

CLUB



HONG KONG FOOTBALL CLUB 香港足球會 OCTOBER 2022



GOLF 30 YEARS AND GOING STRONG

SWIMMING AND TRIATHLON
CAITRIONA JENNINGS
SHINES AT THE WORLD CHAMPIONSHIPS

Soccer
2022/23 SEASON UNDERWAY



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CLUB MAGAZINE

Monthly journal of the Hong Kong Football Club.
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CHAIRMAN'S BAR

Champagne & Wishes Caviar Dreams



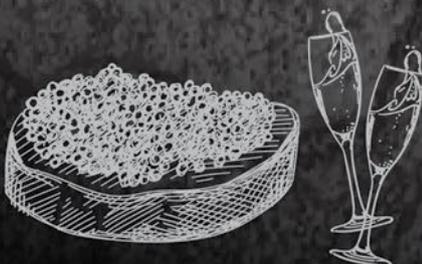
One of the most popular catchphrases of the 1980s.

Let's enjoy this perfect pair,
recommended by Robin Leach, throughout the
month of October only at the Chairman's Bar only.

Caviar Oscietra (30g)

Served with Egg Yolk, Egg White, Chive, Sour Cream, Blini
Including 2 glasses of Veuve Clicquot

\$988



Enquiries: 2830 9559 or bar@hkfc.com

THE THOUGHTS OF THE CHAIRMAN

主席的話

Michael J. Wood
Chairman



We are now into the start of the sporting season which hopefully will be able to proceed smoothly without interruption this year. Indeed, the **Rugby 7s** will be returning to Hong Kong, albeit in a slimmed down format, across the weekend of 4th to 6th November which is very welcome news.

Of particular note, Wednesday 12th October this year is the 20th anniversary of the Bali Bombings. As usual, it is intended that a short ceremony will take place at the bottom of the Infield Tunnel by the memorial plaque at 6:30pm on that day. Please feel free to join, if you can, to remember and honour those members who lost their lives in Bali.

Finally, I would like to remind you that this year's **Annual General Meeting (AGM) will take place in the Club on Thursday 17th November starting at 7pm**. This is a slight delay from previous years due to the Rugby 7s going head earlier in the month. All eligible Members will have received a letter inviting General Committee nominations, and this process has now been completed.

As before, in order to save paper, the Annual Report will be able to be viewed either by signing into the members login area of hkfc.com or by using the QR Code that will come with the Notice of AGM letter that is due to be sent out to all Voting members on Monday 17th October 2022.

Michael J. Wood
Chairman

踏入新賽季，但願今年一切順順利利，各項賽事不再因疫情而中斷，希望即將於11月4至6日回歸的**香港國際七人欖球賽**亦能夠如期舉辦，雖然賽事規模略為縮減，但也是個可喜可賀的消息。

提到國際要事，今年10月12日（星期三）正是峇里島炸彈襲擊事件20周年，與往年一樣，簡單的悼念儀式將於當晚6時半在內場通道的紀念碑前舉行，希望大家抽空出席一同緬懷及悼念在峇里島受難的會員。

最後提提大家，今年周年大會（AGM）將於11月17日（星期四）晚上7時在本會舉行。由於國際七人欖球賽將率先於月頭舉行，因此是次周年大會比過去幾年稍微押後。相信所有合資格會員已於較早前收到邀請提名常務理事會的信件，而提名程序現在已經完成。

一如以往，為節省紙張，大家可登入hkfc.com的會員專區，或掃描周年大會通知信上的二維碼，便能夠閱覽年報。本會並將於2022年10月17日（星期一）向各投票會員發出通知信。

主席 胡米高

OBITUARY

We were saddened to hear the news of the recent passing of longstanding Members

Ron Tulloch and Glen Docherty

Our thoughts and prayers go to their families and friends. May they rest in peace.

Our First Barista Workshop at the Club

Roasting with RONALD



Every Thursday
throughout October at 6pm

Venue: Family Lounge

- Welcome latte created by Ronald
- Introduction on coffee beans and machine
- Latte art skills
- Special coffee making and recipes



Enrol directly at the
CAPTAIN'S BAR

\$68 per person



FROM THE DESK OF MARK PAWLEY

總經理的話



Mark Pawley
General Manager

As the Chairman has noted, the league season has already started for many of our sporting Sections. Indeed, at the time of writing, our first team playing in the HKFA Premier League have already gone and won their first game of the season!! Well done to them and the very best of luck to all our sporting teams in the season ahead.

With the sporting season in mind, I would like to remind members, as I always do at this time of the year, that **you should not leave valuables and personal belongings lying unattended around the Club.** The Attendants on duty in the Changing Rooms are able to secure your valuables, and we should be able to provide Day Lockers when required.

As regards the Infield and, more specifically, the Main Pitch, **parents are again reminded to supervise their children at all times**, especially from “playing” on the Pitch on match days! Grounds Staff have been told to remove children from the “dead ball” areas of the Main Pitch during matches, in particular on rugby days. And, for those of you who will be playing sports this season, please see the reminder notice at the foot of the page, ensuring that you all have adequate medical and personal accident insurance.

I look forward to seeing you all at the Club.

Mark Pawley
General Manager

正如主席提到，本會眾多體育部的賽季已經開鑼，下筆之際，本會的足球隊更在香港超級聯賽的開鑼戰旗開得勝，表現出色！祝本會所有隊伍在新賽季取得佳績。

提到賽季，與往年一樣想提提大家，每逢比賽都要小心**妥善保管貴重及個人物品**。如需協助，當值的更衣室職員能夠為大家保管財物。有需要的話，我們亦可以提供儲物櫃。

除了保管個人財物，在此再次特別提醒**家長請時刻照顧小朋友的安全**，特別是比賽日，更要份外留心小朋友有否在球場上嬉戲！場地人員已得到明確指示，在比賽期間須確保主球場的「死球」範圍沒有任何小朋友在場。特別是欖球比賽日，碰撞更激烈，便會加倍危險。另外，假如大家會於今季參與任何體育活動，可以花點時間細閱頁底的重要提醒，確保自己有足夠的醫療及個人意外保險，安心參與喜愛的運動。

期待與大家在本會相見。

總經理 龐禮文

NOTICE TO MEMBERS MEDICAL AND PERSONAL ACCIDENT INSURANCE

The Club would like to take this opportunity to remind all of its Members to ensure that they have adequate medical and personal accident insurance in place when playing any sport.

Members are reminded that it is not the Club's responsibility to provide its Members or any other persons using its facilities, or playing on behalf of the Club, with insurance in respect of personal injuries sustained, or any other damage caused when playing sport. This applies to all sporting activities, including matches, practices and social games howsoever connected with the Club.

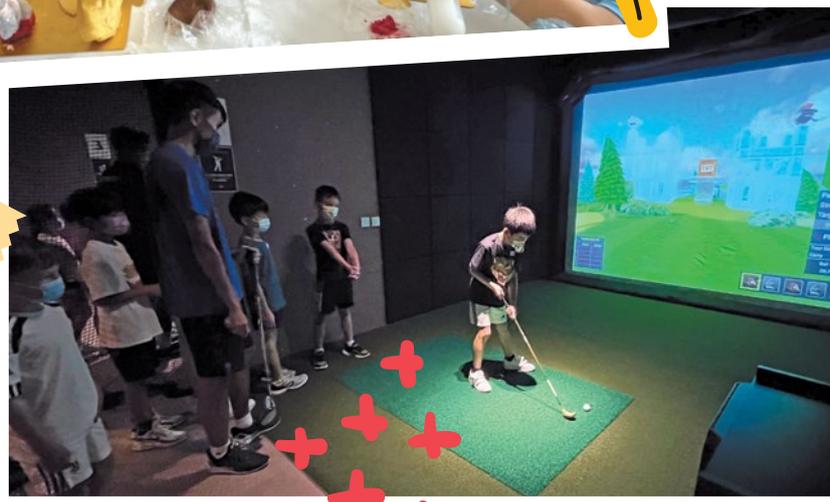
Anyone playing sport should consult an insurance broker to arrange comprehensive personal insurance such as:

- Medical coverage to insure the Member or player in respect of any medical treatment required; and
- General accident coverage providing payment to the Member or player for any serious accident or liability insurance for injury or damage caused to others.



HKFC SUMMER CAMP 2022





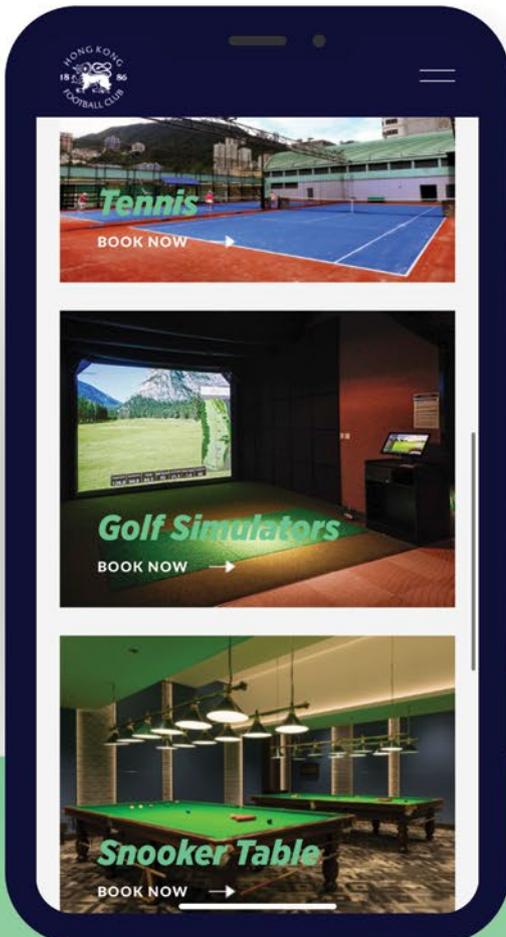


SPORTS FACILITY BOOKINGS AT YOUR FINGERTIPS



Following phase 1 of the launch in July, starting from 29th August, Tennis, Squash and Badminton will also be available for online booking at HKFC.COM.

