

# CLUB

HONG KONG FOOTBALL CLUB 香港足球會

MARCH 2023



**SWIMMING AND TRIATHLON**

## VAID SURVIVES HONG KONG FOUR TRAILS ULTRA CHALLENGE

**HOCKEY**

JUNIOR HOCKEY FESTIVAL 2023

**SPECIAL FEATURE**

10 TAKEAWAYS FROM A MONTH IN QATAR





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Monthly journal of the Hong Kong Football Club.  
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# THE THOUGHTS OF THE CHAIRMAN

## 主席的話

Neil Jensen  
Chairman



Warm greetings as the spring season brings us a full month of Sports to look out for.

First up is the Lawn Bowls Section's **Mike Worth Memorial Cup** on the weekend of 4-5th March with over 50 teams participating in this inaugural event. The following week sees the return of **Hong Kong Football Association Premier League** at the Club with HKFC taking on Wofoo Tai Po on 12th March. We also play host to the **Hong Kong Netball League Grand Finals** on 25th March, and two big events make a welcome comeback with the **Junior Youth Rugby Festival** on 19th March, and one that needs no introduction, **HKFC Tradition 10s**, held on 29-30th March and days leading up to the **Hong Kong Sevens**.

Elsewhere in the Club, I hope you've noticed 2 pilot projects being tested out to provide new, better experiences for all of you to try out. From the beginning of February, we started **allowing guardians to care for our Junior Members in the Family Lounge and the adjacent Playroom** at certain times with the ability to purchase food and drinks there. Please give us your feedback at [sports@hkfc.com](mailto:sports@hkfc.com) until the end of April and we'll compile your feedback to see if we'll make this a permanent feature in the Club or not.

Likewise, early this month sees the opening of **"Workspace"** in the Library. I've already written to you that this project has been planned ever since we stopped offering the DVD rental service. We count on your feedback as well to make sure that the Club delivers up to your expectations.

At the time of writing, we're waiting with bated breath for the ink to dry on the occupation permit, allowing us to finally get back into **Sportsman's Bar** and get it ready to open its doors and welcome all Members and Guests back into your favourite bar. It has been a long time coming for such an important project for the Club. Thank you for your patience over the last year and thanks also goes to the team that has been working diligently in the background to deliver a brand new, expansive menu, a great selection of drinks, highlighting beers and all new, huge digital screens and surround sound to watch your favourite sport. We have planned for a little recognition of our appreciation later this month, so please look out for my detailed announcement on that, coming out soon.

Last but not least, please welcome **Christophe Horrenberger** in joining the management team as Director of Food & Beverage. Christophe is an accomplished and committed hospitality professional specialised in F&B, spanning large dining and international hotel groups, with his most recent role as EAM of F&B at Marco Polo Hotels – Hong Kong. With his expertise and industry insight, Christophe will take the Club's F&B and dining experience to the next level.

Neil Jensen  
Chairman

大家好！春季到來，一整個月的體育賽事在等待大家發掘。

首先是3月4及5日草地滾球部的**王銳富紀念盃**，有超過50個隊伍參與這個首屆賽事。接下來的**星期港超賽事**回歸，本會將於3月12日主場迎戰和富大埔。我們3月25日亦將作為東道主舉行**香港投球聯賽總決賽**。兩個受歡迎的大型攬球活動也會捲土重來，除了3月19日的**青少年攬球節**之外，於3月29及30日舉行的**香港足球會十人攬球賽**更毋須多說，緊隨其後就是**香港國際七人攬球賽**，絕對不容錯過。

3月的體育賽事固然精彩，希望大家也留意到本會正在推行兩個先導計劃，目的是為各會員提供更完善的體驗，並透過試驗後評估成效。事實上，我們2月初便已經開始允許**監護人於特定時段在Family Lounge及相鄰的遊戲室照料本會的兒童及青少年會員**，以及讓監護人可以在Family Lounge購買食物及飲品。如有任何意見回饋，歡迎4月底前電郵至[sports@hkfc.com](mailto:sports@hkfc.com)，我們會整合大家的意見，看看會否將這個計劃納入為本會的永久項目。

除此之外，圖書館這個月初迎來了「**工作空間**」的開放，早前在此亦提過，自從我們停止DVD租借服務後，就已經規劃好這個空間改用計劃。同樣地，會員提供意見回饋，以確保本會滿足到大家的期望。

下筆之際，我們都在屏息等待佔用許可證獲批，之後便能重回**Sportsman's Bar**準備開門迎接所有會員及來賓回到大家最喜愛的酒吧。本會已為這個十分重要的工程等了很長時間，多謝大家長達一年的耐心等待，同時感謝一直默默耕耘的幕後團隊為酒吧設計豐富的新餐牌、推出一系列的飲品及精選啤酒，以及配備全新的大螢幕及環迴立體聲系統，讓大家可以舒舒服服觀看喜愛的賽事。為此，我們計劃好於本月向大家表達小小的謝意，敬請留意有關詳情。

最後，歡迎**Christophe Horrenberger**以餐飲部總監的身分加入管理層。Christophe經驗豐富，曾在多個大型餐飲及國際酒店集團任職，最近一次任職為馬哥孛羅酒店—香港的餐飲部行政助理經理。憑著Christophe的專業知識及行業見解，他將為本會打造更上一層樓的飲食及進餐體驗，敬請期待。

主席 Neil Jensen





**60+**  
EARTH  
HOUR

No action is too small to make a difference.  
Join us in support for a more sustainable future.

# EARTH HOUR

**Saturday, 25th March 2023**  
**8:30pm – 9:30pm**



In support of Earth Hour, the world's largest environmental movement for the planet by WWF, the Club will switch off all non-essential lights and dim the lights in public area for one hour.



CHAIRMAN'S BAR

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Restaurant and Chairman's Bar will offer

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# GENERAL MANAGER'S MONTHLY MESSAGE

## 總經理的話

Randal Linhart  
General Manager



Some people have been known to say that “March comes in like a lion, it goes out like a lamb”, but here at the Hong Kong Football Club, that is just not the case. We will be roaring for the entire month with equal amounts of sports activities and social events as we toss our memories of Covid over our shoulders and look into the future with nothing but optimism and the need to celebrate life.

As highlighted by the Chairman's message, Sport throughout the month is abundant, picking up momentum until we reach the excitement at the end of the month when we welcome back the Rugby 10s to Asia's World City.

In the outlets, Restaurant will be featuring **Marbling Wagyu** beef in a variety of creative, delicious dishes, whereas Coffee Shop has a handful of promotions to celebrate **Thai Songkran** and finally, wear Green down at Sportsman's Bar for **St. Paddy's Day**. Those are only a few examples of what the Club has prepared for your enjoyment, so please look through this magazine or online. The information is at your fingertips.

Something else for your fingertips to do this month is to take part in our Facebook and Instagram **“Fans Only”** promotion. Just by following us on the two social platforms, it affords you a **10% discount on selected merchandise in the Club Shop for a limited period**. For details, please refer to our Facebook and Instagram pages.

On 25th March, from 8:30pm for an hour, certain parts of the Club will be dimmed in recognition of **Earth Hour**. Earth Hour is a worldwide movement organised by the World Wildlife Fund. The event is held annually, encouraging individuals, communities and businesses to turn off non-essential electric lights for one hour from 8:30 to 9:30 pm. on the last Saturday of March as a symbol of commitment to the planet. Why not do your part and do the same at home? Share a photo of your family participating in this recognition of the importance of not wasting energy on Facebook and Instagram with **#HKFCEarthHour**.

I look forward to seeing you down at the Club!

**Randal Linhart**  
General Manager

有些人會經常說「3月來時仿若雄獅，去時有如羔羊」，意指這個月份的天氣變幻莫測，但在香港足球會這裡，卻完全不是這麼一回事，本會整個月都會始終如一，像雄獅一樣咆哮前進，以豐富的體育節目及社交活動來衝擊大家，畢竟我們要把有關疫情的種種記憶都拋諸腦後，以充滿樂觀的態度及讚美生活的心去展望未來。

正如主席的話提到，隨著3月來臨，體育賽事接踵而至，當中賽事所帶來的熱情會不斷飆升，最終我們月底將懷著興高采烈的心情，歡迎十人欖球賽重返亞洲國際都會。

本會的餐廳及酒吧3月繼續有不同的特色推介。Restaurant將主打多款饒富創意且美味的**和牛菜式**，而Coffee Shop也設計了一些**泰式推廣慶祝潑水節**，最後在**St. Patrick's Day**當天記得穿上綠色服飾，到Sportsman's Bar慶祝這個愛爾蘭的傳統節日。以上只是少數例子，本會還準備了更多讓大家樂而忘返的餐飲推廣，詳情請參閱今期會刊或網頁。

除此之外，3月還有一樣不費吹灰之力便可做到的事情，就是參加本會Facebook及Instagram上的**「粉絲專屬」**限定活動，只需在以上兩個社交平台追蹤我們，即可於指定期間以**九折選購會所商店**的商品。詳情請瀏覽本會Facebook及Instagram專頁。

3月25日晚上8時30分，本會將響應**地球一小時**，調暗會所部分地方的燈光一小時。地球一小時為世界自然基金會所舉辦的全球行動，每年舉行一次，鼓勵個人、社群及商界於3月最後一個星期六晚上8時30分至9時30分關上不必要的電燈一小時，表達對環境保護的支持。而在家中其實也可以做同樣的事，為地球出一分力，何樂而不為呢？當天與家人一同宣揚節約能源的重要時，大家亦可以在Facebook及Instagram分享照片，記住要加上主題標籤**#HKFCEarthHour**。

期待與大家在本會相見。

總經理 林克朗



Celebrating Songkran, Thai New Year, there's a themed dinner buffet available every Friday and Saturday, special monthly dishes, and Thai style special drinks.

Chef Yan will bring the best recipes from Thailand.  
Available throughout the months of March and April.

# Aroi Mak Mak

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### Fridays

from 6pm to 9:30pm

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per member

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# LION DANCE



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# 10 TAKEAWAYS FROM A MONTH IN QATAR

**Hong Kong, 26th January 2023: It is several weeks since I boarded my Qatar Airways flight out of Doha to Brisbane for a festive break *Down Under*. Time enough to reflect on my trip to the World Cup, where the off-field experience was just as brilliant as the football.**



**1 WHEN LESS IS MORE**  
At face value, the idea of a nation such as Qatar hosting the World Cup is absurd. A tiny peninsular in the Arabian Gulf, it is just 11,586 square kilometres – smaller than the Falkland Islands – and is dwarfed by neighbour Saudi Arabia, which is 185 times bigger. But this made life much easier for me and thousands of other fans. At the last World Cup in Russia, it required planes, trains and automobiles, plus multiple hotel bookings, to attend 15 matches in four different cities. This time, I went to 27 games, frequently watching two a day, making full use of Qatar's fantastic public transport network, and all from my rented apartment base just outside

the capital, Doha. Perhaps this is what legendary Dutch coach Rinus Michels meant by "total football".

**2 NO BOOZE IS GOOD NEWS**  
Some fans were aghast at the last-minute decision to outlaw beer sales at matches. Clarification is required here: booze was banned in most parts of the stadium but was available in copious quantities in the hospitality suites. Double standards, I hear you cry, and you have a point. However, the arrangement made for a far more enjoyable – and safe – match-day outing. I've been to many major tournaments and seen some alarming scenes in which excessive alcohol consumption has usually been the key factor. In Qatar, there was none of this. A sobering experience all around.

