

# CLUB

HONG KONG FOOTBALL CLUB 香港足球會 MAY 2014



*Squash  
Tournaments  
this month:*

*HKFC Meco  
PSA/WSA  
International 25*

*Monday 19th -  
Saturday 24th May*

*International 3's*

*Friday 23rd -  
Sunday 25th May*

HKFC CITIBANK

**SOCCER**  **SEVENS**

**Friday 23rd - Sunday 25th May**

**Teams include:  
Chelsea, Manchester City, Aston Villa,  
Newcastle, Leicester, Sunderland, Rangers  
and more...**





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LUXURY  
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Cathay Holidays Limited is now offering Business Class Special Packages to a range of popular destinations. You'll enjoy Business Class flights and luxury accommodation from just HKD3,260 – plus 500 Bonus Asia Miles on top of regular earning and the flexibility to extend your stay. Book now at [cxholidays.com](http://cxholidays.com)

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HKD 3,260 up

### Shanghai 3 days/2 nights

Renaissance Shanghai  
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### Beijing 3 days/2 nights

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Clarke Quay  
The Westin Singapore  
HKD 8,390 up

### Tokyo 3 days/2 nights

Akasaka Excel Hotel  
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Shangri-La Hotel, Tokyo  
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The Stones Hotel -  
Legian Bali  
Ametis Villa Bali  
HKD 8,760 up

We offer more hotel choices, as well as other hot destination options including Penang, Kuala Lumpur, Osaka, Seoul, Yangon, Phnom Penh, and more.

Departure date: Now to 9 July 2014\*

Packages include: Round-trip flights on Cathay Pacific Airways or Dragonair • Hotel accommodation • Travel insurance

Book now

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**Offer details** | \*Travel periods of different packages are different. | Prices quoted are subject to applicable taxes and surcharges. As reference only, the current fuel surcharge for packages between Hong Kong and the destinations above booked in April 2014 is around HKD600-800. | Prices quoted are per person, based on a minimum of 2 persons travelling together and sharing 1 room. | Prices listed above are based on the lowest available price for sample departure dates and may vary by date, number of people, hotel, room type and flight booking class. | Cathay Holidays Limited reserves the right to amend the price without prior notice. Please refer to the website for the latest pricing. | Dragonair Holidays is managed and marketed by Cathay Holidays Limited. | Cathay Holidays Limited and Asia Miles™ terms and conditions apply. | Cathay Holidays Limited is a wholly-owned subsidiary of Cathay Pacific Airways. (Licence No. 352024)





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*Cover image: Newcastle vs HKFC at the Soccer Sevens tournament last year*



## HONG KONG FOOTBALL CLUB

### MISSION STATEMENT

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

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

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

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

### General Committee

President	: Dermot Agnew
Vice President	: Fook Aun Chew
Vice President	: Nick Hunsworth
Vice President	: Bobby Lawson
Vice President	: Iain Valentine
Chairman	: John Shanahan
Hon. Secretary	: Mike Wood
Hon. Treasurer	: David Howell
Constitutional Affairs	: Dave Reeves
Development	: Neil Roberts
Discipline	: James Niehorster
Membership	: Maurice O'Brien
Sports and Recreation	: Philip Woolf
Hockey Officer	: Nicola Russo
Lawn Bowls Officer	: Nick Grimshaw
Rugby Officer	: Damian Babis
Soccer Officer	: Martyn Russell
Squash Officer	: Adam Wilson

### Management

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

### Club Magazine

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

**Hong Kong Football Club**  
3 Sports Road, Happy Valley, Hong Kong  
Tel 2830 9500 Fax 2882 5040 •  
Website: [www.hkfc.com.hk](http://www.hkfc.com.hk)



John J Shanahan, Chairman

## *The Thoughts of the Chairman*

Dear Members,

**L**eaving behind an action-packed March and April with mainly rugby on offer, which included the Taipan's Challenge, the International Rugby Board Junior World Rugby Trophy tournament and Hong Kong v Philippines in the Asian 5 Nations Rugby, we will also be hosting another **Asian 5 Nations Rugby** match between **Hong Kong and Korea** on the **10th May**. This month we are no less busy on the sporting front when we have the **HKFC Soccer Sevens Minis** tournament on the weekend of the **17th – 18th May** followed by the international **HKFC Citibank Soccer Sevens** to be held from **23rd – 25th May**. With an international line-up of English Premier League sides such as Chelsea, Manchester City, Sunderland, Newcastle United and Aston Villa, along with Scottish giants Rangers (and recently promoted Premier league side Leicester City), we are in for an exciting display of first class football. Asian champions Guangzhou Evergrande will also compete for the first time and Hong Kong First Division champions Kitchee will be fighting

their corner against the top teams from the UK and China. And, at the same time as the Soccer Sevens taking place, we will also be organising/ hosting our own **PSA/WSA International 25** World Ranking Squash Tournaments, sponsored by **MECO Engineering**, as well as our own **International Squash 3's** tournament being played at the same time! So, plenty of action this month with a round rather than an oval ball to play with!

Before I sign off, may I just remind Members to carry their Membership Cards with them at all times whilst on the Club Premises. This is not only a means of identification as a Club Member, but you are required to give your card to F&B Staff at the F&B outlets if you want service. Further, I would remind all Members that have children who are 11 years old or over, that they are all now required to be registered with the Club and have a Membership Card issued to them. The photos on these cards should also be regularly updated for identification purposes.

**JOHN J SHANAHAN**

*Chairman*

### *Obituaries*

*We were saddened to hear the news of the recent passing away of our long time Member Bill Burgess, as well as the recent passing away of Walter Gerrard, a friend of the Football Club. Our thoughts and prayers go to their families and friends. May they rest in peace.*





HKFC CITIBANK

# SOCCER SEVENS

ASTON VILLA CHELSEA GLASGOW RANGERS GUANGZHOU EVERGRANDE  
KITCHEN LEICESTER CITY MANCHESTER CITY NEWCASTLE UNITED SUNDERLAND

**23-25 MAY 2014**

HONG KONG FOOTBALL CLUB  
3 SPORTS ROAD HAPPY VALLEY

FRIDAY

**FREE**

DAY PASS

**HK\$160**

2 DAY PASS

**HK\$300**

TICKETS ARE AVAILABLE FROM CITYLINE [WWW.CITYLINE.COM](http://WWW.CITYLINE.COM) / 2111 5333 AND AT TOM LEE MUSIC STORES, ASIAWORLD-EXPO AND LAB CONCEPT QUEENSWAY PLAZA ADMIRALTY  
PAY WITH YOUR CITIBANK CREDIT CARD AND INPUT THE DISCOUNT CODE TO RECEIVE **A 40% DISCOUNT!**

Members and their guests can watch the tournament for **FREE** from the designated Members' area



[WWW.HKSOCERSEVENS.COM](http://WWW.HKSOCERSEVENS.COM)



Mark Pawley, General Manager

## From the Desk of Mark Pawley

**A**s noted by the Chairman we have another busy sporting month ahead in May. Let's hope the weather is good too, as April's weather was variable, to say the least.

Congratulations are in order to **Ngernjan Jongdee**, **Leung Chi Ming** and **Eric Ho** (photos below), who are the winners of the first quarter of our Annual Star Award programme. Keep up the good work.

Once again the Food and Beverage Department have looked to try and "Whet your appetite" and this month I see that we have a **Wagyu Beef Festival** in the Restaurant — the beef coming from the Margaret River area of Australia. And in the Coffee Shop, we are offering a **Full Boston Lobster served gratis** with every International Dinner Buffet that is taken! In the Sportman's Bar, the "live" sport on the screens throughout May include the English F.A. Cup Final, the first State of Origin Rugby League match, the Spanish and Monaco F1 Grand Prix's and the first week of the French Tennis Open from Roland Garros.

And, last, but by no means least, don't forget our Mother's Day celebrations on Sunday 11th May!

**MARK PAWLEY**  
General Manager

### Notice to Members

Please be informed that **Members will be unable to access the Ladies Changing Room in the Infield on Saturday 24th May and Sunday 25th May** due to requirements for the International Soccer 7's Tournament. The Changing Room will be closed from 7:00am to 8:00pm on both days. If access is required to Lockers then this can be arranged by the Housekeeping attendant(s) who will be on duty outside the Changing Room.

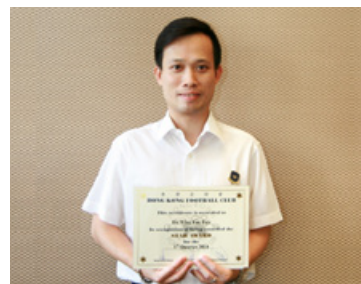
### 2014 Q1 STAFF STAR AWARD



Ngernjan Jongdee – F & B



Leung Chi Ming – Pool



Eric Ho – HR & Admin.



# Easter at the Club

on Sunday 20th April 2014





# MOTHER'S DAY

*Sunday 11th May*

The Restaurant and Coffee Shop will offer a day of great food and fun for Mothers and the whole family.

## COFFEE SHOP

### **"I love you, Mum" Lunch Buffet**

**\$268 per Adult**

**\$138 per Child (age 12 and under)**

An international buffet lunch with unlimited serving of soft drinks and beer.

**There will also be a free gift for all Mums ordering the Buffet.**

*(Limited A la Carte for Lunch)*

### **"Dearest Mum" Dinner Buffet**

**\$298 per Adult**

**\$168 per Child (age 12 and under)**

A sumptuous international dinner buffet with Asian highlights and unlimited serving of soft drinks and beer.

**There will also be a free gift for all Mums ordering the Buffet.**

*(Limited A la Carte for Dinner)*

For a reservation please call the Coffee Shop at 2830 9569 or email at [coffeeshop@hkfc.com](mailto:coffeeshop@hkfc.com)

## RESTAURANT

### **Brunch Buffet**

**\$358 per Adult**

**\$168 per Child (age 12 and under)**

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

**There will also be a free gift for all Mums ordering the Brunch.**

### **Gourmet Lobster Set Dinner**

**\$420 per Adult**

A 4-course set dinner with the choice of main course created by the Restaurant culinary team.

**There will also be a free gift for all Mums ordering the Set Dinner.**

*(There will be no A la Carte for Dinner)*

For a reservation please call the Restaurant at 2830 9562 or email at [restaurant@hkfc.com](mailto:restaurant@hkfc.com)





**SPA KALUSUGAN**  
"Your Beauty, Health & Wellness Specialist"

Facials • Bodywork • Waxing • Mani/Pedi • Slimming

### **PAMPER YOUR MOM TO SAY "THANK YOU & I LOVE YOU, MOM"**

Mother's Day in Hong Kong is Sunday 11th May, and to celebrate, SPA KALUSUGAN is offering a Special price voucher which can be used to redeem a choice of spa services at SPA KALUSUGAN at the club or in central branch.

The "SPA-K Mother's Day Special Voucher" can be purchased for only **HK\$888**, and can be redeemed for a choice of three of the following 8 treatments valid within 90 days only.

\*Value of Voucher\* approximately **HK\$1680** – depending on which spa services are chosen.

- 1 hour Elemis Facial
- 1/2 hour back scrub
- 1/2 hour Filipino Signature Wellness Massage by Wilma
- 1/2 hour Lymphatic Drainage Massage
- Manicure by OPI
- Pedicure by OPI
- 1/2 Lower Legs Wax
- Brazilian or Hollywood Bikini

The "SPA-K Mother's Day Special Voucher" comes in a make-up purse with travel size skincare products, and is gift wrapped making your mom, so very special and say "Thank you & I love you, Mom".

To purchase this voucher and more details, call/WhatsApp/Viber/Text: 9263 7471 or email: [wilmadonnelly@gmail.com](mailto:wilmadonnelly@gmail.com). Purchase of Special Promo Voucher is valid from April 27 - May 11, 2014 only and validity for 90 days use. Maximum 2 special voucher per Member.

Opening Hours (BY APPOINTMENT ONLY)  
Monday - Friday 8.30am - 10.30pm  
Saturday, Sunday & Public Holidays 10.30am-8.30pm



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

How to order:

- Please fill out the enclosed order form or pick up the form at the G/F Lobby or download it from our website [www.hkfc.com.hk](http://www.hkfc.com.hk)
- Fax it to: 2576 7598 or e-mail to: [bar@hkfc.com](mailto:bar@hkfc.com)
- Please allow 5 working days for the processing of your order
- \*\* Allocation is limited until stocks last (on a first come first served basis)

### **Organising Meetings and Workshops?**

If so, the Club can provide you with a range of venues suitable for your needs, as well as a variety of value-for-money packages to choose from.

For information on bookings and packages, please call the Catering Department on 2830 9513 or email: [catering@hkfc.com](mailto:catering@hkfc.com)



**Wilma C. Donnelly**  
CIBTAC & ITEC (UK) Int'l Diploma

### **ARE YOU SERIOUS ABOUT YOUR HEALTH**

**Shiatsu/Deep Tissue/  
Lymphatic Drainage/Sports Massage  
Filipino Signature Wellness Massage™ by Wilma**  
will improve your muscle condition with the following benefits:

- ✓ Improve performance levels
- ✓ Reduces risk of injury
- ✓ Boosts recovery time
- ✓ Offers quick relief from the the following symptoms: headache, migraine, trigeminal neuralgia, insomnia, stiff neck, frozen shoulder, tennis-elbow, student-elbow, lumbago, lumbar muscle injury, sciatica, rheumatic arthritis, numbness of arms & legs, muscle atrophy, indigestion, Gynaecology illness such as menstrual disorder, amenorrhea, dysmennorrhea and matitis.

**BOOK** your massage today, drop by 1/F, Sports Desk or WhatsApp, viber or text Wilma Donnelly at 9263 7471 OR email at [wilmadonnelly@gmail.com](mailto:wilmadonnelly@gmail.com).

**Limited Summer Promo Offer!**  
**SPECIAL OFFER ALSO VALID TO ALL TEENS & YOUNG ADULTS BELOW 26 YEARS OLD**  
**@ HK\$388 (45MINS) ONLY**  
Weekly and monthly packages are available.

