

# CLUB

HONG KONG FOOTBALL CLUB 香港足球會

JUNE 2024



**BADMINTON**

# ROAD TO OLYMPICS UPDATE ON HAPPY LO

**HOCKEY**

HKFC EASTER 6S HOCKEY FESTIVAL

**LAWN BOWLS**

THE BOWLS GRAND PRIX 2023



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AT THE HONG KONG FOOTBALL CLUB

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## Hong Kong Football Club

3 Sports Road, Happy Valley,  
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TEL (852) 2830 9500

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<b>Director of Rugby</b>	Stephen Dowse
<b>Director of Squash</b>	Vacant

### CLUB MAGAZINE

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



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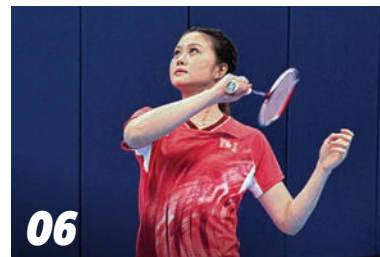
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HONG KONG FOOTBALL CLUB  
**SPORTS AWARDS  
GALA DINNER**

with Official Charity Partner Laureus Sport for Good

SAVE THE DATE

***SATURDAY, 7<sup>TH</sup> SEPTEMBER 2024***

***6:30 PM - LATE***

***SPORTS HALL***

COCKTAIL RECEPTION AND 4-COURSE DINNER | BLACK TIE | SPORTS AWARDS PRESENTATIONS  
LIVE ENTERTAINMENT | CHARITABLE AUCTION TO SUPPORT LAUREUS - SPORT FOR GOOD

**SPECIAL GUEST TO BE ANNOUNCED**

TICKETS ON SALE

***SATURDAY, 1<sup>ST</sup> JUNE 2024***



**SPORT  
- FOR -  
GOOD**

# THE THOUGHTS OF THE CHAIRMAN

## 主席的話

Neil Jensen  
Chairman



We have just concluded an exciting and action-packed event, the **HKFC Standard Chartered Soccer Sevens 2024** which also marked the 25th anniversary of this homegrown event at HKFC. This year, we were thrilled to introduce a women's soccer competition in addition to the men's competition, comprising both international participants and local talents. Adding a touch of celebrity shine to the occasion, we were honoured to have **Les Ferdinand MBE**.

As we enter the summer season, the sporting calendar at HKFC begins to slow down, with the **HKFC International Masters Open – Squash** from 30th May to 2nd June marking the end of the first half of the year.

However, there are a few noteworthy matches scheduled on the main pitch that I would like to highlight. On Saturday, 1st June, we will witness the return of international rugby to the Club in the form of the **Asia Rugby Championship**. We eagerly anticipate the participation of our Hong Kong, China Men's and Women's Rugby teams as they face off against the teams from UAE (3:30pm) and Kazakhstan (6:30pm) respectively. Additionally, stay tuned for further information regarding a second men's game between Hong Kong, China and South Korea on Saturday, 22nd June. Although this fixture will bring our infield programs to a conclusion for the season, we will still have a range of summer programs available across the Club, and of course, the Swimming Pool will be open for enjoyment during the long, hot days ahead. Keep an eye out for our upcoming Pool Party as well.

Also, the outdoor workout space at the **Training Triangle** will have an equipment upgrade during the Summer. Section teams and individual Members will be able to enjoy an outdoor workout, whether preparing for the new sporting season or just wanting to be a better version of themselves.

I encourage you to stay connected with us through our social media platforms, websites, and noticeboards to stay informed about pre-season details. Don't miss any notifications regarding sports registrations, trials, training sessions, classes, and social events for the 2024/2025 season. Before you know it, we'll be back into competition mode and looking forward to the new sporting challenges ahead. In the meantime, have a very enjoyable Summer and we look forward to seeing you all around the Club very soon.

**Neil Jensen**  
Chairman

剛剛結束的**2024香港足球會渣打七人足球賽**適逢25周年，為大家帶來了連番緊張刺激的較量。很高興今年這個在港會土生土長的盛事，在舉行男子比賽的同時，能夠首次引入女子比賽，兩個比賽都囊括國際級人馬及本土精英。我們更有幸邀請到**費迪南(Les Ferdinand MBE)**出席活動，令是次活動更具星味。

踏入夏季，港會的體育日程逐漸平靜起來，而2024頭半年將以5月30日至6月2日的**港會國際壁球大師賽**作總結。

然而，在此還是要提一提幾場主球場值得留意的賽事。我們6月1日（星期六）將迎來**亞洲欖球錦標賽**這項國際賽事的回歸。十分期待我們中國香港男子及女子欖球隊的表現，兩隊會分別迎戰阿聯酋（下午3點30分）及哈薩克斯坦（下午6點30分）。另外，記得密切留意男子隊第二場比賽的更多資訊，他們將於6月22日（星期六）對陣南韓。雖然這場賽事意味著今季內場賽期表的告一段落，本會依然會於夏季推出一系列活動，而泳池當然亦會在未來漫長的炎熱夏日下開放，讓大家涼快一番。與此同時，緊記關注即將舉行的泳池派對。

此外，**訓練場**的戶外健身空間將於夏天升級設備。到時無論想為新賽季作好準備，抑或純粹想提升自己的身體素質，體育部球隊及個人會員都可以在這個空間享受戶外健身。

在此呼籲大家透過本會的社交媒體平台、網站及佈告板與我們保持連繫，獲得季前活動的最新消息，萬勿錯過有關2024/25賽季註冊、試訓、訓練課程、體育班及社交活動的通知。我們很快也會重返作戰狀態，期待未來賽季的考驗。在此期間，讓我們一起投奔熱情夏日，期待很快與大家在本會相見。

主席 **Neil Jensen**

## WINE • DINE • UNWIND

Get ready to embark on a culinary adventure in a relaxed environment.

Indulge in our 4 courses menu which includes a dessert counter.

Have the opportunity to taste a selection of wines with each course, pick your favourite and pair it, or simply let our sommelier do the job for you.

12 - 3PM  
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Wine tasting and pairing: \$198

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Saturday and Sunday  
at the Restaurant

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# GENERAL MANAGER'S MONTHLY MESSAGE

## 總經理的話

Randal Linhart  
General Manager



As we reach the end of this year's business cycle, at the beginning of summer, I'm pleased to reflect on the Club's business levels which have been stable for the first time since the Covid years. Membership numbers have also rebounded, primarily due to the successful filling of sports memberships and the sale of social memberships. To welcome our new members, we will be hosting a cocktail party on 30th May.

I am pleased to share some positive news regarding our dedicated Club employees. Staff turnover has slowed down, and we are in a much better position compared to a year ago. We have welcomed several notable new joiners in the past few months, including **Sharon Ho** as our Catering Manager and **Chef Ming Chau** as our Senior Sous Chef for the Coffee Shop. We have also had internal promotions, such as **Steve Fok's** advancement from Senior Security Officer to Assistant Security Supervisor. Furthermore, I would like to highlight our commitment to staff development by completing training on the updated Bye-laws introduced last January.

The food & beverage department has been busy creating new catering packages for weddings and graduation events. We have also refreshed the à la carte menus for Chairman's Bar and the Coffee Shop, which were launched at the beginning of June. In the spirit of celebrating fathers, we have planned special events throughout June to express our gratitude to all the dads. Have you had the chance to visit the Fit Fuel Bar at the Sportsman's Bar on weekends? If not, I encourage you to check it out and provide feedback on this pilot project. Another exciting addition is the brand-new **Weekend Wine Lunch in the Restaurant**. Lastly, due to popular demand, the **Happy Valley Suites Sunday Brunch** will be held monthly. Make sure to book your seats early as availability is limited.

With children out of school, we can all look forward to upcoming vacations, whether here or abroad. I am pleased to announce that our membership department has identified two new reciprocal clubs in Canada: the **Derrick Club** in Alberta and the **Vancouver Lawn Tennis & Badminton Club** in British Columbia. The complete list of reciprocal clubs is available on our website and is regularly updated.

I look forward to seeing you down at the Club soon!

**Randal Linhart**  
General Manager

夏天伊始，正值我們今年財政年度完結的時候，很開心看到本會的收入水平自新冠疫情以來首次穩定下來。而因為成功發行體育會籍及出售社交會籍，會籍數字亦錄得回彈。我們將於5月30日舉辦雞尾酒派對歡迎新會員。

很高興可以與大家分享有關本會員工的好消息。首先是人事變動率減少，目前的處境絕對比一年前好上很多。本會過去幾個月迎來了幾個值得留意的新面孔，包括餐飲經理**Sharon Ho**及Coffee Shop高級副主廚**Chef Ming Chau**。我們也有來自內部的升遷，譬如是由高級保安主任升至助理保安主管的**Steve Fok**。員工發展方面，我們亦作出不少努力，現時所有員工都已經完成有關上年1月新附例的訓練。

餐飲部現正致力策劃婚禮及畢業活動的新餐飲套餐，同時也更新了6月初在Chairman's Bar及Coffee Shop放置的自選餐單。為慶祝父親節，我們精心籌備了6月期間的特別活動，以向世界上所有爸爸表達謝意。大家有試過於周末到訪Sportsman's Bar的Fit Fuel Bar嗎？沒有的話，希望大家可以抽空去看看，並為這個先導計劃提供意見。此外，**Restaurant**推出了全新的**周末美酒午餐**，相信也有很多人動心。最後，由於反應熱烈，**Happy Valley Suites**的**周日早午餐**將改為每月一次，緊記盡早預訂，免失良機。

現在小朋友已經不用上學，我們便可以期待暑假一家大小在本地或到外國渡假。而到加拿大渡假的會員便更有福了，皆因會籍部在當地發掘到兩間新聯網會所，分別是亞伯達省的**Derrick Club**及英屬哥倫比亞省的**Vancouver Lawn Tennis & Badminton Club**。大家可以在本會網頁找到聯網會所的完整清單，清單亦會定期更新。

期待與大家在本會相見！

總經理 林克朗

A year ago, Happy Lo Sin Yan's world ranking was around 250 and the road to the Olympics seemed like a fairy tale to her. After a year of hard work, dedication and determination, not only did Happy achieve the improbable of breaking into the world top 50 in ladies singles, she also made it at a young age of 21, her dream to participate in the Paris Olympics 2024! Her story is not just about success, but her perseverance and struggle are the example for young athletes to follow.



# ROAD TO



# UPDATE ON HAPPY LO PART I



**H**appy Lo was born and raised in Hong Kong China and at 9 years of age, she started following John Leung, current badminton team coach in HKFC as her technical advisor. With the comprehensive training facility in HKFC and individualised technical sessions, Happy's skills and game tactics have gradually matured to prepare her for the challenges that may come next.