Sessions for all sports can be booked up to one week in advance and are opened for booking at 8am daily. Both phone-in and walk-in bookings are still available. Sessions may be booked in-person from 8am to 10pm and by telephone from 9am to 10pm.



Golf Simulators

All Timeslots are in HK Time (HKT)

27 June, Monday

TIME (HKT)	GOLF SIM 1	GOLF SIM 2
07:00 - 08:00	Select	Select
08:00 - 09:00	Select	Select
09:00 - 10:00	Select	Select
10:00 - 11:00	Select	Select
11:00 - 12:00	Select	Select

Booking History

Facilities | eApplications | Club Pr

FACILITY	TIME(HKT)
Golf Simulator 1hr, Golf Sim 3 29 June, 2022 Booked By: EVANS RONALD Status: Cancel	10:00am - 11:00am
Golf Simulator 1hr, Golf Sim 2 27 June, 2022 Booked By: EVANS RONALD Status: Book	11:00am - 12:00pm
Badminton, Badminton Court 1 20 June, 2022 Booked By: EVANS RONALD Status: Cancel	01:00pm - 02:00pm

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Sportsman's
Bar



The world's largest Volksfest returns to Sportsman's Bar
with a smorgasbord of feast, drinks and fun.

OKTOBERFEST

2022

WURST AND SCHWEINSHAXE

every weekend at the
outdoor cooking station

DAILY SPECIALS

featuring Oktoberfest
signature items

BEER SPECIAL OFFER

Zoller Zwickel
Unfiltered Lager with Swingtop
\$48 / bottle



Join us !

Sign up for the 3rd Annual Obstacle Course with big
prizes sponsored by Peroni on Saturday, 22nd October 2022

NEW THIS YEAR:

FAMILY OBSTACLE COURSE in the early evening
ADULT'S OBSTACLE COURSE to follow

Venue: **TRAINING TRIANGLE**

Enquiries: 2830 9531 or sportsmans@hkfc.com

HKFC GOLF SOCIETY 30 YEARS AND GOING STRONG



This year could very easily have been the fiftieth anniversary of the HKFC Golf Society. In 1972 **Reg Butler** and **Dave McKenzie** attempted to form a Golf Society at the HKFC, but sadly it never quite took off, and it was not until 1992 that **Don Black** (in a typical Sportsman's Bar fuelled burst of enthusiasm) suggested the formation of a Golf Society. As Don left the Sporties, his enthusiasm rather waned, and so it was left to **Mike Probert** to take up the mantle and encourage 30 members to join in registering as a Golf Society with the HKGA. An AGM was called in November 1992 and 50 members signed in and appointed Mike as Convenor, Secretary, and Honorary Caddy!

The first event of the Society was held on the Old Course at Fanling, and thereafter regular events were arranged on the various courses in Hong Kong and membership steadily grew, reaching 250 by 1994. Things were becoming a bit more serious and the need for an official Treasurer was identified, and **Richard Summers** took up the role. This clearly set him on the path to golfing glory which has culminated in him becoming a committee member of Muirfield!

Given the strength of the HKFC golfing community, plans for simulators and practice nets were included in the redevelopment plans for the Club. Another major step forward for the Society occurred in 1996 when the Club bought revolving debentures at Lotus Hill Golf Resort, permitting Golf Society

members to access free golf in China by booking a debenture for the relevant day.

In 1999, the first serious "Overseas" tour took place with 23 members travelling to Johannesburg and Cape Town. Plans were immediately made on the flight home for another tour to Perth in 2000. Subsequent tours have included revisits to Australia and South Africa, Singapore, Indonesia, Malaysia, Thailand (9 times), and China (4 times).

In June 2000, the Club bought eight revolving debentures at Macau Golf and Country Club and with this further attraction, membership continued to steadily rise to reach a maximum of around 1,100 Members by 2015.

In the late 1990's, the Society started to arrange official matches against other



Latest team match vs HK Seniors at Kau Sai Chau led by Captain Wood.

Any under-performers are liable to receive the "Pig-of-Shame".



Another grudge match vs the HKCC. The losing team is awarded the rather hideous ice-bucket.



Our first Treasurer Richard Summers – still hasn't learnt how to wear a tie.



A victorious HKFC Reunification Cup Team.

HK Golf Societies, and we now have a very busy calendar with over 1 match per month (Covid permitting). Arguably, the most competitive of these fixtures is the Reunification Cup, a 4-cornered affair between ourselves, the American Club, the Chinese Recreation Club and the HK Country Club. All of these Clubs hold debentures at Lotus Hill where the fixture is held annually over a weekend. With 8 out of 10 players' total net scores counting (the best and worst scores from each team are deleted each day), a typical total score for a team is around 1,300. Incredibly, matches have been decided on more than one occasion by a single stroke, and on one (in)famous occasion, the result was a tie which was only settled

with reference to a complex countback system which fortunately someone had recorded in the event rule book. Other long-standing and fiercely fought matches include those against the HK Cricket Club and the American Club (Ryder Bowl).

Obviously Covid has impacted the Society in the past couple of years as travel to Macau and mainland China became virtually impossible. Many members have also relocated from Hong Kong which has understandably reduced our numbers, but the Committee continually look to ways to provide golf-related

facilities and fun to our members, and Covid rules permitting several "free-flow" simulator evenings and parties have been arranged, and whenever possible our regular golf outings within Hong Kong continue. With restricted access to golf outside Hong Kong, these are heavily over-subscribed and we have had to carefully craft a queueing system to try to allocate places as fairly as possible. However, the Society still has a "hard-core" of enthusiastic members and we expect numbers to bounce back once travel restarts to Macau and Lotus Hill, and we look forward to the next 30 years of golf at the Football Club.



Captain Yeomans paying his usual amount of attention to team-mates' strategic input

GOLF OUTING

New Course Fanling
Thursday, 28th July 2022

The golf gods blessed us with yet another scorcher of a day as we tackled the old course at the Hong Kong Golf Club for our July golf outing. The first tee time was at 10:50 a.m., which was later than normal. I ended up as a 3-ball due to a couple of late cancellations. In our 3 ball were Ruud de Hart and Joel Gasche. Ruud de Hart was playing in his first golf outing with the Society after being a member for four years definitely made the most of the outing to explore the local OB areas while searching for his golf balls! This was also the first event of the year, for 13 other members.

NEAREST TO THE PIN

2 Shots



Jim Suttie

1 Shot



Jonathan Li

1 Shot



Victoria Young
(New member)

1 Shot



Eric Desgouttes

Regular
Winner



Jason Waldie

LONGEST DRIVE

Men



Phil Head

Woman



Clara Chiu



Is this the safest spot to take a photo while Phil Head is taking a shot?

Ruud De Hart on the hunt for more golf balls.



was the first to tee off to commence the golf day, and I hammered a monster drive with no warm-up or practice. Unfortunately, it sliced directly into the club's parking lot! It was undoubtedly a breakfast ball, and my second attempt was much better and found the fairway.

Gordon Marsden played his first golf for the Society and maybe his last for the year as he prepares to leave Hong Kong; we wish him the very best and comes back to visit us soon!

After being absent for a few months, **Jim Suttie** takes the first NTP on Hole 2 which was a 2 shot NTP. Hole 3 was taken by my teammate **Joel**, while Hole 5 was taken by **Jonathan Li**. **Victoria Young**, a new member of the Society, took Hole 7, while **Jason Waldie** and **Eric Desgouttes** took NTP for Holes 12 and 16. Congratulations to all NTP winners, who each received a wonderful sleeve of golf balls.

Par 5 hole 6 was the Longest Drive hole. **Clara Chiu** was the winner of the women's longest drive, while our very own Chairman **Phil Head** was the winner of the men's. Congratulations to both for winning the longest drive.

For the main competition, we have **James Keung** was in third position with 38 points after previously capturing first place on the 6th May outing! Congratulations to James, but we will be keeping an eye on him and his declared handicap!

I narrowly beat James by 39 points for second place, while **Eric Desgouttes** won the Stableford competition and the best gross with an impressive 80 gross score (Nett 66) and 41 Stableford points.

This event marks the return of "THE PIG" after a far too long stint in the Society closet. Previously awarded to team members who perhaps did not quite pull their weight for the team, we are now awarding it to what the majority of golfers believe to be the "shot of the day". **Stephen Knight** received this renowned award after setting up for shot with his 5 hybrid/rescue, shanking it enormously to the right where the ball struck a slope, then a drain, slid uphill, and miraculously ended up 6 feet from the pin! Congratulations to Stephen, as he will be responsible for the PIG until the next event, when it will be awarded to the golfer with the shot of the day!

William Chan



Stephen Knight proudly accepting THE PIG for his shot of the day!



Goodbye for now Gordon! We will miss that swing!

STABLEFORD COMPETITION

1st place		Eric Desgouttes	41 points
2nd place		William Chan	39 points
3rd place		James Keung	38 points

BEST GROSS

	Eric Desgouttes
---	------------------------

Gilbert Law (Left) and Lillian Haynes (Right) with new GS members Steve and Victoria (Middle).



Joel and Ruud feeling the 36-degree heat.



PASTA *casserole*



A DIFFERENT DAILY SELECTION OF
PASTA CASSEROLE, THROUGHOUT THE
MONTH OF OCTOBER AT THE CAPTAIN'S BAR.

SWIMMING AND TRIATHLON

CAITRIONA JENNINGS

SHINES AT THE WORLD CHAMPIONSHIPS

On 27th August 2022, Caitriona Jennings competed in the 100km World Championships in Berlin, Germany.

