!!

by *Sophie Risely*

#### 21 January 2008: BYE – NO GAME

### HURRICANES

#### 11 February 2008: Hurricanes vs Aussie Wombats (29 vs 8)

Last night, the Hurricanes were indefatigable in their conquest of the Wombats. With mid-court players making some great intercepts, the ball rarely reached the opposition's goal third. **Ming** and **Darien** capitalised on our possession of the ball by shooting with breathtaking consistency. Despite our success, we missed **Kirsty**, who had given up playing to umpire yet another match.

by *Edwina Mendes*

#### 4 February 2008: Hurricanes vs Aussie Cockatoos (14 vs 27)

With several key players missing due to Chinese New Year, the Hurricanes struggled to find form against the much-improved Cockatoos. Even a brave performance by the defence only just saved us from conceding a bonus point for a doubled score. We need to work on using a range of passes when we're closely

marked. Many thanks to the three guest players who helped swell the ranks; hopefully next time you can join us in a victory.

*by Edwina Mendes*

**28 January 2008: Hurricanes vs Pegasus (21 vs 14)**

Last night's game saw the Hurricanes play with consistency and determination against a fast and aggressive team. The match began with a few players in unfamiliar positions due to some late arrivals. However, with some great play from the mid court players and some wonderful team work from our shooters, we began the second quarter with a comfortable lead. Although out of her usual spot in defence, **Kirsty Hulme** made a very convincing and effective GA! A special mention must also go to **Janice Reis Lodge** who played a major part in our victory. Definitely her best game of the season so far! Well done girls, on another convincing win!

*by Jessica Lavender*

**21 January 2008: Hurricanes vs Kowloon Diamonds (32 vs 4)**

This week saw an easy home win for the Hurricanes against a team with an unsteady grasp of the rules and the ball. Bottom-of-the-league Diamonds failed to score after the first quarter while the Hurricanes' shooters and defence played with flair. Some unnecessarily hasty passes might have caused problems against a more skilful side, however.

*by Edwina Mendes*

**MORE NEWS...**

**New baby:** Lynette Ryan of Whirlies had her baby boy, Harvey, on Monday afternoon, the fifth day of Chinese New Year of Earth Rat!

**Hong Kong Tournament:** scheduled for February/March 2008 to be held at Hong Kong Football Club and time to be confirmed. Please click onto our website: [www.hkfcnetball.com](http://www.hkfcnetball.com) for further details later.

# SOHO HEALTH SPA



- Services include:
- body treatment
  - waxing
  - eyelash tinting
  - facial treatment
  - body massage
  - thai massage
  - home visits

*(by appointment only)*

Please contact Yoki Yuen at 94167168

23/F, Bartlock Centre, 3 Yiu Wa Street, Causeway Bay, Hong Kong (behind Time Square)

## NETBALL TRIVIA NIGHT

\*\*\*\*\*  
**WHEN :** Thursday 6th March

**TIME :** 8.00pm

**RSUP :** To your captains or directly to Kirsty

For more information please contact [social@hkfcnetball.com](mailto:social@hkfcnetball.com)

\*\*\*\*\*



## 19th Hole with the Chairman

Desmond Ko,  
Golf Society Chairman

Several things to mention this month:

The annual Chairman versus President competition will take place on the Monday after the HK Rugby 7s on 31st March 2008. Please let the GS committee know if you would like to play with us at Fanling.

Your Captain has organised a match against HK Cricket Club to take place on 18th April in Macau. Anyone interested in competition golf (all abilities welcome) please let any of the GS committee members know or drop us a note in the Society's pigeon hole.

Unfortunately, the GS committee (for the first time) lost in its annual golf match against the Club's General Committee during February (a separate article will cover the details in next month's magazine).

**Some members have been sending bookings and other related information by email/fax to Maggie Ng. Please note that electronic communication is not 100% efficient, so please double check that Maggie has indeed received your communication (by calling her). Again, please note that Maggie works on a voluntary basis for the Society....**

Finally, with sadness and fond memories, we send our condolences to our fellow committee member, **Esther Lenan** and her family, as her husband, **David Lenan** sadly passed away in February. David was a keen golfer and strongly supported the Society. For those of you who attended overseas tours, you will remember David as a regular tour fixture and recall his wit and tremendous sense of fun.

