

CLUB



HONG KONG FOOTBALL CLUB 香港足球會 SEPTEMBER 2024



SOCCER

2024-25 1ST TEAM

Contract Signing Ceremony and Press Conference

HOCKEY

WORLD MASTERS HOCKEY WORLD CUP

RUGBY

SUMMER RUGBY TOUCH LEAGUE WITH PLK



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SEPTEMBER 2024

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Honorary Treasurer	Damien Laracy
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CLUB MAGAZINE

Monthly journal of the Hong Kong Football Club.
For information and requests for placement of advertisements in "Club" please call 2830 9503.
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HONG KONG FOOTBALL CLUB



SPORTS AWARDS

GALA DINNER



7th September 2024

Saturday • 6:30pm - Late • Sports Hall

VIP Cocktail Reception • 5:30pm - 7pm

Cocktail Reception and 4-Course Dinner • Black Tie • Sports Awards Presentation
Live Entertainment • Charitable Auction

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THE THOUGHTS OF THE CHAIRMAN

主席的話

Neil Jensen
Chairman



Hot on the heels of the **Paris 2024 Olympics** and a festival of summer sports around the globe, I'm certain you will all be eager to focus on achieving your own athletic goals this upcoming season. We are incredibly proud to highlight the great achievements of our **Honorary Members. Mr. Cheung Ka Long** has made history yet again by winning the gold medal in Individual Men's Foil, marking his second gold medal and making him the first in Hong Kong's history to achieve such a feat. Additionally, **Ms. Siobhán Haughey** has added to her impressive record by securing two bronze medals in the Women's 100M and 200M Freestyle swimming events, becoming the first person in Hong Kong history to have won a total of four Olympic medals.

We are also thrilled to celebrate **Happy Lo Sin Yan**, a member of our Badminton Society who made her Olympic debut at the age of 21 by competing in the Badminton Women's Singles, representing Hong Kong, China. Her achievement affirms the support from Hong Kong Football Club on the junior badminton development programme.

We are also pleased to report on the success of our late opening during the **Euros**, which has been particularly well-received at the Sportsman's Bar where members have enjoyed extended hours to watch the matches.

The Club hosted the **HKFA Women's International Friendly Match** on 14th July, where the Hong Kong team faced off against the Indonesia team. The public stand was full despite the awful weather, showcasing the strong support for women's sports.

The inaugural **HKFC Sports Awards Gala Dinner** on 7th September will be a highlight of the start of season celebrations. I look forward to seeing you there to celebrate together, and recognise the spirit of sport, outstanding athletes and contributors to our community.

As mentioned in our message to all members on 16th July, there are a few exciting projects underway. These include the development of a **mobile app** that will enable the Club's transition from physical membership cards to a digital version. We are also working on a new communication strategy that leverages different channels, including potentially transitioning the monthly Club Magazine to a **bi-monthly publication** early next year. Additionally, we are developing an **online magazine** mini site to provide members with easy and instant updates.

Best of luck to all athletes and support staff this season. Success relies on everyone's collective efforts. Wishing you all the best for a great start to the new season!

Neil Jensen
Chairman

2024巴黎奧運之後，緊接還有一系列夏季體育盛事在全球各地舉行，相信各位未來一季都渴望將精力集中在完成自己運動方面的目標。我們十分自豪可以分享本會榮譽會員精彩的成就，張家朗在今屆奧運的男子個人花劍項目成功衛冕，創造歷史，這面生涯第二金，令他成為香港史上首名贏得兩面金牌的運動員。另外，何詩蓓亦分別在女子100米及200米自由泳項目奪得銅牌，增添佳績，成為香港史上首名累積四面獎牌的運動員。

我們也很高興看到本會羽毛球組成員盧善恩代表中國香港，以21歲之齡首次在奧運登場，出戰羽毛球女單項目。盧善恩踏足奧運舞台這一刻，肯定香港足球會對青少年羽毛球發展計劃的支持。

同時很欣慰在**歐國盃**期間，我們成功延長開放時間，當中以Sportsman's Bar的反應最為熱烈，會員都有享受多出的時間，觀看深夜賽事。

7月14日，本會主辦了香港對印尼的**國際女子足球友誼賽**，雖然天氣惡劣，看台還是座無虛席，可見大家對女子運動的大力支持。

9月7日的第一屆**香港足球會運動員頒獎晚宴**將會是迎接新一季的重點活動，期待與大家一起在晚宴慶祝，突顯體育精神的重要，並表揚傑出運動員及對社群有貢獻的人。

正如我們7月16日向大家發放的文章提到，有幾個令人期待的大工程正如火如荼進行中，包括開發能讓本會實體會員卡電子化的**流動應用程式**。我們亦正借助不同管道，籌備新宣傳策略，譬如計劃下年年初將Club Magazine月刊改為**每半月出版的刊物**。此外，我們也在架設一個**線上雜誌**形式的小型網站，務求為會員提供簡單又即時的最新消息。

祝所有運動員及支援職員全季好運，成功全靠每個人的集體努力，希望大家新賽季可以先拔頭籌，順利開鑼！

主席 Neil Jensen

OBITUARY

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

Colin A. Owen

Our thoughts and prayers go to his families and friends. May he rest in peace.



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* **\$710** 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 per head		Extra Cost per head
1 Whole Piece of Lobster	\$ 560	5 French Premium Cheese Platter	\$ 195
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	\$ 320	7 Additional Beverage <i>Selected Red and White Wines, Imported Beers & Spirits</i>	\$ 120
4 Plated Oyster <i>Half Dozen</i>	\$ 210		

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



GENERAL MANAGER'S MONTHLY MESSAGE

總經理的話

Tony Sealy
General Manager



It is with great enthusiasm and a deep sense of pride that I write this message as the General Manager.

As I step into this role, I want to express my sincere appreciation for the warm welcome I've received from the Committee, Club staff and membership. For as long as I hold the position, I will be committed to building upon the exceptional legacy of excellence that has defined the Club for so many years.

Firstly, I would like to echo the sentiments of the Chairman by congratulating our members, **Cheung Ka Long** and **Siobhan Haughey** for their outstanding triumphs in Paris, and to **Happy Lo** for representing Hong Kong at Badminton. Their achievements are truly remarkable!

Now let me address some facility maintenance and upgrade projects we've been working on over the past few months. The old turf on the **Training Triangle** has been removed and installed with a new playing surface. New equipment will also be added to create an improved space for strength and conditioning work suitable for team training, individual sessions, exercise classes, and personal training. Whether you're a seasoned athlete or just starting your fitness journey, this new equipment is sure to enhance your form and help you push your limits.

On the maintenance front, we have resolved the issues with the heat pump at the swimming pool which regulates the water temperature, ensuring a comfortable swimming experience for all members.

As the new season gets underway, there will be plenty of opportunities to connect, unwind and have some fun, so whether focusing on your own wellness, athletic development or looking for family-friendly dining options, be sure to check the weekly eDM updates for upcoming programmes, promotions and events.

In the meantime, there's a lot of excitement surrounding our inaugural **HKFC Sport Awards Gala Dinner** taking place on **7th September**. This event will celebrate the exceptional achievements of our Club members and promises to be a night of insight, camaraderie and, I'm sure, a little healthy competition!

That's all the news for now. I look forward to seeing you all on the pitch, at the courts, in the gym and at upcoming events. Here's to making this the best season yet!

Tony Sealy
General Manager

對於能夠以總經理的身份就此下筆，本人心中充滿熱忱及自豪。

在上任的同時，衷心感謝委員會、本會職員及會員的熱烈歡迎。只要是在任期間，本人都會致力延續成就本會多年的崇高理念。

首先，很認同主席的看法，在此同樣祝賀 **張家朗** 及 **何詩蓓** 在巴黎奧運取得歷史佳績，以及恭喜 **盧善恩** 首次代表香港在奧運的羽毛球項目登場，他們的成就確實非常出色！

現在讓本人着重講講我們過去幾個月一直進行的設施維修及升級工程。**訓練場**的舊有草皮已經全面移除，並鋪設好新草皮。訓練場亦會引入新設備，以提供一個更好的空間進行適合團隊操練、獨立課堂、運動班及個人操練的體能訓練，無論是經驗豐富的運動員還是剛剛入門的健身新手，新設備必定能夠令大家提升狀態及幫助自己突破極限。

維修方面，我們已經解決了游泳池熱泵控制水溫的問題，確保所有會員都有個愉快的游泳體驗。

隨着新一季開鑼，大家將有很多機會聯誼聚舊及放鬆玩樂，所以無論是關注自己的健康、運動發展，抑或是尋找親子用餐的好去處，緊記留意每週電郵推廣中即將舉行的節目、促銷及活動。

同時，本會**9月7日**的**第一屆香港足球會運動員頒獎晚宴**將會熱鬧非常，晚宴將表揚本會會員的卓越成就，相信當晚必定是個充滿見解、友情的一晚，甚至很肯定會來一場健康的小較量。

這就是現時的所有消息，期待與大家在不同球場、健身中心及未來活動相見。為奮鬥這一季乾杯！

總經理 東尼施利



With Victor Apps at the final.

The famous twin spires of Cologne Cathedral.



The Frankfurt skyline.



Supporting Germany with Bodo Vinnen.