**3 HARD-EARNED REWARDS**  
Much was made pre-tournament of the toils of the migrant construction workers who built Qatar's impressive football stadiums and infrastructure. Given that non-Qataris comprise about 88% of the population, I had chance to chat with many imported employees from all industries – construction, transport, F&B and even the police

(officers were on secondment from various countries, including Turkey, Pakistan, Egypt and Sudan). Their message was clear and consistent: yes, their work was often hard, but they were there out of choice and earned far more than in their native country. While acknowledging the construction fatalities, as the host nation did during the tournament, it is unfair to paint Qatar as unique in this respect. Migrant labourers are among the most vulnerable people anywhere on the planet, including Hong Kong, where our laws are stacked against them. Some perspective is required.

**4 A KALEIDOSCOPE OF COLOURS**  
The beating heart of any World Cup is the fans. Noisy, exuberant, enthusiastic and bonded by a love of football, the estimated 1.2 million visitors who descended on Qatar turned a sandy outcrop in the Arabian Gulf into a month-long party. Many congregated at FIFA's Fan Festival, located at Al Bidda Park in the centre of Doha, where they could watch all 64 matches on big screens, visit sponsor booths, buy World Cup memorabilia and – yes – drink beer. In short, a nightly reminder that while football has grown into a multi-billion-dollar global business behemoth, simple love of "the beautiful game" – a phrase







popularised by the late, great Brazilian maestro Pele – is its bedrock. You can't put a price on passion.

## 5 UNDER STARTER'S ORDERS

One of the World Cup's rest days allowed me to attend camel racing, which has a long and distinguished history in Qatar. The sport turned professional in 1972 and meetings are held each Friday between October and February at Al Shahaniya, a huge oval track next to a camel mini-city where hundreds of the thoroughbreds are stabled. You can watch from the stands or, as my hosts insisted, drive your car alongside the leaders on a road next to the track, cheering them on. It was great fun. The best part? On the back of each camel is a toddler-sized robot jockey, kitted out in silks, remote controlled by its trainer. A case of ancient meeting modern. Don't ask if I backed a winner, though, betting there is illegal.

## 6 WELCOMING THE WORLD

Qatar sees the World Cup as just the start of its tourism explosion. The country welcomed some 730,000 international visitors in the first half of 2022. It is aiming for six million

be the pillars of Qatar's tourism push. Would I return? Definitely!

## 7 YOUR CULTURAL CORRESPONDENT

I spent a pleasant few hours at the National Museum of Qatar, its 11 galleries revealing the nation's fascinating history in a series of displays showcasing exhibits, antiques, artefacts and films. At its core is the magnificent palace that once belonged Sheikh Abdullah bin Jassim Al Thani, Qatar's revered former ruler. It was his family home and once Qatar's seat of government. On another day I took in the Museum of Islamic Art, housed in a spectacular waterfront building designed by I.M. Pei. It contains a stunning collection of masterpieces curated from all parts of the globe. Both museums offered a truly memorable experience. And you thought I was only in Qatar for the football.

## 8 GRAND DESIGNS

Qatar built eight stadiums for the World Cup. I visited seven of them and saw many of my matches, including the final, at the 88,000-capacity Lusail Stadium. A spectacular venue, designed to reflect an Islamic hand-crafted bowl, it rises out of the desert sand on the northern

a year by 2030. The government estimates around 80% of the world's population lives within a six-hour flight. Around 150 new hotels were built ahead of the tournament and they expect to stay busy in the years to come. Sports and pastimes (between matches, I enjoyed three rounds of golf), mega-events, cultural attractions and, of course, shopping will

fringes of Doha. Equally impressive is the 69,000-seat Al Bayt Stadium in Al Khor City, 35km north of the capital, its striking design resembling a bayt al sha'ar (tent) of the nation's nomadic tribes. If these two venues have their roots in history, the iconic Stadium 974 just east of Doha is all about the future. Constructed entirely from shipping containers and modular steel, it is now being dismantled and is due to be rebuilt in a needy nation as a gift from Qatar. Useless trivia time: 974 is Qatar's international dialling code and the exact number of shipping containers used in construction.

## 9 TRAIN OF THOUGHT

When, in 2010, Qatar won the World Cup hosting rights, its rail network was non-existent.

Nine years later, the first phase of the Doha Metro was opened. Come tournament time, this three-line tube system spanning 37 stations across the capital and connecting five of the eight stadiums was the transport of choice for most fans. Like every supporter, I had a digital Hayya Card, effectively a mandatory fan ID document, which was needed (together with your match ticket) to enter a stadium. The card also granted free access to the country's public transport network for the duration of the tournament. A ticket to ride, indeed.

## 10 AND FINALLY, THE FOOTBALL

England did what England always do: played reasonably well and lost to the first half-decent team they faced (holders France). Qatar struggled gamely. Germany went home early (again). Portugal and Belgium were teams disunited. Brazil flattered to deceive. Morocco thrilled the Arab world with an unexpected run to the semi-finals. And Argentina, led by the ageless Lionel Messi, rose phoenix-like from the ashes of a shock opening defeat to Saudi Arabia to lift the trophy in a memorable final against France. I witnessed history being made. Roll on 2026 when Canada, the US and Mexico will co-host. I will be there.

Colin Cohen

Senior Partner in BC&C since 2004, Colin Cohen has vast experience in the highest levels of Hong Kong's legal system. When not practising law, he spends considerable time following sport, being a keen Chelsea FC fan, MCC member and Formula 1 devotee, while BC&C has a proud history of supporting sporting initiatives at grassroots level. Colin can be contacted at [colin@boasecohencollins.com](mailto:colin@boasecohencollins.com).





# VAID SURVIVES

## HONG KONG FOUR TRAILS ULTRA CHALLENGE

No entry fee! No course markings!  
No aid stations! No prizes!

Between 21st and 24th January, Vaid joined the Hong Kong Four Trails Ultra Challenge or HK4TUC in short. 2023 was the 12th edition of the challenge. It takes place every year over Chinese New Year and is one of the most closely watched trail race of Hong Kong with almost all of trail running community dot watching the trackers of the participants. In a time of 68 hours and 4 minutes, Vaid was one of the 10 runners who survived, and only 5 finished the challenge.

Champagne Showers





Shoey at finish line



On Wilson Trail

### WHAT IS HK4TUC?

HK4TUC is a challenge in which participants must run or hike all four Hong Kong long-distance trails non-stop, on their own and self-supported. Participation is by invitation only by **Andre Blumberg**, the Founder of HK4TUC. In this event, there is no entry fee, no course markings, no aid stations, and no prizes.

The total distance is 298km and approximately 14,500 metres of positive elevation gain. The sequence is MacLehose Trail (100km), Wilson Trail (78km), Hong Kong Trail (50km) and Lantau Trail (70km). Participants cover the trails in reverse direction, from trail end to trail head. The event starts in Tuen Muen and finishes at the green post box at the Mui Wo Ferry Pier on Lantau Island.



Participants have crew support between each of the four trails but not while on the trails. No pacers or outside companions of any kind are allowed. Participants take rest breaks, but the clock does not rest, and the total time also includes the transition time required between the trails. Trekking poles, music or sound playing devices, painkillers and anti-inflammatory are prohibited, and performance enhancing drugs are banned.

Participants completing the full distance in under 60 hours are deemed a Finisher while those who complete in under 72 hours are deemed a Survivor. With several time cut-offs this event is considered one of the toughest trail races.

### 2023 EDITION

This year, 25 participants from 13 countries were invited to join the event. The participants were surprised by the founder Andre Blumberg with a last-minute change in start time. Normally, the event starts at 9am on the day before Chinese New Year. 2023 edition started at 6:15pm on the day before Chinese New Year. Andre is known to change the rules last minute to bring in an element of surprise and unpredictability into the event and logistics. Every year until 2023, the

key cut-off was to board the 3am ferry from Central Pier 6 to Lantau in order to complete the challenge within the time limit. The change in start time in 2023 edition meant the cut-off was past midnight cross-harbour train link between Yau Tong and Tai Koo. This meant participants had to pace better on MacLehose and Wilson Trails.

### FULLY SELF-SUPPORTED MACLEHOSE TRAIL

Vaid finished the 100km with over 5,000 mtr D+ trail in 15hrs and 36mins. It was a fully self-supported run with Vaid carrying all nutrition in the backpack. With the change in start time, all stores and noodle shops, especially the key Shatin Pass Noodle shop at 50km, were shut. So this meant relying fully on what's in the backpack. Vaid carried approximately 4kgs of nutrition and 1.5ltrs of water on him at all times with nutrition depleting as miles progressed. The plan was to replenish 240 calories per hour mainly sourced from carbohydrates. As per Vaid's estimates, he managed to consume close to 4,000 calories during the 100km run, but Vaid had burnt over 8,500 calories, which meant a deficit of over 4,500 calories.





### DEHYDRATED ON THE WILSON TRAIL

Vaid was greeted by his crew **Theresa Vaid, Brendan Lee** and **Bono Vaid** at the end of MacLehose Trail in Pak Tam Chung. Remember the trails are being run in reverse. With a quick change in clothes and feet soaked in a small hot water tub, Vaid was swiftly transported to Nam Chung, the start of Wilson Trail. In less than 45mins from finishing MacLehose Trail, Vaid had started the Wilson Trail. Thanks to the super-efficient crew work, during the transition drive, Vaid was provided massage, food, new clothes, treatment for potential blisters, new shoes, etc. All these in 45mins while being transported to Nam Chung.

Wilson Trail is 78km with over 5,000 mtr of D+ elevation. It's harder because it's technical and comes right after MacLehose Trail. The effort level and feel factor are many notches above a normal day running the Wilson Trail by itself.

The key cut-off on the Wilson Trail was the 1am MTR link between Yau Tong and Tai Koo. If this train time is missed, then the runners have to stay on the Kowloon side until 6am for the MTR to resume services. As per the HK4TUC rules, this cross-harbour transfer can only be made through MTR. This year's weather presented new challenges. It was cool and raining on MacLehose Trail, but it was scorching hot on Wilson Trail, especially over Pat Sin Leng and Cloudy Hill. Most runners were dehydrated running these sections.

Vaid succeeded in meeting the cut-off and reached Tai Koo before midnight, and then started the long and steep final legs of the Wilson Trail, including Violet Hill and Twins. With heavy fog and failing headlamps, Vaid slowly finished Wilson Trail in 17hrs and 34mins. The crew was waiting for Vaid at Stanley Gap Road and swiftly transported him to Shek O.

### HALLUCINATIONS ON HONG KONG TRAIL

This trail is meant to be the easiest of all trails because it is fairly runnable and not with much elevation. It's a 50km trail with less than 2,000 mtr D+. The HK4TUC rules require the athletes to start running from Shek O village and finish at Central Pier 6 where the Ferry departs for Lantau.

By now, fatigue had firmly set in. This was the second night without sleep. Bleeding blisters and sore calluses on feet had set off a need for rest. Constantly wearing trail running shoes for more than 33hours and hammering the feet and legs against Hong Kong's concrete trails had triggered fatigue that would now be hard to reverse. With multiple chinks in armour, it would be about managing the injuries and going along with the hurt. By the start of Hong Kong Trail, Vaid had burnt approximately 17,000 calories but had been able to take in 9,000 calories.