## KSC South 25th January

**A**gain, we had 28 players joining in this Kau Sai Chau event on the 25th January, our first event for the year 2008. Setting off at 7:10am in the morning from the Club and hoping for better weather when we arrived at Sai Kung, we were however very disappointed. It was wet and bitterly cold and the gusty wind made it worse! Still, we all went on the course and played, and there was only one flight of four who finished after 9 holes.

The Nearest Pin prizes for the day went to **Adie King** (yours truly), **Christophe Baleyte**, **Paul Cheng** and **Melita Vandeven**. The Longest Drive Men's prize was won by **Paul Walters**, and the Ladies' prize went to **Ely Walmsley**, our visiting Absent Member who now resides in Cornwall and plays 4 rounds of golf per week with a handicap of 5! Her comment was "It's warmer at home!"

I was the Stableford winner, scoring an incredible 37 points in this weather! (Maybe I should consider playing in wet conditions from now on!) **Helena Ko** scored 32 and won the first runner-up prize on count back, while **Malou Ferrier** who also scored 32 came third.

The prize for the Player of the Day (I did give him 2 sleeves of balls) went to **Chris Grossick** as his 5 wood somehow slipped off his hand and went into the bushes (wasn't sure what hole it was) while he hit the ball (I presume the club went further than the ball) then left his pitching wedge by the green (I think that was returned to him later) after a couples of holes and lost 10 balls on the day and still said "It's not a bad day for me!" Well, there's the spirit! Keep it up Chris, and we look forward to seeing you again in future outings! *Adie King*



Stableford Winners (L to R): Malou Ferrier, Adie King and Helena Ko



Nearest Pin Winners (L to R): Melita Vandeven, Christophe Baleyte and Adie King



Longest Drive Winners: Ely Walmsley and Paul Walters



TIME MOVER® Metropolitan 3

167 x 370 x 180 mm



TIME MOVER® Evolution 4

295 x 230 x 236 mm

Watch winder for 4 watches and storage for 6 watches

# BUBEN&ZÖRWEIG

The Expert of Watch Winder



TIME MOVER® Superior 2 Macassar

280 x 133 x 203 mm

## BUBEN&ZÖRWEIG

**Awards :**

The Best Watch Collector Accessory 2006  
Capital CEO, Hong Kong

The Best Watch Collection Accessory 2007  
HURUN REPORT, CHINA

High Flyers 2007  
Hong Kong Business, Hong Kong

The house of BUBEN&ZÖRWEIG delights lovers of fine timepieces with masterpieces of craftsmanship.

Each BUBEN&ZÖRWEIG creation combines exquisite craftsmanship, the finest wooden material and modern technology.

TIME MOVER® - the world's first intelligent watch winder with sleep phase for 10 hours. Made in Germany.

EUROPE WATCH COMPANY LTD. : Shop 4A, G/F, Auto Plaza, 65 Mody Road, Tsimshatsui East, Kowloon Tel: (852) 2723 0623

TIME GALLERIA LTD. : Shop 30-32, G/F, Central Building, 1-3 Pedder Street, Central, Hong Kong Tel: (852) 2526 7070

Sole Agent : Citimex Marketing (HK) Limited Tel: (852) 2111 2000 E-mail : enquiry@citimexmarketing.com.hk

BUBEN&ZÖRWEIG SHANGHAI : Shop B117, Plaza 66, 1266 Nanjing Xi Road, Shanghai, China Tel: (86-21) 6288 9503

China: (86-21) 6467 4580

Singapore: (65) 6392 1268

Malaysia: (603) 2163 6368

[www.citimex.com.sg](http://www.citimex.com.sg)

# Triathlon Season Kicks Off!

Steve Bemets' triathlon training kicks off this week. Steve is offering a terrific selection of training activities and has unlimited reserves of enthusiasm to go with it!

We are opening up the triathlon training to all Club Members interested to join the sport. Already, there are a number of ex-rugby and football boys and some renegade hockey girls active. This will likely grow given that the urge to compete in physical sport, albeit in an age group capacity, doesn't seem to diminish; in fact seems to turn into a vendetta for some!