When Happy turned 18 years old the Covid pandemic almost crippled her badminton career and the opportunities to participate in any competition were virtually non-existent. This had become an opportunity for Happy to focus on her studies, preparing to arrange an exit if her badminton career could not materialise. Fortunately, the pandemic eventually went away and she finally completed her matriculation examination. Soon after, she has immersed herself wholeheartedly as a full-time professional badminton

player with the national team. She trains 6 days a week at Sports Institute and comes to HKFC for her technical sessions on weekends as well as sparring with the young players.

Her road to Paris cannot be taken light-heartedly because she does not only compete against herself, but she must also beat other competitors to their Olympic points for the final qualification. Therefore, Happy has to grasp every opportunity and tolerate all unfavourable conditions in order to secure the points. Happy had to endure numerous food-poisoning incidents during her tour in Indonesia, sustained multiple sprained ankles during practice and tournaments due to slippery floors, tolerated long-haul flights and at times each flight might be over 30 hours to locations such as Iran, Kazakhstan, etc. There were also threat of bombing and physical demand of high altitude in Iran.

A new chapter has now begun for Happy, and her achievement only affirms the support from Hong Kong Football Club on the junior badminton development program.

## BWF WORLD RANKINGS

UPDATE 23RD APRIL 2024

Player

 **Happy Lo Sin Yan**

World Ranking

**46**

Happy and Coach John  
now and then



# OLYMPICS



# UBER CUP

## WORLD'S LADIES

### TEAM CHAMPIONSHIP



**T**his is an exciting and new year for the Hong Kong China national team to participate in the world ladies team competition, Uber Cup. Hong Kong China will be in the same group with Japan and Indonesia, nations with strong elite badminton teams. **Saloni Mehta** and **Happy Lo** will be playing the ladies singles in the event. Good luck to them both!



## ACAMIS

**Coraline Lo**, being the badminton scholar of her school, has participated in the Association of China and Mongolia International Schools (ACAMIS) badminton event in Nanjing, 17th-20th April 2024. Coraline was able to play her girls' singles event in style and won her first gold medal for her school. Congrats Coraline!

## HKFC JUNIOR MEMBERS

### SHENZHEN EASTER TRAINING CAMP 2024



A group of keen HKFC JAMs and squad players attended a training camp in Shenzhen, China during 2024 Easter weekend. They had an amazing experience in interacting with players from mainland China and to improve their skillsets for the upcoming tournaments.

**JUNIOR TOURNAMENTS REPORT**

# HKBA MIXED AND DOUBLES LEAGUES 2024



HKFC Mixed Team



HKFC Junior Ladies' Team



HKFC Junior Men's Team

Here is another exciting month for the HKBA Mixed and Double Leagues progressing towards the last 16 elimination round. The following teams are composed of juniors and veterans in the Grade E category.

### HKFC MIXED TEAM

The last 16 games for the Grade E mixed team was held on Sunday, 21st April 2024 at Po Kong Village Sports Centre against 凡星A. The team won by a wide margin of 8:1 and will enter quarter-finals on 28th April 2024.

### HKFC JUNIOR LADIES' TEAM

The ladies' team was composed of players from only 12-15 years, and they had put on an unbelievable performance that got them to the last 16. On 21st April, they played against Sinsport, another local club

and lost 0:6. The girls will return stronger next year.

### HKFC JUNIOR MEN'S TEAM

The match of men's team in the last 16 was a nail-biting performance from HKFC junior players. The opposing team 邱張軍 is also a team composed of young competitive adult players. The games were very tight and HKFC was losing 4:5 in the overall number of matches. However, according to the rules and regulations of doubles league, the team will need to win by not only number of games, but also the sum of scores from all the matches. Unfortunately, HKFC team lost by a close total score of 166:168 and graduated in last 16. This is a valuable experience for the boys, and will come back more prepared next year.

## TEAM COACH REPORT

HKFC junior program has been thriving for over 10 years since I was on board. I have witnessed the astonishing growth of badminton junior development, and it is especially rewarding to see that Happy Lo Sin Yan, who has been with HKFC since age 9, finally made it to the Olympics. Other junior talents in the program continue to flourish in various schools and local leagues and tournaments. The performance of the 3 league teams which composed of mostly U18 players have demonstrated their ability to compete with adults in the open age leagues. I am also looking forward to the first overseas junior team tournament in July in which teams from Malaysia and Taipei will be showcasing their junior players and our players will definitely benefit from the experience.

**John Leung**

## UPCOMING JUNIOR EVENTS

May-July 2024  
**HKBA Mixed League**

April-June 2024  
**Internal ladder matches**

May 2024  
**HKFC and Torq Sports Junior Tournament 2024**

July 2024  
**HKFC and Torq Sports Overseas Junior Invitational Team Tournament**



POWER UP THIS FATHER'S DAY WITH KENERGY

# He is NOT just Ken



## COFFEE SHOP

Sunday, 16th June 2024  
**FATHER'S DAY  
BUFFET**

Available for lunch and dinner  
**\$398 per adult  
\$199 per child (aged 4-11)**

T: 2830 9569  
E: coffeeshop@hkfc.com

## HAPPY VALLEY SUITES

Sunday, 16th June 2024  
**FATHER'S DAY  
BRUNCH**

**\$568 per adult  
\$388 per child (aged 4-11)**

Including free flow of sparkling wine, red and white wine and beer for adults and free flow of soft drinks and chilled juices for children.

T: 2830 9559  
E: bar@hkfc.com

## RESTAURANT

Sunday, 16th June 2024  
**FATHER'S DAY  
SET MENU**

Available during  
lunch and dinner

**\$528 per person**

For menu, please scan the QR code



T: 2830 9562  
E: restaurant@hkfc.com



It was a welcome return for the HKFC Easter 6s Hockey Festival, our first tournament since COVID reared its head in 2020. This Easter's event brought together a spirited gathering of hockey enthusiasts for an exciting weekend of competition and camaraderie at the Club.

Participating teams included local rivals Valley, HKCC and KCC, and we were delighted to welcome "Easter 6s virgins" Team **Jialin**, visiting from Beijing.

Throughout the tournament, spectators were treated to a display of thrilling hockey action as teams showed off their remarkable skills, strategic thinking and unwavering sportsmanship – with a good sense of fun! The final day of the Festival was highly competitive as knockout games determined the winners of the Cup, Plate, Bowl, Jug and Spoon trophies – in festive Easter bunny fashion!

All in all, the Festival was the epitome of inclusivity and enjoyment as we saw families join forces, international representatives team up with mini-hockey stars and club teammates become opponents – showing why the Easter 6s is so special! Due to some great coverage on the Hockey Section's social media pages, a number of overseas clubs, including Team Jialin, have already pledged to join next year's Easter 6s.

There are many people to whom the Hockey Section is indebted for ensuring for ensuring the success of the Festival:





# HKFC EASTER 6S HOCKEY FESTIVAL

Safety was a top priority and we are grateful to the first aiders and physiotherapists on hand throughout the weekend.

Thanks to all of the qualified umpires from HKFC and the wider Umpiring community. They covered all 72 matches to keep everything safe, fun and flowing!

Many thanks to **Randal** and the **HKFC management team** for accommodating the Festival arrangements, and special thanks to the Sportsman's Bar staff for hosting our Welcome Reception and Awards Ceremony.

A special mention also to our colleagues at HKCC, Valley, Shaheen and KCC who also helped organise teams and support from their respective clubs.

And finally thanks to the collaborative efforts of the organising committee and volunteers who gave up many hours of their time to plan, organise and run the event, especially **Stephen Porteous, Chris Giblin, Mike Tyrrell, Chris Page, Michelle Page,**



**Ika Lo, Yiman Chan, Ida Wong, Taman Gill** and Section Chair, **Lynsey Edgar.**

Plans are already afoot for next year's Easter 6s, and we aim to build on this year's event by increasing the international attraction of the Festival again. We are now looking for volunteers and are especially interested in hearing from those with experience in directing or organising events. Please contact [chair@hkfchockey.com](mailto:chair@hkfchockey.com) if you can help.

## CHAMPIONS RESULT

	<i>Champions</i>	<i>Runners-up</i>
Cup Winner	<b>The Muppets</b>	<b>KCC</b>
Plate Winner	<b>Gun Punch HC</b>	<b>Valley</b>
Bowl Winner	<b>Young Vets</b>	<b>Ankle Biters</b>
Jug Winner	<b>Jialin</b>	<b>Mumbo Jumbo</b>
Spoon Winner	<b>Holland Hot</b>	<b>Good Tacos</b>



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# WINNER LADIES A CROWNED CHAMPIONS

**OF THE WOMEN'S HOCKEY PREMIER LEAGUE,  
SCORING A TOTAL OF 62 GOALS FOR...0 AGAINST!**





This season for the HKFC Ladies A team has been one of great success, having recently just raised the trophy of the Hong Kong Women's Premier League! This season, we have trained hard and bonded as a new team, which has been shown in our results, having won 14 of 15 games!

### Ladies A's Squad

Ange Mok

Emma Sturgess

Katy Mountain

Hannah Wright

Samantha Hill

Nicola Bruce

Leigh Cummings

Tiffany Chan

Julie Groos

Yammi Chui

Sophie Aranha

Yi Man Chan

Ika Lo

Sze Sze Chuen

Maisie Macdonald

Siena Poulton

Nikki Mclucas



Let's go back to hot and humid August, when the Ladies Premier A 2023-2024 hockey season was fast approaching. HKFC Hockey Section was very fortunate to be introduced to many new players and faces, making this season incredibly competitive from the start. The Ladies A team this season certainly had a new look, introducing players from different teams in Hong Kong and from across the globe! We welcomed **Sze Sze Chuen, Yi Man Chan, Ika Lo, Siena Poulton and Maisie MacDonald**. This meant that the lines of defence, midfield and forward were presented with brand new players, with varying styles of play, making it an overall new dynamic across the pitch. As a team, we had to learn about one another, communicate and adapt in order to create a cohesive, winning unit.

The league started in October with a nail-biting match against HKFC Ladies B's. Despite the friendly faces, this is always a competitive and tight game! No doubt we were all apprehensive before our first game together as a new group. However, our hard work in pre-season paid off; a decisive 5-0 win fuelled us with confidence as we progressed onto the next games. What followed was an impressive winning spree, with some notable highlights being a 12-0 win against Phoenix A and 9-0 win vs Bauhinia A. This also meant that we had a number of players in our team competing for the top goal scorer title of the premier league. Our very own Captain, **Nicola Bruce**, scored a great total of 13 goals this season, **Tiffany Chan** scored 12 goals, and both **Yi Man Chan** and **Leigh Cummings** followed closely with 11 goals each.