Over 250 athletes from 45 nations took part in the lapped course (13 x 7.5m laps and a short loop at the start / end). Although being in 10th position at 50km, she started to pick off the ladies ahead in the second half, and finished 3rd overall (and 1st in her age group, W40) in a time of 7:07:16. Not only was it a podium finish, but she also set the Irish National 100km record, the Irish National 50-mile record (5:39) and set the WORLD RECORD for W40. We are so incredibly proud to have Caitriona as a member of the Swimming and Triathlon Society.



NICOLAS GONTARD'S SPEEDY SWIM-RUNS

Nico participated in the Oceanman Bali 5km openwater race on 2nd July 2022 and took 2nd position in his age group in a time of 1:15:57.

Further on 6th August, he participated in the ÖTILLÖ Gothenburg 2022 Sprint Solo, taking 8th position in a fast time of 2:47:07. It involved tackling a challenging course with 15km of running and 3.5km of swimming.

Finally on 28th August, he joined the Biarritz Swimrun 2022 which involved running 10km and swimming 1.5km. Nico took 5th position overall in Solo category. Congratulations Nico!



At Biarritz making it count



Nico on Podium at OceanMan Bali



At ÖTILLÖ Gothenburg



At Biarritz enjoying the swim

HKFC COMPETES AT THE SHORT COURSE MASTERS SWIMMING COMPETITION

Shing Mun Valley Swimming Pool
Sunday, 4th September 2022

A smaller-than-usual contingent of the S&TS eagerly attended one of this year's rare pool meets, held on Sunday 4th September. The focus for the team was the men's combined 160-199 age group 100M Medley Relay. We swam a commendable 57.23 (record being 54.39). **Matthew Belecanech** powered off in the backstroke, ex-Olympian **Alex Fong** followed strongly in the breaststroke, **Rupert Puels** in the fly leg and **Anthony Lo** was fast in the freestyle. It was a great team effort, and we had a lot of fun competing again. We were just outside the medals in the individual 100M IM. **Anthony Lo** was a first-time representative for the S&TS and had a valiant 1:09'24 placing 5th. Congratulations Anthony! Well done **Matthew Belecanech** 1:07'72 placing 4th on very little training. Coach **Dominic Tsui** swam a very age competitive 1:10 100M Freestyle. **Arthur Li** and **Alex Fong** were also active in an official capacity as HK Swimming Association Technical Officials, so a big thanks to them for supporting the meet. It was a fun day at the pool and we are sure to collect some silverware at the next pool meet, the Long Course Masters to be held in November.



Matt, Alex, Anthony & Rupert at the Shortcourse Meet



HKFC Team at Swim Meet

HKFC COMPETES AT THE ACTION SPRINT TRAIL SERIES 14KM - REPULSE BAY

Vasco & Mayank at Finish



Trail Races are Back

With reduced humidity and slightly cooler weather, trail races are back. On Saturday 3rd September, **Vasco van der Flier** and **Mayank Vaid** participated in the 14km sprint event on HK Island, finishing as a team in just over 1hr 35mins. With +750m elevation, the short but punchy trail race was a perfect starting point for the upcoming trail racing season.



HONG KONG FOOTBALL CLUB

RACE BOX



at the Happy Valley Race Course

The Club maintains a shared Box at the Happy Valley race course which is available for Members to book in advance.

Standard Buffet *with unlimited drinks**

\$660 *per head*

Admission Badge

\$60 *per head*

UPGRADE PACKAGES

Please note that if you choose an upgrade package, this will then apply to each person under the same booking.

	Extra Cost <i>(per head)</i>		Extra Cost <i>(per head)</i>
1 Whole Piece of Lobster	\$ 550	5 French Premium Cheese Platter	\$ 170
2 Deluxe Sashimi Platter <i>(Scallop, Hamachi, Red Shrimp and Salmon)</i>	\$ 440	6 Standard Sashimi Platter <i>(Salmon, Tuna, Sweet Prawn and Hokkigai)</i>	\$ 170
3 Lobster Cocktail with Sweet Mango	\$ 310	7 Additional Beverage <i>(Selected Red and White Wines, Imported Beers & Spirits)</i>	\$ 120
4 Plated Oyster <i>(Half Dozen)</i>	\$ 195		

Food and Beverage Arrangement

- Unlimited drinks* includes soft drinks, mineral water, house beer, orange juice, tea and coffee
- Beverages are available from 6pm, and Dinner Buffet is available from 6:30pm to 9:30pm

Reservations Booking forms are available at Reception (frontdesk@hkfc.com) and from our website HKFC.com



SWIMMING AND TRIATHLON

THE CULTURE & ART OF SPORT IS EVEN MORE IMPORTANT TODAY

SAMANTHA MORTON TELLS US WHY



Team Australia take the Championships

Samy is B.A. Candidate for Cell and Molecular Biology at the University of Pennsylvania. She is also a Swimming & Triathlon Society member who recently rowed for Australia in the Women's Coxed Four, winning the U23 World Championships.

On 30th July 2022 in Varese, Italy, Samy and her team rowed to win the World Championships in a record time of 6:44:15. Successfully juggling studies, social networks and an all-rounder athlete, she shared with us her love of sports and training diaries. Whether swimming, sailing or rowing, Samy is inspiring everybody with her versatility.

Please tell us about your background, family and schooling. "I am the middle child of three girls. My parents are **Douglas** and **Stephanie**

Morton. My sisters are **Gabriela** (23 y/o) and **Eva** (16 y/o). My dad used to play rugby at the Club, and he is now an active member of the Swimming and Triathlon Society - he's even done an Ironman! My mum plays tennis at the Club. I was born in Mexico but moved to Hong Kong before my 1st birthday, and that is where I was for the next 18 years. I started off at a kindergarten called Sunshine House, then I attended the French school, the Australian school, and finally did my last four years at Hong Kong International School."

When did you pick rowing as a sport? You are also an accomplished swimmer. Can you please share other sports you enjoy competitively?

"Rowing had always been on the back burner ever since my 2km erg in high school (2017), but I only seriously considered it when I began to get tired of swimming at my sophomore

year at Tulane. I began rowing for real the summer before my junior year of university. I began swimming competitively when I was 12 years old and immediately was invested. I started with the Torpedoes swim team at AISHK, then moved to Harry Wright, and I made my last switch to HK Island Stingrays when I moved to HKIS. In my final year of high school, one of my swim coaches - Luke Wimbrush - had the swim team do a 2km on the ergometer as dryland training and I got a great time - breaking the HK U19 record in the process. I was recruited to swim at Tulane University in my senior year of high school and that is where I went upon graduating. I was at Tulane University for two years, where I won a medal at the American Athletic Conference and was part of the 4 x 200yd relay that broke a Tulane school record. At the end of my sophomore year, Covid hit and I went back home

to HK. I decided to take a gap year and I was incredibly fortunate to get the opportunity to join the RHKYC Agiplast Sailing Team. It was also over this gap year that I decided I wanted to pursue rowing, so I spoke to some coaches and ended up committing to the University of Pennsylvania and coach Wesley Ng. I consequently spent my gap year between HK and Italy, training and racing, and we ultimately came third at the 69F Youth Foiling Gold Cup in Gaeta in March 2021. I went to New Orleans after my sailing adventures and joined the New Orleans Rowing Club where I learned how to row properly under the coaching of Will Kuckro and John Huppi. In August 2021, I moved to Philadelphia and started my official rowing career!

In addition to rowing and swimming, I really enjoy playing netball, tennis, cycling and doing triathlons - all fantastic sports with great cross-training value."

How physically fit do you need to be for the sport?

"A rowing race is 6-7 minutes (depending on conditions) of maximum effort work. So, my heart rate is usually sitting at 190-200 bpm for that entire duration. Hence, you've got to be in pretty good shape to do this and beat other people while doing it. Training for World Champs, we were doing three sessions a day. First thing in the morning - 2 hours on the water, about 20-25km session, then a 90-minute cycle or run/erg combination, followed by another on the water session in the afternoon of about 16-20km."

How does your university work help you in sports?

"I have a great coach at Penn - Wesley Ng - who has really helped me develop and grow as an athlete this year. But being at school also helps me keep a strict routine since I don't have copious amounts of time to waste."

What skills and attributes do the best athletes have?

"Block out distractions. Focus - mind, body, breathing, nerves, etc. The ability to calm themselves down and focus on the task at hand. Dedication and commitment. Genuine love for their sport. Unquenchable thirst to be better in any and every capacity - willing to go the extra mile."

How do you make the most out of each training session?

"Race pressure always. So, except for prescribed easy strokes, I am putting my full pressure on the blade every time it is in the water. I also write down the feedback I am given every session, so I have a technical focus as well."

Rowing is a team sport. How do you help your teammates and vice versa?

"Knowing that there are other people in the boat with you who are in just as much pain but are willing to put it all on the line for you - that is incredibly motivating. I want to make my teammates proud, just as I know they want to make me proud. The sport also has a great culture of camaraderie around it which I haven't found in any other sport I've done."

Tell us about your daily routine including studying, training and social networking. How many hours of sleep do you need each night?

"Get up around 6am. Morning rowing session 7-9am. Run to class and grab a quick breakfast on the way. Lunch with friends. More class. Afternoon session - weights, cycling, running or erging. Dinner with friends/teammates. Homework/clubs/socializing. I get 6-7 hrs/night but I recognise this is not ideal, so I am working on getting more sleep."

With full-on schedule every day and such intense workouts, how do you know if your recovery is working?

"Tough question. I think that you know your recovery is working when you

feel the corresponding sensations at appropriate times in the training cycles. For example, in the middle of the training cycle, you will feel exhausted and sore, and your limbs are like lead, but then at other points in the training cycle, you will feel fabulous! So, no guaranteed sensations or indications to show that your recovery is working, you just need to eat and sleep well, stretch and roll out LOTS and do mobility exercises."

What are your favourite foods?

"Bagels! Those are super high up on my list. They are versatile, make great breakfasts, lunches and snacks and the bagels in Philly are delicious. I also eat a lot of apples, blueberries, and peanut butter. My final fave is kombucha. I drink a bottle a day and always before and after my races."