**Book today! WhatsApp/Viber/Text: 9263 7471**

**Note: It is recommended to consult the doctor and have x-ray before having a massage therapy, so as to get better results. Thank you.**

**First Time Offer**  
**HK\$488 (60mins)**



**HKFC: 3 Sports Road, Happy Valley, Hong Kong**  
**Central Branch: 3/F. PoWah Building,**  
13 Li Yuen Street East, Central, Hong Kong

**M 9263 7471 E [wilmadonnelly@gmail.com](mailto:wilmadonnelly@gmail.com)**

## RESTAURANT

### WAGYU BEEF FESTIVAL

**in the Restaurant  
every evening (except Sundays)  
from 6.30pm to 10.30pm**

The Restaurant is delighted to present our finest Wagyu beef from Margaret River, Australia.

The meat from Wagyu (literally means "Japanese Cow"), is typically highly marbled, full flavoured with relatively low levels of saturated fats and cholesterol compared with other beef breeds. The unique flavour and marbling of Wagyu beef is the attribute which has led to its widely acclaimed status as 'the best beef in the world'.

Beef lovers can enjoy this ultimate delicacy at the Restaurant throughout the month of May.

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



## RESTAURANT

### "FRUITS OF THE SEA" SUNDAY DINNER BUFFET:

**every Sunday for Dinner  
(from 6.30pm to 9.30pm)**

\$285 per Adult  
\$145 per Child under 12 years  
of age

This month, the dinner buffet features a wide variety of Asian and Western seafood dishes, guaranteed to make you come back for more.

Please contact the Restaurant at 2830 9562 for a reservation or email: [restaurant@hkfc.com](mailto:restaurant@hkfc.com)

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



## RESTAURANT AND CHAIRMAN'S BAR

### SUNDAY BRUNCH from 11am to 2.30pm

Please contact the Restaurant at 2830 9562 for a reservation or email: [restaurant@hkfc.com](mailto:restaurant@hkfc.com)

#### **DRESS CODE: Club Casual.**

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

## CHAIRMAN'S BAR

### FRESH OYSTERS

**every day from noon to 10.30pm**

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



## LUNCH AT THE CLUB



### THE RESTAURANT

*Monday to Friday  
from Noon to 2.30pm*

#### **Set Lunch with Starter Buffet**

2 Courses: \$170  
3 Courses: \$190

### THE COFFEE SHOP

*Monday to Thursday  
from Noon to 2.30pm*

#### **Light Lunch Buffet**

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

*Friday to Sunday  
from Noon to 2.30pm*

#### **International Lunch Buffet**

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

### THE CHAIRMAN'S BAR

*Monday to Friday  
from Noon to 2.30pm*

#### **Express Set Lunch**

4 Courses: \$110

### WINE CAROUSEL

**every day from 6.30pm to 10.30pm**

From 6.30pm till 10.30pm daily, you can enjoy 2 hours of free-flowing wines specially selected to match the season at a set price of **\$178 per person.**

Alternatively you can select any two glasses of wine for only **\$88.**

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





A CAMBRIAN FINANCED ACCORDING TO EU REGULATIONS N° 1040/07



# CASTELLO BANFI WINE DINNER IN THE RESTAURANT

Castello Banfi is a family-owned winery estate in Tuscany's Brunello region, owned by the Mariani family and centered around the 13th century castle 'Poggio alle Mura'. The estate produces Brunello wines of distinction and elegance, which are highly regarded by their neighbours and by Wine Spectator Magazine's Top 10 lists. Banfi's dedication both to reviving and extending Tuscany's winemaking prestige is shown in their production of traditional style Chianti and Pinot Grigio, and their great value Super Tuscan IGT blends. Banfi also operates a sister estate in Strevi, Piedmont where they produce delicate and fresh sparkling wines from the region's cooler climate.

**Friday, 30th May 2014**

**7:30 pm - Cocktail**

**8:00 pm - Dinner**

## The Restaurant

**\$670 per Member**

**\$720 per Member's Guest**

Please contact the Restaurant  
at 2830 8562 for a reservation or  
email: [restaurant@hkfc.com](mailto:restaurant@hkfc.com) or fax 2576 7598.

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

\*\* Cancellations or amendments must be faxed or emailed to the restaurant and must be made before 9th May 2014 otherwise, full payment will be debited to the Member's account, unless there are exceptional circumstances.

Welcome Drink and Canapés  
Brut Metodo Tradizionale Classico NV

Starter  
Scallop Carpaccio with Baby Cress and  
Champagne Foam  
Le Rime 2012

Second  
Homemade Green and White Ravioli stuffed  
with Organic Chicken  
Porcini Light Cream Sauce  
Col Di Sasso 2011

Main  
48-hours slow cooked Wagyu Beef Cheeks,  
Herb Polenta Timbale, Red Wine Sauce  
Chianti Classico 2011  
Brunello di Montalcino 2008

Last Course  
Iced Nougat with Honey and Dried Fruits  
Wild Berry Compote  
Rosa Regale Sparkling 2012

Tea or Coffee  
Petit Fours





## COFFEE SHOP

### FULL BOSTON LOBSTER SERVED GRATIS WITH INTERNATIONAL DINNER BUFFET

**in the Coffee Shop  
Friday and Saturday  
from 6.30pm to 9.30pm  
throughout the month of May**

The Coffee Shop has great news for lobster fans: with each Adult-priced International Dinner Buffet, we will offer a FULL cold Boston lobster served gratis with Pomegranate Salsa.

Please call the Coffee Shop at 2830 9569 for more details.



## COFFEE SHOP

### SEMI DINNER BUFFET

**Monday to Thursday  
from 6.30pm to 9.30pm**

Treat yourself to a delectable selection of appetizers, made-to-order main courses and tempting desserts at the Semi-Dinner Buffet. Price starts from \$128 per person.

Please call the Coffee Shop at 2830 9569 for more details.



## SPORTSMAN'S BAR

### OPENING HOURS

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

### Soccer

The English FA Cup Final will be held at the Wembley Stadium on **Saturday 17th May**. Kick off will be just after midnight HK time.

The **2014 UEFA Champions League final** will be held on **Saturday 24th May**. Kick off starts at 2:45am HK time, so we will be replaying the game the next day for those who could not stay up so late!

Right here at the Club, we have the **International Soccer 7's** tournament from **Friday 23rd to Sunday 25th May**. We have put together some great food and beverage delights that will be available "Pitch-side" throughout the weekend.

### Rugby

Also in our own "backyard", we play host to the ARFU **Asian 5 Nations**, with Hong Kong vs Korea on **Saturday 10th May**.

On the screen, we have the **State of Origin** Rugby League series kicking off in Brisbane on Wednesday 28th May.

### FI Auto Racing

The **Spanish Grand Prix** will be held on **Sunday 11th May** and the **Monaco Grand Prix** on **Sunday 25th May**.

### Tennis

The **French Open** starts on **Saturday 26th May** and the final will be played on **Sunday 8th June**.

Keep up to date on the Club website and all sports notice boards.

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

**2014 STATE OF ORIGIN**

NEW SOUTH WALES (THE BLUES) vs QUEENSLAND (THE MAROONS)

**LIVE in the Sportsman's Bar**

**GAME 1**  
WEDNESDAY 28<sup>th</sup> MAY AT 6PM

**GAME 2**  
WEDNESDAY 18<sup>th</sup> JUNE AT 6PM

**GAME 3**  
WEDNESDAY 9<sup>th</sup> JULY AT 6PM





## The Business of AFL Football

Join us for the Port Adelaide Football Club's inaugural business luncheon in Hong Kong. Australia's most successful football club is coming to Hong Kong and Chairman David Koch invites you to join him for a private business luncheon at the prestigious Hong Kong Football Club.

Port Adelaide's Chairman David Koch and CEO Keith Thomas, will provide an exclusive insight into the business of AFL football, the incredible re-developed Adelaide Oval and the Club's plans in Asia.

With the SA Government, and Major Partners Renault and Energy Australia (CLP Group) find out how the Port Adelaide Football Club is engaging with its community to drive industry leading results, both on and off the field.

So don't wait, book now as seats are strictly limited.

Date: Friday 16 May, 12pm - 3pm

Location: The Restaurant & Lounge, Hong Kong Football Club, Sports Road, Happy Valley

Price: \$750 (Discounted price of \$650 for Hong Kong Football Club and Port Adelaide Football Club members)

Includes: Premium three-course meal, beverages and live entertainment

RSVP: Fax reply to + 852 2877 0860 or email to [bookings@austcham.com.hk](mailto:bookings@austcham.com.hk)





on Sunday 15th June

# FATHER'S DAY

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

## COFFEE SHOP

### "I Love You, Dad" Lunch Buffet

\$228 per Adult, \$148 per Child under 12 years of age

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

There will be a free gift for all Dads ordering the buffet.

### "Dearest Dad" Dinner Buffet

\$258 per Adult, \$168 per Child under 12 years of age

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

There will be a free gift for all Dads ordering the buffet.

(Limited A la Carte for Lunch and Dinner)

For a reservation please call the Coffee Shop at 2830 9569 or email at [coffeeshop@hkfc.com](mailto:coffeeshop@hkfc.com)

## RESTAURANT

### Brunch Buffet

\$325 per Adult, \$148 per Child under 12 years of age

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

There will be a free gift for all Dads.

For a reservation please call the Restaurant at 2830 9562 or email at [restaurant@hkfc.com](mailto:restaurant@hkfc.com)

## HARP DINNER for the benefit of FRIENDS OF THE HARP

Hong Kong's harp community is coming together to bring you a night of wonderful harp music. Artists include Juliana Beckel and Judy Ho accompanied by Jennifer Tse and others playing Debussy, Handel, Salzedo, Rota, Piazzolla and others.



Judy Ho

Juliana Beckel

### in the Restaurant

7pm: Pre-Dinner Drinks

7.30pm - 9.30pm: Concert and Dinner

\$350 per person

(Includes a welcome drink, a three course menu followed by tea or coffee)

Please contact the Restaurant at 2830 9562 for a reservation\* or email: [restaurant@hkfc.com](mailto:restaurant@hkfc.com) or fax 2576 7598

\*Cancellations or amendments must be faxed or emailed to the restaurant and must be made before **Saturday 31st May 2014** otherwise, full payment will be debited to the member's account, unless there are exceptional circumstances.

Produced by: Harps Without Borders Hong Kong

Harps Without Borders Hong Kong





# ARGENTINA VS CHILE WINE DINNER

**Friday 6th June 2014  
in the Restaurant**

**7.30pm to 7.50pm: Pre-Dinner Drinks  
8pm to 11pm: Dinner**

**\$670 per Member, \$720 per Member's Guest**

*Includes a 4-course Set Menu and 9 Wines*

## RECEPTION

### Canapés

Norton Cosecha Chardonnay

## MENU

### 1st Course

Pan Roasted Sustainable Cod Fish with Dill Cream Sauce  
On a bed of Roasted Fennel

Vina Aquitania - Sol de Sol Chardonnay 2009

Norton - Reserva Chardonnay 2011

### 2nd Course

Wild Mushroom and Organic Chicken Risotto Cake,  
Roasted Tomato and Basil Sauce

Vina Aquitania - Reserva Cabernet Sauvignon 2012

Norton Reserva Cabernet Sauvignon 2010

### 3rd Course

6 Hours Slow Cooked Wagyu Beef Cheeks in a  
Rich Red Wine Sauce

Herbed Pearl Barley, Fondant Potatoes, Celeriac Cream  
Santa Rita Casa Real 2009

Norton Gernot Langes 2008

### Last Course

Assorted Cheeses, Spiced Chutney and Muscatel Grapes

Vina Aquitania - Lazuli 2003

Norton - Privada 2010

Coffee and Tea

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

Please contact the Restaurant at 2830 9562 for a reservation or  
email: restaurant@hkfc.com or fax 2576 7598

**Last day for cancellation: Friday 30th May 2014**

*\*Cancellations or amendments must be faxed or emailed to the restaurant and must be made before **Friday 30th May** otherwise, full payment will be debited to the Member's account, unless there are exceptional circumstances*

# CHÂTEAU FIGEAC WINE DINNER

**Friday 20th June 2014  
in the Restaurant**

**7.30pm: Arrival and Welcome Drinks  
8pm: Dinner**

**\$980 per Member, \$1,080 per Member's Guest**

**RSVP: 32 Seats available only**

## MENU

### Welcome Drink and Canapés

*Chablis, Jean-Pierre Grossot, 2009*

### Starter

Veal Carpaccio with Roasted Almonds and Shaved Parmesan  
Greens dipped in a Honey Lemon Vinaigrette

*Château Figeac, St. Emilion, 2008*

### Second

Homemade Ravioli Stuffed with Porcini,  
Light Truffle Cream Sauce

*Château Figeac, St. Emilion, 2007*

### Main

Roasted Grass-fed Lamb Rack with Rosemary,  
Chorizo Polenta Cake

Roasted Vegetables and a Grape Jus

*Château Figeac, St. Emilion, 2004*

*Château Figeac, St. Emilion, 2001*

### Last Course

Assortment of French Cheeses, Artisan Bread

*Château Figeac, St. Emilion, 2004*

*Château Figeac, St. Emilion, 2001*

Tea or Coffee

Petits Fours

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

Please contact the Restaurant at 2830 9562 for a reservation or  
email: restaurant@hkfc.com or fax 2576 7598

\*Cancellations or amendments must be faxed or emailed to the restaurant and must be made before **Friday 6th June** otherwise, full payment will be debited to the Member's account, unless there are exceptional circumstances

**CHATEAU-FIGEAC**

PREMIER GRAND CRU CLASSÉ





## The Recent Renovation

The HKFC Fitness Centre, originally built in 1995, recently underwent a brief period of renovation improvement, including new Sports and Fitness Centre counters, combined, with sliding glass door for (Staff access) and a new entrance door. At the same time, new timber cladding to existing facade and mullions and the introduction of frosted film windows, to maximize natural lighting, were also changed. There was a bit of disruption during this period but we hope you like the changes.