After a 30min nap outside the Shek O Public Toilets and a healthy dinner/breakfast, his crew had him ready to third trail. Broad day light hallucinations started 40hrs into the run. Vaid saw small humans emerging from tree trunks and streams full of floating birds. Huge butterflies passed Vaid. When he closed eyes, he saw stars. To get rid of hallucinations and sleep, Vaid dunked his head in one of the streams on Peel Rise and he saw Pearls in the stream.

The easiest of the Trails turned into the hardest one. Vaid finished HK Trail in over 10hrs and 45mins. Way slower than his plan. But with low energy, fatigue and sleeplessness, it was nevertheless an acceptable outcome.

### THE LONG WALK ON LANTAU TRAIL

After a 40min ferry ride from Central Pier 6, Vaid and his crew arrived Mui Wo. This is the start and finish of the last trail. Lantau Trail, 70km long, is also quite runnable but with two huge ascents and descents in the end. The unforgiving Lantau Peak and Sunset Peak. One of Vaid's friends once remarked, "you will love and hate Lantau and Sunset Peaks. Love because they are the last two climbs. Hate because they are so hard and you are so depleted."

Vaid was soon going to enter the third night without sleep. And he was starting Lantau trail in the evening which meant all stores would be shut, carrying all the food and relying on the streams for water.

Again, Vaid took a 45min nap at Mui Wo





# BEGUM AND JUDY SHINE IN 14KM COLD HALF OPEN WATER SWIM

On 15th January, **Begum Demiral** and **Judy Blaine Stevenson** joined the 14km open water swim from Stanley to Repulse Bay. They participated in Female/Wetsuited and Buoyant/Relay category. In a time of 5 hours and 18 minutes, they won their category.

Huge congratulations to Begum and Judy despite a drizzling, cold and windy swim!



Begum and Judy at finish



Winning relay category



Andre and Paper, Founder of 4 trails

Pier before being treated for blisters and feet issues. That night, the weather was to get very cold and windy. And it did. Strong monsoon winds triggered temperature drops. Sleepless into the third night and severe fatigue made running harder. Sections that are flat and runnable felt the hardest. With feet and legs screaming for rest, this was no time to slow down. But the body was doing exactly opposite of what the mind was telling it to do. Run 5mins and walk 1min. Instead, Vaid was running 1min and walking 5mins. Vaid and another athlete arrived Fan Lau and decided to seek shelter at one of the noodle shops. After a 3-hour nap in a cold and freezing make-shift kitchen, Vaid continued towards Tai O.

Lantau Trail that should have taken less than 15hours cost Vaid more than 21hours. Completing the HK4TUC is a dream come true. It's a very tough challenge and is only run by experienced and well-known trail runners. For Vaid

to be accepted into the challenge and then be able to complete it, a lifetime opportunity and journey.

This would not have been possible without the support of Theresa and kids who accepted Vaid's long training hours over weekends. The amazing crew support by Theresa, **Brendan Lee** and Bono Vaid was key factor why Vaid managed to complete. The trail running community encouraged the runner along the four trails.

## KISSING THE GREEN POST BOX AND CHAMPAGNE SHOWERS

A trademark of the event is that the finishers and survivors get to kiss the Green Post Box in Mui Wo to mark the finish of HK4TUC and then they are spray showered in Champagne by Andre Blumberg. Vaid enjoyed kissing the Green Post Box and absolutely loved the Champagne showers. Vaid celebrated his "awakening as a trail runner" by doing a Shoey in Mui Wo.

## BEHIND THE RECORD

A short movie by Suphattra Chu recollecting the contribution of amazing people behind the Guinness World Record for the fastest aggregate time to complete 10 marathons in 10 days on a treadmill. It features Vaid's family, coach, HKFC Sports Desk, Swim & Triathlon Society members, HKFC members, Independent Witnesses, Guinness World Record Adjudicator and University of Hong Kong Professors who worked tirelessly to make this dream come true.

The movie takes the viewers on a journey

in which Vaid runs a marathon every day for 10 days consecutively in HKFC Fitness Centre. This running event brings everyone together to realise one common dream. It's a story about patience, team spirit and human endurance.

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- Bookings are on first come first served basis.
- Under the law of Hong Kong, intoxicating liquor must not be sold or supplied to a minor in the course of business.

### Menu

#### CANAPÉS

Sweet Shrimp Filo Tartlet  
Truffle Ham and Cheese Sandwiches

#### FIRST COURSE

Beef Carpaccio  
*Anchovy Aioli, Capers, Parmesan*

#### SECOND COURSE

Tuna & Salmon Roulade  
*Wasabi Gelée, Salmon Roe*

#### MAIN COURSE

Barbary Duck Breast  
*Celeriac Purée, Asparagus*

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At last... 1501 days later, the HKFC Hockey Section hosted its first Junior Hockey Festival since the last pre-protest, pre-Covid disrupted occasion. That's a significantly long time between events, so this year's festival was all about ensuring everyone participating had loads of fun and was given the opportunity to play as many games as possible (without the stress/hype of playing for points and trophies).



# JUNIOR HOCKEY FESTIVAL 2023





**M**ost fortunately, the day was an absolute cracker, and thanks to the organising team (**Ken Tsang, Mike Tyrrell, Gurmeet Singh Gill, James Shepherdson, Sophie Lindsay, Arshad Muhammad**) and everyone taking part, the day ran very smoothly with lots of smiles and positive energy on show. A special thanks also to all those who were given umpiring duties, arguably the toughest role on the day, and to all the Mums and Dads who got involved as Coaches!

As hoped, the junior players, representing 67 teams across all age groups (age 5 to 12) from 13 different clubs across Hong Kong, thoroughly enjoyed themselves. The removal of the traditional points system had a very beneficial impact both on and off the field. Both players and parents were far more focused on playing well and the coaches were able to maximise the opportunity to encourage and support development concepts ahead of a 'win at all cost' approach.

Hong Kong Football Club had 16 teams participating with many of the children taking part in their very first festival/ tournament event. It was fantastic to see all our juniors decked out in their Club kit, the electric blue and white Phentex shirts prominent on the busy pitches. As always, the sideline



support the players received from all their family members was greatly appreciated. Nothing adds greater value to the experience for a child than to see their proud Mum and/ or Dad (and siblings) cheering them on from the sidelines. We encourage parents to continue to support their children and to take an active role in their development. You are always most welcome!

Supplemental to the hockey fixtures: the face painting, bouncy castles, skills zone, F&B tents, photo wall and roving Instagram pics, along with our fabulous emcees on the mics and the music (Mike Tyrrell and James Shepherdson), it's fair to say there was a fantastic 'festival vibe' throughout the whole event. Of course, a huge THANK YOU is always needed for those that add so much more to Section run activities. The "MORE THAN A GAME" motto we stand by is probably best reflected at this festival with Members from across the entire Section volunteering their time to help the kids. Veterans through to Juniors, all offer their time and services to help the event run smoothly in any way they can. As always, we ask our Cubs and Colts players to 'pay it back' (as the most recent graduates from the junior programme), but there are Juniors still playing in the festival that also offer their time to help the even younger participants – notably this year.

**Arthur Simoneau** deserves a special mention. He not only played in the J12 age group but also helped umpire all through the J6 fixtures prior to his own matches. Keeping all these volunteers in check and managing allocated duties was an important task... thank goodness we had **Sophie Lindsay**. Our 'Golden



Girl' was all over it, and thanks to her support, the management of all pitch duties was superb!

In closing, we wish to thank our Section Sponsors **Odin Partners** and **Capco** for their involvement with the HKFC Hockey Section. It is through them we're able to afford the opportunities we provide, not only our own Club Members but to develop and promote the game across the wider Hong Kong Hockey Community. Thank you to all the participating Clubs, and we greatly look forward to hosting our next Junior Hockey Festival!

### SPECIAL THANKS TO OUR EVENT PARTNERS

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soda water,  
mint leaves*

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GIUSEPPE

*Cynar,  
sweet vermouth,  
lemon,  
orange bitters*

DIGESTIF

CALIFORNIA  
SURFER

*Jagermeister,  
pineapple juice,  
malibu*

SAVOY  
CORPSE  
REVIVIER

*Congac, crème de  
menthe white,  
fernet branca*



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## INTERVIEW WITH NEW SPONSOR

# ODIN PARTNERS

HKFC Hockey Section is proud to announce Odin Partners Asia Pacific as our sponsor for 2022/23. Odin Partners is an executive search firm working with leading businesses to assess and acquire top executive talent for the global financial sector. Odin Partners works with the world's primary financial institutions across EMEA, APAC and North America.

We sat down with Tom Bury, Managing Director and Co-Founder of Odin Partners Asia Pacific, to find out more about why Odin Partners has opted to support the HKFC Hockey Section.

### What attracted Odin Partners to sponsor the Hong Kong Football Club Hockey Section?

"The 14 teams – 7 Ladies' teams and 7 Men's teams – that make up the HKFC Hockey Section perform exceptionally well. At Odin Partners, we respect the position and recognition that each team and the Section has earned. Their collective successes and consistent high performance is inspiring."

### How does Odin Partners select partners for its corporate social responsibility programme?

"It is a priority for Odin Partners to support the local community wherever we operate, globally. We have a growing corporate social responsibility programme in Hong Kong that we are actively expanding year-on-year. As a firm, we took the decision to sponsor the HKFC Hockey Section in recognition of its achievements and in the spirit of our long-term commitment to Hong Kong."

The Hockey Section and Odin Partners also share a number of other charitable partners within our respective CSR and community outreach activities. As an example, both organisations support and contribute to Love 21, a charity empowering the Down syndrome and autistic community in Hong Kong through sport, nutrition and holistic support programmes. This synergy of values between Odin Partners and the HKFC Hockey Section helps make our sponsorship more meaningful and deepen the impact of our community efforts."

### Why is it important for Odin Partners to support organisations that have a sports focus?

"Within the firm, many of us share a passion for sports. It is an all-encompassing tool that anyone can benefit and take lessons from. Many of the team members at Odin Partners come from a sporting background and there's a degree of commonality between the values needed to succeed in sports and those required for business. Diligence, teamwork, resilience, respect and discipline are important attributes that we seek in prospective employees; often, these traits have been cultivated through sports."

### As a former sports person and now businessperson, what advice would you give someone starting out?

"Talent is crucial – but lots of people have talent. I am a big believer in hard work. Nothing comes to people on a consistent basis through talent alone. You must work hard, put in the time, seek feedback and change your approach as needed. Talent will only get someone so far. Adaptability, hard work and being open to feedback are the building blocks to getting out as much as you can from yourself and ultimately, being successful. Having spent time with numerous members of the Hockey Section over the years, I know it is full of people who are ambitious and who work hard for what they want on/off the pitch. Personally, and on behalf of the firm, we respect this approach and we're honoured to support the Section."

### Final words?

"As proud sponsors of the HKFC Hockey Section, we wish the team every success for the coming season."







# THE POWER OF YOUTH

The HKLBA Premier League Season 2022 proved to be one of the most successful in recent years for the Club's Lawn Bowls Section. While the trophies won and promotions achieved garnered the headlines, there is a further dimension to the Section's success which is worthy of note. Significant contributions to the performance of the Women's and Men's A Teams, who were Women's Division One Champions and Men's Division One Runners-up respectively, were made by the growing pool of talented young bowlers at the Club.