Despite these high points, there were also some moments which really tested us as a team. In November, we were faced with an extremely tight game against KCC A which resulted in a 0-0 draw. Ahead of our rematch, we knew it would be tough. We knew we needed to play our game; play simple hockey, work hard for one another, be patient

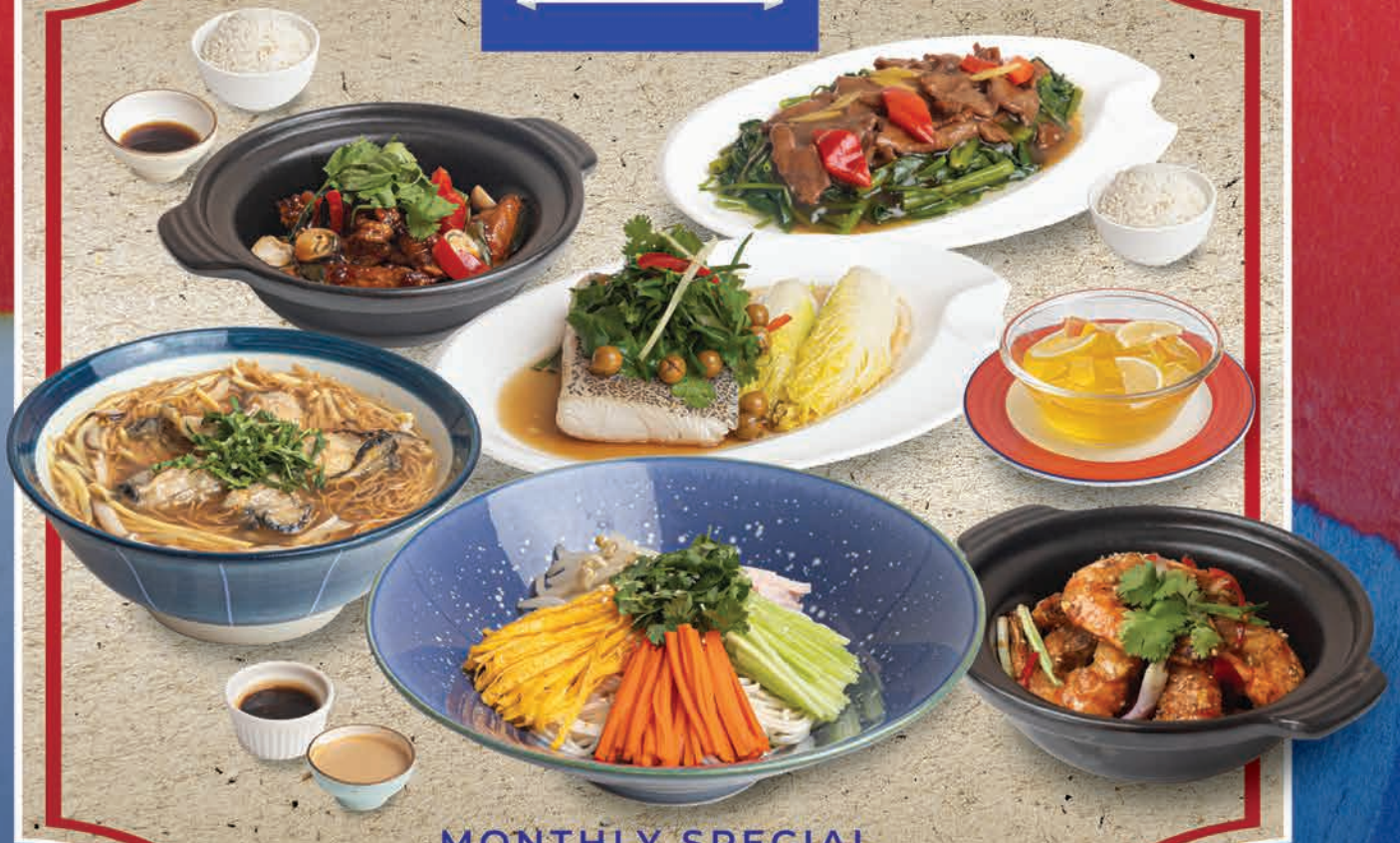
and the rewards would come. After some tense moments and a great fight from both sides, Yi Man Chan spotted a crucial opportunity. She took the chance - pushing the ball past the line into the bottom left corner to secure a 1-0 win for HKFC Ladies A, ensuring we stayed at the top of the league table for another week running!

We have also had tight games against Coyotez, another very strong side. We won by a narrow 2-0 scoreline the first time we play them. The next time we play them we won 8-0! This result gave us a great opportunity to reflect on how much we had grown together as a team, and just how good we can strive to be. Of course, a huge factor in our success this season has been our attacking play, moving the ball forward as a team with great intensity and momentum, resulting in some fantastic goals scored throughout the year. However, it must not go unnoticed that our defensive play has been equally as strong. Our amazing Goalkeeper, **Ange Mok**, did not concede a single goal this season, being the only goalie in Women's Section to have achieved this!

Also a special mention to our Hong Kong National Team Players Tiffany Chan, Yi Man Chan, Katy Mountain and Yammi Chui who played in the Asian Games back in October. Together with Sze Sze Chuen, they were able to capture the champion in the recent 7th Women's Hockey Invitational Tournament on our home turf. After Christmas, we welcomed back Nikki Mclucas after giving birth! We were so pleased to have her back and she added so much to the team for the second half of the season, helping attack the forward line!

A huge thank you must go to our leavers. Julie Groos will be returning home to Germany and Siena Poulton has earned a hockey scholarship for a boarding school in England. The Ladies A will miss you hugely, but we couldn't be more happy for you! We wish you every success and we can't wait to keep in touch and hear all about your news. Your new hockey team will be very lucky to have you!

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Experience the vibrant tapestry of Taiwanese flavours

### COLD SELECTIONS

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Poached with black fungus, Sichuan pepper, star anise, spring onions, ginger and served with spicy dark vinegar sauce

Taiwanese Style Cold Noodles \$88

台式涼麵

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### DESSERT

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Wings with Soy Sauce, Wine and Sesame Oil  
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Mid-joint chicken wings, onions, garlic, red chilli, mushroom, Thai basil, seasoned with soy sauce, rock sugar, cooking wine and sesame oil with steamed rice

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Dichotoma

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Baked Prawns with \$168

White Pepper in a Clay Pot  
砂鍋胡椒蝦

Tiger prawns, white and black pepper, five spice powder, fish sauce, sugar and cooking wine with steamed rice

Wok Fried Sliced Lamb \$148

Meat with Taiwanese  
Satay Sauce

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Sliced lamb rump meat, water spinach, ginger, garlic, soy sauce, sesame oil, satay sauce with steamed rice

Baby Oyster Vermicelli \$108

Soup  
蚵仔麵線

Oysters, Mian Xian, bamboo shoot, garlic seasoned with soy sauce, dark vinegar, dashi



# THE BOWLS GRAND PRIX 2024

FROM 29TH MARTH TO 1ST APRIL

**T**he Bowls Grand Prix, comprising of the top four clubs of each gender in Premier League Division 1 and LBA, YDT teams, was held over the Easter long weekend for 4 consecutive days in all 4 disciplines to compete for the overall grand prize.



## HKFC MEN'S TEAM: CHAMPION

Left to Right:  
Tony Cheung, Adrian Yau,  
Terry Kung, Heron Lau,  
Kenneth Yiu, James Po,  
Kevin Fung, Kenneth Fung,  
Charles So

## HKFC WOMEN'S TEAM: 1ST RUNNER-UP

Left to Right:  
Phoebe Ho, Cherry Tsoi,  
Celena Kwok, Shirley Ma,  
Presenter Claudius Lam,  
Camilla Leung, Christina  
Yeung, Emmie Wong,  
Phyllis Wong



## RESULTS

### HKFC MEN'S TEAMS CHAMPION

Ranking	Team
1	HKFC
2	CCC
3	LBA
4	KCC
5	YDT
6	HKPBC

### HKFC WOMEN'S TEAMS 1ST RUNNER-UP

Ranking	Team
1	LBA
2	HKFC
3	STSA
4	TKOBC
5	YDT
6	ILBC

Bowl Champion  
 CCC 130th Anniversary  
**Philip Chan, Esmond Lee,  
 Presenter Irene Muk and  
 Johnny Tsang**

**C**raigengower Cricket Club (CCC) held a lawn bowls tournament to celebrate its 130th Anniversary on 23rd -24th March 2024. Clubs in the Lawn Bowls Association of Hong Kong China league matches were invited to send a mixed team of four for the tournament. HKFC team, represented by **Philip Chan, Esmond Lee, Irene Muk and Johnny Tsang**, won the Bowl Champion in this tournament.



# CCC 130th ANNIVERSARY INVITATION TOURNAMENT



# Friendly MATCH WITH KOWLOON CRICKET CLUB

The SC Trophy social game was held at Kowloon Cricket Club on 6th April 2024 with around 50 section bowlers participating. After an enjoyable yet competitive afternoon of bowling, HKFC Team retained the title! Congratulations!



# PIG CUTTING CEREMONY AND SOCIAL GAME

13TH APRIL 2024

The traditional Pig Cutting Ceremony of the Lawn Bowls Section was held on 13th April to celebrate the launch of the 2024 Premier League Season. After the Pig Cutting Ceremony, social games were played in both indoor and outdoor lawn bowls greens, followed by the spider game and prize presentations. There were around 100 section members participating and enjoying a day full of bowling and fun.



SPORTS



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As the pinnacle of the rugby season in Hong Kong, we were really proud to see HKFC well represented at the Hong Kong Sevens.

Our Junior Youth age groups (U6 – U12) were able to play in showcase fixtures across the weekend at Hong Kong Stadium. Just speak to any of our local 7s stars and they'll tell you that this is where the dream of representing Hong Kong China begins!

The U10 boys fielded three teams at both the HK Stadium and SCAA for the Sevens Showcase. Another impressive record for FC1 who were undefeated, starting with a 2-0 win against HKU Sandy Bay, followed by a dominant 5-0 against USRC Tigers, and concluding with a hard-fought 2-1 victory over the Sai Kung Stingrays. While FC2 and FC3 had mixed results, all players thoroughly enjoyed the vibrant atmosphere of the Sevens.

Our Senior Youth age groups also competed in their respective 7s finals. We were lucky enough to have 4 teams get there, and for 2 to pick up silverware.

**Under 14 Girls**  
HKFC Natixis **19 – 5** DB Pirates/Flying Kukris

**Under 14 Boys**  
HKFC Natixis **0 – 15** Sai Kung Stingrays

**Under 16 Girls**  
HKFC Natixis **24 – 17** HKU Sandy Bay

**Under 18 Boys**  
HKFC Natixis **12 – 24** Valley Fort

Capping off a wonderful season, our U14 Girls FC1 team comprising **Jem, Louanne, Milly, Philo, Mia, Emily, Louise, Chiara, Romane, Jess, Bella,** and **Kez** played DB Barbarians in the 7s showcase Premiership Final at HK Stadium, bright and early on the first morning of the HK 7s on Friday 5th April.

We have had a fantastic rivalry with DB Barbarians this season with seven encounters in the 4 weeks prior to the final being split 3 wins to FC, 2 to DB and 2 draws.