Hong Kong also hosts a wide range of multi-sport events and the Club competitors will be taking part in the following events here and in the region:

Feb 23	Malaysia Ironman, Langkawi, Malaysia
Mar 2	Duathlon – Chong Shan Rd, NT
Mar 16	Duathlon – Brides Pool, Pak Sing Leng, NT
Apr 20	Splash'N'Dash – Repulse Bay, HKG Island
Apr 24	China Ironman and half Ironman, Haikou, Hainan Island
May 18	Festival of Sport Spint Triathlon – Plover Cove, NT
May 24	Bintan Sprint Triathlon, Indonesia
May 25	Aquathon Race Series – Golden Bay, Tuen Mun
Jun 1	Splash'N'Dash #2
Jun 13	HKFC Triathlon Challenge – HKFC, Happy Valley
Jun 22	Splash'N'Dash #3 – Repulse Bay, HKG Island
Jul 6	Aquathon Race Series, Cheung Chau
Aug 24	Vietnam Triathlon, Halong Bay, Vietnam
Sep 14	Power Bar Ocean Swim – Deepwater Bay
Nov 15/16	ITU Asian Cup – Disneyland, Lantau

We are even planning to stage our own Super Sprint Triathlon on the Club premises on Friday June 13th. Swim+ followed by cycle on turbo trainers/spin bikes followed by Happy valley track run.

So how to approach training for you to be able to compete in your selected races? The great Simon Lessing says on his website:

“Without a doubt, the key to triathlon training is consistency and routine. Consistency over a 12 week period for all three disciplines. Establish a routine that works for family and lifestyle. Do Group training with a warrior spirit. In other words, it is much easier to do a work-out whether it be a run, cycle or swim in a group atmosphere. Don't be afraid to take on the guy or gal next to you! Start to work on



Steve Bemets

the more technical aspects of each discipline, especially the one you are weakest at.”

Our Swim training sessions, led by James Shortis focus primarily on technique and cover all strokes. However the streamlining of the body and stroke efficiency are the two areas to continually focus on.



Steve Bemets winning the Triathlon in Vietnam!



# Join the **TRIATHLON TRAINING** **PROGRAMME** For beginners (and not so beginners)



## **RUN**

Programme starts Tuesday 12th February

Tuesday evening 7 pm

Happy Valley Track

Speed work, Stretching, Varied workouts

Meet at the inside rubber track stretching area.

Saturday morning : 9 am after the swim session.

Long easy run followed by a stretching session.



## **SWIM**

(once the weather warms up)

Tuesday evening 8 - 9 pm. Technique, drills and speed work. (run by James Shortis)

Saturday morning 8 - 9 am. Drills followed by speed work.

Club Pool

## **BIKE**

Thursday morning 5.45 – 6.45 am

Shell station atop Wang Nai Chung Gap Road, next to Hong Kong Cricket Club  
Peak ride, Shouson Hill, Shek O, Mt Butler, (alternating routes)

There will be two groups for this session. Group A will be a very slow low recovery ride while the Group B ride will be led at a faster pace.

(Once the weather warms up, Saturday morning swim session will become a turbo-cycle/swim session.)

These sessions will be aimed at assisting you to gain strength, motivation, confidence and will vary weekly to help you prepare mentally and physically for your next race.

Please contact Steven Bemet directly on: [thebemets@netvigator.com](mailto:thebemets@netvigator.com) or on mobile: 9570 7772 with any inquiries. Enjoy the competition!



David Bayldon

# Out of Breath?

At some point everyone has suffered through a beep test (Multistage fitness test) or endured a Cooper test (12 minute run). Why?

Both these, and there are lots of other similar ones, are tests to find your VO<sub>2</sub> max. There are formulas and tables to work out your score, so once you have done the tests you come out with a number somewhere between 20 and 90 millilitres of oxygen per kilogram of bodyweight per minute (ml/Kg/min). Very interesting, but what does that mean and what use is it to you?

VO<sub>2</sub> Max is probably the ultimate measure of your aerobic fitness, simply it is a measure of the maximum amount of oxygen you are able to pull out of the air and use to do work. The number is affected by your lung capacity and how many red blood cells you have. A high number indicates a higher capacity to exercise for longer and at a higher intensity. You can change it by training.

You do not have to be stuck with the same VO<sub>2</sub> max for ever, there are some, ..., who luck out with the right set of genes for this, but your body is very adaptable and you can improve your score by working on it.

## What's your VO<sub>2</sub> max?

You can do it yourself, the Cooper test is a timed run, you just run as far as you can in 12 minutes then use the following formula, (Distance covered in metres - 504.9) ÷ 44.73. I know, too much maths. Google "Cooper Test" and you will find sites to calculate it for you. This is probably the simplest. At the other end of the scale, for a really accurate analysis of your VO<sub>2</sub> max with lots of extra information about how your oxygen use changes as you exercise and recover you need a sports lab. Be prepared to have a hard workout, for the results to have any meaning you have to really put everything into the test, hence the max part, at the end of it you should not be able to do any more.