**T**he Premier League Season 2022 was the first full season that the six bowlers who joined the Club from the HKLBA's Youth Development Team (YDT) represented the Club in the League and National Competitions.



Kenneth Yiu, Charles So, Dicky Mak, Adrian Yau, Cherry Tsoi and Yunse Ha joined the existing pool of talented young bowlers at the Club which included Phoebe Ho, Eva Yu, Christina Yeung, Honor Siu and Ken Fong. All of these bowlers represented the Club in Division 1 in the HKLBA Premier League 2022.

In addition to their contributions to the success of the Club's teams in the HKLBA's Premier League, these talented young bowlers have performed with distinction and enjoyed success in National Competitions and overseas.

The outstanding performances of the Club's talented young bowlers have also caught the attention of the National Squad selectors. The Lawn Bowls Section was also delighted to learn on 28th December 2022 that Phoebe, Eva and Kenneth have been promoted to the Hong Kong China National Squad, upon the recommendation of the High Performance Committee of the Hong Kong Lawn Bowls Association.

The recruitment of the young bowlers from the YDT was an initiative formulated by the Lawn Bowls Section Committee. The proposal was fully supported by the Club and its Membership Sub-committee who are delighted to see the particularly impressive performances and results. The young bowlers have brought new energy to the Section and its teams. With such a strong group of young bowlers in the Section, who have the desire and potential to become even more competitive, the club has a good foundation for more success in the future.



*"It's good to see that HKFC Lawn Bowls Section promoting youth development by recruiting HKYDT graduates as well as promoting home growth younger members to play at top division. This change made a huge impact to the section and the bowling community in Hong Kong. It has created a very positive image to other clubs that HKFC is eager to strive for good results, promoting the sport and becoming the best lawn bowls section in HK. The results in recent League and National games show that we are on the right track to become best of the best in HK. Hopefully we can create a more competitive bowling environment with good bowling culture within the section."*

**HERON LAU**

Men's A Team Captain

*"More young people are taking up the gauntlet and demonstrating that lawn bowling is not just for seniors. With the interaction between the novice and veteran, the new energy injects strength and enthusiasm for the club. The mentoring and encouragement from the experienced bowlers also allows the youngsters to grow and ensures the viability for many years to come."*

**RITA SHEK**

Women's Captain

## THE THOUGHTS OF THE YOUNG BOWLERS

The young bowlers have provided their thoughts and an insight into their experiences since joining the Club

*"It has been a wonderful year since I joined HKFC. Thanks to the great hospitality and support from the Club members, I can fit in the big family easily. With the high quality facilities, I enjoy every minute spent in the Club. I hope I could achieve even more for the Club in the near future."*

**ADRIAN YAU**



"I am glad to be a member of the Hong Kong Youth Development Team from 2010 to 2014. I really didn't know how to play lawn bowls until I joined Hong Kong Football Club as Junior Associate Member in 2015. Throughout the recent years, I practiced with my teammates who helped me a lot to improve my weaknesses and strengthen my skills. It's my honour to play with those top players. I had run through an amazing journey at HKFC, the best place for me to grow up as a lawn bowler. Thank you so much for all the support! I will work hard and hope for the best. Good luck to all!"

#### CHRISTINA YEUNG

"When God closes a door, he opens a window. Before I played for HKFC, I was not a national squad member. I did not hold any national title and I did not ever win a Premier League Championship. I'm thankful for the beers and peers behind that opened the window.

Cheers to HKFC LBS."

#### EVA YU

"The best thing I have done in this year is winning the under-25 Singles Championship. I am glad to win it wearing HKFC uniform. I hope I can play better and win more titles for the Club in the future. I really enjoy the Club; I like the atmosphere and the facilities. An absolutely joyful first year."

#### KENNETH YIU

"It's my pleasure to join this HKFC family. I'm happy to use the Club's facilities, and also the Club's food is delicious. I'm enjoying playing at our indoor and outdoor greens; this can push me to improve my bowling skills. Also our Club members teach me a lot of life principles and lawn bowls skills. So, I'm very much enjoying the Club life."

#### DICKY MAK

"Thank you for giving me the opportunity to be part of the team. I enjoy the facilities and atmosphere of the Club. When I joined the Club, I felt nervous and excited because of the new environment. I am grateful for the support and tolerance from my teammates. What impressed me the most was the team spirit. Despite the challenges we have during the game, I'm proud of my teammates for never giving up and supporting each other. Hopefully, we can achieve an even better result next time. I'm honoured to be one of the members of HKFC."

#### CHARLES SO

BOWLER	ACHIEVEMENTS
<b>Phoebe Ho</b>	Hong Kong Women's Bowler of the Year 2021 Mixed Triples Silver Medal at the Japan International Lawn Bowls Tournament 2022 (playing with Stephen Sy) Premier League Division 1 Champion 2022 National Fours Finalist 2022* National Triples Champion 2021 National Fours Runners-up 2021 National Fours Champion 2019
<b>Christina Yeung</b>	Premier League Division 1 Champion 2022 National Triples Finalist 2022* National Fours Finalist 2022* National Triples Champion 2021 National Fours Runners-up 2021
<b>Eva Yu</b>	National Mixed Pairs Champion 2022 Premier League Division 1 Champion 2022 National Fours Finalist 2022* National Singles Semi-finalist 2022 Knock-out Singles Semi-finalist 2022 National Novice Singles Runner-up 2021
<b>Yunse Ha</b>	National Mixed Pairs Champion 2022 Premier League Division 1 Champion 2022 National Fours Finalist 2022* National Singles Semi-finalist 2022 Knock-out Singles Semi-finalist 2022 National Novice Singles Runner-up 2021
<b>Cherry Tsoi</b>	Premier League Division 1 Champion 2022 National Fours Semi-finalists 2022 National Mixed Fours Semi-finalists 2022 National Under 25 Singles Runner-up 2019 National Under 25 Singles Champion 2018
<b>Honor Siu</b>	Premier League Division 1 Champion 2022 National Triples Finalist 2022*
<b>Kenneth Yiu</b>	Premier League Division 1 Runners-up 2022 National Mixed Fours Semi-finalists 2022 National Under 25 Singles Champion 2021 National Mixed Fours Semi-finalists 2019
<b>Adrian Yau</b>	National Pairs Runners-up 2022 IIBC World Under 25 Mixed Pairs 2018 Gold Medal Asia Under 25 Singles Bronze Medal 2018 Asia Under 25 Mixed Pairs Silver Medal 2017
<b>Ken Fong</b>	Premier League Division 1 Runners-up 2022 National Pairs Runners-up 2022 National 2-4-2 Pairs Champion 2021
<b>Dicky Mak</b>	Premier League Division 1 Runners-up 2022 Novice Pairs Finalist 2022* National Fours Semi-finalists 2021 National Fours Semi-finalists 2020
<b>Charles So</b>	Premier League Division 1 Runners-up 2022 National 2-4-2 Pairs Champion 2019





# YEAR OF THE RABBIT FAT CHOY CUP







## MEN'S CLUB SINGLES 2022

A total of 24 Section Bowlers participated in the Men's Club Singles Competition 2022 which was held on 31st December 2022 for the first, second round and quarter-finals, and 1st January 2023 for the semi-finals and final. Congratulations to **Adrian Yau** who won this year's Club Championship! Adrian will represent the Club in the Champion of Champions Competition 2023.



## LAWN BOWLS SECTION AGM

Friday, 17th March 2023

6pm-9pm

Lockhart Room, 2/F



## MEN'S KNOCKOUT SINGLES 2022

Congratulations to our Section Bowler **James Po** who won the Men's Knock-out Singles Competition 2022. The event was held on 15th January 2023 at seven different venues with 241 participants from 30 lawn bowls clubs in Hong Kong. After five qualifying rounds, the quarter-finals, semi-finals and final were played in the Club's outdoor green in the afternoon. It was an all-HKFC final between **Adrian Yau** and **James Po**.

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## FROM THE CHAIRMAN OF YOUTH RUGBY

### YOUTH RUGBY

First, I wish you all a very happy new year, and hope we can soon say farewell to mandatory masks!

Secondly, preparation is underway for the showcases at the "Hong Kong Sevens" in March, including the hope of the march-past.

### JUNIOR YOUTH - FESTIVALS!

By the time you read this report, we may well have had the Flying Kukris Festivals on 12th and 19th February ~ fingers crossed. We also look forward to one of the true highlights of the season with the return of the HKFC Youth Rugby Festival on 19th March after a Covid hiatus. Please come along to support our players, not least in the centrepiece of the day – the finals of the Kim Lam Cup and Richard Hawkes Trophy for our U12 Teams.

### SENIOR YOUTH SQUADS

As you will have read in the Section updates, the Senior Youth squads have been playing very well and succeeding in their leagues.

**Denis Brock**  
Chairman



Taking advantage of their large squad, U7 ran an intra-squad tournament to provide extra match practice ahead of their upcoming festivals in February and March. It also gave the coaching team the opportunity to sharpen their refereeing skills to ensure HKFC maintains its reputation of providing quality volunteer referees at external events! The session followed a festival format with 8 teams playing 5 matches, giving everyone plenty of opportunity to practice their sidesteps, work on their defence and score lots of tries! U7 enters the spring festivals full of confidence and raring to go!

For their second visit to King's Park, the Under 8s submitted 6 teams for this year's Sandy Bay festival, with each of our three training squads splitting into a pair of teams.

The two teams from the Avengers squad had a fantastic series of matches, winning all 8 of their games. Both teams FC3 and FC6 came racing out of the gate with 7-1 and 7-0 wins against USRC Tigers and Shatin Shapei respectively. Next up were Monkeys, Tai Po and Aberdeen, and whilst our opponents were able to score against the boys, the matches were still comfortably won. It wasn't all to be a trouncing though, with one particularly close game against Sai Kung Stingrays (final score 2-1 to Club!), after which the boys ended the day with comfortable wins over Sandy Bay and DB Pirates.

The two Titans teams (FC1 and FC5) also had a fantastic day, winning 7 of their 8 matches. FC1 in particular only

conceded 3 tries, whilst scoring 17 in total in matches against Tuen Mun (3-1), SCAA (4-0), Tin Shui Wai (3-2) and Sai Kung (7-0). FC5 had a tough and close opener against Tsuen Wan, which despite valiant play, they lost 2-3. Not to be disheartened, they went on to beat Tai Hang Tung 3-0, thrashed hosts Sandy Bay 6-0, and finally overcame Shatin Shapei 6-2.

The girls from the Incredibles squad (FC2 and FC4) opened strongly with a 5-1 win against Flying Kukris and a close-fought 6-5 win against Tai Hang Tung. Tougher games followed, with FC2 being held to a 4-4 draw with USRC Tigers and FC4 losing 2-4 to Shatin Shapei. FC2 then faced a strong Valley Fort side, and despite their best efforts, the final score was 2-3. Not to be disheartened, our stoic girls went on to win all their remaining matches, including a stonking 6-4 victory over South Lantau Buffaloes to end the day.

Under 8s final tally for the tournament – played 24, won 20, drew 1, lost 3. And over 100 tries scored!

# U8 HKU SANDY BAY FESTIVAL







## U9B VS TIGERS

How's this for a Hong Kong reopening indicator: Club's U9 boys hosted Tigers on 15th January in what was the first time this group has hosted any team since the pandemic began.