## New Fitness Centre Equipment

New state-of-the-art gym equipment, consisting of 6 new Lifefitness treadmills with touch screen virtual trainers and (internet accessible), 2 new Precor Adaptive Motion Trainers (AMT's) with touch screen (also internet accessible) are on the way.

## Transformation Challenge

The HKFC 90 day Transformation Challenge held from 15th January to 15th April 2014 came down to a very close finish. A big well done to all participants who completed the challenge. At the time of printing we are still compiling the final results.

***The Winner and Runner Ups will be announced in the June edition of Club Magazine.***



## Fitness Centre Etiquette Reminders

- Always re-rack your weights after use.
- Please wipe equipment and stretching mats with disinfectant after use.
- Please practice good hygiene.
- Please do not slam the weights on the floor.
- Please do not conduct floor exercises or stretches in the free weight area.
- Please limit cardio equipment to 30 minutes during peak periods.
- Please return magazines and newspaper to the stand after reading.
- Please use collars when using barbells at all times.

Fitness Centre Safety and Etiquette are very important to us and we ask that you recognize and follow the Fitness Centre Bye-laws at all times. The Bye-laws can be found on the Club website at: [www.hkfc.com.hk](http://www.hkfc.com.hk), under the Members Handbook.





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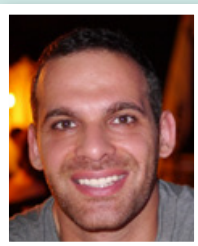
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## Captain's Message



Andrew Eagle,  
Club Captain

Dear all,

We have an update from the minis and their 2014 Festival of Rugby this month. The minis are as strong as ever it seems. I love seeing so many kids getting involved in the great game, all of them hopefully with long rugby careers ahead of them.

Briefly, we had an absolutely fantastic 10s tournament. It's evolved into one of the best events in Hong Kong. Big thanks to **Chris Harker** and his committee for pulling that one off.

The annual Bali Memorial match between the Vandals and the Pot Bellied Pigs was a classic, with Vandals edging a thrilling encounter 22-20. Coast-to-coast rugby at its finest. It was a pleasure to be involved and thank you to all who took part in honour of absent friends.

See you down the Club,

*Eagle*

# Mini Rugby's Festival of Rugby

## Under 12 Girls

The Club's Mini Rugby Festival provided another opportunity for the U12 Girls rugby development. The mixture of players, some playing their second season at U12, and those new to the game or up from U10, has meant this has been a season where we have jostled with Valley for 4th or 5th best team in the age group.

With a favourable draw for the Kim Lam Trophy, we were confident that we could make the cup semi-final. Wins over Flying Kukris and DEA meant that we secured the semi-final place quickly, but then lost the last group game to Sandy Bay 1. This paired us in the semi with DB Pirates, the eventual winners, and whilst there was a degree of trepidation from the team, they defended their line valiantly keeping the score to 2-0 at half time. An early opportunity to strike back in the 2nd half was spurned and compounded by a runaway try, and eventual defeat.

Great credit on the day to Captain **Lara Carolan**, who led by example, almost single-handedly inspiring

the team in the big matches. Other notable performers were **Anna Rowe**, **Macy Higgins** and **Emma Gullianotti**. Some of the younger players, **Lucy Skrine** and **Jasmine Shaik Ismail** performed well making tackles and running strongly.

## Under 10 Girls

As the Mini Rugby Girls Programme grows, it is exciting to share that the U10 Girls have three teams: Fire, Heat and Flames.

Team Fire, graded in the top tier, marked their home tournament with their best rugby of the season. The girls opened proceedings with a hard fought victory over SKS1, a team they had never before beaten in two years of U10 competitions. The team played impressively as a unit with forwards **Naomi**, **Sophie**, **Audrey**, **Lily** and **Sarah Roberts** working doggedly against bigger opposition and indefatigable backs **Ellen**, **Keira** and **Lisa** running hard and creating space. **Sarah MacPherson** had a great return to form scoring two tries and making the most notable contribution







to a wonderful team effort. The second game saw them fall behind early to an on-form HKU1 and although they dug in and fought determinedly they were not able to pull back the early deficit. That set the scene for their final game against DEA1 which turned out to be one of the toughest encounters of the season. The game rolled back and forth scoreless for the full twelve minutes with **Riina** making some tremendous game-saving tackles and **Charlie** narrowly missing out on a try with a few minutes to go. With the full time siren having gone, DEA were awarded the put in for a final scrum. Our pack won the ball and scrum half **Thalia** pounced quickly, passing the ball to captain **Sophie** who powered her way through to score a last gasp try. Every team member on both sides had played with admirable spirit and determination and the smiles on the faces of an exhausted Team Fire at the end of the tournament were well deserved.

The girls' unbridled enthusiasm and spirit on the Heat team seems to have no limits and they are now gelling into a real "team". Three tough games against the stronger opposition in the division, Kukris 1, Valley 1 and Sandy Bay 2, did nothing to dampen their infectious love of the game. It was business as usual for our try-scoring

and tackling machine, **Nele Momo** and ever-reliable **Zoe** with her all round game and top rate kicking. **Isabella**, was everywhere – running and tackling and making the best "pencils" of the day! Gutsy **Zehra** made some top rate cleanouts, and **Olivia** stood out particularly for a great try-saving tackle close to our line! **Jula** was her usual tenacious and steely self, **Rachel** impressed with some barn-storming STRAIGHT ball carries, and **Catriona** showed some impressive speed going forward in space. **Jevan**, **Ada**, **Clara** and **Angelina** worked tirelessly in defence and supporting our attacking forays.

The Flames team produced three more games out of the top draw with gutsy and spirited performances across the board. Captain **Charlie** led from the front with tireless endeavour; hooker **Kate** won us scrums; **Tarryn** was relentless in hassling opposition scrum halves into giving-up possession and territory; strong running across the board with **Rae**, **Tiffany**, **Ting Ting**, **Kaitlyn** and **Michelle** all putting us on the front foot; tackling was tenacious with **Polly** and **Colette** taking on girls twice their size; and **Danielle** produced a feast of tries. But best of all was our team spirit - Go Flames!

## Under 12 Boys

The U12 Boys played for the Richard Hawkes Trophy on the Finals day.

**Team 2** won all their games and collected silverware in the Bowl Competition.

**Michael Tiller** was the proud captain who received the trophy and the team were pleased to receive 'proper' medals; definitely ones to keep.

**Team 3** played their best days rugby of the whole season.

Most of the players turned up on time and they had a proper warm up, a first on both counts.

The team didn't have any guest players and the boys made it to the semi-final but could only draw and were knocked out because the opposition had scored more tries in the pool games.

**Team 1**, the boys played proper rugby in the Cup competition. If you had blinked the opposition would have scored.

Three wins without a try scored against them then a very close game with Sandy Bay ended in a loss.

Team 1 finished second in the group and the semi final was against Valley Fort who won the other side of the



draw. What a semi final, Valley scored first and at half time were in the lead 1-0. The second half was the best rugby Team 1 and I stress TEAM have played all season.

The boys put VF1 under sustained pressure and scored an equalizer from fantastic forward play, the backs were on fire and a series of desperate tackles from VF1 were required to keep the score level.

Under the rules there is no extra time in the semis so Team 1 went out and VF1 were very relieved.

The Cup Final between Valley and Sandy Bay was played at 100 miles per hour and a nail biter for supporters: 1-1 at full time and Valley scored the winner in the last seconds of extra time.

It has been fascinating to watch the U12 Boys grow in confidence as individuals and start to understand that a team beats a group of talented individuals.

## Under 11's

The Club has never had such a large cohort of U11 players - over 70 boys and girls proudly wore the hoops at this year's festival - and never has the Club had more reason to feel proud of them.

To dwell on the results would be churlish but we won considerably more than we lost, with **Manu**

**Vallier's** FC2s winning all four matches and **Kin Yu** and **Brent York's** FC5s winning three of four.

There were many heroic performances. **Oliver Nicolle** and **Jamie Taylor** played seven matches each for a variety of teams in multiple positions. **Augustin de Bary** tackled crushingly and scored a beautiful try from the wing in his debut tournament for FC1. And there was stand-out flair and fervour from **Jaspar Brun**, **Justin Lee**, **Thomas Hodges** and **Thomas Armistead** throughout the day.

Win, lose or draw, FC U11s to a player produced the loudest cheers for their opponents at the end of each match and were exemplary hosts and ambassadors for the Club. The future of our rugby is in very good hands.

## Under 10's

For Club team, we were pleased with the boys' efforts and never-say-die defence on our own line.

Playing against the four top sides in the competition, our boys showed fantastic spirit and commitment to come away with two draws, one narrow loss and a hard fought battle resulting in favour to Valley Fort.

The forwards worked very hard all day, with notable performances from **Marco Conti**, **Oliver van**

**Heyningen**, **Caellum Cummings** and **Damon Schultz**. In the backs, the defensive effort was admirable, in particular from **Tomos Lewis**, **Alfie Walker** and **Hamish Hulme** who put their bodies between the ball and the line again and again.

Dragons had a fun tournament, but unfortunately lost all 3 matches. Brief patches of brilliance left coaches hopeful that results will improve with time.

Scorpions had a good finish to the season with two close losses and a great win in the third and last game. **Ben Garner**, **James Simpson** and **Jyoji Schloss** were best tacklers, and **Max Saffon**, **Jay Ferrier** and **Nathaniel Wines** had some good runs.

The Bulls players apparently prefer early morning starts rather than mid morning based on them being in siesta mode for their games! Although Bulls lost all three games, the kids knew what they needed to work on (rucking and support) so at least they were getting a better understanding of the game. And lastly, **Nathan Chow** also scored a cracking individual try!

## Under 9's

The Under 9's, backed by a solid group of parents, coaches and volunteers made this our own Festival another great success.

Highlights from the U10s







Success on the pitch was wide spread with Club (W2 D1), Scorps (W3), Drags (W1 L2), Selects (L3) and Bulls (W2 and L1).

For the Club, Dragons and Scorps, the toughest teams they faced were DBP1 and HKU1 and we held the majority of games against them.

It has been very pleasing and satisfying that throughout the season all teams have developed well and enjoyed themselves immensely.

## Under 8's

The Under 8's ran eight team across the HKFC tournament. Some really great individual performances and some very exciting matches made for a great morning's rugby.

We saw a clear step up in attitude amongst many of the squad particularly those who recently returned victorious from Kuala Lumpur.

A big thank you to all of the parents and coaches who were involved in setting up and ensuring the tournament went off without a hitch - a great time was had by all.

## Under 7's

Over the season, for us and our fellow coaches of the four U7 squads (Leopards, Lions, Panthers and Tigers), it has been a pleasure to watch

how the children's rugby playing skills have improved, both as individuals and in the team environment.

This was clearly on display at our recent Mini Rugby Festival. All of the teams played inclusively and supported each other, showing an increasing amount of straight running with the ball (and in the right direction for the most part!), with good, quick passing out of tackle and resulting in a good number of tries for all of the teams.

At the same time, in defence, the kids have learned to keep their "shape" (or "SHAAAAPE!!!!", as you may have heard the coaches whisper from time to time), close down space and tackle, with many examples of our teams turning over possession by putting in sets of six consecutive tackles without the opposition scoring.

Games were won, lost and drawn (but mostly won) and overall the

Festival was a great success, the culmination of many months of training by the four squads.

Very well done to all of our young players who we hope are, like their coaches, already looking forward to the 2014 - 2015 season!

## Under 6's

The Under 6's has been a lot of fun. The age group has managed to field 5- 6



## Interesting Facts

- This was our biggest Mini Rugby Festival yet (surpassing in size for a second year in a row, our officially recognised Guinness book of World record for the largest mini rugby festival which was set back in 2011 )
- A total of 329 teams competed from 21 clubs across age groups from U6 to U12.
- Over 550 matches were played on the day, starting at 8.30am in the morning and culminating in the U12s Richard Hawkes Trophy and Kim Lam Cup finals at 6.30pm



teams for tournaments consistently across the season.

The programme has focussed on developing the physical hard wiring skills through fun, rugby skills, game play and fitness.

All players have made excellent progress and it was rewarding to see this progression in tournaments.

Good results at the King's Park outing were supported by some impressive games at our own HKFC tournament, which was once again very well organised.

Results wise, many teams achieved some decisive victories, but at this age level, it's more about the collective experience. Enjoyment of being part of a group, having fun with your friends and developing rugby skills and health-related fitness, in a positive, supportive environment is what we are about.

We would like to thank all the parents who were involved, and the coaches who made such a great effort all year round. A big thanks to **Chris Hattam**, whose endless energy and commitment helped to drive the U5/ U6 programme, and set a benchmark in organisation, communication and programme delivery. ■



# Football with an Australian Accent over Summer

*Rugby and soccer are now coming to the end of another season at HKFC, but the next few months will be a busy time for another code of football – Australian Rules football. Several events and activities – both on and off the field – are scheduled at the Club over the summer, and Members – whether they are die-hard fans or new to the game – are welcome to get involved.*



## Head to the Club for junior football action

Australian Rules has had a growing profile on Sports Road in recent years, mainly driven by the junior programme, known as Auskick, which is aimed at children from around 5 to 15 years old. Many of the players in this programme are the children of Club Members. Players take part in regular training sessions where the skills of the game are taught and developed. They also participate in five tournaments where teams from Hong Kong, Kowloon, Lantau and Sai Kung will compete across different age groups.

The Hong Kong Island's Auskick team, the Typhoons, will once again be based mainly at the Football Club over Season 2014. For the first few weeks of the season, which starts in early May, Typhoons sessions will be held at the Happy Valley Recreation Ground, owing to other commitments at HKFC. But over June, July and August, these sessions will generally be held on Saturday mornings from 8am to 10am on the Main Pitch. Two of the tournaments planned for this year will also take place at HKFC, on Saturday June 14th and Saturday 9th August.