Where does pressure come from?

"Personally, most pressure I experience is entirely self-imposed. I have really high expectations of myself and am very ambitious, and that just manifests itself as pressure. But I also believe that I thrive under pressure - my whole sports career has been testament to that - so it all works out."

How do you feel when you're under pressure?

"I feel it most in my stomach, a sensation that something is looming ahead. But I have gotten good about transforming nervous energy into excitement and eagerness, which allows me to direct positive energy to my racing."

What sport brings you the most joy?

"Rowing. Hands down is the greatest sport. I have done many sports at high levels, and I can attest that rowing has by far the greatest mix of athleticism required, camaraderie and just overall culture around the sport. It has a rich history, it is a great spectator sport, it is exciting, and it is also elegant."



Samy training at HKFC Pool



Rowing to set a new record

2022/23 SEASON UNDERWAY

After a hastily-convened and then Covid-shortened 2021/22 season, the BOC Life Hong Kong Premier League for 2022/23 kicked off in late August. This season marks the 2nd consecutive year that HKFC has fielded a team in the senior professional competition. The excitement has been building through a gruelling but solid pre-season which was used by the management team led by **Tony Hamilton-Bram** to assemble an exciting and talented squad. The goal for this season is to produce some quality and competitive football throughout and to use this as a platform to build sustainable success.

THE SQUAD

Frederik Pieter Schipper	Ka Ming Siu	Sheung Choi Wong	Yi Xing Brad Yue (U22)
Jonathan Jack Sealy	Marcus McMillian	Paul Olivier Ngue	Raphael Ayrton Lee (U22)
Martin Christopher Fray	Frederick Charles Toomer (GK)	Robert Anthony Scott	Christopher Wilson Chow (U22)
Alexandre Dujardin	Remi Richard Depalmas	Issey Jose Maholo (GK)	Lucas Tianjian Yan (U22)
Emmet Chun Wan	Rory James Lonergan	Leonardo Jose Peres	Justin Long Hin Fung (GK – U22)
Antoine Gael Sahaghian	Shunsuke Nakamura	Tsz Chung (David) Ng	Michael Garvin Liu

New recruits include **Jack Sealy** and **Paul Olivier Ngue**, both of whom played professionally in China and represented Hong Kong at International level. Another player to watch is **Sheung Choi Wong**, who is a very talented attacking player previously with Happy Valley. We also welcome back **Issey Jose Maholo** (GK) who has played with the HKFC First Team and **Emmet Chun Wan**, both with experience in the Premier League. We also welcome **Tsz Chung (David) Ng** (HKFA U23s last season) and **Alex Dujardin** who had a brief spell with the

HKFC Premier League back in 2016/17 and who spent some time with Kitchee.

This season, the competition consists of ten teams - Kwoon Chung Southern, HK U23s, Eastern Long Lions, Wofoo Tai Po, Lee Man, BC Rangers, RCFC, Sham Shui Po, Kitchee and HKFC - playing 18 rounds of football between August 2022 and May 2023.

At time of going to press with this article, the Ladies' First Team was deep in pre-season training, running selection trials to bring in some exciting new

players and playing friendlies to get the necessary match fitness into the team prior to the season commencing. We are looking forward to hosting home games at the Football Club and it will be an exciting side competition to see whether the Ladies' or Men's First Team can draw the largest attendance.

More information will be available in the Soccer Section Chairmans Weekly Newsletter in the lead-up to each of our Men's and Ladies' home games and we hope to see as many people there to help lift the teams to victory.



Hong Kong Football Club will host nine home games as follows:

VS Lee Man 13/11 @ 16:30	VS RCFC 5/2 @ 16:30	VS Wofoo Tai Po 12/3 @ 16:30
VS HK U23 20/11 @ 16:30	VS Sham Shui Po 19/2 @ 16:30	VS BC Rangers 16/4 @ 16:30
VS Eastern 29/1 @ 16:30	VS Kitchee 26/2 @ 16:30	VS Southern 7/5 @ 16:30

**MANAGEMENT
TEAM**

Tony Hamilton-Bram
Stewart Montgomery
John Pimlott
Anto Grabo
Justin Wah



SOCCER SECTION SPOTLIGHT



ALLYSON SHICK

JOHNS HOPKINS UNIVERSITY

POSITION: **Goalkeeper**

Allyson joined the HKFC U18 Girls and Women's teams in 2019, solidifying her place in both squads with her immense skill and talent. She is a fav favourite amongst the HK women's football community and her presence on the pitch is second to none, so her call-up to the HK National Team in 2020 was no surprise to anyone.

After graduating from HKIS with flying colours, she secured her college pathway studying Applied Mathematics at Johns Hopkins University in the US, and is competing for them in the NCAA DIII Women's Soccer League.



Allyson is in her second year at JHU, and will be taking up more of a proactive role in the team compared to last year. The Johns Hopkins Women's Soccer Team is currently in pre-season and training hard, making close connections, and really growing to be more and more like a team. They have a lot of new players this year, so the dynamic within the team will be a bit different from last season. The team has a competitive but very supportive dynamic, so Allyson will continue to contest and push her teammates to play at a higher level.

PLAYER PROFILES



MENS 1ST TEAM PLAYER

Frederik Pieter Schipper (Freek)

JOINED FIRST TEAM: **2008**

POSITION: **Midfield**

Having joined the Club and the First Team way back in 2008, Freek has been on quite a ride. Plenty of ups include winning 3 league titles, going unbeaten twice, representing the Club in the HK Premier League for 3 seasons (2022/23 will be the 4th season), playing in 11 HK Soccer 7s and winning the SCC Soccer 7s.

Some downs as well unfortunately, having been relegated from the Premier League twice and seeing the last three seasons being cut short due to the pandemic.

According to Freek, the 2022/23 season is shaping up to be another very exciting one for the First Team playing in the professional Premier League once again. With the experience from last season under their belt and with a number of quality new signings, including some HK Internationals, the team is looking forward to competing at the highest level of club football in HK once again.



MENS 1ST TEAM PLAYER

Frederick Charles Toomer (Freddie)

JOINED FIRST TEAM: **2017/18 season**

POSITION: **Goalkeeper**

Freddie's first year under the new management team of Tony Hamilton-Bram and John Casey saw the team completely take the league by storm, crowned as champions and going unbeaten for the season. This was then followed up by the season with another league title and then a well-deserved chance at Premier League football.

Freddie has also represented the Club in the Soccer 7s, winning the Plate in 2015 and then going on to winning the Singapore 6s in 2019.

He is looking forward to this year and a full season in the Premier League after years of disruptions. According to Freddie, pre-season has been fantastic. He is excited about the very talented players we have signed as well as the really good crop of young talent breaking through. He's under no illusion as to how tough the season will be. He believes that the squad is strong and ready to be competitive, especially at home where they are hopeful of getting plenty of Club support behind them.



LADIES 1ST TEAM PLAYER

AUDREY MÉNARD

JOINED WOMEN'S TEAM: **2018**

POSITION: **Centre Back**

Since joining the team in 2018, Audrey has been a permanent fixture in the back line, commanding the defence and keeping opposition at bay. Through her natural leadership ability and communication on the pitch, she has been one of the key contributors to the Women's team's growth and development over the years.

Audrey was promoted to Captain in the 2021/22 season, leading the team to their first ever undefeated season, and the first time at the top of the league table. She was also elected as Treasurer in the Soccer Section Committee in 2022.

Everyone in the team is excited for the 2022/23 season, as the team plans on challenging for the league title again. The HKFA Women's League is evolving to qualify for AFC international competitions, which is an exciting opportunity for the team to continue to compete at the top level of women's football.



Straits Seafood LAKSA

Throughout the month of October at the Coffee Shop.

ASAM LAKSA

Thick rice noodles in sweet and sour fish stock with mackerel, garnished with cucumber, mint leaves, ginger flower, polygonum leaves, red onions, lettuce and pineapple

\$98

With boiled egg, fried bean curd puff, rice vermicelli in a coconut curry soup

LOBSTER LAKSA

Baked half Boston lobster with chili sambal, poached chicken, fish cake

\$329

ALASKAN SNOW CRAB LEGS LAKSA

Snow crab legs, poached chicken, fish cake

\$139

ASSORTED SEAFOOD LAKSA

Baked prawns and squid with chili sambal, clams, mussels

\$109

Enquiries: 2830 9569 or coffeeshop@hkfc.com

**COFFEE
SHOP**

YOUTH RUGBY

REPORT

COACH
THE COACHES

Parent volunteer coaches play a huge part in the HKFC Youth Rugby programme, alongside an experienced group of elite professional coaches. To support parent coaches, **Steve Jones**, HKFC Youth Rugby Head of Coaching and Player Development, runs several coaches' training sessions throughout the season. In September, these included an introductory, age group specific session to start the season, a "Coacharee" course for coaches of kids transitioning to contact rugby, and a dedicated training course for World Rugby Level 1 coaching accreditation for those looking to develop their coaching further.

As ever, the coaches' training sessions were well-attended, interactive and practical, and a lot of fun. The season kick-off sessions saw over 60 parent coaches join to refresh and reflect on their coaching approach. These sessions helped embed the Club's philosophy and approach, gave helpful tips on how to run a training session and helped with the bonding and camaraderie of the coaching teams. Steve was joined by Club Rugby Section Captain **Megan Richardson** and first team prop **Matt Dobbyn**. Rugby Section Chairman **Paul Skurr** also joined, sharing his insights and vision for HKFC Rugby, and reiterating the importance of the youth rugby community to the wider Rugby Section.

Parent volunteer coaches are always welcome, and coaching is a great way to participate in your child's activities. No prior rugby knowledge is required, so if you would like to join the team or learn more, please reach out to your child's head coach.