A SUMMER OF FRIENDS, FANS AND FUßBALL

Mid-June and with passport, match tickets, England shirt and lederhosen – only joking – all packed, it's Germany here I come. Yes, a month of football nirvana at Euro 2024 awaits. Bring it on!

I've lined up the 10 host cities in throwback 4-4-2 formation. A solid backline of **Düsseldorf, Gelsenkirchen, Dortmund** and **Cologne**, all within a goalkeeper's kick of each other in the Rhine-Ruhr industrial heartland; I will spend most of my time here. My midfield, a mix of work-rate and creativity, comprises Frankfurt, Stuttgart, Munich and Berlin; trains and planes necessary. Alas, I will not be visiting the two up front, Hamburg and Leipzig; they are included in the line-up but, rather like Harry Kane, are destined to be left isolated.

Düsseldorf, centre of fashion, architecture and art, not to mention the birthplace of electronic music maestros Kraftwerk. It is my home for a week. You can stroll along the grand Königsallee boulevard, take in a sunset cruise on the Rhine, or find a nice bar to watch the opening match – Germany vs Scotland in Munich – on TV. Dominating Düsseldorf's heart is the historic Hofgarten, some 28 hectares of tranquil greenery. I reflect there is almost as much space in Scotland's defence as the hosts score five. The Euros are up and running.

Dortmund, a short train journey away, stages my first live match. It is a marvellous city, famed for its football team, beer culture and rich industrial heritage, plus that must-visit attraction for any self-respecting history buff, the German Football Museum. Dortmund used to be in the **Hanseatic League**, which I assume to be a forerunner to the Bundesliga, only to be told it was a network of medieval market towns across Northern Europe. In this spirit, Italy serves up antiquated tactics as they edge past upstarts Albania.

How appropriate that the down-on-its-luck city of **Gelsenkirchen** is hosting England's first match. Both have known better times. Gelsenkirchen was once a major European coal-mining hub. A sign at the train station still greets arrivals with "Glück auf!" – a traditional miners' expression wishing colleagues a safe return to the surface. Sadly, it has never recovered from the decline of its main industry. England, similarly, has to dig deep to see off a determined Serbia.

By now, the matches are coming thick and fast, the days passing in a blur of friends, travel, colour and noise. Long-time Hong Kong associate **Victor Apps** – a Fulham fan, no less – is loving the Euros alongside wife **Leona** and daughter **Claire**, who is visiting from the USA. My old tournament sidekick

England expects, before the semi-final against the Netherlands.



With John Garratt (centre) and Greg Knowles



Victorious Spain.

John Garratt is along for the ride. **Greg Knowles**, whose support for Manchester City and England takes him from the sublime to the ridiculous, is also here.

The splendid Düsseldorf Arena gives us our first glimpse of French superstar Kylian Mbappé. He breaks his nose. My ears are similarly battered by the noise in Dortmund, where it appears most of the three million inhabitants of Germany with Turkish roots or passports have turned up for the victory over Georgia.

A trip to Frankfurt brings dinner with my one-time best man **Tony Fekete** and some actual work – yes, really – a talk about Hong Kong delivered at law firm Melchers. While here, England is dire against Denmark. Spain looks ominously good, dispatching Albania in Düsseldorf, but by now I've moved base to Cologne, where Gareth Southgate's dysfunctional collective again put us through the wringer against Slovenia. But, who cares? The round of 16 beckons.

I pack my bags for Dortmund. Germany vs Denmark is suspended for lightning in a biblical rainstorm, and the visitors' hopes are washed away amid refereeing controversy. Lightning strikes again in Gelsenkirchen, where Jude Bellingham's miraculous goal rescues England from

infamy against Slovakia. Back to Düsseldorf to see the mask-wearing Mbappé and France stumble past Belgium. Still friends arrive. Showing amazing dedication, Simon and Vicki Hinshelwood fly in from the Cayman Islands for the knockout stages. Football truly is the world game.

Onwards to Stuttgart, from where I make a day trip to Basel to visit my old mate Bruno Chiomento. A convivial lunch at our favourite restaurant, Cheval Blanc, ensues. On my return, my Melchers friend **Bodo Vinnen** has kindly reciprocated my offer to attend a game by giving me a Germany shirt, which I'm obliged to wear for his team's quarter-final against Spain. Not that my support helps as the hosts bow out.

A visit to Stuttgart's renowned Porsche Museum is on the agenda, but it is England who fails to move through the gears in a tense clash with Switzerland in Düsseldorf. We are famously bad at penalties, but five stout-hearted heroes step forth and boot us into the semi-finals.

Next up, my first-ever visit to Munich, where I am joined from England by my brother **Ian**. Teenage prodigy **Lamine Yamal**, not yet old enough to frequent the city's famous beerhalls, propels Spain past France with a wondergoal. Just 24 hours later, we are back in Dortmund to see supersub **Ollie Watkins** write his name in English folklore. Delirium! One more match, can we do it?

Alas, no. Berlin – steeped in history and brimming with iconic landmarks and breathtaking architecture – is simply magnificent, but so are Spain. Young tyro **Cole Palmer**, criminally underused in this tournament, briefly gives hope, but the Spanish response is brutal and final. Hello darkness, my old friend. For England, 58 years of hurt will soon be 60. Oh, Gareth!

The next day, I bid farewell to **Ian** and fly to Hong Kong with a treasure trove of marvellous memories: four weeks and 15 matches, Turkey's fervent fans, resourceful tournament volunteers, the daredevil attitude of Georgia and Albania, enchanting train trips, Bellingham's overhead kick, bottles of Riesling, long evenings with friends, Watkins' winner, Spanish excellence and so much more. A life-affirming experience. Auf Wiedersehen, Germany, and danke.

Colin Cohen



2024 – 25

1ST TEAM

CONTRACT SIGNING CEREMONY AND PRESS CONFERENCE

On a wet Wednesday 31st July, we held a contract signing ceremony and a press conference at HKFC, introducing the coaching staff and 1st Team squad for upcoming season. It was great to see some familiar faces returning in the form of Freddie Toomer, Jack Sealy, Emmet Wan amongst others and to also see some new faces enter the fold. This season also sees the introduction of a new coaching setup under the watchful eye of new Head Coach Chancy Cooke.

We asked Chancy to introduce himself and to give us some comments on his vision for the 1st Team this year:

“My name is **Chancy Cooke**. I’m a 38-year-old football coach from South Africa. I have coached football in Asia for 13+ years, working in China and Taiwan and for the last 10+ years in this great city, Hong Kong, which I now consider home. I have predominantly been involved in elite youth football; working with academies, local professional teams, senior women’s and Hong Kong youth representative teams.

My philosophy is to be ball-dominant in all four moments of the game, applying a proactive and aggressive approach, both with and without the ball. However, this relies on the understanding and consideration of our position in different game moments, our strengths as a team, and being pragmatic about our limitations, while striving to find solutions on the pitch in real time.

HKFC has a unique position in the HK football circle – it is a team with an identity, a history and a bright future with enormous untapped potential. This season, we plan to introduce a new version of HKFC to the public; a team integrated with the local community, where a blend of cultures, values and work ethic will be at the forefront;

combining youth and experience with local and foreign talent.

Our aim is clear: play progressive football, play at a good tempo and be competitive in every game. We also aim to create an exciting pathway for Hong Kong talent to flourish from junior to senior football, and we want to give the supporters something to shout about – a reason to come down on a Sunday and enjoy an afternoon in the stands.

Success for HKFC this season can be measured by our identity and competitive nature. We fully understand our position in the league and the many challenges we will face against other strong teams, but we hope to show a competitive spirit in every moment through our work ethic, clear vision, playing style and philosophy. If we can put in exciting performances and showcase our values on the pitch over the next few seasons, I believe we will have been successful, establishing solid foundations for future growth and success.”

I’m sure we all wish the 1st Team the best for the upcoming season and I look forward to seeing you at as many home games as possible this season.





SUMMER SIXES 2024

MATT LITTLEFIELD AND GREG ZHOU

The annual HKFC Summer Soccer 6s went ahead in July, running every Tuesday for four weeks, with ten teams participating. Seven club teams joined the fray: Wanderers, Albion, Lucky Mile, Gazelles, Rovers, the Women's team and the Hockey section. Additionally, three guest teams were invited: Spartans Strollers, Wanchai Wolves and MAFC.

In the first two weeks, teams were divided into two groups to compete for a chance to win one of the trophies available. As week three arrived, the top-performing teams moved into the cup group, while the remaining teams entered the plate competition. By the end of the night, Wanderers were set to face Spartans in the cup final, while Lucky Mile would compete against the Hockey section team in the plate final. Three players were in the running for the golden boot, each having scored six goals as they headed into the final week.

The summer 6s concluded in week four with Wanderers clinching the cup with a 2-1 victory, while Lucky Mile secured the plate with an impressive 7-2 win against the Hockey section team. Lucky Mile's **Vincent** emerged as the golden boot winner, finishing the tournament with a total of nine goals.



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CLEARANCE SALE

21ST - 22ND | 1:30PM - 6PM
SEPTEMBER | LOCKHART ROOM

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please contact 2837 2678 or kiosk@hkfc.com



LAWN BOWL ASSOCIATION, HONG KONG, CHINA ANNUAL PRIZE PRESENTATION DINNER

The Annual Prize Presentation Dinner of Lawn Bowls Association of Hong Kong, China was held on 24 May 2024 and around 50 prize winners from HKFC attended the event.