This programme therefore provides Club Members with a very convenient opportunity to keep the kids busy chasing a ball over summer weekends. Children with an Australian background obviously constitute the majority of the player base, but there are also many other nationalities represented in our programme and we are always keen to “spread the word” as widely as possible, so all are welcome. Rugby and soccer players in particular are likely to find Auskick helpful in developing their skills over the off-season. If you would like more details or to register in the programme, please go to the website [www.auskick-hk.com](http://www.auskick-hk.com).

## Here be the Dragons

Older players -whether they are 16 or 56! - also have the opportunity to pull on the boots and play for Hong Kong's senior Australian Rules team, the Dragons. The Dragons participate in a local South China competition amongst themselves and against teams from Macau and Guangzhou, and also regularly tour around the region. For the last two years the Dragons have won the Asia-wide AFL championship, and will be looking to defend their title for a “three-peat” in Manila in October.



Many of the Dragons' mid-week training sessions are held in Happy Valley, but over the summer months they will also be holding regular sessions at the Main Pitch on Saturday mornings from 10am-11am. Post-training "recovery sessions" at the Sportsman's Bar are also regular occurrences at Saturday lunch-times! The final of the South China local senior competition will also be held on the Main Pitch on Saturday 14th June.

Several Dragons are Club members and new players are always welcome, no matter what your age, or familiarity with the game. You can also take part whether you are just interested in having a causal kick every now and then at training, or are keen to play matches and attend tournaments. Details can be found at the website [www.hk-dragons.com](http://www.hk-dragons.com).

## Dragons: social animals

The Dragons also have a very active social calendar, and this year the highlight will be a black-tie dinner to celebrate the 25th Anniversary of Australian Rules in Hong Kong. This function will be held at the Sports Hall of the Club on the evening of Saturday 14th June, following a junior tournament in the morning and the finals of the senior competition in the

afternoon, both of which will take place on the Main Pitch.

This will be a great night, featuring a three-course dinner, open bar, live music, a memorabilia auction and special guest speaker Peter Daicos, a legend of the game and one of the most exciting AFL players of the last 30 years. Tickets are now on sale and a big crowd is expected to celebrate both the strong history and the bright future of Australian Rules football in Hong Kong. For details on how to buy tickets please email [president@hk-dragons.com](mailto:president@hk-dragons.com).

## Fruits of an AFL reciprocity

Off the field there is also a lot happening as part of the growing relationship between the Club and its new reciprocal partner, the Port Adelaide Football Club. The PAFC is one of the leading clubs in the elite AFL competition in Australia and has shown a sincere commitment to building its presence in Hong Kong. PAFC Chairman (and a popular Australian TV personality) **David Koch**, and his fellow board members, will be visiting the Club on **Friday 16th May** to host and speak at a Business Luncheon in collaboration with the Australian Chamber of Commerce in Hong Kong. HKFC Members are entitled to discounted

## Hong Kong Dragons 25th Anniversary Dinner

**Saturday 14th June**

**Time: 7pm - midnight**

**Dress: Black Tie**

**Ticket \$950 (tables of 10 at \$9,000)**

Join former Collingwood premiership player and special guest speaker, Peter Daicos, and Hong Kong Dragons to celebrate 25 years of Dragons AFL history in Hong Kong.

For details, please contact:

**[president@hk-dragons.com](mailto:president@hk-dragons.com)**

tickets to this function, details of which can be found at the website [www.austcham.com.hk](http://www.austcham.com.hk).

Port Adelaide will also be hosting a tour of Hong Kong Auskick players to Adelaide in early July, where junior teams will play at half-time at an AFL match at the newly-redeveloped Adelaide Oval. Later in the year, PAFC players will be back in Hong Kong to deliver a Coaching Clinic to our children on the weekend of the AFL Grand Final., just as they did last September. These are great opportunities for the children of Members to play at an AFL venue and learn the game from current AFL players.

Australian Rules football is going from strength to strength in Hong Kong, and much of its recent success can be attributed to the HKFC's strong support at both the junior and senior level and the access it provides to its world-class facilities. This makes Australian Rules a very convenient option for Club Members who want to try a new sport – whether themselves or the kids – over the summer months. Please get in touch if you would like to get involved. ■

**Brian Jackson**





## HKFC Citibank Soccer Sevens

*Chelsea, Manchester City, holders Leicester and 2012 winners Newcastle are the top seeds at this month's HKFC Citibank Soccer Sevens, while 'Big Ron' Atkinson headlines the popular Sportsman's Dinner*



LEFT: Chelsea returns to the Soccer Sevens after last competing two years ago.

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“ We’re especially delighted that Citibank is title sponsoring the tournament for a fourth straight year and we thank them and all of our other top-level sponsors for their fantastic support of the event... ”

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Newcastle United, the 2012 winners, will face Asian champions Guangzhou Evergrande, HKFA U-23 and our own Hong Kong Football Club in Group A of the 15th HKFC Citibank Soccer Sevens, which will be held from Friday to Sunday, May 23-25.

Chelsea are the top seeds in Group B and will face fellow English Premier League team Sunderland, Hong Kong champions Kitchee and the HKFC Captain's Select in the 16-team Main competition.

Manchester City, who are making only their second appearance in the event, head Group C where they'll take on two-time finalists Rangers of Scotland, a second HKFA First Division club and Singapore Cricket Club.

Holders Leicester City celebrated promotion to the Premier League last month and will begin the defence of their Hong Kong title with Group D matches against five-time champions Aston Villa, HKFA U-21 and Yau Yee League Select.

The Official Draw for both the Main and Masters competitions was held last month at Hong Kong Football Club and set the scene for another thrilling three days of seven-a-side action.

Chelsea will be a huge draw as they return after last playing two years ago, while the six other British clubs all competed last May, when Leicester beat Newcastle 2-0 in the Cup final, which proved a lucky omen ahead of their successful bid for promotion. The seven British clubs will field players up to U-21 level.



**Tony Bratsanos**, Chairman of the HKFC Soccer Sevens Organising Committee, says he's pleased by the increasing quality and diversity of the competition.

"I think we have one of our strongest-ever line-ups this year, with Chelsea and Manchester City representing two of world football's biggest clubs, defending champions Leicester City, former winners Newcastle United and Aston Villa, two-time finalists Rangers, and Sunderland," Bratsanos said.

"Guangzhou Evergrande's debut is a sign of the tournament's increasing regional appeal, while we're also proud that we'll again have four professional clubs and three amateur teams from Hong Kong in the Main tournament, as well as Singapore Cricket Club.

"We're especially delighted that Citibank is title sponsoring the tournament for a fourth straight year and we thank them and all of our other top-level sponsors for their fantastic support of the event. Due to arguably our strongest-ever line-up of teams, we're expecting greater demand than ever for tickets and a packed-out stadium."

## China challengers, Hong Kong hopes

Guangzhou Evergrande – whose first team won the AFC Champions League last November after their third successive Chinese Super League title – will make their debut under Zhou Suian.

"We're preparing a young team to compete in the Soccer Sevens and although it's our first time in the tournament, we want to do well because we're not only representing the club but also Chinese and Asian football," said Zhou, the club's U-17 head coach.

"We have a difficult group. Newcastle are very famous, have a great history and are the 2012 champions, so I think they'll be favourites to win the group, but the teams from Hong Kong will also be strong, especially as they will be playing at home and are familiar with the tournament."

Along with top pro teams from England, Scotland and China, Hong Kong will again have a strong presence in the tournament. Mark Sutcliffe, Chief Executive of the Hong Kong Football Association, was confident the city would be well represented by local champions Kitchee, another pro club, and HKFA U-23 and U-21 teams.

"Kitchee won the HKFC Citibank Soccer Sevens in 2011 and as Hong Kong champions, we expect them to have a strong side, while we're happy to field two HKFA age-group sides as this will help develop some of the city's most promising talent," Sutcliffe said.

"The HKFC Citibank Soccer Sevens is one of the city's most popular annual tournaments for local players and fans, and we expect another fantastic three days at Hong Kong Football Club."

## Stars to shine in the Masters

Rangers Legends will begin the defence of their Masters title with Group A matches against Wallsend Boys Club and Hong Kong sides USRC (United Services Recreation Club) and Kowloon Cricket Club. Rangers are looking for a third Cup success, after first winning the Masters in 2008.

Aegon Ajax All Stars, the 2012 champions and last year's runners-up, were drawn in Group B with top local contenders Eastern Salon and two of our own Club teams – HKFC Veterans and HKFC Chairman's Select.

Citibank All Stars, finalists in 2011, will face Nottingham Forest Mobsters, KFC Tokyo of Japan and SCC Tigers from Singapore in Group C.

Rangers have retained most of last year's winning squad and added 35-year-old Spanish striker Nacho Novo. The Ajax All Stars will again be full of former internationals, including Holland stars Brian Roy and Aron Winter, who won 84 caps, Finland legend Jari Litmanen (137 caps) and Danish forward Kenneth Perez.

BELOW : (from left to right) Mark Sutcliffe, Chief Executive of the Hong Kong Football Association; Tony Bratsanos, Chairman of the HKFC Soccer Sevens Organising Committee; and Weber Lo, Country Officer and CEO of Hong Kong and Macau for Citibank, at the Official Draw.





## 'Big Ron' in the house



Ron Atkinson will be the guest speaker at the always-popular Sportsman's Dinner, which will be held in the Club's own Sports Hall on Thursday evening, May 22). Atkinson, 75, played professionally for over a decade before making his name in management, then later became a popular TV pundit.

Popularly known as 'Big Ron', Atkinson is best known for his managerial career, particularly for his five years in charge of Manchester United (1981-86). Atkinson led Manchester United to FA Cup victories in 1983 and 1985, while in the First Division his side finished third in the 1981-82 and 1982-83 seasons before finishing fourth for three straight campaigns.

Atkinson had previously managed Kettering Town, Cambridge United and then West Bromwich Albion, leading the Baggies to fourth place in 1981. After Manchester United, he managed Sheffield Wednesday, Aston Villa – leading them to second place in the 1992-93 Premier League – Coventry City and finally Nottingham Forest.

Before moving into management, Atkinson spent the majority of his playing career for Oxford United, making over 500 appearances in all competitions in 12 seasons. Playing as wing-half, he was nicknamed 'The Tank' and he captained the side in their rise to the Second Division before moving into management in 1971 at the age of 32.

England legend Peter Beardsley and former Villa and Celtic midfielder Alan Thompson will spearhead the Wallsend Boys Club as they make their debut, while Forest Mobsters will include former England centre-back Des Walker, towering striker Jason Lee and defender Andy Todd.

Kevin Friend, one of the Premier League's top referees, will officiate at the tournament. While in Hong Kong, the 42-year-old will also work with local referees, sharing his expertise and experience of officiating at the highest level of the game, which has included the 2012 Community Shield and last year's League Cup final.

Now TV, Hong Kong's leading paid-TV broadcaster, will again cover the Soccer Sevens live. Regional broadcasters Fox Sports and Star Sports will air a two-hour programme in countries across Asia, while Chelsea and other British clubs will show their team's matches on their dedicated in-house channels.

Citibank has title sponsored the event since 2011 and other sponsors this year include British Airways, Nike, Aegon, The Excelsior and Boase Cohen & Collins. ■

## Main Tournament

Group A: Newcastle United (ENG), Guangzhou Evergrande (CHN), HKFA U-23 (HKG), Hong Kong Football Club (HKG)

Group B: Chelsea (ENG), Sunderland (ENG), Kitchee (HKG), HKFC Captain's Select (HKG)

Group C: Manchester City (ENG), Rangers (SCO), HKFA Qualifier (HKG), Singapore Cricket Club (SIN)

Group D: Leicester City (ENG), Aston Villa (ENG), HKFA U-21 (HKG), Yau Yee League Select (HKG)

## Masters Tournament

Group A: Rangers Legends (SCO), Wallsend Boys Club (ENG), USRC (HKG), Kowloon Cricket Club (HKG)

Group B: Aegon Ajax All Stars (NED), Eastern Salon (HKG), HKFC Chairman's Select (HKG), HKFC Veterans (HKG)

Group C: Citibank All Stars (INT), Nottingham Forest Mobsters (ENG), KFC Tokyo (JPN), SCC Tigers (SIN)



## Tickets and Times

The Soccer Sevens will be held from May 23-25, kicking off at 7.00pm on the Friday with the opening round of Masters group games. All the Main group matches and the remaining Masters group games are held on Saturday (start 9.00am), while the knockout stages for both competitions take place on Sunday (start 8.00am).

Entry for the HKFC Citibank Soccer Sevens is free on Friday evening, while tickets for the weekend are priced at HK\$160 per day or HK\$300 for a two-day pass.

Tickets can be bought online from Cityline ([www.cityline.com](http://www.cityline.com), tel: 2111-5333) and at Tom Lee Music stores, AsiaWorld-Expo and Lab Concept (Queensway Plaza, Admiralty). Spectators can also gain admission by paying cash at the Stadium Entrance.