Phil Bundy





NEW SEASON KIT DISTRIBUTION

One of the proudest moments for our Youth Rugby players is pulling on their HKFC kit and so each season, kit distribution day is keenly anticipated. This year spread across two Sundays in September, around 800 youth rugby players and their parent volunteer coaches descended on the Sports Hall to collect kit in preparation for the new season.

As the largest youth rugby community in Hong Kong, there is a huge logistical operation to ensure things are ready in time for the season. Covid delays to production and delivery only adding to the stress for our organisers!

The process starts in February when our kit supplier Samurai shares potential new designs, and these are reviewed and discussed with members of the Youth Rugby Committee. Additional discussions take place with our sponsors to see that logos are appropriately represented to ensure all parties are happy with the end product. Based on the reaction of our players and coaches, this year's kit was a hit!

Given production lead time, early estimates have to be made on the number of players expected in the new season – made doubly difficult this year given relocations and other uncertainty arising from the Covid restrictions.

Kit collection day itself actually starts the night before where a group of volunteers sacrificed their Saturday night to diligently organise everything for the following day. Then from 7am on Sunday, it's all systems go and the Sports Hall comes to life with coaches,

volunteers, parents and players. The process has become a fairly slick over the years as each attendee registers, fits their jersey, shorts and socks, donates any old kit to our charity partners, and arranges the all-important name printing on their kit.

Although some stocks were running low, the 2022 kit collection days went well and the organisers would like to say a huge thank you to all our volunteers across the whole process. Youth rugby is proud of the strength of our community and grateful to the engagement and support for days like these. We couldn't do it without you!

Declan Hogan and Richard McDade



FROM THE CHAIRMAN OF YOUTH RUGBY

YOUTH RUGBY

By the time you are reading this, kit should have been distributed and the season should have started on Sunday 4th September. I hope!

Very many thanks to **Declan Hogan** and **Richard McDade** for their efforts in relation to kit distribution.

MUMS AS COACHES

We still need you for the U5 year group and up. We will provide education and training for volunteers. If you are interested, please let your child's Head Coach / Team Manager, or me, know of your interest. We particularly want to see mums of daughters getting involved.

CALLING FOR MORE REGISTRANTS!

Please spread the word, at schools, offices, residential blocks, wherever, that we have opened registration. We are happy to run a trial session (i.e. joining a training session without commitment) for those for whom rugby is new and unfamiliar.

So please go out and "bang the drum".

Denis Brock
Chairman, HKFC Youth Rugby

YOUTH RUGBY

YOUTH RUGBY GRADUATES

HKFC's Youth Rugby provides a pathway for young players to develop and grow. As well as supplying players for the Club's senior teams, we're also proud of the many other "graduates" of our programme. Two fantastic role models for our youth players, **Marco Conti** and **Leone Mattoli**, recently left HK to pursue their university studies, but rugby remains a key part of their university life! From overseas, they have kindly shared with us some memories of their time in HKFC Youth Rugby and advice for our current players.



Marco Conti
18 years old

POSITION

Back Row

CURRENTLY

Studying at the University of Exeter, playing rugby for the University of Exeter team

HKFC YOUTH RUGBY

I played HKFC Youth Rugby at U6 in 2009

MEMORIES OF HKFC RUGBY

My favourite memory is when my mum and my dad used to take me to mini rugby early in the morning. Sometimes even before sunrise!
My proudest moment was debuting for the HKFC Prem men's team aged 17 (which was the league winning game on 16 December 2021!)

MESSAGE TO HKFC YOUTH RUGBY PLAYERS

Keep representing the Club and always remember the up Club!

POSITION

Front Row

CURRENTLY

Queens University of Charlotte varsity rugby. I play USA Collegiate Rugby. It is very fast-paced and very physical!

HKFC YOUTH RUGBY

I joined HKFC Youth Rugby mid-way through U13

MEMORIES OF HKFC RUGBY

Too many to count, but I'd say I enjoyed being involved with different teams in various ways

MESSAGE TO HKFC YOUTH RUGBY PLAYERS

Try to watch a lot of rugby and get your extras in when possible



Leone Mattoli
18 years old

YOUTH RUGBY IN THE COMMUNITY

We're delighted to confirm that we will have more than 30 children, residents of Po Leung Kuk's Leighton Road Headquarters, joining the youth rugby programme this season as we continue our long-standing and strong partnership with this wonderful organisation.

"Po Leung", translating literally as protection of the young and the innocent, was founded here in Hong Kong in 1878 and has been providing support and protection to Hong Kong's Women and Children ever since.

Moving forward, we will work together with Po Leung Kuk to further strengthen and deepen our relationship to help make a meaningful difference to the children resident there.

Mark Saunders



FEATURING CELEBRITY APPEARANCES

MARTIN
MULLER

ROB
LENNOX

MATTHEW
BELL

WE ROWED THE ATLANTIC

ROB AND MARTIN SHARE THEIR EXPERIENCE

FUNDRAISING EVENT

ALL PROCEEDS SUPPORT ISF CAMBODIA'S HOLISTIC AID PROGRAMME

Saturday | 22nd October 2022 | 7pm HK

BID FOR THE AUCTION ITEMS AT WWW.ISFDINNER.COM FROM 15th OCTOBER 2022



Morgan Stanley

HOCKEY

It has been almost a year since I returned from my Tokyo 2020 adventure and travelling still feels a little foreign. After 14 hours of flying, my latest hockey journey began under the beautiful blue sky at the Amsterdam Schiphol Airport in late June. This year's FIH Women's World Cup 2022 is a co-hosted event between Spain and the Netherlands. Each country hosting two pools of four teams until the quarter-finals and with both semi-finals and the final scheduled at the Estadi Olímpic de Terrassa in Spain.

Due to this unique arrangement, initially our technical team had to be split into two and each overseeing games in each country. I was appointed as one of the Technical Officials to officiate the games in the Netherlands before flying with the rest of the team to Spain for the final five days.

I was lucky enough to visit many amazing hockey venues around the world, and we are already very blessed to have our own hockey pitch at the HKFC and stand for us to play and host amazing hockey events. However, what I was seeing in Amstelveen was a whole different level. It was actually a surreal experience walking into the Wagener Stadium for the first time. It was built by the Amsterdamsche Hockey & Bandy Club (AH&BC) which is the oldest field hockey club in the Netherlands (founded in 1892) with over two thousand active members.

The ground has "seven" hockey pitches adjacent to each other, an amazing club house with changing and catering facilities and a fully international standard stadium with 7,500 seating capacity. Moreover, they have recruited one of the most friendly and experienced group of hockey volunteers in handling all our needs to run a successful international hockey tournament.

One of the benefits of travelling around the world for hockey tournaments is the opportunity to meet old friends. In the Netherlands, I was so happy to bump into our ex-HK assistant coach **Patrick Tshutshani** who is now one of the coaches for the Indian women's national team. Another person I reunited with was our very own HKFC ex-keeper **Jun Yokoe** who is now working in the Netherlands. We had many wonderful hockey chats and I was invited along



ALFRED CHAN

MY HOCKEY STORY



with a few of our officials to a cosy dinner near Jun's home in Amstelveen.

This is not my first time officiating at the World Cup. In 2018 I was appointed for the Men's World Cup in India and the atmosphere for the gold medal match was unbelievable. I could not hear myself think on the pitch with over 22,000 spectators cheering for the teams during the penalty shootout. This year's Women's Final, however, was a little more one-sided, with the tournament favourites Netherlands beating Argentina 3-1 in the same packed stadium that hosted the 1992 Summer Olympics.

Let's hope Hong Kong will open up soon like the rest of the world so that we can start hosting our own international hockey events again.



CHAIRMAN'S BAR

Oysters & Wine

Oysters & Wine Platter

Served with Lemon, Cocktail Sauce, Shallot Vinaigrette

Recommended White Wine Pairing
 Craggy Range Te Muna Sauvignon Blanc,
 Martinborough 2000

Enquiries: 2830 9559 or bar@hkfc.com

LAWN BOWLS

THE 2022 NATIONAL COMPETITIONS CHAMPIONSHIPS FINALS DAY

Summer
7th Aug 2022 at KCC

Eva Yu and Tony Cheung, the champions of the National Mixed Pairs Competition 2022.



Ken Fong and **Adrian Yau** participated in the Men's National Pairs Final. This was the first time Ken pairing up with Adrian, and this happened to work very well. Both players showed strong fighting spirit and good communication throughout all games. They unluckily lost to the CCC pair in the final match by a small margin.

We would like to congratulate them for capturing their first runners-up title, and wish them success in future tournaments.



2022 National Pairs Runners-Up - Adrian Yau and Ken Fong

"To win a game, it requires one to gather good timing, geographical convenience and harmonious human relations. I am very lucky to be at the right place at the right time meeting the right one. Taking this privilege, I would like to express my gratitude to my reliable partner: two years ago, when I was lost and puzzled, you opened a window and offered me a chance. Your encouragement pushed me to heights that I had never been. Thank you for being there. Luck is a matter of preparation meeting opportunity. This very first national title is a motivation for me to get myself more prepared for the coming challenges. Hopefully, I don't have to wait long for the next one to come. Fingers crossed."

---- Eva Yu



KAI TAK SPORTS INITIATIVE - THREE GENERATIONS LAWN BOWLS COMPETITION

Congratulations to **Kenneth Yiu, Kenneth Fung** and **Esmond Lee!** They were Second Runners-up in Kai Tak Sports Initiatives - Three Generations Lawn Bowls Competition 2022 (Plate Section), in which teams were composed of three players, aged between 8-29, 30-55 and above 60.



Kenneth Yiu, Kenneth Fung and Esmond Lee

TRIPLES LEAGUE 2022

The Triples League will commence on 10th December 2022. The Section has entered 8 men's and 5 women's teams, achieving the record of the most team entries ever in the history of the League! We look forward to another fruitful season.