NATIONAL CHAMPIONSHIP FINALS DAY (SUMMER) ON 18TH AUGUST 2024

MEN'S NATIONAL	Singles Finalist	HKFC Longinus Ha
	Pairs Finalists	HKFC Tony Cheung / Danny Ho
WOMEN'S NATIONAL	Singles Finalists	HKFC Yunse Ha Gloria Ha
		HKFC Gloria Ha
MIXED	Fours Finalists	HKFC Anthony Yip / David Chiu / Alex Leung / Camilla Leung
		HKFC Wilson Kwong / Yu Yee Sin / Rita Shek / Lyndon Sham
	Pairs Finalists	HKFC Yu Yee Sin / Lyndon Sham



Longinus Ha



Danny Ho



Yunse Ha / Gloria Ha



Left to Right:
Presenter, Philip Chan,
Honor Siu, Edmond Chan,
Imen Tang, Priscilla Lam

REUNIFICATION CUP

ON 30TH JUNE AND 1ST JULY 2024

44 bowling teams participated in the Reunification Cup on 30th June and 1st July 2024 at Craigenower Cricket Club, Hong Kong Cricket Club and Hong Kong Football Club. The event format was a combination of Mixed Pairs and Mixed Triples.

THE HKFC REPRESENTATIVE TEAMS

		Champion Result
HKFC - 1	Walker Kwok Shirley Ma Stephen Chan Phyllis Wong C T Wong	Quarter-finalist
HKFC-2	Honor Siu Priscilla Lam Imen Tang Edmond Chan Philip Chan	Won the Champion

PREMIER LEAGUE

2024 UPDATE

LAWN BOWLS ASSOCIATION OF HONG KONG, CHINA PREMIER LEAGUE RESULT (AS OF 14 JULY 2024)

MEN'S TEAM	DIVISION	RANK
A	1	1st out of 10
B	1	3rd out of 10
C	2	5th out of 10
D	4	2nd out of 10
E	5	1st out of 10
F	6	7th out of 10
G	9	5th out of 10

WOMEN'S TEAM	DIVISION	RANK
A	1	1st out of 10
B	1	7th out of 10
C	3	2nd out of 10
D	6	3rd out of 12



HKFC/CCC NEIGHBOURHOOD CUP FRIENDLY GAME

The HKFC/CCC Neighbourhood Cup Friendly Game, which was first initiated by **Mr. Eric Lam** of CCC and our past lawn bowls section chairman **Mr. Mike Worth**, was played at CCC outdoor green on 20th July 2024 after almost a 5-year break due to the disruption of COVID.

The friendly game was successfully completed with intermittent rainfall and sunshine, and bowlers from both sides thoroughly enjoyed an afternoon of fun and bowling!

CCC won the title this year and we look forward to recapturing the title in 2025!

CAPTAIN'S
BAR

Coffee Mocktail

MOCKTAIL REVOLUTION • COFFEE EDITION!

\$55
each

Tian

- grape
- cranberry juice
- ribena
- grape syrup
- espresso
- soda water

Suan

- orange juice
- grenadine syrup
- espresso
- lime juice
- soda water



Available throughout the months of September and October.

Enquiries: 2837 2622 or bar@hkfc.com

WORLD MASTERS HOCKEY WORLD CUP

The Paris 2024 Olympics made history as the first Games to have an equal number of men and women athletes taking part across all sports, providing a momentous opportunity for women to shine as athletes and role models for future generations.

This representation is crucial in paving the way for girls and women in sport, as seeing successful female athletes can inspire dreams and goals of their own.

Inspiring the next generation is a key goal of the Women's Hong Kong Masters Hockey team, who will be representing Hong Kong at the Over 35s World Masters Hockey World Cup South Africa this coming October.

Players come from three of Hong Kong's hockey clubs including HKFC, with each player bringing a unique background and hockey experience. From having taken up hockey as a way to meet people, to making a return to international competition after having kids, we all

share the same determined drive; to enjoy the camaraderie that comes with playing hockey.

More than half of the team are mothers, and through participating in high-level competitions, we're hoping to set an example for our children to prove that gender and age should never be barriers to achieving your goals.

We will be up against strong opposition, with several teams boasting ex-Olympians in their line-up. Whilst it will be an incredible experience to play against some of the best in the World, we'll really need all your support from Hong Kong!



Photo by Jess To

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Score 1 SoHo

There will also be a Hong Kong Masters Men's team heading to Auckland for the Over 50s competition of the World Masters Hockey World Cup in November, where they will face the likes of Australia, England, Germany and, of course, hosts New Zealand.

The tournaments will be live streamed on the World Masters Hockey YouTube channel and highlights from the Hong Kong team will be shared on the HK Masters Instagram account: hkmastershockey, so everyone can follow our progress and encourage the team!



**WORLD MASTERS HOCKEY
WORLD CUP
SOUTH AFRICA**

**12th – 21st
October**

**WORLD MASTERS HOCKEY
WORLD CUP
NEW ZEALAND**

**7th – 16th
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SUMMER RUGBY

TOUCH LEAGUE WITH PLK

SEASON ENDS, BUT COMMUNITY OUTREACH WITH PLK CONTINUES

One of the Youth Rugby Section's community outreach projects this summer was to enter a mixed team in the Summer Touch League, comprising HKFC players and children from the nearby Po Leung Kuk Residence. The training sessions began just before the Hong Kong Sevens in April.

The plan was to enter the U14 mixed category, but there were no other U14 teams registered, and the only option was to play up in the U16 division, which was a mixed team dominated by bigger boys. Despite this challenge, the team demonstrated their resilience and adaptability. They adjusted to the games' structure and were able to apply the skills they have acquired.

The humidity and heat in Hong Kong made playing touch rugby arduous. Each game was 30 minutes long, with two 15-minute halves. The referee called for additional water breaks to ensure the players stayed hydrated. The team also brought ice packs and neck coolers to help the players beat the heat. Thanks to coach Simon Hague!

The Summer Touch League has brought the HKFC and PLK players closer together. PLK players came up with their team name, designed their team logo and playing jerseys, and took turns serving as team captain on game days, a great opportunity to build leadership skills.

At the time of writing, the team has played 4 games and have had a lot of fun, learned new skills and built friendships. The team looks forward to the remaining games and the end-of-summer celebrations.

Special applause to our youth rugby players **Bella Hague, Jasper Chan, Nick Tse, Quinten Yeung** and **Theo Ng** who participated on game days and thank you **Andre Chan, Dylan Tao, Ethan Westbrook, Fiona McDonald, Isaac Seah, Matthew Kwok, Michael Saunders, Milton Kwan, Nicholas Seah** and **Tane Leung** who joined the Friday training sessions to train with the squad.





U14G7S

PREMIERSHIP FINAL

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 5 April.

The girls had trained well during the week, and while there was a lot of optimism on the morning of the big game, it was clear that there were also nerves in the air for all involved.

We have had a fantastic rivalry with DB Barbarians this season with very little between these two excellent teams. In the seven previous encounters between us in the four weeks prior to the final, yes seven!, HKFC had won three, DB had won two, and there had been two draws. In our most recent match, the weekend before, DB had deservedly come out on top 12-7 in the final of the Sai Kung 7s tournament at King's Park.

As is often the case when suffering a tough defeat, this may have been a blessing in disguise, as our girls were certainly galvanised by this loss and motivated to put in a much improved performance on the big day.

Having warmed up well at SCAA, both teams made their way across the road, into the stadium and enjoyed the thrill of running onto the pitch from the players' tunnel to start the game.

We have focussed a great deal on the importance of kickoffs and defence this season and the girls performed extremely well in these areas in the final. A few minutes into the game, captain Louise, took the initiative, as she has done so many times throughout the season, and made a break on the outside of her opposite number to stretch away and score under the posts. **Mia** did the needful with the conversion and we were 7-0 up. Shortly afterwards, having kept the ball for a number of phases,



DB eventually ran out of defenders, and **Chiara** scored an excellent try wide out. The conversion was missed but 12-0 at halftime put us in a good position.

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.

This was a fabulous end to a highly enjoyable and successful season. Well done girls, you did us proud.

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This was a fabulous end to a highly enjoyable and successful season. Well done girls, you did us proud.

WORLD RUGBY U20 TROPHY 2024

7 HKFC players were selected to join the touring HKCR U20s at the World Rugby Trophy competition in Edinburgh during July:

Luke Bannon, Marco Conti, Minjun Koo, Sam Martin, Lukas Molyneux, Luke Morrow and Dewi Simmons.

Our HKFC contingent capped off many years of commitment to Club youth rugby, with this tour providing a lifelong experience on the world stage.

Well done boys, and to other Club players (**Hamish Hulme** and **Augustine Mulcahy**) that put in so much effort in the lead-up training sessions.