It was a great opportunity for both sets of players and coaches to get to know each other and learn from each other's approach to playing and teaching the game. The players warmed up together before proceeding into a series of round robin games that were played under festival conditions.

In the absence of a tournament in January, the get-together was a useful teaching moment and allowed the players to refresh their rucks and passing.

At the conclusion of the games, Club handed out juices to the visitors and home teams, and both sides shook hands and promised to meet again. Thank you to Tigers for travelling and to the support from HKFC Youth Rugby to make sure it happened.



During the morning of Saturday 14th January, U11's Head Coaches received a call from the Richard Hawkes Tournament ("RHT") co-ordinators that Sandy Bay RFC had pulled out of the RHT matches the next day.

A little background: the Richard Hawkes Trophy has been contested by the U12 age group since the 2000/01 season, initiated by the then HKMRFU chairman **Kevin Browne** to recognise the contribution of Richard Hawkes, a popular mini rugby coach at Club. Richard sadly passed away in the months after the first season had ended, but he had been able to offer encouragement and input into the tournament structure, and his wife, Julie, presented the first trophy.

Anyhow, U11 were offered the opportunity to "play up" and compete in the place of Sandy Bay RFC. Head Coaches **Mark Tsui** and **Declan Hogan** were never going to decline the opportunity to test the U11 squad. Within 30 minutes, 10 players were chosen to play the next day.

The bus to the pitch at Tin Shui Wai was raucous, to state the least. On arrival, the noise dropped away as the task before the boys became real.

First match was against Valley Fort. Rather helpfully, the VF coach shouted at his team: "you can take these U11s by 10 tries." That only served to fire up "those U11s", who (despite initial "stage fright") proceeded to defeat Valley.

Second match it was USRC Tigers. Very quickly, the U11s were 2-0 down. Half time and an uplifting speech by Coach **Dan Booth** led to the boys resuming the field and playing out of their skins to score 3 and take the match 3-2; job done.

Final match was against Shatin Shapei. The boys were starting to tire; hardly surprising when they were playing boys a year older! None the less they dug deep and pulled off a remarkable draw.

So, undefeated and the boys learnt a great deal about tournament rugby.

The squad: **Liam Booth, Odhran Hogan, Declan Tsui, Lachlan McGowan, Sebastian Lai, Max Randall, Rory Smith, George Brock, Cameron Celenk and Juahn Metzger.**

The bus back to Club was not much quieter...







## U12G HKFC - KLC ROUND 4

An amazing start to the year and a great performance by our **U12 girls** in the **Fourth Round** of the **Kim Lam Cup Tournament** in Tai Hang Tung in Kowloon. Our FC1 girls had a now familiar schedule against the first-tier teams in Hong Kong: USRC, DB Pirates and Valley Fort. Our FC1 squad started the day with a tough match against arch-rival USRC Tigers, which would prove to be the most competitive match of the day. In a balanced match between two strong teams, our Club girls played with great determination, coming out on top with a 4-3 win. Strong performance by **Emily Pomana**,



**Caroline Lindsay** and a critical strip by **Amika Potgieter**, contributing to the win. Next, our Club girls went up against DB Pirates. FC1 jumped out to a 2-0 lead with a tremendous fend by **Emily Pomana** and a sneaky weak side run from behind the scrum for a try. **Ellie Roddy** made a great recovery of the ball in the midfield, followed by a pass out to **Liv Bannon** who ran in for a try. Defence was lead by **Cara Riddell** on

the wing and **Nina Gourlay** at centre, containing Pirates. Club continued to dominate, winning the match 6-1. In their final regulation match, FC1 went up against Valley in scrappy match. Continued top performance by **Emily Pomana** with a brilliant run, fending off 4 defenders before scoring a try. **Liv Bannon** also made a  $\frac{3}{4}$  pitch run for a try. Strong defensive effort by **Danielle Leung**, **Valentina Walters**, and by **Ellen Lui** who made a critical tackle to prevent a try, allowed FC to win the match 3-1. In the finals, FC1 went up against arch-rival USRC Tigers once again. Pumped up and ready, our intrepid FC1 girls set the tone early with a quick pass from the back of the scrum by **Eleanor Hartwright** for a try. Great runs by **Amika** and **Emily** for tries, and good defensive effort by **Joyce Lau**, as well as an impressive full-team goal line defence, prevented the Tigers from scoring. FC1 dominated the match with a 7-1 win over USRC. FC1 girls finished the day with a **4-0-0** record. Our FC1 girls are really starting to come together and gel as a team. Great job girls!

**Allen Schoonmaker**

## U14G 10S FINALS

The Finals of the U14G 10-a-side rugby were held at King's Park on Sunday 11th December. HKFC1 team played the first semi-final against a determined DB Pirates/Flying Kukris/South Lantau Buffalos Barbarians team. The team was fortunate to scrape into the final with a rusty performance and a 10-7 win. Meanwhile, the undefeated HKU Sandy Bay U14G put on a masterclass in their semi-final victory against Sai Kung Stingrays/USRC Tigers Barbarians.

As the HKFC1 girls were preparing to run on to the pitch for the final, they were reminded that anything could happen in Finals Football. This team had experienced the bitter taste of defeat in the Kim Lam Cup Final, having been undefeated all of the 2021/2022 season.

HKFC1 came out of the blocks fast, scoring 2 rapid tries. One conversion put the score at 12-0. HKU Sandy Bay responded with a converted try of their own, followed by HKFC1 scoring again via a superb try involving the



whole team to hold a 17-7 lead. HKU came back hard in the later stages of the game to level the scores 17-17 at the final whistle. A missed conversion, coming back off the crossbar, sent the game into 10 minutes of "sudden death" overtime. Both teams played their hearts out, with neither conceding an inch in defence. At the end of a

scoreless 10 minutes, HKFC1 were awarded the victory on countback, having scored first in regular time. What an incredible match to witness!

## FAST 15S

"After a successful Fast 15s Tournament pre Christmas, the U14G coaches from Valley Fort, Flying Kukris, Sai King Stingrays, USRC Tigers, Sandy Bay and HKFC ran another mixed team tournament on 15th January. This allowed the clubs who have lost players over the Covid-affected past two seasons to participate and make a valuable contribution. 4 x 20 minutes games were played so every player was able to play 60 minutes of rugby on the day. It was a great experience for all involved and a great day for HK women's rugby.





Tradition  
HKFC 10s



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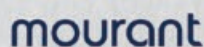
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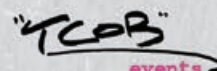
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# 100 FOR HAMPSHIRE

**J**anuary is usually a month of new beginnings, but it was a case of same old same old for Albion's **Michael Hampshire** who, on 8th January 2023, scored his 100th Yau Yee goal!

This amazing feat is all the more remarkable considering it has taken him only 67 games to notch the ton!

Michael is a bit of a HKFC journeyman, having spent many years with the 1st team, including a stint in the Premier League under then coach **Richard Ewart**, and then in Division One under **Tony Hamilton-Bram** who had this to say:

"The Stats don't lie... Michael will no doubt be recognised as one of the best goal scorers that has represented the Hong Kong Football Club.

Michael was instrumental in the First Team's unbeaten season of 2017/18 (HKFA First Division), being the joint league-leading scorer with 26 goals in 26 games. Adding to this, Michael has a whopping 80 goals in 99 games when

representing the HKFC in the HKFA First Division."

Hamilton-Bram described his running style as deceptive as he's a lot quicker than he looks, "like all good strikers, he has an eye for goals, and sees the game one or two steps ahead of the defenders. It's a pleasure to have coached Michael in the First Division, a good positive attitude and always a team player. If Michael were still in the Premier League, I believe he would have continued banging in the goals. Congratulations Michael."

Long-standing First Team captain, stalwart, and teammate of Michael, **Frederick (Freek) Schipper** recalled:

"Having played with Michael for many years in the First Team, I'm not surprised at all to see him score 100 goals in just 67 games. He's one of the best natural goal scorers I've played with and a real fox in the box. More importantly, though, he's a great lad and a real team player. Very pleased to see he's still going strong and I'm sure he will keep scoring for years to come!"



Michael joined Albion in preparation for the 2019/20 season. Starting like an absolute train, the big No 9 scored 28 goals in the first 14 games to leave Albion top of the table, before the league was abandoned due to Covid.

Hampshire wasn't to be perturbed however and finished the 2020/21 season with 28 goals in 20 games to help Albion win the league and cup double.

In the 2021/22 season, Albion repeated the double feat, this time Hampshire scoring 23 goals in 19 games. The number nine has been the league's top scorer every year since he joined and currently sits with a healthy tally of 21 goals in 14 games!

Current manager **Nick Day** said: "I was delighted when Michael joined Albion because I knew he was an audacious football player who could score many important goals whilst also being a strong team player. There is one particular goal against KCC Dragons which was a remarkable angled strike from just inside the penalty box. That goal was not only timely but showed immense ability and a cool head under pressure. Albion looks forward to seeing his tally continue to rise."

Finally, to score so many goals for the Club is an unbelievable achievement – Albion's golden era of trophies has much to thank for Michael's trusty left foot! Well done, big man, no doubt there are many more to come!



MEN'S



## ALEXANDRE DUJARDIN

**JOINED MEN'S TEAM** 2016, 2022

### POSITION

Defender

I was born in Hong Kong and started playing football at around the age of 5. During my youth career, I played for Kitchee until the U16 age group where I switched to South China and had the opportunity to play for their reserve team for two seasons. I enjoyed my first stint at the HKFC in my final year of high school where I appeared three times for the club under Richard Ewart, before heading off to UC Davis in America for my studies where I was involved with the NCAA D1 Varsity Team. Following graduation, I returned to Hong Kong where I signed my first professional contract for Kitchee for the 2020/21 season. Following that season, I played 6 months in France in the lower leagues before rejoining the HKFC for the 2022/23 season.

So far I've really enjoyed my football at the HKFC, and I'm grateful that the coaches have trusted me with many playing opportunities. As a team, we've enjoyed a solid start to the season in the Hong Kong Premier League, surpassing our own expectations, which is great to see and we'll be looking to build on our success going into the 2nd half of the season.

I think our defensive solidity and determination has really stood out this season, enabling us to compete in every game until the end and I'm really proud to be in a group of hard-working individuals all committed to the same goal.

The HKFC definitely has the ambition to stay in the league which is exciting to hear, and I look forward to contributing to this ambitious project.

I hope our success continues and that the fans will be present for our home games to cheer us on!



## ALVIN SIU

**JOINED MEN'S TEAM** 2022

### POSITION

Defender

I started playing football at 13 years old in Sham Shui Po. 1 year later, I moved to Chelsea Soccer School until the age of 18.

Before joining HKFC, I had played for various football clubs such as Happy Valley, North District and Shatin. Thanks to the Shatin coach (Lee Wai Man), the former Hong Kong National Team Captain who presented me with a lot of playing opportunities which helped me in my development, the training and match experiences nurtured me to be a better player.

I am grateful to be a part of HKFC family. All coaches and teammates are friendly and welcoming, especially noticeable when I first joined HKFC. The training facilities, gym, pool, pitch and sport therapists that are available to us contribute to our conditioning and the great start during the first half of the season. I must say the quality is top-notch.

We had a really good start to the first half of the season, currently ranking 5th. Special mention to the coaching team, especially Tony and Anto, for giving me a lot of chances and the opportunity to play. Both have provided a lot of valuable advice, which has helped me to adapt to my first Premier League season. I am truly thankful for all the help and advice I am being given.