LAWN BOWLS SECTION END OF SEASON PARTY

Please mark your diary for the party of fun and friendship, which will be held on **Sunday 13th November 2022.**

CHAIRMAN'S BAR

AFTERNOON SET TEA

URGE FOR GOING

Available throughout the months of
OCTOBER AND NOVEMBER

While "Summertime is falling down and winter is closing in", get the urge for going to the Chairman's Bar this October for a wonderful Autumn themed set tea.

Enquiries: 2830 9559 or orbar@hkfc.com

INTERVIEW WITH

ADAM JOHNSTON

FROM OUR NEW SPONSOR PROTIVITI



What attracted your company to sponsor the Tennis Society at HKFC?

I am always looking for partnerships with aligned values for our Protiviti business in Hong Kong and HKFC Tennis Society seemed a great fit. The Tennis Society has a great reputation for its family values, community spirit and pursuit of sporting excellence which is not unlike Protiviti in HK. In addition, Protiviti has a history of sponsoring Athletes and Sport across the globe. Protiviti currently sponsors Professional Golfers Matt Fitzpatrick (PGA) and Jennifer Kupcho (WPGA), in addition to having brand partnerships with Major League Baseball in the U.S. and Premier League Football in the U.K. So, when the opportunity to sponsor Tennis in a meaningful way at HKFC came up, I jumped at the chance to partner.

Is tennis popular among your Hong Kong employees?

Yes, we have a social tennis group at Protiviti. We usually book courts once a month and have a hit. Numbers vary but roughly we have about 20 active players out of our 150 staff here.

Do you and your family play tennis?

Yes! We are a passionate tennis family! We live in the Gold Coast and are very fortunate to have access to lots of courts to play on. I play about 3 times per week. My eldest son **Kairos** (8) plays 3-4 times a week and really loves it! My wife **Jenny** and youngest son **Coen** (6) are getting into it more and more, playing once or twice a week too. I plan to join one of the HKFC Tennis League teams this season, so looking forward to that too! In addition to playing tennis, we are often attending tennis tournaments in HK and watching the ATP and WTA tournaments online. It was through Kairos's participation in ATA Coaching and Tournaments that introduced me to **Kristin Godridge** (ATA) who then became a friend and introduced me to the sponsorship opportunity with HKFC Tennis Society.

Final Words?

I hope to meet and see all of you over the coming months at Club Tennis events. Please say hello if you see us! As far as Protiviti goes, we really aim to create a strong partnership with HKFC Tennis Society and be a good partner.



SUMMER LEAGUE ROUND UP FINAL STANDINGS

NIGHT LEAGUE

Men A+	Group 1	7th
Men A	Group 2	3rd
Men B	Group 3	7th
Men D	Group 2	3rd
Women A+	Group 1	8th
Women A	Group 1	6th

JUNIOR LEAGUE

A Team	Group 1	7th
B Team	Group 1	6th
C Team	Group 1	3rd






2022 HKFC JUNIOR TENNIS CLUB CHAMPIONSHIPS

DATE AND TIME
29TH & 30TH OCTOBER
9AM-5PM

ENTRY FEE
\$100 UNLIMITED EVENTS

ENTRIES CLOSE ON
FRIDAY 28TH OCTOBER

FOR INFORMATION PLEASE EMAIL NATHAN.BOOOTH@ATATENNISACES.COM OR
WHATSAPP 6750 3350

EVENTS

- OPEN JUNIOR SINGLES
- OPEN JUNIOR DOUBLES
- CLOSED JUNIOR SINGLES (13 YEARS AND UNDER)
- CLOSED JUNIOR DOUBLES (13 YEARS AND UNDER)
- GREEN BALL SINGLES (11 YEARS AND UNDER)
- GREEN BALL DOUBLES (11 YEARS AND UNDER)

2022 HKFC ADULT TENNIS CLUB CHAMPIONSHIPS

DATE AND TIME

12TH NOVEMBER, SATURDAY 1PM - 8PM
 13TH NOVEMBER, SUNDAY 9AM - 6PM
 19TH NOVEMBER, SATURDAY 1PM - 8PM
 20TH NOVEMBER, SUNDAY 8AM - 3PM

ENTRY FEE

\$150 UNLIMITED EVENTS
\$100 PER EVENT

ENTRIES CLOSE ON

11TH NOVEMBER 6PM

EVENTS

- OPEN MENS SINGLES
- OPEN MENS DOUBLES
- OPEN MIXED DOUBLES
- CLOSED MENS SINGLES (MENS B TEAM AND BELOW)
- CLOSED MENS DOUBLES (MENS B TEAM AND BELOW)
- CLOSED MIXED DOUBLES (MENS B TEAM, LADIES A TEAM AND BELOW)
- OPEN LADIES SINGLES
- OPEN LADIES DOUBLES
- CLOSED LADIES SINGLES (LADIES B TEAM AND BELOW)
- CLOSED LADIES DOUBLES (LADIES B TEAM AND BELOW)
- 120 YEARS COMBINED AND OVER DOUBLES

FOR INFORMATION PLEASE EMAIL NATHAN.BOOOTH@ATATENNISACES.COM OR WHATSAPP 6750 3350

Boo! Grrrr... Grrrr... Grrrr...

Halloween

MOCKTAILS

Family Lounge

Available throughout the month of October at the Family Lounge

THE WALKING DEAD
Green Apple Syrup, Soda Water, Grenadine

EYE SEE YOU
Ribena, Orange Juice, Grenadine

DRACULA'S DRINK
Cranberry Juice, Lime Juice, Grenadine, Soda Water

Boo!

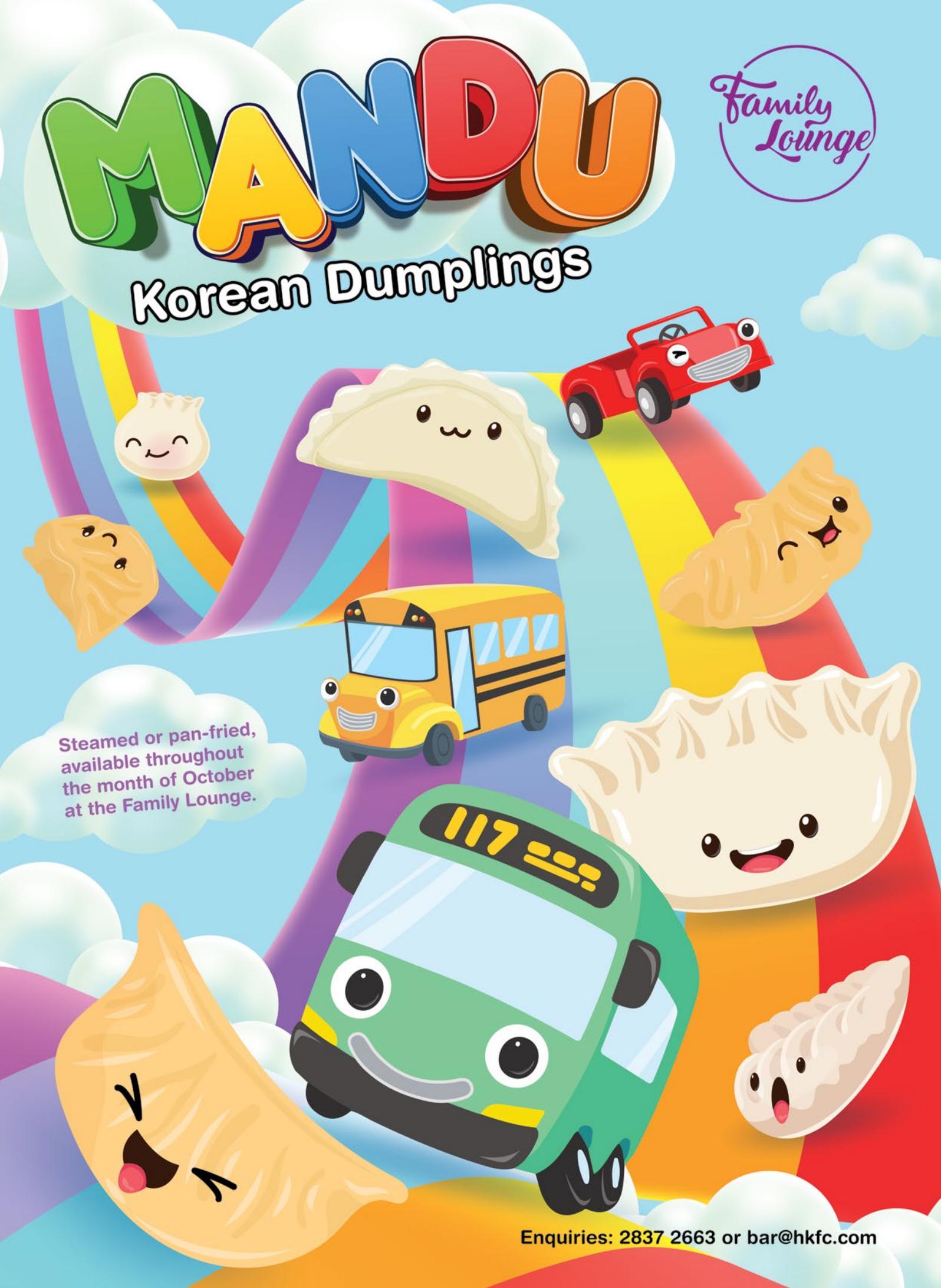
\$35 each

Enquiries: 2837 2663 or bar@hkfc.com

He He He!

MANDU

Korean Dumplings



Steamed or pan-fried,
available throughout
the month of October
at the Family Lounge.

Enquiries: 2837 2663 or bar@hkfc.com



HKFC SUMMER LEAGUE

2022

3 divisions, 18 teams, 126 players, 390 matches, 31 days of squash and with that the conclusion of HKFC Summer League. When the 5th wave hit us in January, winter leagues were brought to a halt and it was nearly 4 months without squash. It was great to get some leagues running again and everyone back on court and to the Club. And of course, it wasn't completely smooth but we managed to get there in the end.