## For the wimps

**"I'm too unfit to do it."** Get yourself off to your GP to make sure you do not have a heart condition, otherwise a bit of hard work won't kill you.

**"I don't like long workouts."** Poor you... testing is less than 30 minutes, and you will improve your VO<sub>2</sub> max with 3 HARD / high intensity workouts per week, again, a bit of hard work won't kill you.

**"I'm not an athlete I don't need this for my fitness."** Maybe, but your VO<sub>2</sub> max gives you numbers and working at achieving targets is much easier when you can gauge how you are doing, to keep up the motivation.

**"It'll be depressing and too hard to improve."** Huh? If you are already really, really fit then it is hard to improve your score, but for the rest of us, we can make big improvements with a little bit of work.



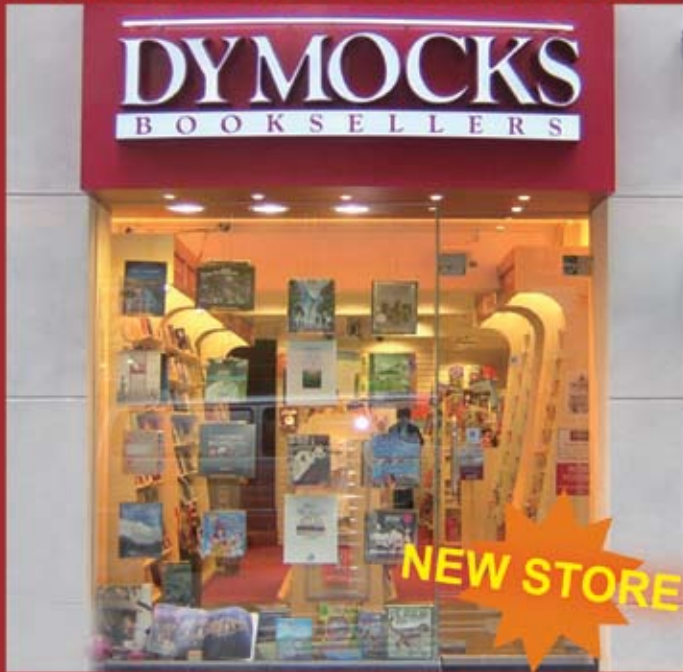
Once you know your score you need to think about training it.

High intensity interval workouts are probably the quickest route to improve your fitness, you should be able to fit a session into 45 minutes. If you are doing it right you should be completely exhausted by the end of that time. If you are training to do a long distance event then you will need to do some lower intensity long duration training as well.

Talk to your coach, the Fitness Centre trainers at the Club, your physio... they will all be only too happy to give you suggestions and assistance.

**FREE SPORTS MAGAZINES\*  
FOR FOOTBALL CLUB MEMBERS**

**DYMOCKS**  
BOOKSELLERS



Spend \$500 in one transaction or \$800 in a month to get any Sports Magazine FREE!

G/F, 1 Sing Woo Road, Happy Valley  
Tel: 2893 3824  
Email us at [dymockshv@gmail.com](mailto:dymockshv@gmail.com)

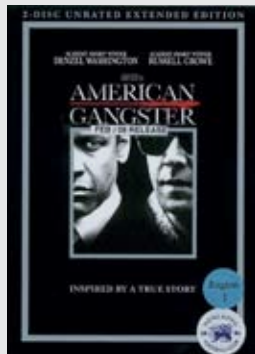
\*offer subject to change without notice. Whilst stock lasts. This offer is available in Dymocks Happy Valley only. Cannot be used in conjunction with other special offers or to collect or redeem Booklover points.



## MOVIE OF THE MONTH

### American Gangster

Academy Award winner Denzel Washington and Russell Crowe team with Director Ridley Scott (Gladiator) in this powerful, epic story. Armed with ruthless streetwise tactics and a sense of honour, crime boss Frank Lucas (Washington) rules Harlem's chaotic drug underworld. When outcast cop Richie Roberts (Crowe) sets out to bring down Lucas's multi million dollar empire, it plunges both men into a legendary confrontation. AMERICAN GANGSTER is a brilliant film.