HKFC definitely has the capability to compete with some of the stronger teams in the league, and I hope we can continue with our progression and play to our best in the upcoming games, and finish as high as possible in the table.



# WOMENS



## EMILY CHAN

**JOINED WOMEN'S TEAM** 2005

### POSITION

Centre Forward, Winger

As a Hong Kong native, Emily started her football adventure as an 11-year-old in a Sai Kung local soccer school.

Our number nine, who plays in various positions in the offence, has been part of the HKFC Women's Team since the beginning. She has played a vital role in the growth and development of the team for nearly two decades.

Emily says: "I am extremely honoured to be a part of the HKFC Women's Football Team. Seeing how we are progressing with so many young players joining our squad has been very exciting. Together we will push each other and the whole team to further heights!"

## REACH THE ELITE

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## FINAL BALL TRIUMPH OF HKFC OVER HKCC SQUASH CRICKET XI

A overcast morning opened up into glorious blue sky sunshine for the long-postponed annual cricket match of the squash sections at Wong Nai Chung Road. Emboldened from a couple of net sessions generously hosted by the Hong Kong Cricket Club in previous weeks, a rather ragtag mob of social cricketers from HKFC Squash somehow dug out enough whites to despatch XI to the beautiful green environs of the upper valley.

**T**he toss went HKCC's way, putting HKFC into bat to set the target for the afternoon. **Julian Tanner** and **Vikram Lulla** strolled out to meet HKCC's opening attack. Disaster struck early with Vikram Lulla attempting to pull a lifting ball down leg, only for the ball to kiss the back up of his gloves to the eager keeper caught behind. A confident **Adam Lee** came in, playing some beautiful ground strokes and the first boundary of the game. A second early disaster as he cut a shot through point with great catch on the cover boundary by HKCC's **Paul Denham**. Not long after Julian Tanner hooked a loose ball down leg to deep backward square leg where **Ho Fai Chiu** (here playing for HKCC) took a brilliant, if rather unexpected, catch.

At 30-3, HKFC were looking distinctly shaky with a long afternoon ahead.

Fortunately, the three musketeers of mid-order Yorkshiremen **Dave Cross**, **John Thompson** and **Andrew Wood** steadied the ship. Dave Cross showed that despite his reputation as a big hitter he could indeed channel the spirit of **Geoffrey Boycott** in a time of need. Delicate well-placed shots from Dave Cross and John Thompson kept the scoreboard ticking with good running and carefully chosen boundaries, building a 50-run partnership. At 30 runs, Dave retired for Andrew Wood who stepped up the run rate yet again. Both John Thompson and Andrew Wood batted through to retirement, including a Bothamesque pull whistling along the floor, rattling into the fence for Woodie's 30.

The score now pushing into three figures with three retirements in hand, HKFC could now start unleashing the big guns in the lower order. **Damien Laracy** brought his New Zealand

batting experience to bear looking confident with some powerful strikes on the leather. Unfortunately the prior nets practice didn't incorporate running practice, bringing down Damien and **Will Chapman** with sharp fielding from HKCC. **Andrew Au** and **Adrian Ng** connected well with a few, then **Mark Low** managed several great shots in his first cricket match ever, supporting a returning Dave Cross to establish a firm target of 195/8 from the 30 overs.

HKCC strode out to bat with confidence knowing the depth of their batting order. **Glenn O'Neill** and **Monty** defended well initially with Glenn going caught behind. After a run out of **Richard Healy**, **Steve Knight** settled the ship with some excellent defensive batting interspersed with the odd pull backward of square. Monty retired with 30 runs chalked, then it was into the big hitting deep middle order. **Gareth Jones** and **Dan Ternes** gave the leather





## HONG KONG JUNIOR SQUASH CHAMPIONSHIPS 2022

### 1ST-RUNNER-UP



no mercy, both hitting 30 runs with a brutal assault on the boundaries. **Prateek Bajaj** looked strong at the crease but took an unwise risky single with some quick fielding from HKFC heading run out briskly back to the clubhouse. With depth all the way down the order, **Russell Lamb** and Paul Denham settled into some sensible cricket once more. Ho Fai Chiu, then HKCC's two women players **Alison Cumming** and **Anna Cooke**, faced an aggressive all-in field with quick wickets coming fast.

At this point, it was looking in the bag for HKCC, as confident batsmen Monty and Gareth Jones strolled

back to the crease, needing 12 runs off the last couple overs. Julian Tanner and Vikram Lulla resumed the bowling with good length lifting into the batsmen that kept them uncomfortable and the boundary unattainable. The final ball, HKCC needed a six to win, but Vikram Lulla kept his resolve with a fine length, leading to a glorious HKFC victory as HKCC just fell short at 190/8.

A fine celebratory curry and drink after, we have to thank the HKCC for a memorable match, for the use of the wonderful HKCC venue and for such generous hospitality. Perhaps we need these more than once a season.



# HAILEY WONG

I remember being a 10-year-old watching the U17s and U19s play in the glass court for their finals. I remember not being able to follow the fast-paced, bullet-like kill shots and being awestruck by their agility, pace, power, style and elegance on the court. While I can never match up to the standards Chan Sin Yuk and her fellow competitors had set for Junior Squash, it is exhilarating to be in the position they have once been in – in the finals, playing in the glass court, being role models for the up and coming youngsters (I hope so, at least).

This tournament is my last one before I move up to the U19s. While I ultimately did not clinch the championship title this time, it is safe to say that my U17 journey was beyond satisfactory. With the help from my coaches, I've been able to walk on the court "new and improved" every single time. They taught me that while everyone always has room for improvement, only the best athletes dare to step outside their comfort zones to work on their weaknesses. I look forward to pushing past the illusion of my fears and limits, and finishing my last two years of Junior Squash strong.

I wouldn't be able to give you the best advice despite having played this sport for ten, almost eleven years. But one thing I've learnt in my student-athlete career so far is to be less stubborn and always listen to your coaches :)

Hailey Wong





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U12 Blizzards



2

3

4



U12 Lightning

# END OF AUTUMN LEAGUE

As we look to begin our Spring League, we look back at the programmes' successes from the Autumn League. Coaches from each team nominated a Most Valuable Player and Sportsmanship Award. Many congratulations to all those recipients. We look forward to (hopefully!) adding more team medals and trophies in the Spring League!



U12 Snowflakes



U14 Thunder



U14 Tremors



U16 Red Rain



U16 Storm

## TEAM RESULTS

### U12

Winners - Division 2

**Blizzards**

Runners-up - Division 1

**Lightning**

### U14

3rd Place - Division 1

**Thunder**

3rd Place - Division 2

**Tremors**

### U16

3rd Place - Division 1

**Storm**

Runners-up - Division 2

**Red Rain**

### U19

Runners-up - Division 1

**Twisters**

## PLAYERS' AWARDS

Team	MVP	Sportsmanship
U10 Snowflakes	Lucinda Freeman	Adelaide Putt
U12 Snowstorm	Trinity Hurley	Poppy Woolford
U12 Blizzards	Jemima Freeman	Ella Monahan
U12 Lightning	Cara Riddell	Isabella Powell
U14 Thunder	Camille Moss	Maggie Dowding
U14 Rainstorm	Zoe Holland	Elsie Fenwick
U14 Tremors	Isabella Freeman	Milla Froidevaux
U16 Storm	Rachel Shin	Sienna Park
U16 Red rain	Cassie Thorne	Skye Semple
U19 Twisters	Megan Lui	Jessica May
U19 Mavericks	Lara McWilliam	Charlotte Scott



# INTERVIEW WITH RYAN SWALLOW



## When and where did you start playing tennis?

"I started playing tennis at 4 or 5 years old when growing up in Singapore. I fell in love with the game very quickly and was playing around 5 times a week at school and for the British Club."

## What advice would you give to anybody trying tennis for the first time?

"Be patient and keep going! It's a tough sport to start but once you get the hang of it, you'll be addicted!"

## How long have you been playing tennis at HKFC?

"I've been playing tennis at HKFC for the last 3 years. I actually stopped playing tennis altogether for about 7 years until I joined HKFC and got back into the swing of things at Sunday Socials before picking things back up and playing in the Night League."

## What made you want to play in the HKTA League?

"I wanted to challenge myself and see if I could get back to the level I was before I stopped playing tennis. It's social, challenging and it's a great way to meet people and see different parts of Hong Kong."

## What is your biggest strength as a tennis player?

"I'd have to say my forehand, it's got loads of topspin and one of the few shots I'm able to control."

## How do you prepare for a match?

"I'm not one for too much preparation. The one time I decided to do a full warm-up, stretch, ease my way into playing shots, increase movement bit by bit, I ended up tearing my calf muscle 2 games into the match. I'm an advocate for a bit of service box tennis - ease into hitting from the baseline and get straight into it!"

## Do you prefer playing singles or doubles?

"Currently, doubles. I love the camaraderie and social aspect of doubles. In my younger year, I would have said singles but at this stage, doubles wins."

## What's your favourite shot?

"I'd have to say an inside out forehand (when I pull it off)."

## Which tennis player do admire and why?

"Andy Murray. As I write, he is currently defying all expectations at the Australian Open. His drive and commitment to tennis is second to none. Fingers crossed he can keep it up and strive for more!"







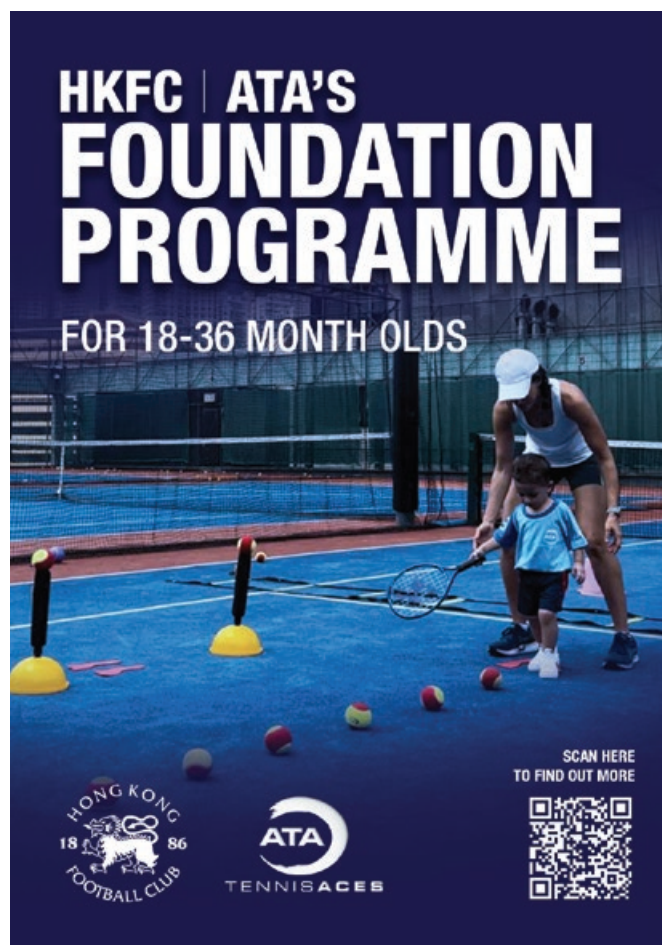
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# CHRISTMAS CRACKER

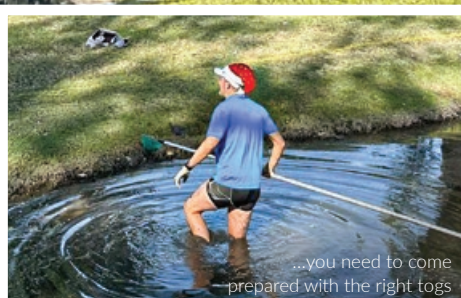
... but Nick's in it ...  
I can't believe he made me do that!