There were 6 teams in each division, with each team having 7 players and every match playing 4 strings. The format is two rounds of round robins followed by the final which is played by the top two teams in each division. In the event of a tie in matches, count back was done on sets and then on points to decide the winner (importance of this later).

On Saturday 6th August, we played the finals starting with Division 3. The Invisibles and Team B, both winning 8 of the 10 games in the earlier round locked horns. Invisibles started strongly with both the 3rd and 4th string players winning their matches 3-1 and 3-0 respectively. The Invisibles only needed



2022 SUMMER LEAGUE CHAMPIONS

Division 1
Team C & D



Division 2
Team C



Division 3
Team B



2 sets to seal victory, and with **Jade McNamara** (undefeated in Summer League) to take to the court, the Invisibles (well) looked invincible. Invisibles rounded off a comfortable 4-0 win to take the title, from what looked like a tricky game on paper.

The Division 2 finals was up next and it could be best described as a game of two halves with Team A taking on Team C as both teams finished the round robin with 7 wins. The 3rd and 4th string players of Team C, **Isaiah Jones** and **Stephen Wei**, were too strong for their opposition, beating them with a score of 3-1 and 3-0 respectively. Similar to Division 3, Team C needed only 2 games to win the title, but Team A had other plans. **Graham Mountford** (Team A's 2nd string), voted best player of Division 2, secured a much-needed 3-0 win keeping them in the contest. **Adrian Ng** (Team A's 1st string) started the stronger of the two players, taking a 2-0 lead and putting Team A in the drivers' seat. **Shane Barr** (Team C's 1st string) then mounted a huge comeback to win two crucial sets to win them the title. Scores ended up being 2-2, with Team C winning on count back.

The Division 1 finals was thrilling to say the least, as Team C took on Team D. The 3rd string and the 4th string got the ball rolling with both the teams sharing the spoils, but advantage to Team D with the 3rd string losing with a 1-3 score while the 4th string winning 3-0. The 1st and 2nd string then took the court. **Eric Ho** (Team C) was very much in control leading 2-0 in the first string, and despite **Sean Soo** (Team C) losing 2-3 in the second string, Team C gained the sets advantage. Team D captain and 1st string, **Vincent Yu**, fought hard against Eric and won the crucial 3rd game, but eventually succumbed to a 1-3 lost. Following a lengthy consolidation, the teams were even on matches, sets and points! The team captains and tournament director deliberated, and decided that Team C and Team D were co-Champions of the Division 1 HKFC Summer League.

The evening ended with a social at the Family Lounge. Congratulations to all winners and we hope to see everyone again for the new season!



BADMINTON

2022

全港青少年

JUNIOR ASSOCIATED
MEMBERS REPORTHONG KONG
YOUTH BADMINTON
CHAMPIONSHIPS
2022

羽毛球錦標賽



The Hong Kong Youth Badminton Championships has recently concluded in August 2022 and our JAM **Coraline Lo** won first runner-up in her age group category.

PRESIDENT
CUP 2022

The annual President Cup finally commenced the weekend of 27 August 2022. The Badminton Society registered 4 teams in the elementary level which were composed mainly of JJAMs, JAMs, junior members and potential JAM recruits in the Men's (2 teams), Mixed, and Ladies' teams. Men's A and B as well as mixed team progressed to the next round while Ladies' team, despite trying their best, were knocked out in the first round.

Mixed team won a close game of 3:2 against Southern Union

Men's A team won 3:0 against Hong Kong Racketlon Association

Men's B team was a walk-over by Hoi Chun

Ladies' team lost 1:3 to Hyper Badminton Club



HKFC Mixed team



HKFC Men's B Team



HKFC Ladies' Team

JINGFA
CUP 2022

Thomas Lee, our JAM won the first runner-up in the 2022 Jingfa Cup age group singles event.



Thomas Lee in Jingfa Cup 2022

PARALYMPIAN HONORARY MEMBERSHIP CEREMONY 2022

The Club held an Honorary Membership Ceremony on 30 July 2022 to show recognition to our local Paralympic Medallists. Congratulations to Chu Man-Kai and Daniel Chan who were our badminton Paralympians and recipients of Honorary Membership.

Badminton Society Youth Representative – Frank Cheah



Chu Man-Kai (left first standing) and Daniel Chan (left second standing) with our JAM Kenneth Chau (left second standing) and our junior member Curtis Cheah (right first standing)

UPCOMING CALENDAR

January 2023 Junior Invitational Team Tournament 2022
September 2022 – January 2023

Age Group Ladder Series (Spring) 2023
February to June 2023

HKFC & Torq Sports Junior Tournament 2023
May 2023

HKFC BADMINTON SOCIETY AND TORQ SPORTS PRESENTS

HKFC U13 AND U15 BADMINTON LADDER SERIES (SUMMER TO FALL)

FRIDAY 7:30-9:30PM
SATURDAY 4:30-7PM
SUNDAY 3:30-7PM
HKFC SPORTS HALL 1/F

ENQUIRIES
TORQ.ASSISTANT.BTONACADEMYA@GMAIL.COM
OR WHATSAPP 6533 7877

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Hong Kong

HIGHLIGHTS IN OCTOBER



In the Sportsman's Bar

Oktoberfest 2022

The world's largest Volksfest returns to the Temporary Sportsman's Bar with a smorgasbord of feast, drink and fun.

- Wurst and Schweinshaxe station every weekend
- Daily specials featuring Oktoberfest signature items
- Zoller Zwickel Beer special offer

Sign up for the 3rd annual Obstacle Course with big prizes sponsored by Peroni on Saturday, 22nd October 2022

Just look for our Sportsman's Bar team for details.



In the Restaurant

FROM MONDAY 5TH OCTOBER

The Great Outdoors

A great selection of wild game from this year's hunting season is available in the Restaurant throughout the month of October.



Festive Programme

Christmas Brochure is Ready!

Enjoy a wild range of activities for the entire month of December.

Don't forget to save the date on Saturday 10th December and join the "Party on the Pitch 2022".

The brochure will be sent to your home directly. Festive reservations in all F&B outlets begin from noon on Monday 17th October 2022.



In the Coffee Shop

FROM MONDAY 3RD OCTOBER

Straits Seafood Laska

Try a selection of laksa recipes from all around the Malay peninsula, served with fresh seafood throughout this month.



In the Chairman's Bar

FROM MONDAY 3RD OCTOBER

Champagne Wishes and Caviar Dreams

One of the most popular catchphrases of the 1980s. Let's enjoy this perfect pair, recommended by Robin Leach.

WINE EVENTS

In the Restaurant

MONDAY 3RD OCTOBER

before holiday

Bordeaux Second Label Wine Dinner

FRIDAY 21ST OCTOBER

Barossa, Home & Away Wine Dinner

In the Happy Valley Suites

THURSDAY 27TH OCTOBER

**“High Altitude” Vineyards
Wine Masterclass**

In the Lockhart Room

SATURDAY 29TH AND SUNDAY

30TH OCTOBER

Autumn Harvest Wine Fair

In the Coffee Shop

Themed Buffet: A Passage to Penang

Beverage: Malaysian Signature Drinks

Takeaway: Thai Takeout – Lu Shui Style

In the Pool Bar

Penang Snacks

In the Chairman's Bar

**The Classic Pairing Combinations: Oyster
and White Wine**

Set Tea: Urge for Going Afternoon Set Tea

In the Captain's Bar

Pasta Casserole

Club's Barista Workshop *every Thursday*

In the Family Lounge

Mandu

Halloween Drinks

In the Kiosk

**New Self Butchery and
Ready to Cook Items**

PREVIEW IN NOVEMBER



Gather Together, Give Thanks!

Thanksgiving Celebration at the Club

On Thursday 24th November, the Coffee Shop is having a Special Thanksgiving Buffet Dinner. A set dinner is also available at the Restaurant.

Thanksgiving takeaway form is ready now and available from 1st to 24th November.

In the Coffee Shop

Themed Buffet: Holiday Season

Monthly Special: Nabemono

Beverage: Healthy Heart-warming Drinks

In the Restaurant

White Truffle

In the Chairman's Bar

**Swiss Dishes, Fondue and Raclette
Teeny Tiny Tinis**

In the Captain's Bar

**Layered Crepe Cake
Baked Big Buns**

In the Family Lounge

**Japanese Fruit Sandwich
Matcha Drinks**

Kiosk

Party Platters

WINE EVENTS

In the Restaurant

FRIDAY 11TH NOVEMBER

White Truffle Wine Dinner

FRIDAY 25TH NOVEMBER

Dom Perignon Wine Dinner

In the Happy Valley Suites

THURSDAY 17TH NOVEMBER

Perrier-Jouët Champagne Masterclass

In the Lockhart Room

SATURDAY 19TH AND

SUNDAY 20TH NOVEMBER

Stocking Up the Bar Wine Fair

RESTAURANT

T: 2830 9562
E: restaurant@hkfc.com



T: 2830 9569
E: coffeeshop@hkfc.com



T: 2830 9531
E: sportsmans@hkfc.com



CHAIRMAN'S BAR

T: 2830 9559
E: bar@hkfc.com



T: 2837 2622
E: bar@hkfc.com



T: 2837 2663
E: bar@hkfc.com



T: 2830 9531
E: coffeeshop@hkfc.com



Convenient • Variety • Exceptional Value

T: 2837 2678
E: kiosk@hkfc.com

CATERING SERVICE

T: 2830 9513
E: catering@hkfc.com

A Christmas family day on the Main Pitch is finally back!
Still fun for children and with new features for the whole family to enjoy.