After taking a 12-0 lead into halftime, DB rallied in the second half and scored a very good unconverted try to make it 12-5. However, the piece de resistance was our final try, a barnstorming break and fantastic sprint to the line from just inside DB's half by Jess to seal the victory. Chiara slotted the conversion and the final whistle blew shortly afterwards with the score 19-5!

The weekend culminated with the March Past along the sideline of the stadium on Saturday, where players proudly waved to spectators together with 22 other clubs. What made the weekend even more special is that this year is the last at Hong Kong Stadium, with next year's event planned for the new stadium in Kai Tak.



# CHRIS HATTAM CUP 2024



On 21st April, HKFC U10 Boys and U10 Girls retained the Chris Hattam Cup, with Lindsay Varty presenting awards following a great event in the spirit of Chris Hattam, our much-loved former U10 Head Coach.

In spite of the stormy weather on the day, there was entertaining rugby played. It was also an opportunity to spend time with players and coaches from other clubs and reflect on an enjoyable season.

We were honoured to have friends of the Hattam family with us, especially Fiona Gore who shared this message from **Helen Hattam**:

*"When I received the news that the Chris Hattam Cup was going ahead on 21st April, I was filled with an overwhelming sense of pride to know that as a community, you continue to take care and bring joy and love to the memory of Chris."*

*"It is truly comforting to all of my family that today there is laughter, enjoyment and kindness all around. We are sending much love and gratitude to you all for continuing to make Chris proud by being part of this treasured event."*

*"Chris led by example and always had enough time and energy for us all. Chris Hattam deeply loved his family and community and paid forward in so many ways."*

## HKFC GIRLS INVITATIONAL FOR SINGAPORE'S TANGLIN RUGBY CLUB (TRC)

After a very successful tour to Singapore in November 2023, where HKFC teams from every age group returned home laden with new silverware, the Club was approached by TRC and asked if we would be interested in organising an All-Girls International Tournament (AGIT) for the U12 and senior youth players. It has been an aspiration for both sides to reciprocate and increase the international exposure of girls' rugby in Asia, so consequently, in the spirit of a shared passion for rugby and not wanting to pass this opportunity, we agreed in late 2023.

We reached out to the major clubs in Hong Kong and found a great deal of appetite and enthusiasm from our rugby community. Since the TRC players and their families were coming on HK 7's weekend, the pressure was to form teams that were also having their league finals the same day. A huge amount of behind-the-scenes work from head coaches and team managers made it possible and on the 5th April 2023, HKFC hosted on our home grounds the first AGIT 7s format from U12 to U18. It was an action-packed morning with a wonderfully overcast sky that sheltered the younger years from a more ferocious heat as we approached the midday sun.

All teams played superbly. There were tries galore and there were lots of winners, not one club dominated, and the players had fun. TRC seemed to have enjoyed the experience and we hope that in the future HKFC can offer an international competition to draw more female talent, not only from Singapore but from further and closer afield, and establish a new fixture and tradition for girls' rugby in Asia.



# MACAU RUGBY FESTIVAL 2024



We were delighted to visit our friends at the Macau Bats as they hosted their first post-COVID tournament. HKFC teams from U6 to U10 made the short journey for a fun weekend of tournament rugby. All teams performed well, and an excellent season for our Junior Youth players ended with more silverware as U8 and U9 returned as Cup Champions. U10 performed strongly in their group stage before narrowly losing out in the U10 cup final.

After a busy morning of rugby, a celebratory squad lunch, some quiet drinks for the coaches and parents, and a well deserved trip to the water park for our young athletes made for a fantastic weekend.



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**A**t the end of March, the Soccer Section Committee sent an experienced squad to participate in the Samurai 7s tournament held at the Yokohama Country & Athletic Club (YC&AC) in Japan.

The squad comprised a mixture of over 35s and over 45s players who would compete in the over 35s tournament.

All of the Section's Men's Competitive and Social teams (with the exception of Wanderers) were represented, although one Wanderer did appear in opposition colours at the tournament!

Day 1 of the tournament kicked off in bitterly cold conditions which accounted for the team seeing themselves going 2 goals down in the first half of their opening match against local team Ishihara Shotas. Fortunately, a strong second half performance saw the team fight back and take a point with 2 second half goals.

Special mention goes to **Adrian Worth** for commencing what seemed to be a rugby penalty practice session with multiple shots, one clearing the bar by some distance and some even coming back to earth with snow on them.

Games 2 and 3 against Union Pacifico and (Adrian Worth's bucket list opposition) Kilimanjaro FC saw the team pick up 6 points plus a bonus point

for 3 goals scored in the latter game.

Special mention goes to **Greg Medhurst** whose beautifully crafted dummy provided an assist in game 3 which helped motivate the team to take the win, although post match he was advised that setting up his own team would be more beneficial!

Day 1 finished with the team sitting in 2nd place thanks mainly to Adrian Worth and James Beacher's goalscoring and Tada-San's amazing shot-stopping!

Day 2 was to be a tougher test with a few squad changes including the loss of its midfield general (Adrian Worth), who was needed back in Hong Kong to provide the steel in Club Albion's midfield for a highly anticipated Sunday evening match at King's Park.

After rehydration, warm-downs and other standard post-match activities, the (revamped) squad was raring to go and see how far they could go in the tournament.

Unfortunately, Mother Nature decided that heavy downpours were to compliment the icy cold temperatures which resulted in the squad struggling to get into first gear for the opening game against the current top team Shenzhen International FC.

After a tightly fought match, the team

fell to a 1-0 loss but remained in second place and still in the hunt for the main cup tournament.

Special mention goes to **Craig Tuckerman** who slotted into the gaping hole in midfield left by Adrian Worth, and proceeded to lose a few toys after continuously throwing them out of the pram after failing to track his man on multiple occasions!

Opponents for the second match included some "friendly" faces from HK in the form of French Krauts FC. A closely fought tie saw HKFC come out on top with a 3-2 victory.

Special mention goes to **James Beacher** who managed to not find any part of the open goal from 35 yards ("it was from the halfway line" protests were heard post match, and even into the month of April!). video footage is available upon demand!

With Shenzhen International FC dropping points during the day, HKFC went into their final game against bottom of the league (FM FC) knowing that a win would move them to top of the table and into the final of the main cup tournament.

Manager **Ruud de Hart** put out an almost full-strength team to ensure that a comfortable win would be forthcoming.



With former Albion Legends **Hiramatsu Takekazu** and **Masayuki Sakai** pulling the strings in midfield and steadying the ship at the back respectively, the team completed a 6-0 demolition of the opposition to set up a grand stand final against Shenzhen International FC.

With the main cup tournament final being the last match of the day, the squad utilised the 3-hour wait by loading up on pre-final burgers to ensure sufficient protein intake and match readiness.

Squad selection for the final saw the manager rest himself which showed his great confidence in his team to carry out his Dutch Masterplan!

The match itself was a cagey affair with plenty of time-wasting by the opposition who seemed keen to settle for penalty kicks.

With a couple of minutes remaining on the clock, and after seeing top scorer James Beacher fire blanks, the manager threw himself on in a last-ditch attempt for glory. Unfortunately, before he could make a difference, the final whistle was blown!

On to the final with 3 kicks a piece. Shenzhen went first and duly went 1-0 up.

Top goalscorer (he requested this to be mentioned multiple times) James Beacher brought the team level with a cool penalty right in the bottom corner, leaving the keeper no chance!

Shenzhen scored their second penalty followed by their keeper making a good save to deny Masayuki Sakai to leave HKFC 2-1 down with two penalties remaining.

With Shenzhen needing to score their third penalty to win the shootout, up-stood HKFC's own Superhero **Tadamitsu Adachi** who produced a world class save to keep the team's hopes alive!



Manager Ruud de Hart stepped up with the final spot kick, needing to slot hope to send the game into sudden death. Unfortunately the opposition keeper made a huge leap to his right to pull off a match winning save and shatter HKFC's dreams!

Special mention goes to the organisers who decided against implementing VAR for the penalty kicks, which surely would have spotted the keeper well off his line

All in all a great weekend of football for the section and with an average age of 43, did HKFC proud in Japan!

Special mention and big thanks to the now Japan-based ex-Albion players (Take-san and Sakai-san) for helping out and ensuring we had a full squad for the weekend!

Top Goalscorer: **James Beacher**

Most Assists: **Adrian Worth**

Man of the Tournament:

**Tadamitsu Adachi**

Squad Members:

**Ruud de Hart (Albion & Gazelles)**

**Greg Medhurst (Albion & Gazelles)**

**Craig Tuckerman (Albion & Gazelles)**

**Adrian Worth (Albion & Gazelles)**

**James Beacher**

**(1st Team, Lucy Mile,**

**Colts & Dynamics)**

**Tadamitsu Adachi (Rovers & Gazelles)**

**Hiramatsu Takekazu (Albion)**

**Masayuki Sakai (Albion)**



## SATURDAY MATCH RESULTS



### PITCH A

**HKFC**  
2-2 vs Ishihara Shotas

### PITCH B

**HKFC**  
2-1 vs Union Pacifico

**HKFC**  
3-2 vs Kilimanjaro FC

## SUNDAY MATCH RESULTS

### PITCH A

**Shenzhen Int. FC**  
1-0 vs HKFC

### PITCH B

**HKFC**  
3-2 vs French Krauts

**HKFC**  
6-0 vs FM FC

Over 35s Cup Fin  
**Shenzhen Int. FC**  
PK.2-1 vs HKFC



## Samurai 7s International Masters Over 35s



Team	P	W	D	L	F	A	GD	PTS	POS
HKFC	6	4	1	1	16	8	8	16	1
Shenzhen International FC	6	4	1	1	10	4	6	15	2
French Krauts FC	6	2	2	2	11	8	3	9	5
Unión Pacifico	6	1	1	4	5	11	-6	4	6
Kilimanjaro	6	3	2	1	18	8	10	14	3
Ishihara Shotas	6	2	3	1	18	7	11	10	4
FM FC	6	0	0	6	1	27	-26	0	7



CHAIRMAN'S BAR



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# LADIES DIVISION 1

## **CARMEN LEE, HKFC L1A CONVENOR AND LADIES CAPTAIN OF HKFC SQUASH SECTION**

"I am so proud to serve as the Ladies Squash Captain of the HKFC Squash Section, and my feelings grow stronger as I reflect on our success in this season's Winter Squash League. Our team's successful effort enriched the local squash community this season throughout all 3 Ladies divisions.

I'm thrilled to announce that our HKFC ladies have made history and won all 3 titles for all 3 ladies league divisions. HKFC L1A has won the ladies top league title with only 1 defeated match. HKFC L2A has clinched the title with just 2 points ahead of the 2nd place – Kowloon Cricket Club. And HKFC L3B has secured the title with a close call by leading HKFC L3A by 4 points after the final round.

We have earned our success with tenacity, loyalty, and dependability all season long – encouraged by everyone involved, from the players, the better halves, the supporters and the parents. I would also like to thank all of our convenors whose tireless efforts and unequalled discipline resulted in the unprecedented success that the HKFC ladies teams witnessed this season.