**Official Website:**  
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**Twitter:** @hksoccer7s



## Roll of Honour: Main Tournament

Year	Champions	Runners-up
2013	Leicester City (ENG) 2-0	Newcastle United (ENG)
2012	Newcastle United (ENG) 2-1	Aston Villa (ENG)
2011	Kitchee (HKG) 1-0	Celtic (SCO)
2010	Aston Villa (ENG) 3-2	Rangers (SCO)
2009	Celtic (SCO) 1-0	Rangers (SCO)
2008	Aston Villa (ENG) 2-0	Celtic (SCO)
2007	Aston Villa (ENG)	Central Coast Mariners (AUS)
2006	Urawa Red Diamonds (JPN)	Aston Villa (ENG)
2005	Urawa Red Diamonds (JPN)	PSV Eindhoven (NED)
2004	Aston Villa (ENG)	Manchester United (ENG)
2003	No tournament due to SARS	
2002	Aston Villa (ENG)	Arsenal (ENG)
2001	Arsenal (ENG)	Instant Dict (HKG)
2000	Instant Dict (HKG)	Chelsea (ENG)
1999	Blackburn Rovers (ENG)	Celtic (SCO)

## Roll of Honour: Masters Tournament

Year	Champions	Runners-up
2013	Rangers All Stars 2-1	Aegon Ajax All Stars
2012	Aegon Ajax All Stars 6-1	Top Class
2011	Top Class 4-3 (a.e.t)	Citibank All Stars
2010	KFC Tokyo 2-1	Andy Cole All Stars
2009	Golden Rainbow 2-1 (a.e.t)	Football For Life
2008	Rangers 3-0	Mel Hood All Stars
2007	Lorenz All Stars	Philips All Stars
2006	Lorenz All Stars	Philips All Stars
2005	Lorenz All Stars	Philips All Stars
2004	Philips All Stars	Lorenz All Stars
2003	No tournament due to SARS	
2002	Philips All Stars	Team Bondi
2001	Instant Dict Veterans	Lorenz All Stars
2000	Lorenz All Stars	Instant Dict Veterans
1999	Carling All Stars	Lorenz All Stars



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**Scott Semple,**  
Soccer Section Captain

# Captain's Corner

Hello Hello to one and all.

It's a huge month for the Soccer Section as all the various leagues draw to a conclusion, plus we end the season with our premier event: **The HKFC Citibank Soccer Sevens!**

In this month's bumper edition we have a review of the recent HKFC Junior Sheild match as they took on the best Hong Kong football has to offer by way of Kitchee.

1st team player **Freek Schipper** gives us his account of the match that was played in the impressive Mong Kok Stadium, a match I and many others from the Club attended. Needless to say the players did themselves proud despite the flattering scoreline.

Also, in this month's edition we have articles about one of the historic highlights of 5-1-7, now known to you and I as the Club's 2nd team "Lucky Mile". We also have a match report from the recent Paul Ewing Testimonial Match. Articles by **Steve Tew** and **Naill Bennie** respectively.

On the subject of **Paul Ewing**, I was asked to put together a Captain's Select side to face up against Paul and his Gazelles team. Having been a teammate of Paul's from the moment he first came down to the Club to play with Albion, to the more recent social games with Gazelles, it was something I was only too happy to help out with. Finding a team wasn't a problem and it was a very enjoyable and memorable night, both on the pitch and in the Sportsman's Bar afterwards!

I'd finally just like to wish **Paul, Mina** and their newly born son (and future Scotland captain!) **Callum** all the best of luck in Singapore.

On the pitch Wanderers have the small matter of the YYL Cup Final which will once again be played at the Club. This year they will try and go one better against the German All Stars. The match will take place on **Saturday, 3rd May**, so do what you can to come along and cheer them on in their quest for silverware.

There is also the YYL Soccer 6's to contend with too prior to the Soccer 7's, so still plenty of football to keep everyone occupied!

On the subject of the Soccer 7's, we've got a bumper tournament lined up with quality running through not only the Main tournament but the Masters as well.

I will of course be cheering on all the Club sides, but will be keeping close tabs on my beloved Rangers as they once again send out teams to compete in both tournaments. Be sure to check out the latest news and squad information on the Soccer 7s website, Facebook page and twitter account! As we count down the days you'll be able to find out who will be coming out for the likes of Manchester City, Chelsea and Newcastle in the main as well as Ajax, Rangers and Wallsend Boys Club in the Masters.....is that really **Tony Sealy** I see warming up?!

And be sure to get in touch quickly for tickets for the **Sportsman's Dinner** to be held on the evening of

## Toy Traders Charity Football Match raised over £28,000

Following on from the Soccer Section Select vs Toy Trade charity football match at the turn of the year, it gives me great pleasure to announce that a grand total of £28,000 was raised that evening, with hopes to reach £30,000 when further pledges come in. All donations will go towards children's charities.

**Thursday, 22nd May** as we will have former Manchester United manager big Ron Atkinson as the special guest speaker! Tickets are sure to go quickly so don't hang about and get your order in soon!

So with all that said, good luck to all those lucky enough to represent the Club in the various sides during the 7's! Hopefully we will be able to secure some silverware to mark the end to a very enjoyable season! And to everyone else that comes along to watch, sit back, relax and enjoy a true festival of football!

Cheers. ■ **Scott**

Save the Date:  
**Soccer Section  
End of Season Dinner  
and Awards Ceremony**

**Saturday 14th May**

# Walter Gerrard — Remembering the Buffalo

## From Scott Semple:

It is with great sadness that the Soccer Section and HKFC community at large heard of the passing of one of Hong Kong's true characters, **Walter "Water Buffalo" Gerrard**. For those that don't know the story of Walter, he was one of the first professional overseas footballers to come and ply his trade in Hong Kong along with Derek Currie and Jackie Trainer. Walter, along with Derek and Jackie were pioneers of professional football in this city when all three of them signed for Hong Kong Rangers in 1970.

Many followed, including my Dad Billy Semple, Willie Henderson, Hugh McCrory, Tommy Hutchison, Gordon McQueen, George Best and Bobby Moore to name just a few! Those really were the halcyon days of football in Hong Kong and big Walter led the way. In his first season he scored a quite remarkable 37 goals as Rangers won the league for the only time in their history. He then moved onto Seiko and the success continued as the era of Seiko dominating Hong Kong football for a decade and a half got underway.

Personally to me and my family, Walter was a great friend and had quite an impact on my family's life.

My Dad often recalls the time he first met Walter, although not in Hong Kong but on a football pitch in Glasgow as they setup on opposite sides as youth players.

This was followed up many years later in Hong Kong as my Dad had transferred here to also play for Hong Kong Rangers. After a couple of seasons Seiko wanted to buy him, but the manager at the time blocked

“It is a good Scottish tradition to honour the memory of a good man rather than to mourn his passing and Walter gave many countless memories...”

the deal. We then left Hong Kong until a year or so later when Walter was assistant coach at Seiko and was instrumental in signing my Dad thus returning us all to Hong Kong once more where we then all lived for the next 10 years. These were very happy times indeed.

This was something I only found out recently and it makes me reflect on how my family's life would have turned out if Walter hadn't done what he did. So, for that alone my family and I owe him a huge debt.

Growing up in Hong Kong was all a bit of a blur as a young kid, but I have hazy memories of our families being together down at the "old" club. It was probably around this time that Walter had retired from the professional game and played for a spell with our very own Dynamics until injury prevented him from playing any more but from what I've heard he even helped coach the rugby team.

There have been fitting obituaries in both the SCMP here in Hong Kong and in the Scotsman back in birthplace of Scotland. If you have time it's worth looking them up on the internet but in the meantime I make no apologies for stealing some of the content. Here is one of his famous tales:



Bells team. Back Row (L to R): Tom Banks; Carl Scott; Iain Grant; Paul Wilding; Dave Allen; Brian Sinclair; Ray McRitchie; Walter Gerrard  
Front Row: Alan Waldron; Colm McFeely; John McGunnigle; Derek Currie; Matt Corker





**FAR LEFT:**  
Seiko 30th reunion, pictured here are Walter Gerrard, Billy Semple, Derek Currie and Tim Bredbury. One of the greatest ever HK football players, Wu Kwok Hung, is also pictured, along with Cantopop star Alan Tam!



**LEFT:** Carlsberg Team

Famously, he played for Caroline Hill against Santos FC of Brazil, Pele and all, and told of the story of being substituted at the same time as the world's greatest-ever footballer. "Pele," he said, "these coaches don't know a good footballer when they see one". Priceless stuff from the big man.

In recent years I had the pleasure of attending the 30-year Seiko reunion as my Dad happened to be in town at the time. It was such good timing and wonderful to see all the players reunited once again; My Dad, Walter, Derek, Tim Bredbury as well as Walter's wife Barbara, plus their son Andrew. It was a fun night and true to form Walter got up on stage to sing a song.

I'll finish up by saying Walter's funeral at St. John's Cathedral last month in Central was full with some only able to find standing areas. It was a clear testament to how well liked and respected he was, from a boy born in Maryhill, Glasgow to the man that made a successful career, life and name for himself in Hong Kong.

If I can steal one more thing from the obituary, Derek Currie wrote in the SCMP:

"It is a good Scottish tradition to honour the memory of a good man rather than to mourn his passing and Walter gave many countless memories."

Hear, Hear!

*Thanks to all those that have provided their memories of Walter. From Bobby Lawson and Mike Ashton here at the Club, to Derek Currie and Tommy Banks from overseas. Also thanks to Tim Bredbury for some of the photos.*

### From Tom Banks:

"1970 was a massive year for football. Brazil won the World Cup in Mexico, and Pele came to the Hong Kong Football Club to conduct a coaching clinic for HK Schools. Ian Petrie brought three young players to play for his team Rangers, and so began the professional era of Hong Kong Football. Being a Glasgow-born football daft kid of 11, I would try and see Rangers play at every opportunity, and I would regale tales to my classmates of the exploits of the flying winger Derek Currie, and the bustling striker Walter Gerrard who the press were calling "the water buffalo".

Imagine my joy when my late father Jimmy and mother Maggie befriended the Scots footballers, and they became firm family friends. We've all been saddened by the passing of Big Walter. Luckily, like many that knew him, we all have our memories and stories to tell of time spent in his company. My mother loves telling the story of the time she and dad were invited to a wine tasting at the Club organised by Walter. Jimmy Banks only drank whisky water (distilled), no ice, so there was no way he was going to a wine tasting.



Somehow Walter convinced him to attend, and he reluctantly entered the Club Restaurant where all the wines were laid out. As he approached the first table, Walter leaned down and lifted up a tablecloth revealing a case of (Ballantines) Whisky and he proceeded to pour my father a glass, and added some water. My dad wafted the glass under his nose and declared it had a wonderful bouquet.

Walter was a legend of Hong Kong football, but even when he retired he remained a larger than life character whose charm, wit and company were highly thought of. He will be very much missed by all that regarded him as a friend. Our condolences to Barbara and the boys."

### From Bobby Lawson

"Walter always was the most "larger than life" character. He was legendary for his stories and would always have a word to say to you wherever and whenever he saw you.....of course we had football in common and those were in the days when HK football was genuinely popular so at any time when

the Club were in the first division, as seemed to be the case in alternate years in the mid 70's /early 80's, I would always be subject to Walter's advice as to how to get the better of the other professional teams in the first division. On one occasion after we had taken a point off Walter's old team Seiko he tried to claim all the credit for the fact that we man marked all their decent players including Derek Currie, defended on the edge of our own penalty area for almost the whole of the 90 minutes, rode our luck and ended up with 0-0 draw...Walter's remark was "I told you that you could get a point if you were brave and attacked them".

My abiding memory of Walter though, a number of years later, will be that when his son Andrew was playing in junior football and I was his coach, he came to every game that Andrew played and often told me to pay no attention to all the advice etc from the other parents who attended to watch their kids play.....however after one game I reminded him of those comments after he spent most of the game telling me what I should do with the kids and his response was "ah yes Bobby but they don't know what they

are talking about but I do".

This was the type of comment which could only come from a wholly confident man.

It was the greatest pleasure to have known him."

---

### From Mike Ashton:

"Walter Gerrard – the "Big Man" as teammate Derek Currie calls him, retired from professional football in Hong Kong after a great record for leading the line of top teams with distribution and goals – particularly with his head. He then made his transition into "civilian" life with ease, both professionally and socially, his ebullient personality and humour making him a popular figure indeed. I knew him when we played together for Dynamics social team and he was an outstanding contributor both as player and social catalyst.

There is one telling side to his character that might spark special interest – he was a "Big Man" and very powerful, but in the appropriate situation he could have also been called the "Gentle Giant" as revealed

to me on occasion when hot tempered men, much younger, got frustrated with his command of the ball in mid-field (he had dropped back from his centre-forward role considering he was in his late 40s). They'd kick out and square up but Wally would calm them down with a pair of powerful paternal hands on their shoulders to let them see the light – he could have "murdered" them.

He was a Big Man, and Gentle Giant, in every sense of the expressions".

---

### From Derek Currie:

"Being a member from the early 70's the Club was a great social outlet for Walter, where he met and made countless friends.

There was also great banter with the Rugby Section about which shape of the ball was better!

Always great competitiveness when playing against the Club at football, particularly when he lined up against Henrik Lorentz in goal. However the best part of the match, normally followed in the bar, afterwards." ■

## HKFC vs Kitchee - Wednesday 26th March

After having qualified through the Junior Shield, Club took on first division league leaders Kitchee in the first round of the FA Cup. Played at Mong Kok Stadium, this was a great opportunity for the boys to see how they would match up against arguably the best team in Hong Kong. Club started well and managed to get through the opening minutes with a clean sheet. The deadlock was however broken in the 8th minute when a quick turnover in possession led to Kitchee scoring the opener. Club held their head up high and almost equalized on the 14th minute when **Carlo Dilibero's** swirling free-kick forced out a sensational save from the Kitchee goalkeeper. Unfortunately it was Kitchee that doubled their lead after 37 minutes





when Club gave the ball away cheaply: 0-2. Minutes later, Kitchee should have been down to 10 men when **Rob Scott** got fouled after he had broken through the defence. Only a yellow card was shown however and the resulting free-kick led to nothing. Half-time score 0-2.

The second half started much the same as the first with Club keeping players behind the ball and looking for a quick counter attack. Kitchee was gifted a cheap penalty on the hour mark which was converted to make it 0-3. With Club tiring, **Tony Sealy** decided to make three quick changes bringing on **Michael Liu**, **Gianni Melwani** and **Mike Wilson** to replace **Freek Schipper**, **Rob Scott** and **Gary Gheczy**. This didn't stop Kitchee from adding a fourth after 82 minutes despite some great goalkeeping from **Issey Maholo** throughout the game. Minutes later it was 0-5 when one of



the Kitchee players curled the ball in the top corner. Club did have one more opportunity but **Amro Abbas's** strike was well held by the Kitchee goalkeeper. Final score 0-5.