## BOOK REVIEW

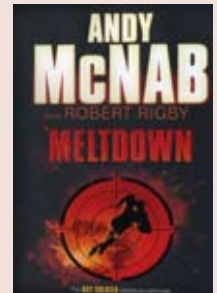
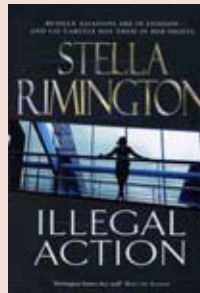
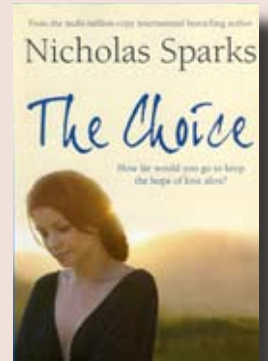
### The Choice

by Nicholas Sparks

Travis Parker has everything a man could want: a good job, loyal friends; his dream home in a small town North Carolina. In full pursuit of the good life, he believes that a serious relationship with a woman would only cramp his style.

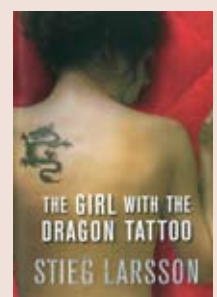
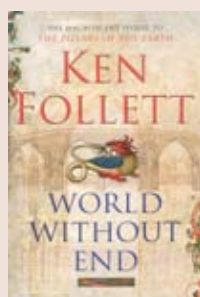
That is until Gabby Holland moves in next door. Despite Travis's attempts to be friendly, she seems to have a chip on her shoulder about him. But something compels Travis to get to know his new neighbour. His persistent efforts lead them both to make difficult decisions, the consequences of which neither could have foreseen.

The Choice confronts us with the most heart wrenching question of all: how far would you go to keep the hope of love alive?



## NEW BOOKS

- T IS FOR TRESPASS BY SUE GRAFTON
- CAPTIVE OF MY DESIRES BY JOHANNA LINDSEY
- A HOPELESS ROMANTIC BY HARRIET EVANS
- NOT IN THE FLESH BY RUTH RENDELL
- ILLEGAL ACTION BY STELLA RIMINGTON
- WORLD WITHOUT END BY KEN FOLLETT
- JUST IN CASE BY MEG ROSSOFF
- BOOK OF THE DEAD BY PATRICIA CORNWELL
- AND MORE NEW RELEASES...





Medical Insurance Solutions Ltd

*The Specialist in Health Insurance*

**For medical or sports insurance  
at a sporting price,  
contact us today!**

Phone: +852 2251 1629 Fax: +852 2251 1618 Email: asia@mis-irtd.com  
www.medicalinsurancesolutionsirtd.com

A member of Professional Insurance Brokers Association

## 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


## Part-time Administrator

**15 hours per week inc. Saturday mornings**

The Mini/Junior Soccer Programme of the HKFC is creating a paid part-time position to provide administration support to the Programme and its committee. The role will include: managing and maintaining player registrations and kit distribution; regular communication with the committee, coaching teams and players/parents; booking of pitches, transportation and refreshments; management of all payments and all general administration. This will require attendance at the Club during the season's coaching sessions between 8am and 1pm on Saturdays between September and May.

For someone with sound admin skills who is able to use MS Office, including Excel, and is well organized, this is a great opportunity to contribute to a rewarding children's activity while earning some useful part-time income.

To apply email your details to: [hkfcminisoccer@netvigator.com](mailto:hkfcminisoccer@netvigator.com)

 HONG KONG FOOTBALL CLUB  
MINI/JUNIOR SOCCER PROGRAMME

## INTERESTED IN PLACING AN ADVERTISEMENT?

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

**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](mailto:fookie@netvigator.com)



**FOOKIE MOTORS CO. LTD**

**Shop 7, G/F, Paramount Building**

**12 Ka Yip Street, Chai Wan**

**Hong Kong**

**Any Tours Enterprises Limited** L/C no. 350 403  
**天洋旅遊有限公司** 

[www.anytours.com.hk](http://www.anytours.com.hk)

**Last Call For Easter Special Packages !!**

 <b>Bangkok</b> <sup>TG</sup> Courtyard by Marriott 22Mar08 5D HK\$3690up	 <b>Ho Chi Minh</b> <sup>UA</sup> Elios 20Mar08 5D HK\$2990up
 <b>Koh Samui</b> <sup>PG</sup> Baan Hin Sai 22-23Mar08 5D HK\$4899up	 <b>Cebu</b> <sup>CX</sup> Tambuli Beach Club 21Mar08 4D HK\$4590up
 <b>Phuket</b> <sup>TG</sup> The Blue Marine Resort & Spa 20Mar08 5D HK\$5490up	 <b>Kota Kinabalu</b> <sup>MH</sup> The Pacific Sutera Hotel 20Mar08 5D HK\$7399up