**FRIDAY, 23RD DECEMBER 2022**  
**SHEK O GOLF CLUB**

**B**right sunshine and brilliant weather once again greeted our Christmas Cracker, held for only the second time at the exclusive Shek O Golf Club. This came as rather a relief after our two earlier attempts to hold our 30th Anniversary event there had both to be abandoned due to last minute T3s. Clearly the GS members selected for this event were on the 2022 Nice list. As for those on the Naughty list, perhaps we might narrow that down further when we attempt to hold our Anniversary event there for the third time on Friday, 10th February 2023?

Back to the 32 golfers playing in the '22 Cracker, although numbers were slightly less than half the huge field that jumped at the chance to play in our inaugural Shek O event last year, this reflected both the much closer proximity to Christmas Day itself and the ability for our own members once again to travel more freely. Notwithstanding that, the eight fourball teams who turned up on such a sunny and glorious day not only did themselves proud but also the Society, as fun n frivolity and F&B once again took precedence over the scoring, which itself was focussed on the team more than the individual, whilst also still allowing for some singular displays of skill on half the holes.



Rather than go into the details, they say that a picture says 1,000 words. So, hopefully, more than one might be able to attempt to do justice to a truly wonderful day; and you can look at the snapshot of the teams for all the details. However, I'd strongly suggest anyone interested further seek out those who did play to hear a first-hand account and ensure that you have Friday, 10th February 2023 inked into your own diary for what may well be our last, heavily subsidised event held at Shek O. 'Carpe Diem' and/or 'Make Hay Whilst the Sun Shines', as it certainly did once again on all those lucky enough to 'Crack' on the 23rd.

Hopefully this selection of photos will give you some flavour of what a truly wonderful day and evening it once again was.

## HOLE PRIZES

- 1 **Greg Medhurst**
- 4 **Matthew Keefe**
- 6 **Benjamin Walker**
- 7 **Benjamin Walker**
- 9 **Benjamin Walker**
- 12 **Caroline Walker**
- 13 **Jonny Brock**
- 16 **Nick Dalais**
- 17 **Benjamin Walker**



HOLE	TEAM	YELLOW BALL	PLAYER 1	COURSE HCAP	PLAYER 2	COURSE HCAP	PLAYER 3	COURSE HCAP	PLAYER 4	COURSE HCAP
1A	Ben's Birdies	15 pts / 10 holes	Benjamin Walker	11	John Thompson	19	Kristina Lee	25	Caroline Walker	31
1B	Tony's Toppers	17 pts / 10 holes	Tony Yu	N/A	Chow Bing-Chiu	20	Clement Fu	28	Anita Ng	30
3A	Freddie's Flyers	11 pts / 7 holes	Fredric Teng	18	Owen Davis	20	David Cross	24	Johnny K Y Lam	26
3B	Chris' Crackers	3 pts / 3 holes	Chris Burley	13	James Suttle	19	John Wilby	22	Stephen Knight	30
5A	Matt's Mulligans	20 pts / 11 holes	Matthew Keefe	10	Nick Dalais	17	Justin Flowers	21	Walker Jnr	20
5B	Tom's Tap-ins	2 pts / 1 hole	Thomas McGillicuddy	19	Adrian Worth	22	Greg Medhurst	25	William Chan	28
9A	Jonny's Jiggers	7 pts / 6 hole	Jonny Brock	9	Anthony Ford	20	Piers Brunner	23	Mark Saunders	28
9B	Darren's Duffers	7 pts / 5 holes	Darren McEntee	13	Shane Silbraa	18	Kathryn Planese	30	Nick Dunn	33



A helping hug, ahead of the ravine



Some early Dutch courage required



Jonny's Jiggers eager to Crack on



The practisers get their dues too



The yellow ball losers get the fines session started



And it's time to reflect on another glorious event

## GOLF PRIZES

Best Team	<b>Matt's Mulligans</b>	20 pts / 11 holes
Runners-up	<b>Tony's Toppers</b>	17 pts / 10 holes
Turned Up	<b>Tom's Tap-ins</b>	2 pts / 1 hole
Best Individual (Male)	<b>Greg Medhurst</b>	41 pts
Best Individual (Female)	<b>Caroline Walker</b>	26 pts
Best Gross	<b>Matthew Keefe</b>	72

## LOST YELLOW BALL

John Thompson  
Johnny K Y Lam  
Justin Flowers  
Jonny Brock  
Clement Fu  
Stephen Knight  
Adrian Worth  
Nick Dunn

## OTHER PRIZES / FINES

Best Dressed  
**Justin Flowers**

Most Committed  
**Darren's Duffers**

Most Local Practice  
**Mark Saunders**  
**Darren McEntee**





Andrew Wood and  
Jonny Brock measuring  
NTP at Hole 15



Guys with the Shades!  
Gilbert Law, Wong Wai Ho, Albert Lam, KK Law

# GOLF OUTING



Jonny Brock 1st prize with his Christmas sweater on

## WEDNESDAY, 4TH JANUARY 2023 KSC EAST COURSE

**W**e began our 2023 social golf calendar at Kau Sai Chau East, a course familiar to some of us, including myself, having played here regularly for our monthly golf day since September 2022. However, I do not believe that the number of lost balls has decreased since this course just sucks it up even when you think you made a safe shot! Since it was only the start of the New Year, there were only 24 of us, with four players joining as guests.

It was a chilly start, so I wore my golf trousers for the first time ever in Hong Kong!

Some people, like **Jonny Brock**, who was wearing a Christmas golf jumper, were still in the holiday spirit.

A few fresh faces joined the HKFC golf events, including **Rob Winmill**, a member for 10 years but this was his first official golf event that he has registered for.

**Dominic Tsui** also attended the HKFC golf event after being absent for a while.

We hope you had a fantastic day and look forward to seeing you at future events in 2023! I was paired with the lovely **Ruud De Hart**, and we got things going right away. Ruud is a mid to high 20's handicapper, but on the day, he was playing in bandit territory, earning him a position on the podium.

We had a too close to call for the nearest to the pin on Hole 15 where **Andrew Wood** and **Jonny Brock** had to measure their distance using their putter. Photos attached. Geo award goes to **Rob Winmill** for his 10-year commitment to the golf society without attending any events! Another sleeve of golf balls goes to **Chris Lusher** (Guest) for keeping a legit score card even after

shooting the highest gross score for the day of 123.

Overall, it was a fantastic way to start the year, with well-deserved post-match refreshments at KSC, on the bus back, and lastly at the Sportsman's.

Here's to many more in 2023 now that Hong Kong and China have officially opened!

Overall, there were some good competitive stableford scores across the board.

Happy Golfing.

"Happiness is a long walk with a putter."

**Greg Norman**



Johnny Lam, Dorothy Lam,  
Peggy Chan, Lucia Lee



Andy Ho, Dominic Tsui, Dennis Hui





1. Alan Coward 2. Chris Lusher 3. Craig Tuckerman 4. Andrew Wood  
5. Andy Ho 6. Lucia Lee 7. Paul Walters taking 3rd prize  
8. Robert Winmill

### STABLEFORD WINNERS

1st	<b>Jonny Brock</b>	36 points
2nd	<b>Ruud De Hart</b>	35 points
3rd	<b>Paul Walters</b>	32 points

### NEAREST TO THE PIN

Hole 3	<b>Alan Coward (Guest)</b>
Hole 5	<b>Lucia Lee</b>
Hole 8	<b>Andy Ho</b>
Hole 13	<b>Jonny Brock</b>
Hole 15	<b>Andrew Wood</b>

### LONGEST DRIVE HOLE 17

Women's	<b>Amy Cheung</b>
Men's	<b>Craig Tuckerman</b>

### BEST GROSS

<b>Jonny Brock</b>	79 points
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# HKFC GOLF SOCIETY HONG KONG CLUB GOLF SOCIETY

**KAU SAI CHAU EAST COURSE,  
MONDAY, 5TH DECEMBER 2022**

**W**hile **Captain Woody** on business travel between HKG and NYC, I stepped up as acting skipper for this match, with the Hong Kong Club hosting this time and decided to be a 4 ball better ball format. The HKC Team had the luxury of their Club's Fitness Instructor Donald facilitating and preparing everything for the match which included the start-sheet on Golf Genius. So, I thought this was going to be an easy one for me as acting captain. But life is not always perfect, and I found information prepared by our opponent and entered into Golf Genius was for Stableford format when the match would take place in less than 12 hours. Who could you blame when Donald is not a golfer but a trainer in profession. So, without further hesitation, I had to jump in and use

our old school method to work out the correct handicap for everyone for our match (4BBB) before it's too late. We have a total of 6 flights, 12 players on each side.

The weather in Hong Kong was colder than usual in December. Under the influence of an intense northeast monsoon, the weather was cloudy and rather cool on that Monday. And there is always the possibility of some drama on such fine day to golf. As soon as I arrived KSC, I was told one of our players still had amber code until 9am that day while the first group should be teeing off at 9am. Fortunately, we managed to make some very last-minute change on swapping groups to tee. I don't know how, but I am quite sure our member successfully stalled the 9am

ferry from Sai Kung to Kau Sai Chau and boarded with a valid blue code.

What more could go wrong? Well it didn't take too long for me to find out. When I thought the stage was finally set by rushing to the No. 1 tee for my tee time, I saw my opponent **Graeme Brechin** fell onto the practice green with his extremely painful look. Poor Graeme somehow triggered his back problem and was not able to stand up by himself. Luckily **Marco Jorge** and **Nick Allen** were both on the practice green when it happened. So Graeme's partner Nick had to chauffeur him back to the Club House while I called KSC to make the First Aid Room available in case Graeme needed the helicopter service. And later I was told that Graeme did not use the free helicopter service he entitled but to ferry back to Sai Kung in pain. I know Graeme is busy recovering and doing exercise on his core muscle when this goes out to print.

The first match saw the strong pairing with our past Captain **Terry Wright** and **Shane Burgess** against the Hong Kong Club Team new Captain Craig Chapman and Mike Button. Terry and Shane got out to an early lead and never looked back, eventually closing it out with a 3&2. The second match was me and Marco Jorge against Nick Allen without his partner Graeme Brechin. A two against one, but Nick put up a very good fight against us until Hole 13 where we closed it with 5&3. The third group was a husband and wife with **Amy Cheng's** consistency and **Paul Walters's** support was too much for Stefan and Caroline Kracht with a 7&5 victory. The next match had a very similar result with **Henry Lai** and **William Chan** closing a 5&4 on the HKC pairing of **David Lindsay** and **Peter Barrett**. And our last two groups fortunately managed to bring home the bacon with **Darren McEntee** and **Justin Flowers** beating **Mervyn Jacob** and **Calum Davidson** a 2&1 while **Helen Hayward** and **Jonny Brock** finished with a 5&4 against **Anthony Wood** and **Alun Grassick**.