TOUCH WORLD CUP

Hong Kong China sent its largest-ever contingent to the Touch World Cup in Nottingham, England – with six teams participating across various age categories. 7 current & former HKFC players featured, alongside 2 of our parent coaches:

Men's 30s	Charles Cheung Bernie Reeves Ricky Cheuk	17th Place
Men's 30s	Justin Flowers Kirk Kahu	15th Place
Mixed 30s	Stephanie Siu Lawrence Chan Diana Li	16th Place
Women's 27s	Keri Lam	10th Place



HKFC RUGBY ATHLETES ON THE INTERNATIONAL STAGE

The HKFC Rugby Section has made its mark on the international rugby scene, with numerous athletes representing Hong Kong China across different teams and competitions:

HONG KONG CHINA MEN'S XV'S TOUR SOUTH AMERICA

Following Hong Kong China's Asia Rugby Men's Championship win, embarked on a historic tour of South America in July. Of the 32-player squad, 12 HKFC players featured:

Callum McCullough

PJ Jenkinson

Josh Hrstich (Captain)

Matteo Avitabile

Tommy Hill

Nate de Thierry

Matt Worley

Tyler McNutt

Pierce MacKinlay-West

Murray Brechin

Jack Abbott

Charles Higson-Smith

Additionally, HKFC's Logan Asplin has been part of the coaching team, whilst **Charles Cheung** has taken on the role of team manager.

The team began the tour with a narrow loss against Chile (22-17), before heading to Paraguay for a dominant 80-12 win.

In Sao Paulo, Hong Kong China faced a stern test against Brazil. Trailing by 25-19 in the last play of the game, Hong Kong China crashed over in the corner to make the score 25-24 with a conversion kick to steal the win. HKFC representative **Nate de Thierry** (now playing at Hunter Wildfires in Australia) stepped up to slot the kick and steal victory by 26-25!



HANNAH EDWARDS'

ARRIVAL TO HONG KONG



Hong Kong Football Club (HKFC) Rugby Section is thrilled to announce the appointment of Hannah Edwards as its new Head of Women's Rugby.

"We are delighted to announce **Hannah Edwards** as Head of Women's Rugby at Hong Kong Football Club. Her appointment demonstrates how important women's and girl's rugby is to our overall strategy at HKFC." – **Stephen Dowse**, Director of Rugby

Edwards brings a wealth of experience to the role, having worked with England Rugby for over a decade in various capacities, most recently with the National Coach Development team, writing and developing coaching content across England Rugby.

As a player, Edwards boasts an impressive career with 175 caps for Wasps in the English Premiership, scoring over 200 points during her 14-year tenure. She has also represented England at the U20s level.

Edwards' coaching experience is equally noteworthy. She has been part of the England Rugby pathway for the past three years, working with the U18 girls' team. Additionally, she served

as the Head of Women's Rugby with **Olimpico Pozuelo** in Madrid and has held roles with the Wasps U18 Centre of Excellence.

Paul Skurr, HKFC Rugby Section Chairman, added: "Hannah's appointment as a full-time rugby coach is a significant step for the HKFC Rugby Section. Her international coaching experience will be invaluable, aiding both our senior ladies and our junior girls in their rugby journeys. We are so excited to have her on the ground in Hong Kong and ready for the new season."

Edwards' will arrive in Hong Kong in August 2024, and will be responsible for the whole women's & girl's pathway at HKFC, as the section continues to establish themselves as a leader in this area within Asia.

Notably, she will be Head Coach of HKFC Natixis Ice as they look to build on their back-to-back Premiership League wins and Grand Championship final appearances.

"I am delighted to take on the opportunity to work with HKFC in such an exciting stage for the women's

game in Hong Kong. The investment, growth, and global interest is evident from the diverse makeup of the league, which provides a competitive pathway for the National game. HKFC provides an opportunity to learn as a coach and programme lead and transfer some of my experiences into HKFC's rugby community. Looking forward to kick-starting the 24/25 campaign in August!"



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PLAYING HOST TO THE WORLD

The Squash Section has a big and exciting year ahead. After a record-breaking season which saw the Club bring home the Hong Kong division 1 league, all three ladies divisions and the masters division 1 title.

It was our most successful season ever in the Hong Kong Squash League.

In December, we'll host the men's and women's World Team Championships which are being held concurrently for the first time. Egypt will start as

strong favourites, as the holders of both titles and boasting the top four female players in the latest world rankings. This is the world cup of squash, so we look forward to welcoming world class players for a packed schedule from 9-15th December.

LETTER FROM AMERICA NATHAN ROSENZWEIG SHARES HIS SQUASH EXPERIENCES SINCE MOVING TO THE UNITED STATES



Before I left Hong Kong in 2021, there were a lot of areas of improvement in my game.

I think I was good at everything, but not great at anything, and I slammed into a wall in my first tournament in the US. Since then, I have found that the style of play in Hong Kong is very different to the US.

In Hong Kong and most of Asia, players play with a lot more variation and use all four corners of the court, which I had grown used to and succeeded at. However, players in the US focus on the backcourt and "grind it out". I struggled with this because I was never particularly fit, and worse still, found it boring.

There was no way around it though, so I've found myself playing (and winning) matches that extend over an hour and half, and for about a year never lost a match that went to five sets.

Another difference that I have noticed in the US is the opportunity to play. Whereas in Hong Kong an hour costs \$54HKD, the cheapest public courts I have come across in the US cost almost triple that. Not only that, it is much harder to find people to play with, but that may be because I was spoiled by the HKFC Squash community.

VIRGINIA – EXCITING, HOW IS THE TEAM?

Next year I will be attending the University of Virginia (UVA) and playing for their squash team. I am extremely excited to be able to play on a team with athletes who share the same goals as I do – to succeed.

I have not been able to be part of a program like this since being at the Football Club, where championships meant everything.

UVA is a relatively new program compared to some of the Ivy League teams that we play, so our goal for the next couple of years is to win a National Championship for the first time.

This year, we have an extremely strong class of arrivals that include the Canadian No. 1, the Colombian No. 1, and the former Princeton No. 1 who is doing a postgraduate year at UVA, so hopefully we will be able to make some noise this year. Off the courts, I am excited to experience everything UVA has to offer in terms of academics and campus life. It is a relatively large school with around 18,000 undergraduate students, so it will definitely be an adjustment from my 550-student boarding school.

By Nathan Rosenzweig



FAREWELL TO AN OLD FRIEND

Colin Owen

It's the news you dread most, when you are informed of the tragic loss of a very dear friend. Such was the case for the HKFC Squash Section and the wider squash community a few weeks ago when our longtime friend and teammate **Colin Owen** tragically passed away.

Before joining HKFC, Colin had been a regular at the Island Squash Rackets Club. So, by the time he made the move, he was already well-known and popular in the Hong Kong squash community.

Joining the Club in 2007, Colin personified the heart of the Hong Kong Football Club and played squash for various teams from Division 5 to Division 8, until he found his 'true home' in master's squash, most notably in M2B. Colin was a dedicated team player – he epitomised and embodied the very essence of master's squash – participating competitively on court and socially after the games.

Colin played master's squash for 10 years, until a few years ago when

injury got the better part of his hand. A notable moment of glory was in 2019 when the M2B team won the doubles, both the league and final series, with Colin playing a key part in the team's success. Having 'retired' from the game, he never left the team – he couldn't. Colin continued to attend league matches to support the team and join socially.

Colin also ran, played golf and hiked a great deal. Many of us were touched and impressed with the shared enjoyment that Colin and Nerissa derived from their golf, one reason they spent time at their place in Hua Hin.

When covid hit and courts closed, Colin arranged and led several hikes. The exercise was one thing, but the banter and friendly chats along the way were another. Those hikes and being around friends were arguably the covid 'medicine' that kept many of us sane.

Colin was a well-known member of Hong Kong's construction community, with particular expertise on the esoteric subject of exterior curtain walls. Having lived in HK for the best part of

his life, his heart belonged to the city, and he loved it here. His wife, Nerissa, was always his first love, and their weekly Friday dinner dates were always Colin's top priority and pride. Our hearts go out to Nerissa and the family during this time of sorrow, and the Club and squash community remain forever here for them.

Colin was always ready for a game, a beer or a chat, and he was a kind and loyal friend to all who knew him. He held strong convictions and opinions, but that was Colin. He stood his ground, and then we would all move on to another beer and some friendly banter. Colin was the best kind of friend. If you had an hour in the late afternoon or needed to get something off your chest, a quick message to Colin and he would be there for you. It was always a good pint when Colin was around. Always. Colin had the rare talent of being able to converse about anything with anyone, always contributing something meaningful. He helped make sense of a world that increasingly made no sense.



Colin was a real character from the days when Hong Kong and the HKFC were bustling with them. People who stood up, stood out and made their mark. Colin stands amongst those who have contributed significantly to the HKFC Squash Section and to the team. His spirit will live on with us and he will always be part of the team. Real characters always will be.

Colin, thank you for all that you gave us, your wit, wisdom, laughter and banter; your everlasting commitment to the team even after your retirement, your sportsmanship and camaraderie, for having a beer with us, and most importantly for being a friend. We will remember you fondly and miss you.

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The Kahala Hotel & Resort Yokohama has garnered accolades such as the "MICHELIN Key," making it the first in Asia to receive a 1 Key, further proving its superior quality of service.

When stepping into The Kahala Hotel & Resort Yokohama, guests are enveloped in a timeless, luxurious atmosphere. Inspired by the Hawaiian royal crown, the lobby's stunning chandeliers immediately transport guests to an extraordinary experience.

Guests can enjoy rooms with breathtaking views of Yokohama's Bay Bridge, evoking the expansive feeling of a tropical resort.

The Japanese restaurant HANAGOYOMI, seemingly floating above a grand water garden, boasts an extensive selection of sake and wines, earning the "Wine Spectator Best of Award of Excellence 2024."