Overall a good performance by Club against a team that is made up of full-time professionals and is widely

regarded as the strongest side in Hong Kong. Club battled for the full 90 minutes and created a fair amount of chances playing free-flowing football from time to time. Club will now once again focus on the league where finishing top is still a real possibility. ■

*Freek Schipper*

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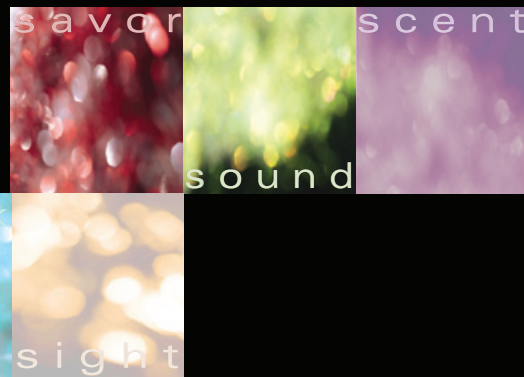
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## Double the Action at the Club

The Hong Kong Football Club's biggest international squash tournament is taking a giant leap forward with the addition of a women's event.

World class female players such as England's **Jenny Duncalf** and American **Amanda Sobhy** will be in action at the HKFC International 25 for the first time. The women's event will be held alongside the men's draw, which will feature defending champion **Ali Walker** from Botswana. Players will compete for equal prize money - US\$25,000 per event - a first for squash in Hong Kong.

"This is a landmark for Hong Kong Football Club, the first time we have hosted elite-level men's and women's tournaments in the same week," said HKFC Squash Section Chairman **Adam Wilson**. "The first two editions of the tournament, in 2012 and last year, were hugely successful - and now fans will be able to enjoy twice as much action.

"Women's squash is a massive growth sport and Hong Kong is exceptionally strong in this regard. The women's tournament is a fantastic addition to the week and we are looking forward to our best event yet.

"I should stress that the tournament is open to all members of the public, free of charge.

People do not have to be Club Members to come in and watch these world class players."

The **HKFC International 25**, sponsored by **Meco Group**, will be held from **19th to 24th May**. Matches will be played on the Club's newly renovated all-glass show courts.

In the Professional Squash Association (PSA) men's event, World No. 19 **Ali Walker** will be seeded second behind World No. 16 **Karim Abdel Gawad** from Egypt. Hong Kong players **Max Lee** and **Leo Au** will be seeded No. 5 and No. 9 respectively.

World No. 10 **Jenny Duncalf** will be top seed in the Women's Squash Association (WSA) event ahead of world No. 15 **Amanda Sobhy**. Hong Kong's **Joey Chan** is seeded fifth with **Carmen Lee** receiving a wild card.

The PSA and WSA events will not be the only great squash on show at HKFC that week. The Club will also host its annual **International 3s tournament** - now in its eighth year - from 23rd - 25th May. ■



Jenny Duncalf



Amanda Sobhy



Ali Walker



Karim Abdel Gawad

# HKFC Meco International 25 PSA/WSA 2014

**Monday 19th - Saturday 24th May**  
**Hong Kong Football Club**



MecoGroup



## PSA PLAYERS

Karim Abdel Gawad (World No. 16) (Egypt)  
Ali Walker (World No. 19) (Botswana)  
Max Lee (Seed No. 5) (Hong Kong)  
Leo Au (Seed No. 9) (Hong Kong)

## WSA PLAYERS

Jenny Duncalf (World No. 10) (Netherlands)  
Amanda Sobhy (World No. 15) (US)  
Joey Chan (Seed No. 5) (Hong Kong)  
Carmen Lee (Hong Kong)

Members of the public who wish to watch the matches are requested to register beforehand by emailing [hksquash@live.com](mailto:hksquash@live.com)

For more information please visit [www.psaworldtour.com](http://www.psaworldtour.com)

# HKFC International Squash 3's Tournament

**Friday 23rd - Sunday 25th May 2014**  
**Hong Kong Football Club**

*All Members are welcome to come and watch*







## Diary Dates at a Glance

### **BANGKOK SQUASH TOUR** May from Friday to Sunday

Price includes the following:

- Return Airfares with Cathay Pacific
- Airport hotel transfers
- 4 Star accommodation with breakfast
- Gala Dinner on Saturday night
- Squash matches
- All inclusive price \$5,200 (approx)

### **JUNIOR SQUASH ON SATURDAYS**

Juniors of all levels are invited to join in open squash games on courts 5 and 6 from 10.15am to 12.30pm every Saturday

### **HKFC MECO INTERNATIONAL 25** 19th to 24th May

One of the most popular PSA International 25 events is in Hong Kong this year with the main matches being played at HKFC.

### **SQUASH 3'S** May 22nd to 24th

### **WORLD MASTERS** July 4th - 11th

## *Upcoming Event Highlight:*

# *World Masters Hong Kong*

*4th – 11th July*



Three months to go until WM'14 and well over 500 players have registered from more than 40 countries and territories in every corner of the world. We are well on track to have 700+ people celebrate squash with us in July.

The Opening Ceremony Party and closing Gala dinner for the Masters are filling up fast, so do make your reservations as soon as possible to avoid disappointment.

## *The Championship Schedule:*

Friday 4th July	
0900	Registration opens at HKFC
0930 - 1800	Practice Courts available at HKFC and HKSC
1830 - 2030	Opening Ceremony Party at HKFC
Saturday 5th - Thursday 10th July	
0800	Registration and Check-in (HKFC and HKSC)
0900 - 2000	Matches at HKFC and HKSC
Friday 11th July	
	Finals at HKFC and HKSC
2000 - late	Closing Ceremony and Gala Dinner

**For more information on the World Masters Squash in Hong Kong, please visit this website for more information: [www.worldmasterssquash.com.hk](http://www.worldmasterssquash.com.hk)**

# Coaches Corner

## Junior Squash Pilot Programme

EAST 東  
PARK 園

The Squash Section is proud to announce the Junior Squash Pilot Programme. After the pilot programme is completed, there will be a longer term Squash Junior Programme that will most likely run concurrently with the adult winter league.

Both the pilot programme and the longer term HKFC Junior Squash Programme are parent volunteer initiatives to provide kids an introduction to the game of squash. This initiative will be assisted by a professional coach provided by Blade Ltd.

Juniors of high ability will be selected to represent the Club in either the men's or ladies league.

The cost of the pilot programme will be free. This is in part because of the short, trial nature of the pilot programme and because of the generous junior squash sponsorship provided by Mr. Eden Wong of East Park Investment Management Company Limited. (A fee will be charged for the longer term HKFC Junior Squash Programme)

Racquets, goggles and balls will be provided free of charge. However participants must wear non-marking sport shoes at all time when using the courts.

Junior Squash Sections and dates\*:

**1) Kids age 6 to 9**

(captained by Ms. Andrea Walsh)  
3:30pm~5pm Sundays,  
11th May~29th June

**2) Youth age 10 to 12**

(captained by Mr. Stephane Vartanian)  
9:30am~11am Saturdays,  
10th May~28th June

**3) Young Adults age 13 and above**

(captained by Mr. Robert F. Jones)  
2pm~3:30pm Sundays,  
11th May~29th June

\*There will be no junior squash the weekend of 24th/25th May due to PSA, WSA and 3's tournaments.

\*\*Pilot programme is open to children of HKFC Members only. Please note those in the 6-9 years age group must be accompanied by a parent/caretaker.

Please note that only a limited number of places are available in each Junior Squash Section for this pilot programme (and we will assign participants based on those first to reply to this announcement, with priority to those planning to participate in the fall/winter junior squash program and those with volunteering parents).

We are actively seeking volunteers for each of the above junior squash sections. If you are interested in volunteering please email [junior@hkfcsquash.com](mailto:junior@hkfcsquash.com).

PLAYER  
OF THE MONTH:

*Mike Wood*

JUNIOR  
OF THE MONTH:

*Charlotte Teague*



### *Squash Kit Must Travel*

Another adventurous  
entry to the Kit  
competition from  
**Tom Keenan** –  
Almaty in Kazakhstan

*(no photo available  
at time of publication)*

**To enroll please email [junior@hkfcsquash.com](mailto:junior@hkfcsquash.com)**



## Chairman's Message



Nick Studholme-Wilson, Hockey Section Chairman

Dear All,

When I wrote my last monthly article the Ladies As were facing Valley that weekend and although I felt confident that they would win, I did not want to jinx it, by making any such proclamations. However they did win and they also won the subsequent games to make them Premiership winners. With a bit of a new look team it was always going to take a while for the team to gel and by the half-way mark it had very much done so and they have been on fire ever since. Congratulations we are all very proud of you.

Whilst it has been a bit quiet on the Hockey Pitch lately, there has certainly no shortage of issues going on behind the scenes. I hope everyone has noticed our new scoreboard, which we are grateful to the Club for supplying. I am told operating it is relatively simple and is fact completely "idiot proof" – let us see if this idiot can work it.



(Left): New scoreboard at the Hockey Pitch

*Congratulations to the Ladies A team for winning the Premier Division!*



Following the popularity of the Slapsticks (HKFC Vets), we have started to look at the possibility of starting up a Vets Summer 6s league, which if successful could be rolled into the main season, assuming pitch availability.

We have also been working on a **Community Outreach Programme**, where we have been in discussion with some local schools, which do not have funding for a sports programme, with the aim of providing hockey coaching and equipment to them. We are currently finalizing the schools we are going to be working with and will report back more fully next month.

Enjoy your hockey and keep yourselves out of too much trouble,

*Nick*

## From the Ladies Vice-Captain

Dear all,

As promised last month, I am happy to report that the ladies have finished the season with gusto, bringing home more silverware to the trophy cabinets at Sports Road. This bodes very well for the knock-out cup competitions which will hit our hockey pitches towards the end of April and at the beginning of May.

The As won the Premier Division without a single loss reported over the course of the season, a tremendous feat. The ladies have really gelled together (especially over the second half of the season) and it is lovely to see this team spirit converting itself so nicely on the hockey pitch. The Cs won the First Division, with a 6 point lead over their nearest rivals (Valley B). Scoring a tremendous 70 goals over the course of the season, the ladies really dominated the First Division and have managed to maintain the high standards they set themselves from their opening match. **Ida Wong** (of the ladies' C team) was also the top goal scorer in the First Division, scoring 14 of the 70 goals scored by the Cs.

I am also delighted to report that the Cs and the Fs brought home the trophies from their respective 5-a-side tournaments held at Happy Valley on 5th April 2014. The 5-a-side format is a new one for Hong Kong hockey and it was great to see both teams adapting to it so effortlessly.

As for the other ladies' teams, they are all sitting comfortably in their respective leagues and we should not expect to see any relegations for the 2014/15 season. This is quite an impressive and remarkable feat for such a large club which has seen a lot of change during the course of the last season and is testament to the hard work put in throughout the season by players and coaches alike.

Thank you all for your continued efforts and I wish you all the very best in the knock-out cup over the coming weeks.

Best wishes,

**Lynsey Edgar, Ladies' Section Vice-Captain**



## HKFC Ladies Cs 2013-2014 LEAGUE CHAMPIONS

*The season all started in August 2013,  
Who knew the ladies Cs would be the best they'd ever been!*

*In the 11-a-side tournament in 30 degree heat,  
The Cs were the team no one could beat.*

*With some superstar players we snatched from the Bs,  
And a fine captain in Rosie, the team gelled with ease.*

*It took a couple of games to get into our stride,  
"This really isn't good enough!" Coach Simon sighed.*

*Thanks to Katy and Leena, beating KCCB 7-1 was just the beginning  
More high scoring games followed, we were definitely winning!*

*With speedy Bridget and battle-axe Ida up high on the pitch,  
The goals kept flying in in style and without a hitch.*

*Our fab mids Lara, and Claire kept the ball flowing,  
The strength of the Cs was now really showing!*

*First half of the season, plenty of goals were scored,  
Until we met Valley who thought we were bored...*

*A 1-1 draw left the team a little bit low,  
And then having to play the Ds two times in a row.*

*The Christmas social came at just the right time,  
To boost team morale, everything was going to be fine!*

*Until the end of the night when Lyric dropped the bomb,  
That this time tomorrow to Australia she'd be gone!*

*(continues next page)*



*With this fiery blonde gone, the team started to fear,  
Luckily Gen and Emily returned to notch up the gear.*

*With the Dutchies on fire and Ching finding the back of the net,  
22 goals from 2 matches our best ever yet!*

*With an undefeated season our photo looked good for the wall,  
However another game with Valley it came crashing to a fall!*

*With no harsh words from Coach Bach came a tiny wee hiccup,  
A 1-0 loss to Valley meant the team really needed to pick-up!*

*Skysers and Elite A matches were do or die games,  
Our school girls Lucy and Raph put their defenders to shame!*

*With PCs working better, we had options galore,  
Briony was wiping our opponents off the floor.*

*We had strong defenders in Hannah, Ellie, Jess,  
And Polly the unbeatable goalie no-less!*

*So no more goals let in, but a good few more scored,  
And a 63 goal difference we were top of the board!*

*With the league finally ours, the last match was Aquila,  
An 11-goal win later, where's the champagne Leela? ■*



## Ladies F team celebrates their victory with fairy cakes and fizz!

The foxy foxes finished their first fabulous season in the 2nd division in 5th place having spent most of the season challenging for 2nd place! We finished the fantastic season with a closely fought battle against our foe Valley C! Despite a flying start with the first goal from the foxes, Valley quickly found their forwards and got an equaliser. 1-1 remained the final score but we still celebrated a fun and fabulous season with fairy cakes and fizz!

## Hockey Section End of Season Party 2014

# Casino Royale

*The end of the season is upon us and it's time to **SHAKE IT AND STIR IT UP** with the return of 007 and his Bond ladies. Dress to kill on the night, because only the strong will survive!! There will be gambling tables, live band, photo booth, Martinis galore and the return of the Vodka Luge. Please check your weapons in at the door for a dangerously fun night out.*



*Location: HKFC Restaurant  
Date: Saturday 7th June  
Time: 7:00 pm - Midnight  
Dress Code: Black Tie  
Please contact your team's Social Secretary to join in.*

# Singapore Youth Hockey Tour

15th-16th March 2014

Another successful tour to Singapore for the Asia Pacific Youth Hockey Cup saw 40 boys and girls from the Youth Hockey section competing in U12 and U15 age group tournaments.