It is great to see the HKFC ladies squash teams are growing in strength, watching the new generation of youngsters fearlessly put on incredible performances on the court, watching the all the players cheer and support their teammates during their games to encourage their best on court. Knowing some of them offered to change their flight schedule for the deciding match just because the team needed them. Everybody's contribution is appreciated, and everyone feels confident that they are good enough to offer the best. We have triumphed numerous times because of this



## **HKFC LADIES TAKE THE HK SQUASH LEAGUE BY STORM! OUR LADIES TEAM'S CAPTURED ALL THREE DIVISION TITLES FOR THE FIRST TIME IN 51 YEARS.**

togetherness and mutual respect among our team members.

Of course, it is not just about titles at the end of the day, but the friendships that are developed along the way, and the lessons you learn as you go through the process. For each game, win or lose, new small steps are always put towards self-improvement. Consequently, we must keep our efforts which are to be directed on and off the court, unceasing as we are just starting another amazing season together.

Beyond the victories we win on the court, everyone should remember to enjoy life off-court, reflect on our unbreakable bonds as teammates and relish in the good times we create. The feelings we get after winning a challenge or from the training sessions are the best encounters that remind us why we started this struggle.

While celebrating our accomplishments, we relish this special moment and enjoy the unique bond with our teammates who make us part of the team in the first place. We have done this together, creating unity and the compulsion for all things to be possible with sufficient effort, diligence and enthusiasm. The time to celebrate has come: to the HKFC Squash Section and its promising future!"

## **MARIKO TAM, TEAM MEMBER OF HKFC L1A**

"In the exhilarating world of squash, teamwork, dedication and a passion for the game are essential ingredients for success. This season, our ladies team HKFC L1A, consisting of talented players **Tomato Ho, Heylie**

**Fung, Carmen Lee** (our convenor and ladies captain), **Hailey Wong** and myself **Mariko**, showcased our exceptional skills and unwavering determination, leading us to emerge victorious in the squash league. Let's delve into the thrilling journey of HKFC L1A as we secured our spot in the highly anticipated final series.

From the very beginning, HKFC L1A demonstrated our unwavering commitment to excellence. Each member of our team brought unique strengths to the table, allowing us to conquer formidable opponents throughout the league. **Tomato Ho's** agility and strategic shot placements, **Heylie Fung's** relentless energy on the court, my precision and tactical approach, **Carmen Lee's** leadership skills, and **Hailey Wong's** tenacity formed a formidable force that proved challenging for any rival team to overcome.

Week after week, we showcased our prowess, securing victories against strong opponents with our exceptional teamwork and remarkable individual performances. Our unwavering dedication to training and our unwavering support for one another created an unbreakable bond within the team—a bond that would prove crucial in the final series.

As the league progressed, anticipation mounted as HKFC L1A approached the final series. It was the ultimate culmination of our hard work and determination—a chance to prove ourselves on the grandest stage of all. The final series would test our skills, resilience, and teamwork like never before.

In the final series, we faced off

against the league's top teams, each hungry for victory. The pressure was intense, but our unwavering focus and unity allowed us to rise to the occasion. Every member of HKFC L1A played with heart, showcasing our exceptional skills and determination to clinch victory.

My agility and speed were on full display as I gracefully maneuvered across the court, executing precise shots that left my opponents dumbfounded. Heylie Fung's relentless energy was infectious as she chased down every ball and displayed her formidable defensive skills. Tomato Ho's tenacity and never-give-up attitude proved to be a game changer, inspiring us to push beyond our limits.

With each match, our confidence grew and our exceptional performances garnered us well-deserved victories. Our unwavering dedication to training, combined with our ability to adapt to different playing styles, allowed us to overcome even the toughest opponents in the final series.

With the final match of the series, HKFC L1A emerged triumphant, securing their place at the top of the squash league. The joy and elation were palpable as we celebrated our hard-earned victory. The moment was a testament to our unwavering commitment, hours of training, and the unbreakable bond that had been forged throughout the season.

HKFC L1A's journey to victory in the squash league and our subsequent qualification for the final series are a testament to the power of teamwork, dedication and a shared passion for the game. Tomato Ho, Heylie Fung, Carmen Lee (our convenor and ladies captain), Hailey Wong and I exhibited. Unparalleled skill and determination,

inspiring not only our teammates but also aspiring squash players everywhere.

As we prepare for the upcoming final series, HKFC L1A stands as a shining example of what can be achieved through hard work, perseverance and a unified team spirit. Our remarkable journey is a testament to the heights that can be reached when a group of individuals comes together with a shared goal. As the final series approaches, all eyes will be on HKFC L1A, eagerly awaiting our next chapter in the pursuit of squash greatness."

### **CLARISSA LI, HKFC L2C CONVENOR**

"Our journey to the final series was not without its challenges. Though we tried to plan ahead the allocation of players, there were unpredictable things happened. For example, sudden work roster changed, hurt, business trip, etc., but we overcame these challenges one by one.

Team spirit is another pillar that fostered us along this journey. It was no doubt that our support for one another was unwavering. We cheered each other on, offering encouragement and motivation. There was a particularly impressive moment so touching for me. When I finished the fourth game and victory seemed not that positive, I was so tired and wanted to give up. Suddenly, I heard clapping sound, a pair of hands appeared in front of me and my teammate encouraged me by clapping her hands. I was filled of energy and full of strength at that moment. My determination to win was so strong that I made it finally! It is amusing that squash is an individual sport and yet, team spirit allows us to overcome obstacles and achieve success.

The entry to the final series was definitely the result of our collective effort and determination. Our opponents were all seasoned and experienced players that we were lacked of. The sportsmanship and enjoyment in the games, to make new friends, to learn new skills and techniques, are all the benefit we got from this league!

I thanked for the HKFC and L2C Team to let me be their Convenor and our performance would be definitely a great progress next year!"

# LADIES DIVISION 2

### **YURISA YEUNG, HKFC L2A CONVENOR**

"I had the honour of convening L2A, an extraordinary team consisting of **Celia Choi, Olivia Chan, Karen Wong, Chung Ka Yau** and myself. Together, we had a triumphant season, emerging as the league champions and first runner-up in the playoffs.

Celia, our talented new member, made an immediate impact with her exceptional skills and experience representing Hong Kong in junior tournaments. Despite 2 initial losses, she quickly rebounded and remained unbeaten for the rest of the season, establishing herself as a formidable player.

Olivia, our dedicated teammate, showed remarkable commitment by making herself available for matches despite her demanding shift duty and long commute. Her exceptional technique, especially her lobes and drops, played a crucial role in our team's success.

Karen, promoted from L3, brought a fresh perspective and energy to the team. Despite her hectic schedule, she trained hard and made extra efforts to support the team.

Ka Yau, our rising star, displayed immense potential as a top junior under 15. Her hard work and determination were evident in challenging matches against strong opponents like Kowloon Cricket Club (KCC).

Securing the championship was no easy task, particularly against our toughest opponent KCC, who had been dominating other teams. Fortunately, luck was on our side as KCC's juniors faced a shortage of players during their examination weeks. We seized the opportunity and won an impressive 19 out of 20 matches, clinching the championship title in our league. Our collective efforts and exceptional teamwork resulted in an outstanding cumulative score of 84.



In the playoffs, we faced KCC once again in a fiercely contested battle. Although we fell just short of toppling the reigning champions, we secured the first runner-up position. It was a hard-fought contest that motivated us to strive for even greater success in the future.

One unique challenge we faced was having only 5 players in the team while 4 were required every week. Nonetheless, each member showed dedication and resilience, strengthening our bond as a cohesive unit.

Beyond the statistics, what truly made this season memorable was the unbreakable bond and exceptional team spirit within our group. We supported and encouraged each other, fostering an atmosphere of camaraderie and mutual respect.

While our main focus was always on winning, we also cherished the friendships that developed within our team and with our opponents. The close-knit nature of the league, with only six teams from our friendly clubs - KCC and Hong Kong Cricket Club (HKCC) - competing against each other frequently, allowed us to forge connections with our rivals beyond the courts. We enjoyed pleasant dinners, shared laughter and formed meaningful friendships with our opponents. Despite our determination to defeat them on the court, the friendly atmosphere and mutual respect added an extra layer of enjoyment to the season.

I would also like to express my sincere gratitude to **Carmen Lee**, our ladies captain, for her pivotal role in forming a strong team and providing unwavering support throughout the season, even during away matches. We are deeply grateful for her contributions.

As the convenor, I am immensely proud of each and every member of our team. It was an honour to lead such an exceptional group, and I eagerly anticipate witnessing our future successes on the squash court."



### **CLARISSA LI, HKFC L2C CONVENOR**

"As a Convenor of the HKFC L2C team this year, this is an extraordinary experience and as a 'freshman' of the title, I did learn a lot from it. Most importantly, without our team members, we couldn't propel to come to our best result, the final series.

Our team is a diverse group of individuals, mainly secondary school students and working adults. We did not know each other, but we were brought together by a shared passion of the squash. Each team member, regardless of age or experience, played a vital role throughout the whole season.

It is understood that each of us has a very busy schedule in work or study. Our members always prioritised and tried very hard to play in each match. I would say this spirit is "one heart one play". We are united by a thread - the drive for excellence in each match.

Communication is another aspect that led us to the success. We had parents involved in our communication channel. This is very unique compared to other teams' structure. Thank you for the parents' effort and ideas. We forged a strong bond that propelled us farther than what I expected.

Our journey to the final series was not without its challenges, though we tried to plan ahead the allocation of players, there were unpredictable things happened, for example, sudden

work roster changed, hurt, business trip etc, but we overcame these challenges one by one.

Team spirit is another pillar that fostered us along this journey. It was no doubt that our support for one another was unwavering. We cheered each other on, offering encouragement and motivation. There was a particularly impressive moment so touching for me. When I finished the fourth game and victory seemed not that positive, I was so tired and wanted to give up. Suddenly, I heard clapping sound, a pair of hands appeared in front of me, my teammate encouraged me by clapping her hands. I was filled of energy and full of strength at that moment, my determination to win was so strong that I made it finally! It is amusing that squash is an individual sport, team spirit allowed us to overcome obstacles and achieve success.

The entry to the final series was definitely the result of our collective effort and determination. Our opponents were all seasoned and experienced players that we were lacked of. The sportsmanship and enjoyment in the games, to make new friends, to learn new skills and techniques are all the benefit we got from this league!

I thanked for the HKFC and L2C Team to let me be their Convenor and our performance would be definitely a great progress next year!"



## LADIES DIVISION 3

### **BONNY LAW, HKFC L3B CONVENOR**

"The year 2024 has witnessed a remarkable journey of the team HKFC3B who had fought the way to get to the top, regaining the championship. The winter league of division L3 kicked off on 6th Oct 2023 in our home court, unfolded by the rivalry between team HKFC3A and HKFC3B. After the intense and thrilling games between players, HKFC3B's victory had marked a good start of the season for them.