Indulge in exquisite Japanese cuisine made with seasonal ingredients, offering an ultimate luxury stay.

The Kahala provides a serene, less crowded destination compared to Tokyo, with easy access to popular tourist spots like Kamakura, Hakone, and Mount Fuji from Haneda Airport.

At The Kahala, guests can enjoy a variety of exclusive experiences, such as tuna auctions at the local fish market or calligraphy sessions with renowned local artists.

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JUNIOR ASSOCIATED MEMBERS REPORT

ROAD TO THE OLYMPICS

UPDATE ON ELITE JAM

HAPPY LO'S

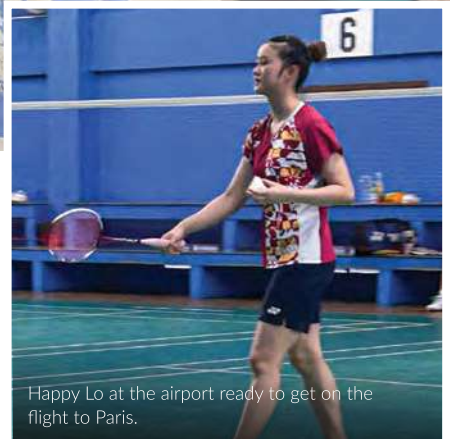
FINAL PREPARATION

With the clock ticking for her first appearance in Paris Olympics, our badminton JAM Happy Lo Sin Yin attended a two-week training camp in Thailand for performance periodisation. She then departed to Paris on 19th July 2024 for acclimatisation until her first match on 29th July 2024.

The draw for the ladies' singles event was held on 12th July 2024, and **Happy** is in the same group with players from Thailand and Brazil. Thailand player **Supanida Katethong's** world ranking is currently at 16 and **Juliana Vieira's** is at 50.

With the confirmation of the draw, **Happy** can now focus on preparing herself against her group stage challenges. Her first match against **Supanida Katethong** is scheduled on 29th July 2024.

We wish Happy the best of luck and enjoy her Olympics debut!!



Happy Lo at the airport ready to get on the flight to Paris.

GROUP D	
	Supanida KATETHONG (16)
	Juliana Viana VIEIRA
	LO Sin Yan Happy

Badminton Ladies' Singles Group Stage Draw Result.

BEST ATHLETE AND SPORTS SCHOLARS AWARD

LO SHU TING CORALINE

On 19th June 2024, **Coraline** has received her sports scholar's award. It is indeed a challenge for **Caroline** as a full-time junior national team player to balance academics and training. This is especially the case for **Coraline** who is currently a recipient of full sports scholarship. The award hopefully becomes positive reinforcement to all the hard work that she puts in and able to encourage her to persevere.



Coraline in the best athlete award ceremony



Coraline receiving her scholars award



YMCA JUNIOR TOURNAMENT 2024

On 15th May 2024, our junior players participated in the YMCA badminton junior tournament. **Thomas Lee** became the first runner-up while **Kenneth Chau** is this year's champion in their age group's singles event.

Thomas Lee finally won his first Champion in Sham Shui Po District singles event.



Left to right: Thomas Lee and Kenneth Chau

HKFC JUNIOR SQUAD DEVELOPMENT CROSS BORDER COMPETITIONS

Our U14 talented siblings **Ellen** and **Lauren Lui** participated in the 2024 Heyuan, Li Ning C60 Cup Youth Badminton Tournament on 6th July 2024. **Ellen Lui** won in the U13 Girls singles champion, and **Lauren Lui** also demonstrated her winner streak in the U12 singles categories.



Ellen Lui and her gold medal in age group's singles event.

Left to right: Lauren and Ellen Lui

HKFC U12 SQUAD ANISSA HON

Thanks to the development of competitive pathway for U12 talent pool, one of our core players **Anissa Hon** just won her first runner-up in the recent 2024 Chinese Youth "Mantis Cup".



Our U12 talent Anissa Hon on the podium

JUNIOR TOURNAMENTS REPORTS

HONG KONG FOOTBALL CLUB & TORQ SPORTS INVITATIONAL OVERSEAS JUNIOR BADMINTON TEAM TOURNAMENT 2024

After months of liaison and coordination, the first invitational overseas junior badminton team tournament can finally take place on 26-28th July 2024. It is a great pleasure to invite junior teams including a renowned sports school from Chinese Taipei, as well as a top professional badminton club Ampang Jaya Badminton Club from Malaysia. HKFC junior squads will have one team participated in U19 and 2 teams in the U16 categories. We are looking forward to meeting junior badminton talents from all over the world and enjoy a weekend of junior badminton performance.

HKFC & TORQ SPORTS
INVITATIONAL OVERSEAS JUNIOR
BADMINTON TEAM TOURNAMENT
2024
香港足球會及TORQ SPORTS
海外青少年羽毛球團體邀請賽
2024

26-28 July 2024

16歲或以下和19歲或以下青
少年國際羽毛球示範和交流
SHOWCASE OF U16 AND U19
INTERNATIONAL JUNIOR
BADMINTON








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HKFC JUNIOR SQUAD
TEAM CHALLENGES SERIES 2024



WWK (Wong King Ki Vincent) Badminton Club

In order to prepare for upcoming local team tournaments, the junior squad has started their team challenges series in May. These regular team matches against, older and stronger players will help our junior players to prepare physically and psychologically for their games and be able to perform well under pressure.

The result of the team challenges dated July 2024:

TEAM VS HKFC JUNIOR SQUAD	RESULTS (NUMBER OF GAMES)
Yau Cheung Kwun	18:13
Wong Wing Ki (WWK)	16:12
Siu Fung	14:24



Siu Fung Badminton Club



Yau Cheung Kwan Badminton Club

TEAM COACH REPORT

The summer of 2024 is especially memorable and hectic. Not only seeing **Happy** on the Olympic stage, there are also various junior tournaments, including our first overseas invitational team tournament with the participation from Malaysia and Chinese Taipei.

With **Happy Lo** already settled in the Paris Olympics athletes village, she will be getting ready for her first match on 29th July 2024.

This is one of the proudest moments for any coach to experience all the hard work, struggles, defeats and the eventual triumphs.

As I will be supporting **Happy** in person at the Olympics, I am hoping everyone in HKFC will also cheer for her.

Finally, a new 2024-2025 junior badminton event calendar has already commenced. There will be more internal and external participation in both team and individual tournaments across all junior age groups.

John Leung

UPCOMING JUNIOR EVENTS

July 2024

HKFC and Torq Sports invitational Overseas Junior Badminton Team Tournament 2024

September 2024

Yuen Long Fung Kum Youth Team Tournament

September 2024

Jingfat Cup Open Age Non-professional Team Tournament

May - Decemeber 2024

HKFC Junior Badminton Team Challenges 2024

September - December 2024

HKFC Junior Badminton Internal Ladder 2024

October 2024

YMCA Youth Team Tournament 2024

November 2024

President Cup 2024

Decemeber 2024

End of Year Sparring Competition

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2024 HKFC BADMINTON SOCIETY LADDER COMPETITION MAYBE THE BEST BADMINTON IN HKFC

The HKFC Badminton Society held our Men's Singles Ladder Competition between May and July with the Champion Final held on 7th July 2024.

It was a brilliantly fought competition, with our players competing in a round robin competition followed by playoffs and final placings.

It was a great sight seeing our players competing at weekly social society sessions, with regular crowds forming to see our players show some

excellent performances.

For the gold medal playoff, all players at our regular HKFC session took a well-deserved break to watch SPMs **Jason Cheng** against **Bryan Leung**. This was a repeat of a closely fought round robin match where **Bryan** emerged the victor. In this highly anticipated rematch, **Jason** showed strong grit to win gold, with both **Bryan** and **Jason** showing fantastic fitness and great skills.

Following the match, prizes (very nice champagne kindly donated by

HKFC member and strong supporter TK together with prizes from the Badminton Society) were handed out to **Jason, Bryan** and bronze medal winner **Chun Tin Lam**.

Special thanks in particular to **Danny Leung** for his excellent coordination and umpiring throughout the competition. The HKFC Badminton Society are looking forward to rolling out more ladder competitions in the near future, given the success of the Men's Singles event!

LAW SOCIETY OF HONG KONG HONOURS MR. JASON CHENG WITH THE RECREATION AND SPORTS OUTSTANDING PERFORMANCE AWARDS

Jason, our SPM, was recently honoured with the Recreation and Sports Outstanding Performance Awards by the Law Society of Hong Kong for the year 2023-2024. As a dedicated badminton player and the convenor of the Law Society's badminton team, **Jason** has exemplified remarkable skill and leadership in the sport.

The ceremony, attended by notable figures from the legal and sports communities, recognized **Jason's** significant contributions to promoting badminton within the legal profession. His ability to balance

a demanding legal career with his passion for badminton has not only elevated his personal achievements but also inspired his peers.

The Law Society of Hong Kong continues to support its members in pursuing excellence in both their professional and personal lives. **Jason's** recognition highlights the positive impact of integrating sports into a professional lifestyle.

Congratulations to Jason for his achievements and for setting a commendable example within the legal community!