PARTY ON THE PITCH

OUR CHRISTMAS FAIR *for the Whole Family*

11AM - 6PM, Saturday, 10th December 2022

Main Pitch and Training Triangle

TICKETING

\$400 per adult | \$200 per child (aged 4-11) | FREE for infants

INCLUDING:

1

Spending voucher can be redeemed at
ALL BOOTHS in the Bazaar.
Spending voucher value as follows:

Adult	\$300 (Member) / \$200 (Guest)
Child	\$150 (Member) / \$100 (Guest)
Infant (below 4)	Not applicable

2

HKFC shopping bag
for adult
(for advance reservation only)

EARLY BIRD OFFER
Book early to avoid disappointment
Book your ticket **on or before 31st October**
2022 and receive extra voucher value:
Adult: **\$400** total spending value
Child: **\$200** total spending value



PROGRAMME

Test drive with our luxury Automobile Partner

More than 60 market booths selling Christmas gifts and decorations, food products, wines, sports gear, art & craft, toys and kid's fashion, home living, etc.

Silent movie show

Game booths and bouncy castle for kids

Face painting

Photo booths with instant photo printing

Roaming performances by Santa and his helpers, Hong Kong Pipe Band, Island Dance and more...



REMARKS

High heel shoes cannot be worn on the Main Pitch
Programme is subject to change without prior notice
Guests must be accompanied by a Member



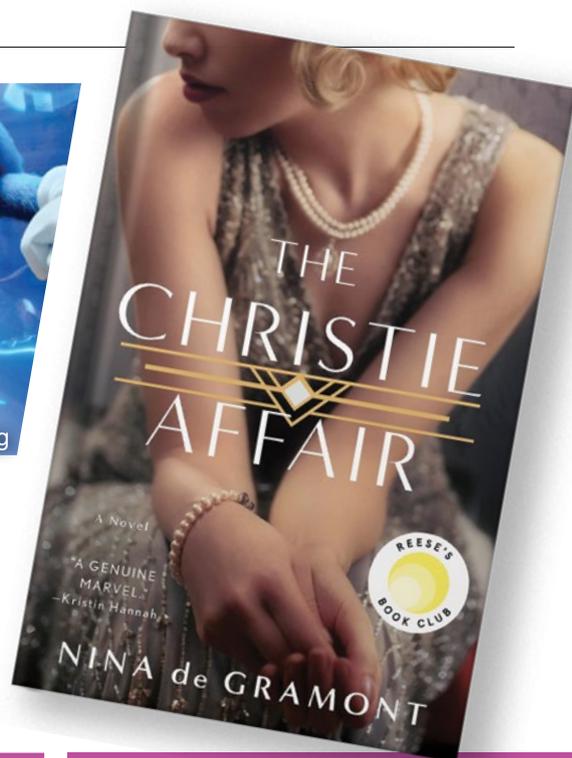
PLEASE RSVP AT
<https://bit.ly/3xstyik>

For enquiries, please contact Front Desk at 2830 9500 or email to frontdesk@hkfc.com





Sonic 2 : The Hedgehog



BOOKS AND MOVIES



Jurassic World Dominion

NEW BLU-RAYS

Sonic 2 : The Hedgehog

James Marsden, Jim Carrey, Ben Schwartz (Voice)

Crimes Of The Future

Viggo Mortensen, Léa Seydoux, Kristen Stewart

Last Seen Alive

Gerard Butler, Jaimie Alexander, Russell Hornsby

Mid-Century

Stephen Lang, Shane West, Bruce Dern

NEW DVD

Sniper : Rogue Mission

Chad Michael Collins, Ryan Robbins, Sayaka Akimoto

Jurassic World Dominion

Chris Pratt, Bryce Dallas Howard, Laura Dern

Mr. Malcom's List

Freida Pinto, Sope Dirisu, Oliver Jackson-Cohen

The Time Capsule

Todd Grinnell, Brianna Hildebrand, Kadee Strickland

NEW BOOKS

The Christie Affair

Nina De Gramont

Rabbit Hole

Mark Billingham

The Unsinkable Greta James

Jennifer E. Smith

Food IQ

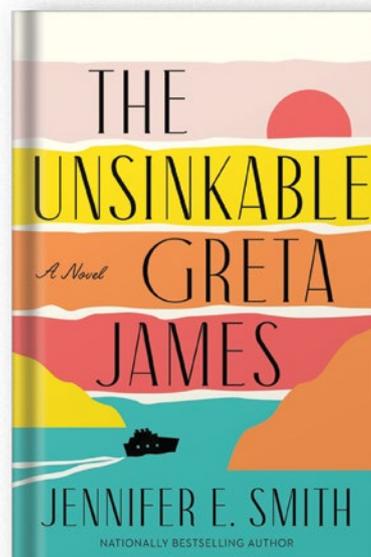
Daniel Holzman & Matt Rodbard



Crimes Of The Future



Mid-Century



Sniper : Rogue Mission

Take a look at this entirely new list of groceries for you to enjoy, along with all of your existing favorites.

Available from October onwards.



BUTCHER CUTS & PRE-COOKED DISHES

BUTCHER CUTS

Chicken Marinated with Lemon, Honey and Mustard

\$100/1.6kg

Orange Duck Breast

\$30/160g

Halibut Fillet

\$75/200g

Teriyaki Salmon Fillet

\$70/200g

Mongolian Barbecue Pork Spareribs

\$50/500g

Vietnamese Pork Chop

\$55/500g

Sliced Beef Short Ribs

\$85/300g

Pre-cooked Dishes

Smoky Barbecue Pork Ribs
\$50/500g

French Duck Leg Confit
\$88/pc

Peking Duck (28cm)
\$98 each

Naan Bread
\$30/2 pcs

Whole Soya Sauce Chicken Leg
\$25/pc

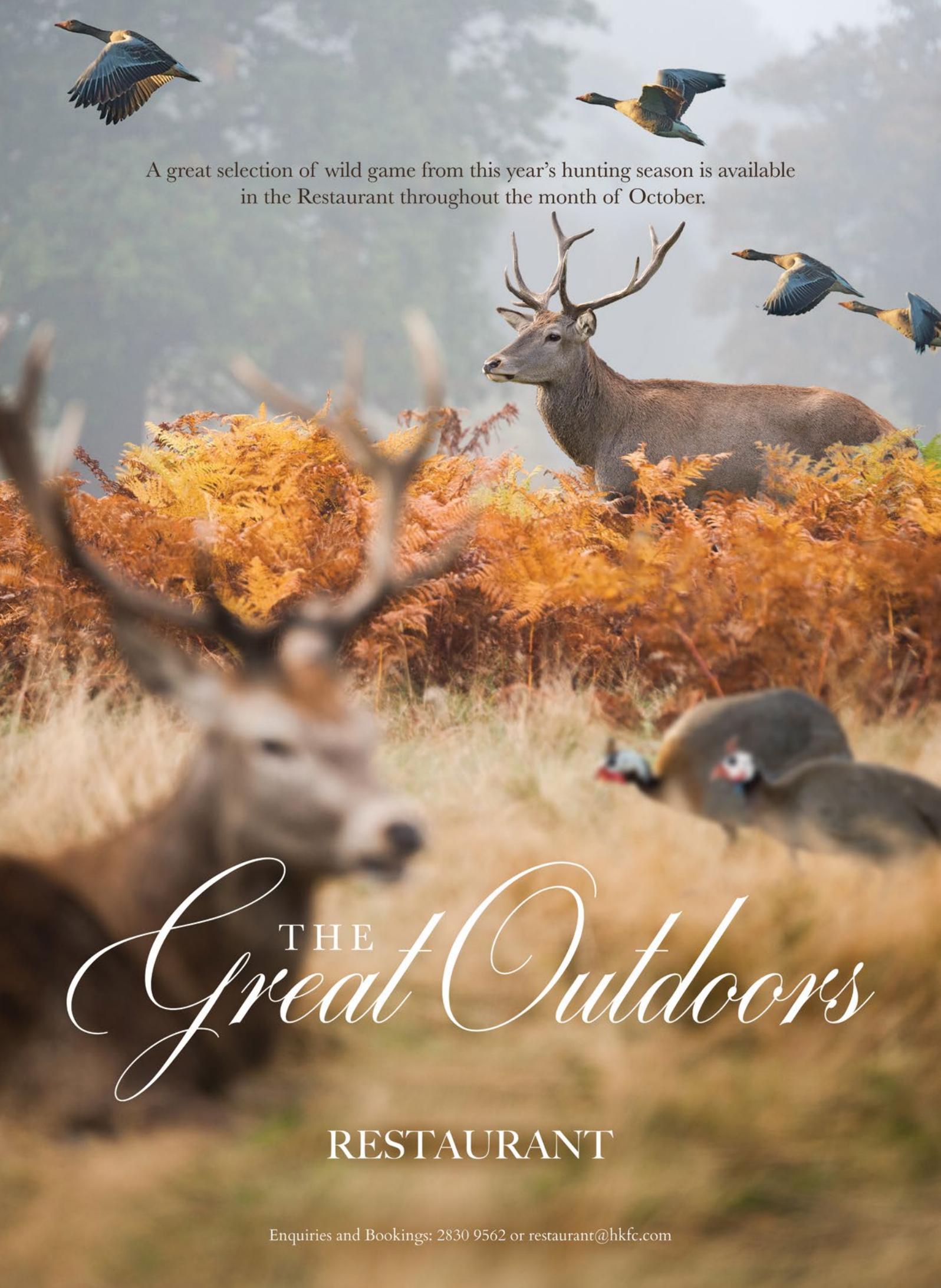
Lamb Shank Rogan Josh
\$88 each

Chicken Tikka Pizza (28cm)
\$98 each

Lamb Kebab
\$130/200g

Slow Braised Short Ribs in Ginger and Honey
\$75/200g

OPENING HOURS: 10:00AM TO 10:00PM
TEL: 2837 2678
EMAIL: KIOSK@HKFC.COM



A great selection of wild game from this year's hunting season is available
in the Restaurant throughout the month of October.

THE
Great Outdoors

RESTAURANT

Enquiries and Bookings: 2830 9562 or restaurant@hkfc.com