This year, more new faces have joined the ladies L3 league which consists of a total of 7 teams, in which 3 teams representing the HKFC. Other teams include Hong Kong Cricket Club, Jessica Smashin' Mochi, Physical Chess Ladies and The Squash Club Ladies. With more teams competing, the league had turned into a more exciting and vibrant one.

As the league progressed, although Jessica Smashin' Mochi initially held the lead in the first half of the league, with the unwavering determination and efforts from our players, HKFC3B had managed to emerge at the top and fight for the championship against our comrades HKFC3A. The winner was not yet decided until the last match of the league, which was held on 19th April 2024. In the final showdown, HKFC3B seized 5 points from the Physical Chess Ladies and sealed the victory, with the cheers

and applause from the home court. At the end, HKFC3B clinched the overall championship with a final score of 65-61 against HKFC3A.

We have been more than grateful to have an exceptionally supportive and joyful team which has empowered us to clinch the title. Our players have also showcased their extraordinary squash skills and strategies, especially the young players. The lightning-quick movements and reflexes from the young rising stars had left the audience in awe all the time. **Ipsa Mishra** and **Mia Wei** have both made a clean sweep. The shots were consistently executed with precision. **Hailey Chiu** and **Veronica Lo** have always demonstrated outstanding athletic prowess with resilience. Heartfelt thanks to **Ruby Wong**, **Bonny Law** and **Amanda Ooi** for playing and cheering for the team, witnessing all the crucial winning moments.

With half of the team composed of junior players, it is worth expressing our gratitude here to the parents of the young players. They have been providing enormous support and sage advice throughout the league matches, not only to their children, but also to all the teammates in HKFC3B. Buoyed up by their encouragement, together with their winning strategies, our players had strived for the very best to achieve the marvellous win.

Needless to say, it is definitely

ecstatic to have achieved the championship after all the fierce and stunning league matches. It is truly the team collective effort which has rendered the championship possible. All the captivating performance will be remembered. We are also happy to witness that every player has improved in some ways. We hope our bonding, passion and morale will keep to grow strong and our players' indomitable spirits will continue to drive them to push their limits and pursue excellence in the next season."

### **ESTHER WAN, HKFC L3A CONVENOR**

"As the song goes, it's the final countdown! Adrenalin pumping. Nervous anticipation. Restless nights. Round 1 of the final series will see HKFC L3A go head to head with HKFC L3B to battle out for a spot in the final.

Celebratory dinner post derby is in planning as regardless of the result, it's great to see at least one of our HKFC L3 teams will be lifting a trophy. An amazing finish to a great season.

A special thank you to the committed and supportive ladies of L3A and of course our Ladies Captain **Carmen Lee!** We may bid farewell to the season. However, the friendships, memories and winning team spirit within our hearts will be long lasting. Now let's bring that final series trophy home. Game on!"





PrettySporty  
Cheryl Treworgy

## OLYMPIANS IN THE SOCIETY

# CAITRIONA JENNINGS,

## LONDON 2012 OLYMPICS

With Paris 2024 Olympics Games around the corner, the Swim & Triathlon Society is publishing a series of interviews with Olympians amongst us. This is the first of the series with Caitriona Jennings who represented Ireland competing in the Olympic Marathon event in 2012. Since then she has continued to scale new heights in the sport with Ultra Runner of the Year Award from Athletics Ireland in recognition of Caitriona's achievements of winning the 50km European Championships and placing 3rd in the 100km World Championships. She set new Irish records for 50km (3:19:42), 100km (7:07:16) and 50 mile (split in 100km of 5:42:38). Her performance at the 100km World Championships also secured a World Gold (Masters) and new Over 40 World Record for 100km.

### Was competing at the Olympics a childhood dream?

"Absolutely! I used to daydream about competing at the Olympic Games when I was a child, but at that time I imagined that I would be swimming as that was my first sport. I even used to think about what I would say in my post race interviews! That dream came a little closer to reality when I attended an Olympic Youth camp for triathlon in Northern Ireland when I was 14 and had the opportunity to meet some athletes that had competed in previous Games."

### When and how did you know that you were going to compete? Or what lit the fire for the Olympics?

"I was selected to be part of an Irish training squad whose main objective was to have more Irish athletes qualifying for the Olympic Games Marathon. That gave me the belief that I was good enough to run in the Olympics. I ran 2:36:11 in my second ever marathon in Rotterdam in 2012 (the 2nd fastest of the 4 Irish girls having achieved the qualifying standard of sub 2:37), so I knew I was in with a very strong chance of being selected but I received the call officially declaring me as part of the Irish Olympic team in May 2012 while I was on training camp in Portugal. I was ecstatic!"

### How did you train for the 2012 London Summer Olympic Games?

"We expected the weather to be warm, so I spent a lot of time on training camps in Portugal. There was a great group of athletes there with fantastic facilities including a running track, gym (for strength work) and miles and miles of trails. I was there with another Irish girl that had qualified in the marathon, so we did a lot of training in the heat together to prepare for London."

### Please share a fun fact at the Olympics!

"The dining room in the Olympic Village in London sat 5,000 people, and was big enough to park 80 London buses inside. It was enormous... and a great place to spot many famous athletes getting their pre-competition and post-competition meals."

### Competing before the world stage appears to be in the family DNA. Do you and your sibling compete against each other?

"Yes Myself and my sister (who finished 6th in the LW2X rowing event in the Rio Olympics) are fierce competitors... luckily I still have the edge when it comes to running and she definitely ranks supreme in rowing and cycling! Her husband is also a double-Olympian, so you could say that friendly board games at Christmas become pretty fierce!"

### How do you balance your family, work and training?

"Although it can be challenging at times, I always manage to find a way as each one is so very important to me. Ultimately, training at a high level requires significant organisation and discipline... and I usually have to sacrifice certain things (mainly sleep) to fit everything in. But I train because I absolutely love competing and running is just part of me at this stage!!"

### What is your advice to budding athletes who want to perform on a world stage?

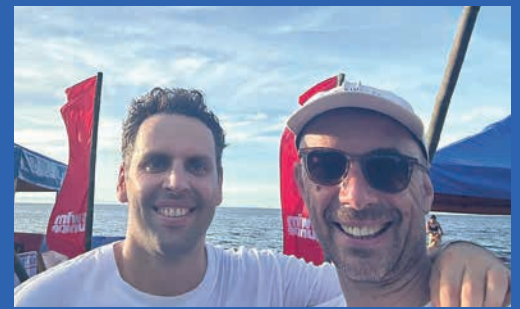
"Believe in yourself and follow your dreams. It may seem unattainable at times, but just keep showing up every day and work hard, and you will achieve what you set your mind to. Of course it will be difficult at times and there will be setbacks along the way, but don't let that derail your dreams. Shoot for the sky and you will reach the clouds!"

## SPORTS



### IRONMAN 70.3 World Championship, Cuba

Three of our HKFC ladies competed in a very tough 70.3 in Lapu Lapu Cebu in 39 degrees of heat. Strong currents meant that many participants were pulled out of the race as they did not make the cut-off time. The was followed by a windy bike ride with an unexpected elevation over 600m and the run was brutally hot with no shade. Enthusiastic spectators were a welcome surprise! including goats, roosters and dogs at the water stations. **Janet Wu** came 5th in her age group and get a slot in World Champions, **Judy Stevenson** managed a podium position, coming 2nd in her age group and **Begum Demiral** came 12th in her age group. The organisers and volunteers were so welcoming, as were all the local Lupa-Lapu people. It was an experience for sure and congratulations to all three for their efforts in these incredibly challenging conditions!



### SWIMJUNKIE CHALLENGE: CAMIGUIN 2024



#### Camiguin Island, Philippines

More swimming success on the 28th April with **Matthieu** (alias Frenchie) placed 1st overall in the 8km, after an intense battle with a young local filipino swimmer. **Nicolas Gontard** placed 3rd overall in the 5km, after (to quote **Nicolas**) an intense battle with himself. Strong current, waves, but great fun.

## RESULTS FROM OUR LATEST ASA MEET

**O**n 28th April, 10 of our swimmers participated in the Hong Kong Long Course Masters Swimming competition with 14 individual and 4 relay events, with an impressive total of 11 gold medals (3 of which for the highly anticipated relay races) and 5 silvers collected at the event.

Not only was the medal collection outstanding at this competition, a total of four Hong Kong records were broken by our teammates **Craig Nortje** (who achieved not only the 100m Backstroke record but also the 200m Freestyle record on the same day – category Men's 45-49 with an additional gold medal in the 200IM for good measure), **Alex Fong** (200m Freestyle, category Men's 40-44) and **Peter Inglis** (50m Butterfly – category Men's 70-74). Huge congratulations to these swimmers!

Our ladies **Christina Sjolholm** and **Farah Master** both achieved gold medals with excellent swims in their respective age groups for the 100m Backstroke and the 200m Freestyle, and also both contributed to the additional silver medal achieved in the 4x50 Women's Medley Relay joined by teammates **Janet Wu** (who also won silver in the 50m Butterfly) and **Angie Fong**.

**Chris Cheng** also won a gold medal in a speedy 50m Butterfly, with **Shek Pui Lo** (200m IM) and **Braedon Sharp** (200m Freestyle and 50 Butterfly) collecting more silvers for the men's team. Competitive freestyle races were also swum by **Shane Davis** (200m) and **Shek Pui Lo** (50m).



The medal haul continued in the relays with golds in the 4x50 Men's Medley Relay and the 4x50 Mixed Medley Relays in two separate age groups. Congratulations to all the swimmers who took part in this meet and preparation is already underway for more medals at the next meet on 23rd June.

As always, a huge thank you to our wonderfully supportive coach **Dominic Tsui** and everyone who came to support on the day.

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# JUNIOR NETBALL ACADEMY SEASON FINALE



## FINAL PLACEMENT IN JUNIOR NETBALL LEAGUE 2023/2024

TEAM	DIVISION	PLACEMENT
Twisters	U19 Prem	1st
Storm	U19 Div1	1st
Thunder	U14 Prem	1st
Tremor	U14 Div1	2nd
Lightning	U12 Prem	3rd
Blizzards	U12 Div1	1st
Snowstorm	U12 Div2	2nd

TEAM	MVP	SPORTSMANSHIP
Snowies	Freya Fulton	Dheeya Paski
Snowflakes	Lucy Ervine	Zara Piachaud
Lightning	Asia Vettoretti & Amelie Webster	Caroline Lindsay
Blizzards	Chloe Fulton	Chloe Davis
Snowstorm	Nga Ching (Angie) Wong	Elinor Chan
Thunder	Maggie Barton	Heidi Williamson
Rainstorm	Kayla Li-Black	Pippa Bourne
Tremors	Charlotte Fenwick	Eloisa Deayton
Twisters	Megan Lui	Emma Badenach
Mavericks	Alicia Koo	Kaelyn Allen
Storm	Sophie Aranha	Christy Chow & Prisha Bahrnani
Red Rain	Maggie Dowding	Milla Froidevaux & Alexis Chiu





# REACH THE ELITE



Hong Kong Football Club Magazine is a monthly publication which is distributed to the Members of the Club, other prestigious clubs in Hong Kong and reciprocal clubs worldwide. The magazine has a circulation of over 3,000 per month and a readership of approximately 6,000 adults and 5,000 children.