NG KA LONG ANGUS' VISIT TO HKFC BADMINTON SOCIETY

Ng Ka Long Angus is a distinguished badminton player currently ranked 6th in the World Tour Rankings and 20th in the World Rankings for Men's Singles. As a key player for the Hong Kong national team, he has achieved significant victories, including a notable 2-0 win over former world champion Lin Dan of China at the German Open in 2018, showcasing his exceptional skill and competitive spirit.

During his visit, **Angus** shared his extensive experience with our members. He delved into his journey in badminton, the obstacles he overcame, and the strategies that have propelled him to the top. His insights into maintaining peak performance and handling pressure were particularly inspiring for all attendees.

A key highlight of **Angus'** visit was the sparring sessions where he played a few games with our society members. After each game, he provided valuable feedback, sharing insights into their strengths and areas for improvement. This personalized interaction



helped our players gain a deeper understanding of their own game.

The atmosphere during **Angus'** visit was vibrant and filled with enthusiasm. HKFC members, both Badminton Society members and other club members, and even staff in the club were excited and keen to take photos with **Angus**. The event fostered a sense of excitement and inspiration, leaving

everyone with a renewed passion for badminton and a deeper appreciation for the sport.

We extend our heartfelt thanks to **Ng Ka Long Angus** for taking the time to visit the HKFC Badminton Society. His presence, insights, and interactions have left a lasting impact on all of us. Thank you, **Angus**, for inspiring us with your dedication and excellence in badminton.

Family Lounge

SHANGHAI PORK DUMPLING (4 PIECES) \$33

HAR HAR (4 PIECES) \$38

BARBECUE PORK BUN (3 PIECES) \$35

SUI MAI (4 PIECES) \$57

NOODLE DIM SUM Bar

WEEK 4
CHICKEN NOODLE WITH TOMATO SOUP \$78

WEEK 1
JAPANESE DANDAN NOODLE \$128

WEEK 2
WONTON NOODLE \$78

WEEK 3
VIETNAMESE BEEF BRISKET NOODLE \$132

Proud to unveil this the new core offer at Family Lounge. Enjoy dim sums and a different noodle dish every week!



LAWRENCE'S DOUBLE VICTORY: A WEEKEND OF CHAMPIONS IN GUANGZHOU AND ZHONGSHAN

A Remarkable Weekend: 7th-8th July, 2024

Lawrence, our SPM, achieved an extraordinary feat over the weekend of 7th-8th July. Demonstrating exceptional skill, leadership and resilience, he won two championships in two different cities, Guangzhou and Zhongshan in two days.

Day 1: The Integrity Cup 2024 in Guangzhou

At the break of dawn on 7th July, Lawrence set off for Guangzhou, competing in the Integrity Cup 2024. Lawrence and his team faced off against 16 other accounting associations from Mainland China and Macau. During the group stage on Saturday, Lawrence led his team to an undefeated performance, notably defeating the strongest team, the Guangzhou Certified Public Accountant Association. This stellar performance secured their place in the semi-finals on Sunday.

Day 2: Semi-Finals and Finals in Guangzhou

On Sunday morning, Lawrence and his team continued their outstanding performance. In the semi-final, they faced a formidable opponent in a tightly contested match. Lawrence, playing as the 4th player, ultimately helped the team clinch the victory and secured their place in the final.

In the final match, Lawrence's strategic acumen and leadership were once again on full display. The team maintained its winning momentum, showcasing exceptional teamwork and securing the championship of the Integrity Cup 2024.

A Swift Transition to Zhongshan

After the award ceremony in Guangzhou, Lawrence swiftly transitioned to Zhongshan for his second championship challenge of the weekend. Despite the

physical and mental demands of the previous matches, Lawrence demonstrated remarkable stamina and focus.

Conquering the Zhongshan Jing Fa Cup 2024

In Zhongshan, Lawrence competed in the Jing Fa Cup 2024 team competitions. The game rule here was 31 points per game, with a best 3 out of 5 format that included two men's doubles, two mixed doubles and one women's doubles. During the semi-final, Lawrence and his men's doubles partner, **Thomas**, played a critical match. With the team leading 2:1 in overall game sets, they needed to secure the win to advance to the final and faced a strong opponent pair and were trailing 12:16 at the side change. Near the end of the match, at 26:29, Lawrence's pair won back 4 points in a row to tie at 30:30. In a nail-biting finish, Thomas delivered a perfect return serve followed by a powerful smash by Lawrence,

winning the game and securing their place in the final. In the final match, they played the first men's doubles and were 2 points behind at 27:29 near the end of the game. Demonstrating outstanding mental toughness and spirit, they won the last 4 points in a row, clinching the game at 31:29 and helping their team win the championship of the

Zhongshan Jing Fa Cup 2024.

Lawrence's achievements during the weekend of 7th-8th July are a testament to his exceptional talent, leadership and unwavering determination. Winning two championships in two different cities within such a short time is a rare and commendable feat.

Lawrence's success not only brings pride to the Hong Kong Football Club, but also serves as an inspiring example of dedication, teamwork and excellence in sports. We eagerly anticipate more of his remarkable accomplishments in the future.

NORA IN THE 2024 BADMINTON SUPER CUP

The tournament officer of the Badminton Society, **Nora Man**, won the first runner-up in the Women's Doubles of the 2024 Badminton Super Cup held on 14th July. This Super Cup tournament was for celebrating the 75th Anniversary of the People's Republic of China, the 75th Anniversary of the Hong Kong Civil Aviation Industry Union (HKCAIU) and the 60th Anniversary of the Workers' Club and hosted by the HKCAIU. Our heartfelt congratulation to **Nora**.



BADMINTON SOCIETY AGM 2024



The BS AGM 2024 was held on 19th June at the Lockhart Room. There was a total of 32 members present which was a high attending rate. The chairman reported on our achievement last year and expressed his wishes to further develop the society and collaboration with other sections/societies within the Club. Members from the floor welcomed the strengthening of the society and showed their support.

The following members were elected to form the new committee:

Chairman	Sammy Li
Secretary	Steven Ng
Treasurer	Patrick Leung
Membership Secretary	Lam Chun Tin
S&RSC Representative	Lawrence Leong
Society Captain	Lam Chun Tin
Tournament Officer	Nora Man
Social Secretary	Annie Chai
Ladies Captain	Lo Yiu Tong
Youth Representative	Steven Ng
General Officer	Danny Leung, Ivan Ho, Lam Tat Kuen



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2024 FRENCH OPEN SOCIAL

The 2024 French Open Social was a lively event held on 8th June 2024. 40 participants competed, split into 8 teams named by famous French tennis players and personalities – **Noah, Monfils, Tsonga, Gasquet, Lacoste, Grosjean, Santoro** and **Chatrier**.

The tennis social event featured matches played in the Fast Four format. The first player to reach 4 games or the 20-minute time limit won each match. A no-ad scoring system was used, so when the score reached deuce, the next point decided the game. There were no let calls – if the serve hit the net and went in, play continued and either player could return the ball.

Servers were required to serve appropriately to the receiver's position, and penalties may have been incurred for not doing so. If the time limit was reached with the score at 30-30, a deciding point was played to determine the winner of that game.

These rules were designed to create fast-paced, exciting tennis matches. Participants were encouraged to have fun, stay energetic and make the most of the 20-minute time limit. The games were an enjoyable experience for all who attended.

"Champion of the Court" format was subsequently played. To become the champion, players had to win two points in a row on a given court. The matches were timed, with a 10-minute limit – once the whistle blew, whoever was the champion on that court at the time was declared the winner.

CHAMPION TEAM

Anthony Su

Lona Shiu

GROSJEAN

Nadeem Siddiqui

Wayne Chang

Wang Hong

Charlotte Cheung



Best Dress - Greg Brutus





RUNNER-UP TEAM

Adam Johnston

Isabella Tang

Vangie Gonzales

Brian McGinley

Tim Mann

GROSJEAN



One unique rule was that one player from each pair had to play using their opposite hand for the entire match. If a player lost on a court, they had to move to a different court to continue playing. The champion pair on each court received a bonus of 5 points for their team. This added an extra level of competition and strategy as players vied to claim the champion title and earn those valuable team points.

The fast-paced format made for an engaging and entertaining tennis social event. Players had to quickly adapt to the challenges presented, keeping the matches dynamic and exciting from start to finish.

Congratulations to the runner-up team “Grosjean” – **Adam Johnston, Isabella Tang, Vangie Gonzales, Brian McGinley and Tim Mann!** But the big winners of the event were the members of team “Grosjean” – **Anthony Su, Lona Shiu, Nadeem Siddiqui, Wayne Chang, Wang Hong and Charlotte Cheung** – who took home the champion title! And let’s not forget **Greg Brutus** who won the coveted Best Dressed award with their impeccable style. Last but not least, thanks Australasia Tennis (ATA) for hosting such an amazing event!!



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Lucia Lee 2nd place

Jonathan Li winning 3rd place

Greg winning 1st Place

FOURTH OF JULY GOLF OUTING AT KSC EAST COURSE: A GRUELLING TEST OF ENDURANCE AND SKILL

This year's Fourth of July at the KSC East Course was more than a celebration of United States Independence Day; it marked the first round on the East Course of 2024 for our golf society outing. Under the blazing sun, sixteen brave souls were ready to conquer the infamous East Course. However, it quickly became apparent that the real challenge was not just the course itself, but also the oppressive weather.