A great day of play on the Saturday had all our teams in prime position for the final day on Sunday but unfortunately the thunder and lightning storms washed out most of the play on the Sunday when the finals were due to be played.

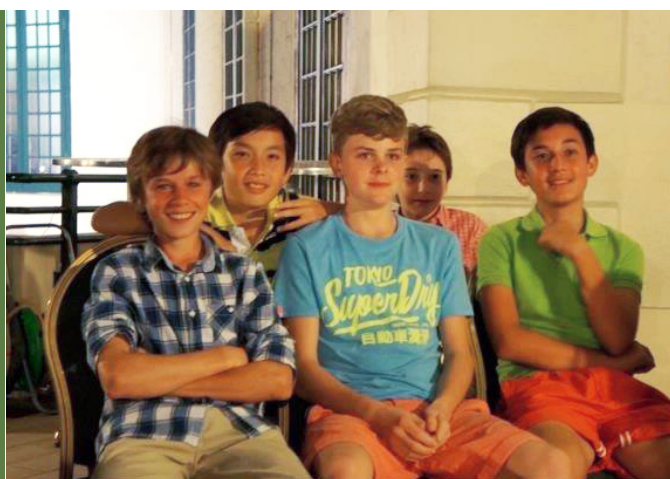
However, based on the games played, there were still great results achieved - in the U15 competition, the U15 girls were runners up in their group, and the U15 Boys finished second having won 6 and lost 1 of their games.

In the U12 competition which was a mixed event we had 2 teams producing excellent results, with our second squad finishing in third position whilst our first squad were unbeaten Champions for the fourth consecutive year.

An adults match even saw our HK coaches and parents beating our Singapore counterparts.

Off the field a ten pin bowling competition kept the teams and parents enjoying more 'battles' and an enjoyable evening at Singapore Cricket Club was highlighted with an introduction to the boys and girls of a traditional "fines session" – beers for the adults and chillies for the boys and girls...!!

An excellent weekend had by all and thanks to **Rob Barker** and **Neil Galloway** for all the organisation, **Chappie** for the logistics, **James Woodrow** for sorting the flights, the various Coaches for helping the teams, and the parents for bringing their children!! ■





## Lawn Bowls AGM

Human nature can be a strange thing! Often we take things to the brink and then realize it is a long way down. We then re-focus on what we have, and suddenly the future seems a lot rosier.

It is funny to describe an AGM like that but this year's Section AGM certainly seemed to follow this scenario. After weeks of trying to persuade Section members to form this year's committee, the majority of the positions remained vacant. The AGM went ahead but when it came to the part of the agenda where new officers were to be elected the meeting had to be temporarily closed as there were not the required numbers to make a new committee.

There was some speculation about what might happen if no one came forward, then a suggestion was made that the sign up list be reopened, and in the space of five minutes, volunteers were found for virtually every position on the committee.

A date for the second half of the AGM was agreed and on the same day the new committee (with every position full) was elected.

It is therefore with great pleasure that we announce the new committee 2014-15:

### The New Committee 2014-15

Chairman:	Bernard Young
Deputy-Chairman:	Johnny Tsang
GC Representative:	Nick Grimshaw
Men's Captain:	Neil Herrington
Ladies' Captain:	Emmie Wong
Treasurer:	Irene Muk
Secretary:	Anne Gately
Competition Secretary:	Walter Kwok
Membership Sec:	Louis Ko
Coach:	C. S. Suen
Green Secretary:	Koon Cheng
Social Secretary:	Vivek Hathiramani

With this year's Premier League starting at the end of April; a healthy balance in the Section accounts; a full committee and enough players to fill all five Men's teams and all three Ladies teams; the path ahead looks a positive one.

Let's hope all Section bowlers now commit themselves to doing their best for their team, whichever team or position they end up in and we look forward to some very positive results in this year's Premier League.

*By Mark Mahoney*

## Chairman's Report

### The New Committee

The new committee was announced at the AGM and eventually all 12 posts were filled, as mentioned by Mark (see above). As the new Lawn Bowls Chairman, I sincerely thank all the new officers for their great support and readiness to take up their new roles. We hope that the Section can effectively move forward with the cooperation, support and understanding from our fellow Section bowlers.

### Graduations of 15th Beginners' Extension Course

10 Club Members signed up for this course in March, and completed their graduation game during the last lesson. All the participants have enjoyed the course, and a great Thank You goes to our Coach, **CS Suen** for running the course. Please welcome **Vincent Sum, Telly Chan, Mullar Wan, Teresa Ng** and **Lorena Leung**.



Runners up at the Beginner's Extension Course



Winners at the Beginner's Extension Course

# *Social game with Melbourne Cricket Club and HKCC on 5th April*

HKFC lent a helping hand to HKCC to host their lawn bowls guests from Melbourne Cricket Club (MCC) as their bowling green was “temporarily” enlisted as a cricket ground on the afternoon of the public holiday on Saturday 5th April.

Our dozen bowlers - **Daisy, Dorothy, Hannah, Harold, Leo, Louis, Matthew, Philip, Roger, Shirley, Walter** and **Wanis** were mixed with the 20 visitors to form 8 multiple club rinks to play 3 rounds of short games. Good idea of Howard and Glyn to make sure every club, particularly HKCC, had a winner.

While on that subject, the rink of Daisy (HKFC), Harold (HKFC), Luby (HKCC) and Norm (MCC) and the other rink of Shirley (HKFC), Matthew (HKFC), Lynda (HKCC) and Henri (HKCC) came out as the top teams. They received a well-earned round of applause as their prize.

At the end of the day, it's about having a good time which we all had. Thanks once again to Glyn for the bottle of red and Norm for the crystal glasses, which Bernard has decided to put to good use at the next Section function.

*Walter Kwok, Competitions Secretary*







HKFC Club

## *HKFC CLUB Beat HKCC Black Magic to win HK Netball League 2014!*



Karin Looram,  
Netball DSA  
Chairwoman

It was an amazing finish to our season with 3 of 6 teams making it through to the finals!

HKFC CLUB went through undefeated which was a awesome feat in itself then went on to beat HKCC Black magic by 7 points in the final.

HKFC Whirlwinds pulled out a massive upset by going into sudden death and beating HKCC Dragons for the division two Plate by one point!

And not to forget our tough and determined HKFC Cyclones who played Aussie Geckos in the finals. Never losing focus on the end goals, our social team Cyclones went down in a close scoring match to place 2nd in division five!

HKFC Typhoons placed 6th in division one.

HKFC Monsoons placed 8th in division two.

HKFC Tornadoes placed 8th in division four.

Great job to all teams this season.

Massive thanks to all players, captains, coaches, and Evey our physiotherapist!

A big shout out to all the supporters but in particular **Julie** and **Amelia**!

By the time this goes to print the DSA would have had our AGM and prize-giving. Thanks ahead to all those who helped to organize, assist, and volunteer for the DSA committee, it doesn't go un-noticed and as always the DSA doesn't run itself.

Enjoy the break, summer and hopefully the sun.....before you know it we will be writing to all of you about trials.





HKFC Club



HKFC Whirlwinds



HKFC Cyclones





HKFC Comets



HKFC Galaxies



## Junior Netball

The HKFC DSA is so proud of our juniors yet again. All players are going from strength to strength as they grow in all facets of the game.

The Junior Netball League ran their finals on the 6th of April (yes that was the day after ours!) We had another great day of success all around with 2 of 5 teams taking top place in their divisions and remaining teams taking 2nd, 3rd and 4th places!

### 13's Div 1

HKFC Comets 1st  
HKFC Constellations 2nd

### 13's Div 3

HKFC Galaxies 3rd

### 19's Div 2

HKFC Meteors 1st

### 19's Div 3

HKFC Rockets 4th

HKFC Meteors



Many thanks to all the players, coaches, parents and supporters.  
The Junior programme training will now continue until late June.



Team coach Jaff Lo with the happy Men's Doubles Grade 'C' team



The invincible pair Patrick Leung (front) and Leo Ng (back)

## Men's Doubles Grade "C" team

Following a 5:4 victory on 15th March, the team continued their success on 13th April. Team Coach **Jaff Lo** mixed up the teams by pairing **Matthew Wong** with **Yu Shui Cheung**, **Leo Ng** with **Patrick Leung**, and **David McDonald** with **Ka Leung Chan**. This turned out to be a winning combination as the 3 invincible pairs finished with a 6:0 victory that put them into the quarter-final on 27th April. The team is now guaranteed a place in Grade 'B' in 2015. Many congratulations and good luck to the team!

## Friendly Match with the Law Society

On the home side, our senior team players organised a friendly match with our badminton friends from the Law Society on the morning of Sunday 30th March. Both teams sent out their best players and played for a total of fifteen matches over 3 hours. Categories included :

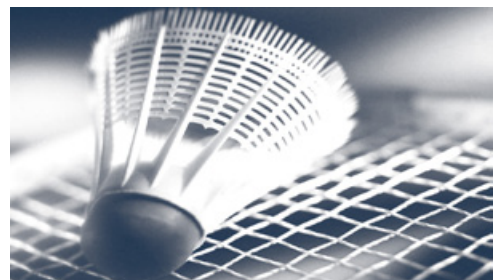
- Senior Men's Doubles for combined ages of 90+,
- Open Men's Doubles
- Ladies' Doubles
- Mixed Doubles
- Ladies' Singles
- Men's Singles

The Badminton Society took the final victory by winning 11 to 4. A job well done and a big salute to our Tournament Officer, **Steven Ng**.

## Inter-club Badminton League – Pre-league tournament

On 13th April, the Badminton Society (BS) met with long time friends from Kowloon Cricket Club (KCC), Ladies Recreation Club (LRC), Hong Kong Electric (HKE) and Hong Kong International Terminals (HIT) to form an organizing committee for an inter-club badminton league in the second half of this year. The league will play in a round robin system with home and away games over a period of 6 months, in various formats for singles and double matches. We hope these games will provide more opportunities for BS teams to compete with the other clubs during the league season.

Anyone who is interested in playing for the BS Team can contact Tournament Officer **Steven Ng**, or just come to our Friday training sessions (from 9pm to 10pm) and meet with our Team Coach **Jaff Lo**.





## 19th Hole

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

### La Truffiere Wine Dinner – Saturday 22nd March

All fifty places were snapped up soon after a notice announcing this social function was issued, with ten Members and Guests on the waiting list. The evening was a great success and was thoroughly enjoyed by all participants, who appreciated not only the fine Burgundy wines and the perfect recipe but also the interesting presentation of the wine maker – a hint of education, entertainment, history and good chat.



The Glorious Winning Squad

### The Bucket Match

Known as the “Bucket Match” because after the first event some twelve years ago, the HK Cricket Club decided to award the losers (us) an unpleasant ice-bucket from their bar on the assumption that we would be keeping it for a long time. As they lost the fixture the next 5 years the joke rather backfired! In more recent history however, they managed to snatch back the trophy two years ago, and in last year’s nail-biter, retained it via a tied match.

This year the event was played again as a two day event at Lotus Hill on 15th and 16th March 2014 with the first day better-ball pairs, and the second day singles.

As usual the HKFC fielded stronger golfers which meant that we were giving away handicap strokes to our opponents. After the first day of battle, HKFC managed 4 wins and a tie, to a solitary win for the HKCC. However last year they managed a draw from a similar position so we were still wary. So wary that we adopted the “Yeoman’s strategy”, ie stayed up drinking till midnight to calm our nerves before the Sunday matches.

The first flight managed one win and one loss, although the Acting Captain remained convinced that his opponent had coated his ball with water and tree repellent paint as he hit three water hazards and a small forest without losing his ball, and, even worse, without losing a hole. Watching the flights come in, it rapidly became apparent that we had this time thoroughly overwhelmed the HKCC, and finally ran out winners by 13.5 to 4.5 points.

Thanks to all the HKFC for turning out for this fixture, and of course to our opponents from HKCC.



A rather smug Acting Captain receiving the Trophy from a distraught Andy Orr

# Monthly Outings



Group photo at KSC East on 11th March

## Kau Sai Chau East – Tuesday 11th March

22 members and 3 guests took part in this event – the largest group in recent outings.

Playing off a course handicap of 9, **Terry Wright** birdied three holes to shoot 85 and took the Best Gross Score. On Stableford front, **Terry** (32 points), however, succumbed to **Jonathan Li** who picked up 35 points with a course handicap of 15. **Jonny Brock** (course handicap 6) came third at 28 points. **Terry** blasted the longest drive



Jubilant Winners

and the ladies' equivalent was taken by **Rosemary Soo. Jonny, Rosemary, Norman Wong, Steve Au Yeung and Jonathan Chiu** took the nearest pins.

## Hill View Golf Club, Dongguan – Monday 17th March 2014

An outing to this golf course was specially arranged to offer a variety of venues to our Members – a different “taste” from the familiar KSC courses. Eight Members, among them 6 GS members, signed up so a social round of golf was played. The course was in beautiful condition and the setting of individual holes was unique and interesting. When the golfers quenched their thirst on the 19th hole with a glass of beer, all agreed that the outing was good value for money.

■ *Margaret Tsai*



## Tentative Upcoming Events

### Matches

■ **12th May 2014**  
HKFC GS vs HK Club,  
Macau Golf & Country Club

■ **29th-30th May**  
Match in Singapore

■ **23rd June**  
HKFC GS vs USRC,  
Macau Golf & Country Club

### Outings & Tournaments

■ **15th May**  
Discovery Bay

■ **27th May**  
Kau Sai Chau East

■ **7th June**  
Kau Sai Chau (North and  
South): Annual Club  
Championship and Annual  
Dinner

■ **18th June**  
Kau Sai Chau (South)  
Walmsley Cup and AGM







Nathan Booth



Eric Hanemann



Tanya Master



Andrew Town



Tim Gauntlett



Agnes and Yoke Ming

## Club Championship

Throughout February and March, HKFC Members battled it out on the courts to determine who would be Club Champions, in a mixture of events (singles, doubles and mixed doubles), across both senior and junior divisions. It was especially pleasing to see a good turn-out in the juniors section, with some eye-catching performances. This bodes well for the future of tennis at the Club.