A 6-0 win to HKFC that did not truly reflect how hard-fought these matches were. **Craig Chapman** reflected the result on paper did not reflect the true strength of his team but the camaraderie afterwards was a better reflection of how close the teams were and indeed with several players are members of both clubs. I am sure this fixture will remain popular for many years to come.



## **JUNIOR ASSOCIATED MEMBERS REPORT**

### **CHRISTMAS SPECIAL TRAINING**

In order to prepare for the upcoming Team Series Championship and Ladder Series 2023 Spring season, additional fitness sessions were added into the junior squad normal training. Team Head **Coach John** and **Coach Fredi** desired to strengthen the team's physical as well as skill levels.



### **HKFC & TORQ SPORTS JUNIOR LADDER SERIES 2023 (SPRING)**

The new season of junior ladder series has commenced on 13th January 2023. There were twice as many entries this season compared to when it was first launched in summer 2022. The ladder series provides an opportunity for junior players of various age groups to put practice into games and be able to observe and reflect on their progress.



### **UPDATES ON HKFC AND TORQ 2022 TEAM SERIES**

After reviewing the ranking, HKFC U14 team actually qualified for the champion game on 27th January 2023. Go team!!

#### **UPCOMING JUNIOR EVENTS**

January - May 2023  
**Age Group Ladder Series  
(Spring) 2023**

May 2023  
**HKFC & Torq Sports  
International Invitational Junior  
Tournament 2023**

June - September 2023  
**Age Group Ladder Series  
(Summer) 2023**

### **JAMS TOURNAMENT REPORT**

Our JAM **Kenneth Chau** and partner **Andy Xie** won the 4th place in Southern District Age Group Badminton Competition 2023. This is only their first partnership and well done!



### **ELITE JAMS REPORT**

Our elite JAMs **Saloni Mehta** and **Happy Cheng** may have an opportunity to participate in the upcoming Asia Mixed Team Championships in Dubai. Good luck girls!



# 족발 Jokbal TAKEOUT

KOREAN PORK KNUCKLE

Available throughout the month of March.

## Korean Style Soy Braised Pork Knuckle

Served with chopped garlic, Korean bean paste and assorted salad leaves

\$125

Ready  
to  
re-heat!





# HKICTB LEAGUE UPDATE



**P**rior to the Christmas break, BIG played an away game against Kowloon Tong Club. Although Adrian Li scored two games of 200 and 203 and his high series of 566 and Emy Clarke achieved a game of 201 and her high series of 552, the opponent was too strong to beat. The second half of HKICTB League will resume in 16th February. Let's try our very best and achieve better results! Keep striking!

We welcome all Club Members to join Bowling Interest Group. Practice takes place every Thursday evening at 7pm. If you are interested in taking up tenpin bowling as a sport, please come along and join in the fun!

## PHYSICAL AND MENTAL HEALTH BENEFITS OF TENPIN BOWLING

### BUILD YOUR MUSCLE STRENGTH AND IMPROVE YOUR FLEXIBILITY

Bowling requires a combination of lifting, bending and extending. You utilize your arms, shoulders, wrists and legs and build your muscle strength every time you bowl. You also have to stabilise your muscles in order to balance as you approach the lane. The more you practice, the more stability and flexibility you'll develop.

### PLENTY OF WALKING

As you get up and walk from your chair to the ball return machine, to the lane and back, you are creating a walking pattern. It is estimated that a person, on average, walk 1,065 steps per game. Needless to say, you are burning calories along the way.

### STRESS RELIEF

As bowling is a group exercise, it gives you the social interaction needed to decompress and improve your mental well-being. Bowling is a fun and easy way to relax while getting your body some much-needed exercise.



## TENPIN BOWLING ADULT BEGINNER COURSE

Do you know the physical and mental health benefits that Tenpin Bowling can bring? Interested in taking up a beginner course to embrace these benefits? Roy Chan, our official bowling coach, will conduct a beginner course to introduce basic techniques and bowling etiquette at the HKFC Bowling Alley in April. The course, in a small group setting, will be open to all Hong Kong Football Club adult members. Please refer to the poster for details. Roy is registered with the Hong Kong Tenpin Bowling Congress ("HKTBC") and the USBC, USA. Please register at the Sports Desk ASAP to avoid disappointment as registration is on first-come-first-served basis.



## BOWLING INTEREST GROUP ADULT BEGINNERS COURSE

### Course Objective

- Introduce basic bowling techniques
- Bowling etiquette

**Course dates :** 1, 15, 22, 29 April 2023 (Saturday)  
3:30-5pm  
4 lessons @ 1.5 hour

**Venue :** HKFC Bowling Alley  
**Maximum :** 8 (first come first served)  
**Fee :** \$200

**Deadline for registration :** 25 March 2023

Application form from HKFC Sports Desk  
Enquiries : [hkfc10pinbowling@gmail.com](mailto:hkfc10pinbowling@gmail.com)



# HIGHLIGHTS IN MARCH

## NEWLY LAUNCHED



### New Cake Selection

Our cake selection just got bigger with a few new additions! Celebrate every special occasion with our unique cakes created by Pastry Chef Steve.

## COFFEE SHOP



### Aroi Mak Mak!! อร่อยมากมาก!!

Celebrating Songkran, Thai New Year, there's a themed dinner buffet available every Friday and Saturday, special monthly dishes, and Thai style special drinks.

**Upsell Dishes:** Songkran Dishes

**Monthly Special:** Asian Hot Pots

**Takeaway:** Chicken Wrapped in Lotus Leaf

**Beverage:** Songkran Special Drinks

## RESTAURANT



### Marbling Wagyu

Exquisite texture, buttery taste, the juiciest, tender, mouth-watering beef in the world.

Made into some incredible dishes, available from 6th to 31st March, at the Restaurant.

## SPORTSMAN'S BAR



### Yakiniku King

Japanese style grilled meat on an iron plate or a gridiron placed over a fire.

Available throughout the whole month.

**Daily Special:** Crispy-fried Burgers and Hoagies

**Beverage:** Hitachino Beer

**Fun Activity:** St. Patrick's Day Celebration – Wear green and get a pint of Guinness

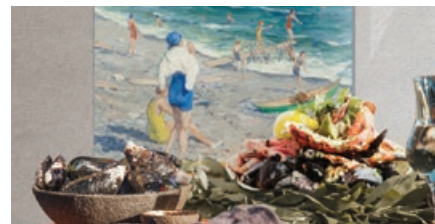
## CAPTAIN'S BAR



### Chamomile Drinks

**Food:** Homemade Stromboli

## CHAIRMAN'S BAR



### Brittany's Robust Cuisine

Distinct from other French regions because of its Celtic heritage, the cuisine of Brittany is full flavoured, bringing the outdoors and the sea into the kitchen.



### Apéritif and Digestif Cocktails

The main difference between apéritifs and digestifs is the time in which they're consumed, as well as their sweetness level. Try these special cocktails no matter before or after your dinner!

**Set Tea:** Late Winter in Hokkaido

## FAMILY LOUNGE



### Tortillas Pizza Rolls

**Beverage:** Earl Grey Drinks

## KIOSK



### Korean Pork Knuckle

Ready to re-heat!



## WINE EVENTS



On Friday, 10th March

### The Verdict is Still Out! House Wine Dinner

Be part of the Jury in this year's Judgment of our Club's incoming house wines.

Probably the most important wine dinner of the year.

With 4 guest speakers.

PRICE \$688 per member  
\$738 per member's guest



On Thursday, 23rd March

### Choco, Wine and Sake Pairing Masterclass

7pm – 8:30pm

PRICE \$258 per person



On Friday, 24th March

### Vesse Felix Wine Dinner

PRICE \$838 per member  
\$888 per member's guest



Saturday, 18th March  
Sunday, 19th March

### Mega Sale Wine Fair

## PREVIEW IN APRIL

### FESTIVE

#### Spread Love and Smile in Easter

Our F&B team already planned for a list of activities during the Easter holiday, including the Junior Master Chef cooking class on Easter Sunday at the Coffee Shop. Easter goodies and hot cross buns also available at the Kiosk.

### WINE EVENTS

Thursday, 13th April

Wine Masterclass: **Banfi Masterclass**

Friday, 28th April

Wine Dinner: **South American Wine Dinner**

Saturday, 29th April | Sunday, 30th April

Wine Fair: **Special Region Wine**

### COFFEE SHOP

Buffet Theme: **Aroi Mak Mak!**

Monthly Special: **Tandoori Mixed Grill**

Buffet Upsell Platter: **Songkran Dishes – New menu cycle**

Takeaway: **Shabu Shabu & Sukiyaki Pack**

### POOL BAR

Food: **The World is Flat...breads**

Beverage: **Songkran Special Drinks**

### RESTAURANT

**Abalone**

### SPORTSMAN'S BAR

Outdoor Cooking Station: **Greek Souvlaki and Baklava**

Daily Special: **Roast for Sharing**

Beverage: **Hitachino Beer**

### CHAIRMAN'S BAR

Food: **Highlights of Portugal**

Set Tea: **Spring Garden**

Wine & Spirits: **All from Portugal**

### CAPTAIN'S BAR

**Air-fried Snacks by Calvin**

**Chamomile Drinks**

### FAMILY LOUNGE

**Tortillas Pizza Rolls**

**Pineapple Drinks**

### KIOSK

**Easter Goodies and Hot Cross Buns**

### CATERING

**Time to plan for the prom party!**

### RESTAURANT

TEL 2830 9562  
EMAIL restaurant@hkfc.com



TEL 2830 9569  
EMAIL coffeeshop@hkfc.com



TEL 2830 9531  
EMAIL sportsmans@hkfc.com



### CHAIRMAN'S BAR

TEL 2830 9559  
EMAIL bar@hkfc.com



TEL 2837 2622  
EMAIL bar@hkfc.com



TEL 2837 2663  
EMAIL bar@hkfc.com



TEL 2830 9531  
EMAIL coffeeshop@hkfc.com



TEL 2837 2678  
EMAIL kiosk@hkfc.com

### CATERING SERVICE

TEL 2830 9513  
EMAIL catering@hkfc.com





# Get Ready for RUGBY WEEK

- 1.** Adult Rugby Protection Vest \$585    **2.** Kids Rugby Protection Vest \$499  
**3.** Adult Rugby Jersey \$495    **4.** Kids Rugby Jersey \$480  
**5.** Kids and Adult Rugby Headguard \$420    **6.** 7S Adult Home Jersey \$595    **7.** 7S Kids Home Jersey \$550  
**8.** 7S Kids Away Jersey \$550    **9.** 7S Adult Away Jersey \$595    **10.** Adult Rugby Shorts \$350  
**11.** Rugby Ball (4 sizes) \$120-\$210    **12.** Junior and Adult Mouthguard \$60  
**13.** Rugby Socks \$115    **14.** Rugby Backpack \$335



Exquisite texture, buttery taste, the juiciest, tender, mouth-watering beef in the world.  
Made into some incredible dishes, throughout the month of March, at the Restaurant.

MARBLING

*Wagyu*



RESTAURANT

Enquiries and Bookings: 2830 9562 or [restaurant@hkfc.com](mailto:restaurant@hkfc.com)



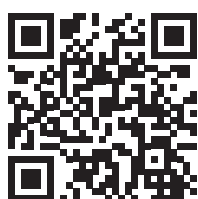
**mourant**

# Leading the pack

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