BRAVING THE HEAT

As temperatures soared, so did our determination. At one point, we all wished for the predicted thunderstorms to bring some relief as dark clouds loomed overhead. However, we managed to dodge the thunder showers, and the sun remained relentless. Despite the oppressive heat, our spirits remained high. We laughed, screamed in frustration,

and cheered each other on just to bogey a hole! By the end of the day, only thirteen of us had the endurance (or perhaps the stubbornness) to finish all 18 holes. It was as much a test of stamina as it was of skill, and those who lasted deserved a round of applause.

THE CHALLENGE OF THE EAST COURSE

True to its reputation, the East Course proved to be a formidable opponent. Balls seemed to vanish as if by magic, and the bunkers were like magnets, eagerly welcoming our errant shots. Each hole presented its own unique set of challenges, from narrow fairways to strategically placed hazards that swallowed more than a few of our balls. But that's the beauty of the East Course. It's a place where you measure yourself not just against your fellow players, but against the very essence of golf itself.

TRIUMPHS AND TRADITIONS

Once we finally sank our last putts, red-faced and drenched in sweat, some of us headed to the clubhouse for the usual post-East Course tradition – buying a dozen brand new golf balls! Only a couple players managed to score over 30 Stableford points, a testament to the course's difficulty and the day's gruelling conditions. The rest of us found ourselves in the 20s, humbled but not defeated. Special mention to the HAYS (**Allan** and **Agatha**), as they both took home prizes: Agatha for Nearest to the Pin and Allan for the Longest Drive! Thank you for another fun day and well done to all the winners!

Here's to the next round at KSC East Course, and to all the adventures, challenges and camaraderie it brings. Until then, keep cool and keep swinging!

STABLEFORD WINNERS

- 1st **Greg Medhurst** 34 points
- 2nd **Lucia Lee** 33 points
- 3rd **Jonathan Li** 29 points

NEAREST TO THE PIN

- Hole 3 **Jonathan Li**
- Hole 4 **Greg Medhurst**
- Hole 5 **Jonathan Li**
- Hole 8 **Agatha Hay**
- Hole 13 **Lucia Lee**
- Hole 15 **David Cross**

LONGEST DRIVE

- Women's **Dorothy Lam**
- Men's **Allan Hay**



David Cross, Nearest to the pin



Allan Hay with the Mens Longest Drive



David Cross, William Chan, Greg Medhurst, Josh LeBlanc



Agatha Hay with the nearest to the pin



Dorothy Lam with the Longest Drive



Jonathan Li, Agatha Hay, Allan Hay



Coco Cheung, Lucia Lee, Dorothy Lam, Malou Waldie

21ST JULY GOLF SOCIETY GATHERING AT THE SPORTSMAN'S BAR

Our latest golf society hangout was an absolute blast! We gathered at the Sportsman's Bar at HKFC to catch the final day of the British Open, and as you can see from the photo, we had a great time.

The plan was to watch golf, but half of the group, especially **Will's guests**, were more into the Formula One race on the big screen. It turned into a hilarious mix of golf fanatics and F1 enthusiasts,

each cheering for their favourite sport.

The evening was filled with delicious food, cold drinks and plenty of laughs. We even had a prize draw, and some lucky folks took home official 152nd British Open goodies, which was the cherry on top.

We were the last ones to be kicked out of the Sportsman's Bar, a sure sign of a fantastic night. Here's to more fun-filled gatherings with sports, friends and unforgettable memories!





HKFC GOLF SOCIETY VS CRC MACAU GOLF AND COUNTRY CLUB MONDAY 17TH JUNE

It had been raining for a month in Hong Kong as 8 golfers boarded the Cotai Ferry, optimistic of joining their teammates for good golf and fine weather in Macau. It all looked great up until tee time, and with the first group on the first green and second group half way up the 1st fairway, it started chucking it down. Fortunately, that was the rain done for the day to the delight of groups 3 to 6. A fun round of 2 golfer scramble ahead with host team for the day Chinese Recreation Club having provided plenty of information on how to play the match of the day. The course was reduced to 17 holes unfortunately due to maintenance and returning on hole 5.

Leading off for HKFC was Captain for the day **Terry Wright**, paired with his wife **Lindsay**. Giving shots to their CRC opponents **Edward and Eddie** (I'm not making this up) on the first 2 holes, they were very happy to survive the torrential downpour on the first green with a half. Now quite soggy they settled into their work, combining superbly to streak out to 6 up at the turn and closing out the first match early in the back nine. HKFC 1-CRC 0

Following in group 2 were **Amy Cheng** and **Paul Walters** against **Clement Fan** and **Benny Chen** of CRC. This game was tight throughout and went down to the final hole. Amy and Paul one down at this stage. The 18th hole reduced to a 135yd par 3 currently. The CRC pair had teed off with their best drive in the rough well short of this green. Paul's tee shot short of the green in the rough also. Enter Amy with a lovely shot to the middle of the green, and a par seemed assured with the CRC team struggling in the rough, maybe the hole was HKFC's? However in an act of traditional golfing honesty, Paul declared he was yet to count one of his drives on a par 3 (one of the days many rules), so they had to ignore Amy's great drive and hit out

of the rough. The hole was lost and CRC the victors 2up. HKFC 1-CRC 1.

Group 3 saw HKFC's **Frankie Fang** and **Rene Theil** up against the CRC Captain **Phillip Lee** and **Nicole Yih**. Frankie and Rene were consistent throughout for HKFC, and in a close match, they stretched out at the end to a 3 and 1 victory. Nicole is a relatively new golfer, but looks to have the shots and be the CRC future potential with a few more rounds under her belt. Watch this space next year! HKFC 2-CRC 1.

Next flight out saw late replacement **Bill King** (thanks for covering at short notice Bill) teamed with the canny **Scotsman Ali Murray** against their CRC opponents **Tony Chu** and **Ross Chan**. The HKFC duo trailed in the early stages of the match, but this all changed on the 13th green. Faced with going 4 down, Bill King stepped up to the plate and drained a monster 55ft putt to win the hole, stop the rot and completely deflate their opponents who were already contemplating the comfort of a 4up lead. King and Murray duly won the next 4 holes against their shell-shocked opponents to win this battle 2 and 1 and stretch the HKFC lead to 3-1.

Time for the CRC to fight back. Game 5 saw new HKFC team member **Sam Clatworthy**, probably our youngest match player to date, teamed with the experienced **Lily Chan** against the CRC's 2 Bernards (I kid you not) **Bernard Yeung** and **Bernard So**. Lack of recent golf and first time at MGCC certainly did not help make it an easy debut for 15-year-old Sam, and the HKFC pair struggled to match the consistency of the 2 Bernards and went down 4 and 2. However it is great to see young blood coming through and we look forward to seeing more of you Sam! Has the tide turned here? it's now HKFC 3-CRC 2.

LEADING OFF MATCH REPORT

FINAL SCORE

HKFC		COUNTRY CLUB
Terry Wright & Lindsay Eddie	1 - 0	Edward & Eddie

GROUP 2 MATCH REPORT

FINAL SCORE

HKFC		COUNTRY CLUB
Amy Cheng & Paul Walters	1 - 1	Clement Fan & Benny Chen

GROUP 3 MATCH REPORT

FINAL SCORE

HKFC		COUNTRY CLUB
Frankie Fang & Rene Theil	2 - 1	Phillip Lee & Nicole Yih

FINAL MATCH REPORT

FINAL SCORE

HKFC		COUNTRY CLUB
Jonny Brock & Colin Lunn	4 - 2	Adam Lam & Stephen Chow

Last group saw the experience of **Jonny Brock** and the raw potential of **Colin Lunn** teaming up for HKFC against **Adam Lam** and **Stephen Chow** of CRC. This was a tight match with the excellent short game of **Andy Lam** and some amazing chipping and pitching, keeping CRC in touch with the game all square at the turn. A strong burst on holes 10-12 saw HKFC break clear (was that the Kiosk and a nice cold beer effect?) only to be hauled back again by the CRC duo. Another strong burst over the final few holes (possibly another kiosk and another cold beer?) saw HKFC out to a 3 and 2 victory that possibly did not do justice to how tight this match actually was.

Final Match result was HKFC 4-CRC 2. Another trophy heading towards the Sports Rd Trophy Cabinet. Thanks to all our golfers for competing in another great friendly encounter in a fun 2 ball scramble format. Thanks to Macau Golf for turning out a golf course in good condition, considering the challenging weather they have faced this last month. Thanks to CRC Captain **Phillip Lee** for his organisation on the day and managing the most hole prizes in a rapid fire prizegiving that I think I have ever seen in one round of golf!

Terry Wright
HKFC Captain

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OLYMPIANS IN THE SOCIETY:

ARTHUR LI

**1988 SEOUL, 1992 BARCELONA
AND 1996 ATLANTA**

With Paris 2024 Olympics Games just ended, the Swim & Triathlon Society has been publishing a series of interviews with Olympians amongst us. This is the final edition with Arthur Li who represented Hong Kong at the highest level in the 1988 Seoul Olympics (16 years of age). He then competed in 1992 Barcelona and in 1996 Atlanta.

Was competing at the Olympics a childhood dream?

My father was an avid track and field guy. He followed middle distance events religiously, be they regional or international. Yet, like all sports fanatics, the Olympics is the ultimate ONE. The Olympic seed in me was sowed back then.