Like last year, both senior and juniors played their championships at the same time, on finals day on Sunday 23rd March. The men's open final was an

especially hard fought match this year, with **Nathan Booth** and **Andrew Town** slugging it out over three sets. Well done to **Nathan Booth**, **Tanya Master** and **Eric Hanemann** who won their three respective finals.

Thanks to everyone who participated in this year's Club Championship and to those who made it to the finals. Also, a big thank you to **Kris** and **Toby** from ATA, who helped schedule the matches and kept things moving.

We look forward to everyone's participation next year and well done to the following (*see adjacent table*):



Trophy Presentation and BBQ

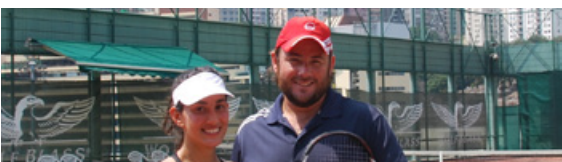


Joe and Nathan with trophy for Men's Open Doubles



Eric Hanemann with Toby

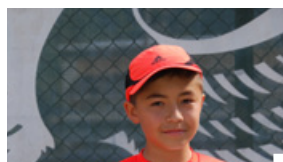




Tanya Master and Nathan Booth



Job Tang and Raj Kanthan



Sam Gauntlett



Agnes, Yoke Ming, Flora and Mary

Event	Winners	Runner Ups
Mens Open Singles	Nathan Booth	Andrew Town
Mens Open Doubles	Nathan Booth and Joe Vasoontara	Andrew Town and Simon Cheung
Mens Closed Singles	Eric Hanemann	Gilles Bonnier
Mens Closed Doubles	Nick Hawkins and Eric Hanemann	Daniel Martin and Fred Horsey
Ladies Open Singles	Tanya Master	Rachel Loosemore
Ladies Open Doubles	Tanya Master and Rachel Loosemore	Maree Prebble and Li Yam Ting Jolby
Mixed Doubles	Nathan Booth and Tanya Master	Jenny Chu and Jeffery Wong
Mens Open Singles Plate	Eric Hanemann	Greg Brutus
Mens Open Doubles Plate	Barry Ho and Austin Ho	Job Tang and Raj Kanthan
Mens Closed Singles Plate	Job Tang	Raj Kanthan
Mens Closed Doubles Plate	Job Tang and Raj Kanthan	Kevin McNamara and Lucius Hatherly
Ladies Open Singles Plate	Jenny Chu	Han Yan
Ladies Open Doubles Plate	Yoke Ming and Agnes Baleyte	Mary Soo and Flora Ni
Mixed Doubles Plate	Yoke Ming and Austin Ho	Rachel Loosemore and Trevor Fitzsimmons
Junior Open Singles	Sam Gauntlett	Tim Gauntlett
Junior Open Doubles	Sam Gauntlett and Tim Gauntlett	Olivier Muh and Rafe Purdie

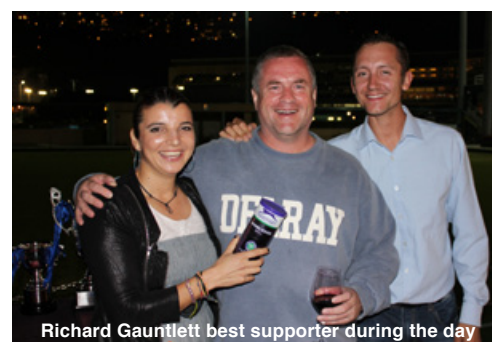
## Start of Season BBQ

The annual Tennis Society start of season BBQ was held poolside at the HKFC on Friday 4th April. The weather held firm, with a number of players and Tennis Society members enjoying a casual evening of food and drinks. Thanks to everyone who made the effort to pop in and thanks to Peter Dixon of Wolf Blass for sponsoring the wine.



## Summer League

The Hong Kong Tennis Association Summer League started during the week of the 14th April. The Tennis Society has entered five evening teams – Men's A+, B, C and D and Ladies' A and B. The Tennis Society has worked hard in the off season to strengthen a couple of the teams that struggled for numbers and consistency last season. With the new recruits plus a solid pre-season practice underway, the Tennis Society is looking forward to a successful season with several of the teams eyeing top 5 finishes.



Richard Gauntlett best supporter during the day





## Q & A with our athletes

This month, we asked four members from the Swimming and Triathlon Society to share their thoughts on racing and training in Hong Kong.

### Anne-Marie Balfe



#### What do you typically race?

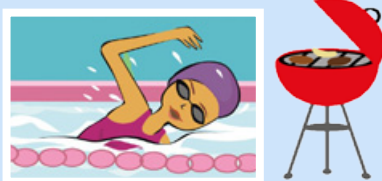
In HK, I do the Revolution Asia Splash and Dash, and Ocean swim series, and the HK Tri Association triathlons. This year, I ran the Hong Kong Standard Chartered Marathon for the first time. I also like doing destination races, like the Phuket Triathlon, or the Cambodia half marathon. Racing provides a goal and a challenge to focus on, and they're also a lot of fun.

## UPCOMING EVENTS IN MAY AND JUNE

### Swimming Gala and BBQ Party

**Friday 16th May**

Join us for our social Swimming Gala and Barbeque Party on 16th May. All abilities welcome. Please email [captain@hkfcswimming.com](mailto:captain@hkfcswimming.com) or [social@hkfcswimming.com](mailto:social@hkfcswimming.com) to R.S.V.P.



### Splash n Dash

**May and June**

Join the Swimming and Triathlon team for the upcoming Splash n Dash races held in May and June. Please check the website for more details:

<http://www.revolution-asia.com/>



#### What does your training schedule look like?

I train with the Club 3 mornings a week from 6.30-8am and then once or twice over the weekend. I swim on Mondays and Fridays and run on Wednesday mornings, and at the weekend I try and get out for a bike ride and a run.

#### How do you prepare ahead of a big race?

I taper the week before a big race, reduce training by more than 50% and try to get as much sleep as possible. A lot of the HK races start at 6am, so I'm up at 4am to race... so getting to bed early is important. (I'm usually in bed immediately after my kids). The morning of the race, I run through my race check list to ensure I have all my kit, eat a bowl of porridge and then off I go.

#### Any special food/drinks you eat?

I try to eat protein soon after working out, and get lots of fruit and vegetables into my diet.

#### Any tips?

Setting challenging goals works for me. It gives me something to focus my energy on.

### Mafalda Mendia Oliveira



#### What do you typically race?

I am still discovering as I am still a beginner at this modality. Started off with 10k races and aquathon sprints, then headed to aquathon challenges and bigger swims. Did my first half marathon last February and who knows what comes next!

#### What does your training schedule look like?

Being more of a morning person and trying to consolidate with family, I try to get out there early mornings 4 times a week to go for a run or swim.

### How do you prepare ahead of a big race?

I make sure I trained enough so I am prepared and can enjoy the race. And a good night's sleep before the big day.

### Any special food/drinks you eat?

Nothing special, but I like my granola after exercise.

### Any tips?

Still not an expert to give tips but follow your own rhythm and slowly build up. Register for a race so you have a goal to train for.

## Stuart Tait



### What do you typically race?

When I was younger I used to do mainly pool racing, focusing on distance freestyle (1500m, 400m) and butterfly (200m, 100m). Towards the end of university, I got involved in open water swimming (although the opportunities for this are more limited in the UK than in Hong Kong). Since moving to Hong Kong, climate and availability of competitions have led me to compete in more open water competitions, which includes the Cross Harbour swim and over a range of distances from 1500m to 15km.

### What does your training schedule look like?

We have 5 pool sessions a week and work dependent I try to make it to at least 3, together with 1 or 2 open water swims at the weekend.

### How do you prepare ahead of a big race?

Once the race season starts there tends to be a competition every week, which means it isn't possible to set training cycles and taper in the same way I would have for pool competition. I'll usually try to get an early night and make sure that I've got something for breakfast to give me some energy, without feeling too nauseous during the race.

### Any special food/drinks you eat?

Nothing in particular. I've tried energy drinks and gels and found that they tend to give a spike of energy then leave me crashing, so over a longer race I find it better to maintain an even energy level.

### Any tips?

I try to identify particular competitions to focus on in a season to try and gear my training accordingly (so focusing on distance, stamina or speed accordingly).

## David Gething

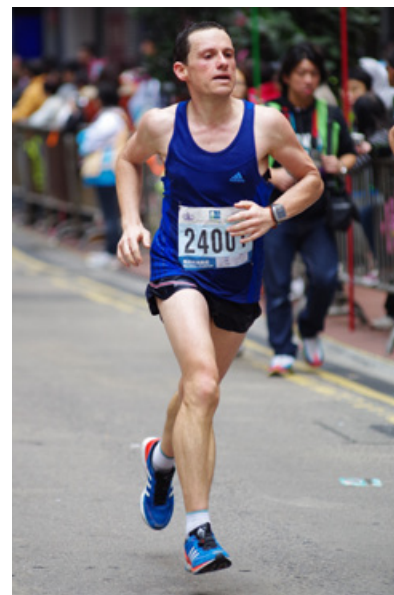
### What do you typically race?

I mainly race triathlons (swim, bike, run), but I also do a few cycling or running events every year.

I'm generally better at longer events - maybe that's a testament to my stubbornness rather than skill. For triathlon, I prefer Ironman distance (3.8km swim, 180km bike, 42km run), for running I prefer marathons, and for cycling I prefer multi-day stage races.

### What does your training schedule look like?

I try to do something every day, normally early in the morning before work. I'll usually break the week up into 3 bike rides, 3 runs and 2 swims. I also try to get a short gym session in 3



times a week. I normally do the shorter training (under 2 hour sessions) on weekdays, and leave the long stuff (3-5 hour sessions) to the weekends. I'll also often combine a long bike ride and a run on the weekend.

### How do you prepare ahead of a big race?

Mainly by trying to eat healthy, fresh foods and avoid too much sugar, alcohol or processed foods, and to make sure I'm getting enough sleep. The training will often ramp up before a big race, so making sure I take care of my general health is important. And of course I've got to keep reminding myself it's all just for fun and not to take it too seriously.

### Any special food/drinks you eat?

I mainly try to eat fresh and healthy foods, both in and out of the race. I was told that if you can't easily figure out where a food came from or what it contains you shouldn't eat it, and I think that's pretty good advice.

### Any tips?

Plan a couple of big targets or events every year - it doesn't have to be a race, it can be any goal, then make a plan and work towards it.

And remember it's about enjoying yourself, both in training and in competition - we all have proper issues to worry about in the real world. ■



# Ten Pin Bowling



Marion Au,  
BIG Editor



Reunion dinner



Reunion with coach Catherine at practice night on 13th March

**T**his season was one filled with joy and surprise. We performed consistently well in our league games, managed to stay aloft of our opponents, and we were given a pleasant surprise when a special guest visited us! Said special guest was our coach, the renowned **Catherine Che**, who has returned from a long vacation in Canada to visit us! A reunion dinner was held with the majority of the team members to celebrate Catherine's immeasurable contribution to our team.

The 9th match of the HKITBC League was held on 27th March, against HKCC - we won 14 to 8 on handicap points with a total pinfall of 3,704 vs 3,551. Our convener, **Raymond Chan**, scored the highest series at 467, followed by captain **Emy Clarke** who scored 462, and **Bill Nader** who scored 459.

Thanks to all bowlers for your hard work and dedication - we are very close to first place in the

league! Also, special thanks must be given to **Dennis Lee** for his outstanding performance in the match. As a new player, he performed consistently throughout the three games. Keep up the great work!



BIG vs HKCC on 27th March

## BOWLING TIPS

### How do I adjust my footwork for sparing and striking?

If you are leaving a head pin (that's the pin closest to you) or other bowling pins on the left side, it's time to move your feet to the right of your normal bowling position on the lane approach. You can now roll your ball over your bowling strike mark and the bowling ball should go towards the left side. Your position on the approach will vary, depending on which bowling pins are left. The same will be true on the right side, you move to your left.

Besides moving right or left, you can also move forwards and backwards from your mark. If you move up, your

bowling ball is going to hit the bowling pins further down the bowling alley. The reverse is also true, if you back up your bowling ball will hit the bowling pins earlier.

In the situation that you have to spare a 10 or 7 pin (the two furthestmost pins on the left and right sides), you will need to stand on the opposite side of the bowling approach, the last dot on the left or right, for example. Then roll over a different mark, you only use this for the 10 or 7 pin spare conversion."

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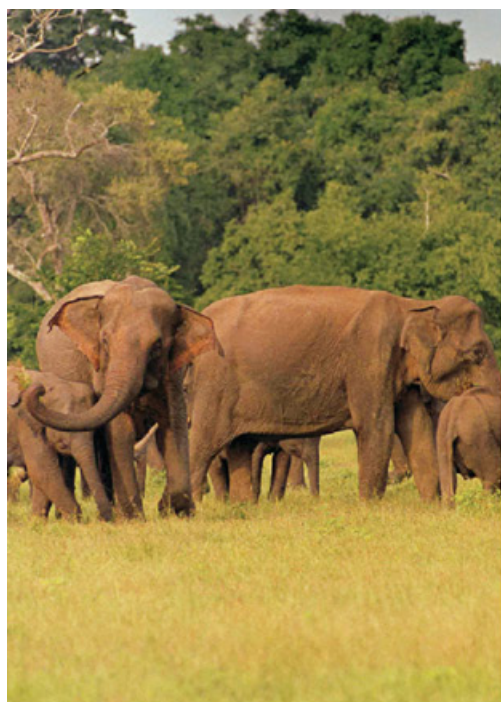
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