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# HKFC TENNIS CHARITY CUP 2024

## A GRAND SUCCESS IN SUPPORT OF CHILDHOOD CANCER RESEARCH

### TENNIS FOR A CAUSE UNITING SPORTS AND GENEROSITY

The annual HKFC Tennis Charity Cup, held on 13th April 2024, proved to be a remarkable event that blended the love for tennis with the spirit of giving. This year, the Charity Cup proudly extended its support to the St. Baldrick's Foundation, an esteemed organisation committed to advancing childhood cancer research. With an impressive turnout of around 50 participants, the event brought together individuals who relished the perfect Sunday morning weather to engage in friendly tennis matches from 9 am to 12 noon.

Notably, the founders of the St. Baldrick's Foundation, **Adam** and **Darren**, were not only instrumental in organising the Charity Cup, but also actively participated in the event. **Adam** took the opportunity to share the inspiring background of the foundation, emphasising their vision to bolster groundbreaking research for finding cures for childhood cancers and ensuring survivors lead long, healthy lives. **Darren**, another co-founder of the foundation and a current Men's A tennis player at HKFC, shared a personal story about his son's battle with cancer at a young age. He highlighted how his son's remarkable recovery and return to an active sporting life underscored the significance of unwavering support for cancer research, particularly for children in need.

The collective efforts of the Charity Cup culminated in a significant amount of funds being raised for the St. Baldrick's Foundation. Grateful appreciation goes to the generous donors who contributed through various channels, including direct donations on the foundation's website, donations made during last year's gala dinner, entrance fees for the charity cup and the sale of raffle tickets. The



demand for raffle tickets exceeded expectations as all 100 tickets prepared by our tennis society were sold out. To meet the overwhelming response, additional tickets were manually created. This valuable lesson has inspired us to be better prepared for next year's event, ensuring that ample tickets are available to support those in need.



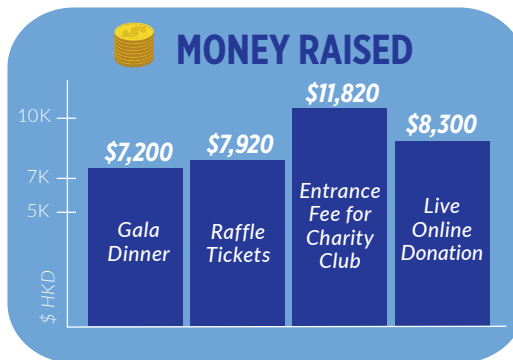


Furthermore, in a touching display of solidarity, some of the tennis players courageously volunteered to have their hair shaved off, further raising funds for the cause. Their selfless act symbolised their commitment to making a difference in the lives of children battling cancer.

Lastly, we would like to express our gratitude to the generous members of HKFC who donated remarkable gifts for the raffle. Their contributions played a vital role in making the event a resounding success, underscoring the spirit of unity and compassion within our community.

By combining the joy of playing tennis with the noble cause of supporting

childhood cancer research, the Charity Cup 2024 exemplified the power of collective action in creating a brighter future for young patients. Together, we can make a lasting impact and offer hope to those who need it most.



### 2024 CHARITY CUP, ST BALDRICK'S FOUNDATION PRIZES

Prizes	Donated By
Yonex racket	ATA
Two-hour Coaching <i>by former HK No. 1 Venise Chan</i>	Venise Chan
One bottle of champagne	Dram Good Stuff Shaan BHOJWANI
Bottle of wine <i>2 bottles</i>	HK Football Club
Backpacks <i>2 pieces</i>	Protiviti
Beach towels	Protiviti
Yoga mats	Protiviti
Caps & visors	Protiviti
Water bottle	Protiviti
Led lamps <i>3 pieces</i>	Sihui Symonds
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# “INTERVIEW WITH ALEX WILTON”



HKFC Tennis Society is delighted to announce our exclusive interview with the Alex Wilton this month! Discover the captivating story and remarkable insights of Alex in the interview below. Brace yourselves as we eagerly anticipate his presence on our esteemed tennis courts at the club!

**Can you provide us with an overview of your tennis journey so far? We are particularly interested in your major achievements and milestones.**

"A long time ago, I won a few events on the ITF junior tour. En route to those victories, beat some guys who play on the tour now. Can't really live on that though as it was so long ago. We are talking decades! My most memorable win was actually with my brother when we took the doubles title in Dubai. I'm also proud that I captained my school team to win the world champs. We beat some good countries en route."

**Who is your favourite tennis player, and how have they influenced your playing style or approach to the game?**

"My favourite player growing up was Fabrice Santoro. I was lucky enough to watch him at Wimbledon a few times on the outside courts and so got super close. I loved his unique style, especially his slice and how he just constantly hustled from the back and never gave up.

For similar reasons, I liked David Ferrer. He was a machine and in order to beat him, opponents knew they had to go through him, else they would be worn down. Not sure they influenced my playing style as that was mainly coached, but their tenacity and mental strength influenced me."

**As a tennis player in the HKFC tennis society, what is your vision for your involvement? What are your goals and aspirations within our community?**

"Throughout my teens tennis was a solo sport and I enjoyed it and had some success. I first got a taste of tennis as a team sport when I played in the county cup (domestic inter-state competition in the UK) and as part of my school team. I loved the team aspect, where each

across the line up counted. When I went to college in the US, I also thrived with the team aspect of competing. Training and competing for your teammates gave me additional motivation and mattered more. Playing and competing on the HKFC team excites me as I want to do well with the rest of the team.

Reinvolvement, I really like the themed organised part social, part charity, part competition, part just fun events Nathan and Toby ran even before I joined and participated in several as an 'outsider'. I want to get stuck into the social and team competitions, in all sorts of formats.

My son is young but he's also got a natural affinity for sport / just whacking around any ball, so I'm keen for him to get involved and grow with the community over time."





**Besides tennis, what other interests or hobbies do you have? How do you strike a balance between your personal life and your dedication to the sport?**

"I'm not sure I'm the expert on balance - that's a work in progress for me. I like to commit to things I'm involved in and sometimes have a tendency to be a bit myopic in my approach."

Nowadays, my life revolves around work, my family and then occasionally other things I like such as tennis. I try to keep in shape and enjoy running and the gym, as well as most sports, though really the only sport I play regularly and not just for an odd charity game or as a fill in, is tennis."

**What motivated you to join our tennis society? What do you hope to gain from being a part of our community, and how do you envision contributing to its growth and success?**

"HKFC has such a vibrant sporting culture which I think is unmatched by other clubs. Other clubs are great and there are fantastic clubs in HK, but as a sports club, I think it's tough to look past HKFC in terms of how the various and numerous sports teams are the fabric of the club, each adding their own flavour."

For me, as I alluded to in the other question earlier, I genuinely enjoyed partly participating in the events the



*My favourite was the mixed doubles inter team competition. As a society, I really like that there's so much participation across both the men's and women's tennis communities at the club.*

tennis society put on. My favorite was the mixed doubles inter team competition. As a society, I really like that there's so much participation across both the men's and women's tennis communities at the club.

I also think it feeds through in the ATA program that Nathan, Toby and the other coaches run. Much like the rugby minis and other sports programs, the approach is high energy, fun, inclusive, and leaves everyone - kids or adults - wanting to come back for more.



Getting stuck in is the main way I seek to contribute."



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# HKFC GOLF SOCIETY TEAM VS WAGS



**MONDAY, 15TH APRIL 2024  
MACAU GOLF AND COUNTRY CLUB**

In an exciting golf match held at the picturesque Macau Golf and Country Club, the HKFC Golf Society Team faced off against the formidable WAGS (Wednesday Afternoon Golf Society) on a perfect weather for golf Monday morning. Despite a last-minute drop out from the HKFC GS Team, we managed to quickly find a replacement from our long list of reserve golfers, ensuring a competitive showdown.

The match consisted of six groups. Captain **Andy Ho** and **Robin Zavou** were the first pair to go out against WAGS Captain **Brian Moss** and **Jimmy Donnelly**. An extremely competitive match between the two pairs and it was all square after 17 holes. Although it was under pressure, **Robin** played very well on the last hole and tasted our first victory. Second battle was claimed by WAGS **Alain Roberge & Darren Mellis** vs **Justin Faulkner & Greg Medhurst**. Third group were back on our side again when **Mike Button & Kien Ng** beat **Alex Skilton & Mark Packer** by 2&1. Fourth group were **Jonny Brock & Rene Theil** vs **Greg Hagen & Neal Goldman**. **Jonny** and **Rene** was 1 down after 17 holes and **Jonny** was trying to reach the 18th green (PAR 5) in two, but slightly missed the green and also the bunker on the right side of the green with branches hanging on top of his golf ball, still demonstrating great skill by putting the ball less than 10 feet for a birdie. However, luck was with WAGS and HKFC GS lost their match. There was already a gallery on the 18th green before the fifth group **Jenny Chapman & Terry Wright** vs **Oli Li &**

**Nathan Goldman** approaching. **Jenny** said she needed a miracle in order to win this hole and half their match. Miracle granted and **Jenny** sunk a 20ft chip shot from the back of the green. Result was all square after 5 matches. However, match of the last group between **Andrew Wood & Nikolaj Schultz** vs **Neil Gardner & Garry Kemp** was finished long before they reached the 18th. In the end, the HKFC GS Team faced a narrow defeat, with WAGS emerging victorious with a score of 3-2. The match was closely contested, with both teams displaying exceptional skill and determination.

Individual performances in the match were commendable. Several golfers from both teams showcased their talent, hitting impressive shots and sinking crucial putts. The HKFC GS Team fought valiantly, but WAGS proved to be a tough opponent.

Despite the loss, the HKFC GS Team exhibited great sportsmanship throughout the match. We graciously accepted defeat and congratulated the WAGS team on their well-deserved victory. The camaraderie between the teams was evident as we shared laughs, exchanged golfing anecdotes and celebrated the spirit of the game inside the Club House of MGCC.

Overall, the golf match between the HKFC Golf Society Team and WAGS was a captivating and closely contested affair. Despite the HKFC GS Team's loss, we exhibited sportsmanship and determination, leaving a lasting impression on the spectators and setting the stage for future encounters between these two esteemed golfing societies.