**Book for 2008 Malaysia F1**

**Race Ticket & Hotel Packages Now !!**

	<b>Hotel Package --</b> 4Days 3Nights HK\$2,380up 3Days 2Nights HK\$1,833up	
---	---	---

Petronas Malaysian Grand Prix  
21-23 March 2008  
Kuala Lumpur

**Super Value Airfares !!**

	Departure date before	Ticket must be issued before	ticket validity
VN Sydney	HKD 2,800 UP	till 31Mar08	31Mar07 180 days
JL Tokyo	HKD 3,800 UP	till 18Mar08	18Mar08 7 days
CX Bombay	HKD 4,400 UP	till 30Apr08	29Mar08 90 days
VS London	HKD 4,860 UP	till 24Jun08	31Mar08 12 months
JL New York	HKD 6,800 UP	till 18Mar08	18Mar08 35 days

Co-ordinators in Sports Group Travel Management

- Group sizes : 10 - 1000 people.
- Air Ticketing.
- Hotel accommodation.
- Ground Transportation.
- Logistics Management.
- Itinerary Planning.
- Pre/Post Extension Tours.
- Entertainment and Theme Banquets.

✉ [anytours@anytours.com.hk](mailto:anytours@anytours.com.hk) ☎ : 2369 7251 📠 : 2739 6121

Units B-C, 5/F., Century House, 3-4 Hanoi Road, Tsim Sha Tsui, Kowloon, Hong Kong

# 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

Kindermusik by  
**Catherine**  
Let Children Flourish in Music

2nd Largest  
Programme  
Worldwide

HK's Leading Kindermusik Provider  
Music classes for 0 to 7 years

**Classes at the Football Club**

OurTime (18 mths to 3 yrs)	Tues 9 am
Imagine That! (3-4 yrs)	Thurs 9 am
Village (0 - 18 mths)	Thurs 10 am

For more information & to register  
please call **2518-4840**  
or visit [www.kateskids.com.hk](http://www.kateskids.com.hk)



## Sunpac Tours & Travel Ltd

新一旅業有限公司

Special Offer to Club members

Oasis Hong Kong Airlines

**One Business + One Economy  
Air Tickets**

**London** HK\$ **20,680** up

**Vancouver** HK\$ **18,380** up

✦ Departure HK until 31Oct2008 ✦

**Enquires :**  
**28109300**

\*All fares are subject to some conditions and applicable taxes may change without prior notice  
Address: Room 1105 Asian House, 1 Hennessy Road, Wanchai, Hong Kong (License No: 350481)  
E-Mail: [commercial@sunpac.com.hk](mailto:commercial@sunpac.com.hk) / [airticket@sunpac.com.hk](mailto:airticket@sunpac.com.hk)





Find more information, please visit [www.porsche.com.hk](http://www.porsche.com.hk) and click on 'Used Cars in HK'.

## If you have the dream, we have the cars!

**Owning a Porsche** is a very special experience. We strive to make that experience the very best for you by offering a special warranty on all our selected pre-owned Porsche cars.

**Every Pre-Owned Porsche** meets the highest standards of quality, technical functionality and performance as specified by the manufacturer.

**The 12-month Pre-owned Porsche Warranty\*** – issued directly by us – applies to the vehicle, not the current owner. It remains valid in the event of re-sale and ensures the highest possible re-sale value.

Warranty includes **Roadside Assistance**, an exclusive Asia-wide support service that covers breakdown and accident assistance, transport and recovery, and a range of insurance services – to give you complete peace of mind to fully enjoy the ownership of a pre-owned Porsche.

We offer **Comprehensive Sales Services** including finance and insurance, consignment selling or even buy-back. Give us a call on 3180 3911 and we will be at your service.

**So why bother to look anywhere else?**

## Porsche Approved Pre-Owned Car Centre

\* terms and conditions apply



**PORSCHE**

### Porsche Centre Hong Kong

Porsche Approved Pre-Owned Car Centre  
Jebesen Motor Group Building,  
926 Cheung Sha Wan Road,  
Kowloon, Hong Kong  
Tel: 3180 3911

Open Daily & Public Holidays:  
10am - 6pm



**JEBESEN  
GROUP**