### NEAREST TO PIN

Hole 4 **Brian Moss**

Hole 6 **Jonny Brock**

Hole 14 **Jimmy Donnelly**

Hole 17 **Brian Moss**

### NEAREST TO PIN 2ND

Hole 7 **Justin Faulkner**

Hole 15 **Neal Goldman**

### LONG DRIVE

Hole 7 **Jonny Brock** <sup>3 Wood</sup>

Hole 12 **Neal Goldman**



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- One refreshment break for half day meeting
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- Continental breakfast can be arranged at additional cost of **\$65 per person**, including two kinds of pastries, fresh fruit platter, chilled juices, Nespresso coffee or tea

### A Little Extra

- **\$65 per person** for additional refreshment break
- **\$160 per person** to upgrade the existing buffet lunch to 3-courses set lunch at Restaurant (maximum of 20 persons, dress code at Restaurant is smart casual)

### Additional Equipment

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# CHRISTOPHE'S *Chronicles*

## WEEKEND WINE LUNCH AT THE RESTAURANT: WINE, DINE, AND UNWIND!

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Embark on a culinary journey with our four-course menu, featuring an enticing selection for each course. We've taken your sweet tooth into consideration, so rest assured that our dessert counter will satisfy your cravings.

Now, here's the highlight of the experience! Kinder has meticulously chosen a collection of exclusive wines to impeccably pair with each course. Say goodbye to ordinary wine choices found everywhere. Kinder has gone above and beyond to present you with extraordinary, out-of-the-box wines – the hidden gems that don't make it onto our regular wine list. We believe in embracing the unconventional and providing you with the opportunity to savour something truly exceptional.

Kinder is passionate about sharing his knowledge and love for wine, so feel free to ask questions and seek recommendations. He will guide you through the diverse selections and offer you the chance to taste and perfectly pair each wine.

The Weekend Wine Lunch is available every Saturday and Sunday, ensuring that you can enjoy this delightful experience at your leisure.



## SUNDAY BRUNCH AT HAPPY VALLEY SUITES

Be prepared to elevate your brunch experience to new heights as our Sunday Brunch makes a glorious return! Indulge in a delightful array of culinary delights, from raclette and succulent Peking duck to live carving stations and a bountiful seafood counter featuring fresh live oysters. With a dedicated kids' corner and more, our brunch caters to every palate. Don't miss out on this brunch affair, where you can toast to a well-spent Sunday with our optional beverage package, which includes wines, bubbles, and beers.

Plan ahead and mark your calendars, as our Sunday Brunch is available every first Sunday of the month from 11:30am to 2:30pm. However, please note that in July, the Sunday Brunch will be held on the 21st instead of the first Sunday, ensuring that even during this exceptional month, you won't miss out on the brunch experience. Save the date and join us for these special occasions, creating unforgettable Sunday brunch memories.

Bookings can be made through Chairman's Bar, ensuring you secure your spot for this highly sought-after affair. Don't miss our first Sunday Brunch on 2nd June! The buffet is priced at \$388 per person, and you can enhance your experience with the beverage package for an additional \$188.

**Christophe Horrenberger**  
**Director of Food & Beverage**

# HIGHLIGHTS IN JUNE

## SPECIAL FOR YOU



### HAPPY VALLEY SUITES

#### Sunday Brunch

Prepare to elevate your brunch experience to new heights with our Happy Valley Suites Sunday Brunch! From raclette to the succulent Peking duck, live carving stations, a bountiful seafood counter inducing fresh live oysters, and a dedicated kids' corner just to name a few, our brunch caters to every palate. Don't miss out on this brunch affair, where you can toast to a well-spent Sunday with our optional beverage package which includes wines, bubbles, and beers.

Available on every first Sunday of every month at the Happy Valley Suites

## FESTIVE CELEBRATION



### POWER UP THIS FATHER'S DAY WITH KENERGY. HE IS NOT JUST KEN!

Our F&B team has already planned a bunch of activities during Father's Day, including Buffet at the Coffee Shop and Set Lunch and Dinner Menu at the Restaurant, and Brunch at Happy Valley Suites.

## SPORTSMAN'S BAR



### Sizzling Roast Meat & Seafood

Roast 'n Roll: Brace yourself for a sizzling feast of epic proportions!

**Back Patio: Gangnam Grill Fest**

## COFFEE SHOP



### Taiwanese Cuisine

Experience the vibrant tapestry of Taiwanese flavours

**Buffet Theme: Marrakech Souk**

**Buffet Upsell Dish: Tagine & Kebabs**

**Beverage: Pineapple Cooler & Mint Lemonade**

## SPECIAL FOR YOU



### RESTAURANT

#### Weekend Wine Lunch

Wine, dine and unwind.

Get ready to embark on a culinary adventure in a relaxed environment.

Indulge in our 4 courses menu which includes a dessert counter.

Have the opportunity to taste a selection of wines with each course, pick your favourite and pair it, or simply let our sommelier do the job for you.

**TIME** 12pm – 3pm  
on Saturday and Sunday

**PRICE** \$388 per person  
\$198 for wine pairing

## CHAIRMAN'S BAR



### Beef Cuts of Uruguay

Experience the tenderness and flavour that only Uruguayan beef cuts can deliver, raising the bar for steak lovers



### Kyoto Afternoon Tea

Escape to the beauty of Kyoto with every sip and bite

## CAPTAIN'S BAR

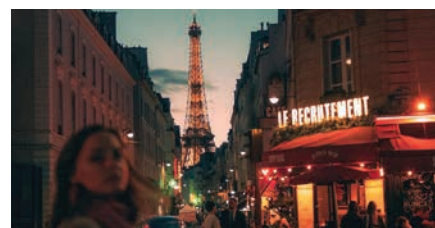


### Sichuan Cold Noodles

Beat the heat with our tongue-tingling Sichuan Cold Noodles!

**Beverage: Energy Drinks**

## RESTAURANT



### Classic French Recipes

Embrace "joie de vivre"



WINE EVENTS



Friday, 21st June 2024

**Mystery Wine Tasting Dinner**

**TIME** 7:30pm Welcome Drink,  
Followed by Dinner  
**VENUE** Restaurant, 2/F  
**PRICE** \$838 per member  
\$888 per member's guest  
Enquiries and Bookings: 2830 9562  
or restaurant@hkfc.com



Saturday, 22nd June | Sunday, 23rd June

**Wine Fair: Everything you can try**

**TIME** 1:30pm – 6pm  
**VENUE** Lockhart Room, 2/F  
Tasting available

**FAMILY LOUNGE**

**Bubble Tea**

Taste the bubbles and love the flavours

**Food: Japanese Curry Buns**

**POOL BAR**

**Japanese Salads**

Fresh, vibrant and irresistible!

**Beverage: Pineapple Cooler & Mint Lemonade**

**KIOSK**

**Hot Items:**

**Signature Dishes from the Restaurant**

Take home a taste of the Restaurant's Classics.

**PREVIEW  
IN JULY & AUGUST**

**WINE EVENTS**

Friday, 12th July

**Wine Dinner: Meat and Greet**

Friday, 23rd August

**Wine Dinner: 2024 Euro Cup**

Saturday, 24th August | Sunday, 25th August

**Wine Fair: Irregular Bottles and Special Labels**

**COFFEE SHOP**

**Themed Buffet: California**

**Monthly Special: Crispy Cutlets Nanban**

**Buffet Upsell Platter: Maria Style Barbecue Tri-tip Steak**

**Beverage: Fruit Tea & Cocomelon**

**POOL BAR**

**Thai Style Salads**

**Beverage: Fruit Tea & Cocomelon**

**RESTAURANT**

**Sub-primal Cuts**

**SPORTSMAN'S BAR**

**Back Patio: Lebanese kebab**

**Weekly Special: California Garlic Festival**

**CHAIRMAN'S BAR**

**Cuisine Nissarde**

**Tea Set: Kyoto Afternoon Tea July**

**Summer Breeze Afternoon Tea August**

**Cocktail: Hong Kong Inspired Cocktails**

**CAPTAIN'S BAR**

**Food: Sichuan Cold Noodles July**

**Assorted Portuguese Egg Tart August**

**Beverage: Monaco**

**FAMILY LOUNGE**

**Food: Spanakopita**

**Beverage: Bubble Tea July**

**Smoothies, Milk Shake August**

**KIOSK**

**Hot Items: Picnic Basket Tea Set takeaway**

RESTAURANT

TEL 2830 9562  
EMAIL restaurant@hkfc.com



TEL 2830 9569  
EMAIL coffeeshop@hkfc.com



TEL 2830 9531  
EMAIL sportsmans@hkfc.com



CHAIRMAN'S BAR

TEL 2830 9559  
EMAIL bar@hkfc.com



TEL 2837 2622  
EMAIL bar@hkfc.com



TEL 2837 2663  
EMAIL bar@hkfc.com



TEL 2830 9531  
EMAIL coffeeshop@hkfc.com



TEL 2837 2678  
EMAIL kiosk@hkfc.com

CATERING SERVICE

TEL 2830 9513  
EMAIL catering@hkfc.com



# Seas THE DAY!

**WRAP UP AND STAY HYDRATED!**

- 1. Junk Twilight Sports Beach Towel \$300
- 2. Junk Twilight Rib (750ml) \$250
- 3. Stainless Steel Bottle Shaker (750 ml) \$200
- 4. Stainless Steel Bottle Shaker (750 ml) \$200

**SUNSHINE AND FLIP FLOPS!**

- 5. Le Tan BB Cream SPF 50 (Light Tint, Medium Tint) \$140
- 6. Le Tan SPF Face Sensitive Sunscreen \$160
- 7. Havanianas Sunny II Sandal (Sand Grey, Steel Grey) \$360
- 8. Havanianas Ladies Slim Flip Flops (Slim Gloss Beige, Slim Gloss Ballet Rose) \$240
- 9. EEGO Ladies Flip Flops (Taffy Pink, Brown) \$240
- 10. EEGO Men's Flip Flops (Abyss Grey, Black) \$240
- 11. Mazu Resortwear Beach Bag \$180

**STAY PROTECTED!**

- 12. Kids 8pcs Float Jacket (Pink, Navy Blue) \$400
- 13. Saltstick Electrolyte Fastchew (60 Capsules) \$180
- 14. Saltstick Electrolyte Drink Mix (12 Packets) \$216





Pre-cooked

**DUCK LEG  
CONFIT**  
\$220



Pre-cooked

**PARCEL OF  
WELSH LAMB LOIN**  
\$280

# SIGNATURE DISHES

FROM THE RESTAURANT

Take home a taste of the Restaurant's classics.  
Available throughout the month of June.



Pre-cooked

**BRAISED  
YELLOW CHICKEN LEG**  
\$118



Pre-cooked

**SLOW-COOKED  
BEEF CHEEK**  
\$168



Ready to cook

**DRY AGED USA STRIPLOIN 250G** \$198

A Parisian street scene at night. The Eiffel Tower is illuminated and visible in the distance through a narrow street lined with buildings. In the foreground, a cafe named 'LE RECRUTEMENT' has a red awning and outdoor seating. A woman is seated at a table in the foreground, looking towards the camera. The overall atmosphere is romantic and classic.

CLASSIC

*French*  
RECIPES

EMBRACE “JOIE DE VIVRE”

Throughout the month of June

RESTAURANT

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