I was 11 and struggling with asthma. A doctor friend suggested that swimming might help. So off I went to the pool. While my asthma got under control, my swimming also took off. At 13, I became the best swimmer in my age group, and I found my Olympics dream evolving into a work-in-progress.

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

Swimming is a sport against time. For every event, there is a qualifying time.

And when you beat the time, you will be swimming your way to the Games. In 1988, for my last chance of making the Olympics, I swam my best time in the 200M Free, broke my first HK record and was 0.08 inside the qualifying standard. That became my admission ticket to the Olympics.

How did you train for three Olympics in a row: 1988, 1992 and 1996?

In swimming, one usually follows a 4-year training framework which is further sub-divided into four 12-week cycles per year. Swimmers undergoing training are required to meet the targets set by the coach. Since all I needed to do was to strive to excel within the prescribed time frame, I didn't feel any pressure at all. I must say I had a one-track mind and was extremely focused, day in day out, year after year.

Throughout the years from 1983 to 1988, I was training 5 times a week

with Barracuda Swimming Club (now Harry Wright International). I got one additional training session with the HK squad after I made the Olympics. The training was pretty standard – 6KM per session with some 25M sprints at the end. I must say I was very disciplined and had never missed more than 3 sessions during that period.

To me, the training leading up to the 1992 Barcelona Olympics was most memorable, for both the right and wrong reasons. Let's start with the wrong one. I was studying in the University of Southern California and was caught in the middle of the Los Angeles Riot. There were more than 3,000 fire/arsenal cases, plus violence in the city. It was then when my asthma got triggered off. It was most worrying since the Olympics was less than 3 month away. Now the right reason. As if by miracle, I had a speedy recovery and managed to join the training camp





in the South of France. It was indeed an enjoyable experience.

During 1995-96, I took a gap year to undergo full-time training in Cardiff, Wales under David Haller, my ex-HK coach who was then national coach for UK. I have come a long way with David and that year was particularly memorable, if not unforgettable. I also got to train alongside world record holder Mark Foster in a pool that was so ancient that it had to be taken down a few years later.

How did you mentally train for three Olympics in a row? It's such extreme pressure!

Not really. Swimming is about achieving best times. I only want to do my best. To me, it is not so much about results nor performance at the Olympics, but whether I have tried and done the best I could. This abo mindset served me well as I broke more HK records and best

times than I missed in my 3 Olympics.

Please share a fun fact at one of the Olympic Games?

One day during the Barcelona Olympics, I was eating in the village cafeteria while the U.S. Dream Team (NBA stars) were visiting. Swarmed by athletes asking for photos, they left as quickly as they arrived. The accompanying officials hurried away out with them immediately. It was a snapshot dream!

How do you balance your family, work and training?

During those years, swimming was the Sun of my universe, and everything revolved around it. My school classes were chosen around the training schedules. I was born in an era without mobile phones, social media, and there wasn't much obligation to be in touch with family and friends. Back then, long distance phone calls, mail by post were the means to communicate.



Best Advice to budding athletes who want to perform on world stage?

Given that you are already doing a sport that you love. These are a few that comes to my mind:

1. Put in the time to learn the sport either by asking your coach and/or by reading other materials and/or by watching someone who is better than you.
2. Learn your body through mindful training and set a daily period (2 hours before bed) without your phone and social media.
3. Reviewing your own progress with an analytical mindset.
4. Sleep and rest is as important as training, that's when your mind and body integrate your earlier training and reset them for the next one.
5. Love self when you are being too harsh on yourself.
6. Dream on your goal and it might slowly become a reality.



8KM CHANNEL RACE FROM MAGNETIC ISLAND TO TOWNSVILLE IN NORTH QUEENSLAND

Shane Davies took part in this iconic and incredibly scenic swim on 20th July 2024 in North Queensland, Australia. In its 70th year, the race is well known for the high risk of sharks or crocodiles in the area, so much so that in previous years swimmers had to race in shark cages (there was also crocodile sighting just 5 days before the race...).

Starting from Picnic Bay on Magnetic Island, 100 swimmers between ages 14-75 took part to swim the 8km race to the shoreline of Townsville. Shane did amazingly well against the predominantly speedy Aussie field, placing an amazing 3rd in his age group and was the 8th fastest male overall. Huge well done to Shane for not only the result but also being crazy enough to enter the most unappealing race (without a shark cage) to those who are afraid of the sea!

AQUATHON RACE 3 RESULTS REPULSE BAY

The Triathlon Association of Hong Kong organised the Aquathon in Repulse Bay on 7th July 2024. The Swim & Triathlon Society joined the event and raced, finishing on the podium. **Vasco van der Flier** won his age group in a time of 32mins 27sec. **Janet Wu** also won her age group in a time of 38min 40sec. Well done to both Vasco and Janet for their fantastic performances!

HKCSA LONG COURSE MASTERS COMPETITION PART 3

On 23rd June, 7 of our swimmers took part in part 3 of the HKCSA Long Course Masters Competition in Tung Chung. Following on from the success of the last meet in April, the HKFC medal count continues, with our team achieving a fantastic 5 individual golds and 2 relay golds, with 2 more individual silver and bronze performances.

Farah Master had an incredible 400m freestyle swim and broke the 5-minute barrier, winning gold. With a very warm pool, this was no easy feat, so huge congratulations for an outstanding performance! She also achieved a very quick time in the 100m, coming a very close second place.

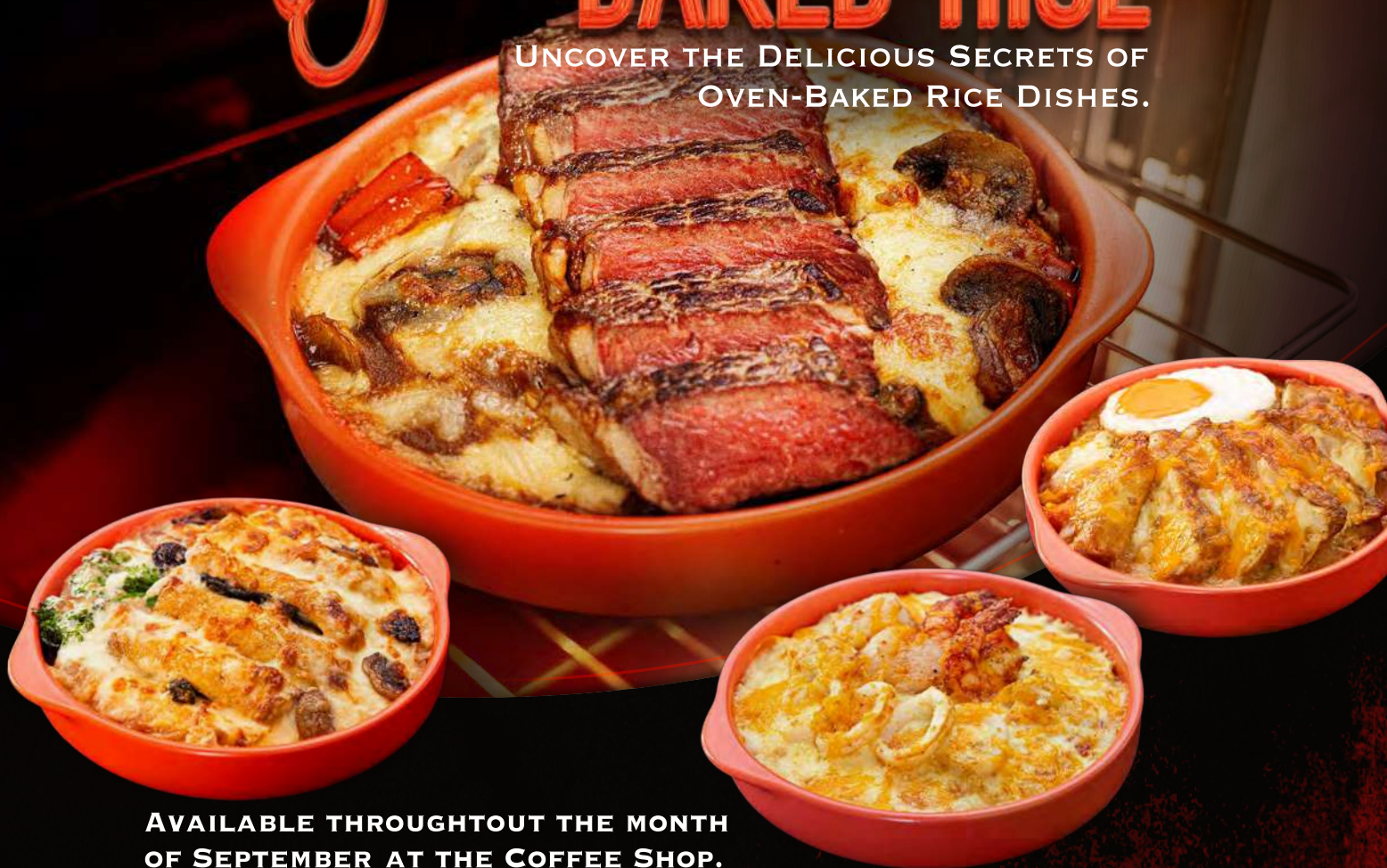
More speedy gold medals were achieved in the breaststroke events by **Chris Cheng** (50m), **Janet Wu** (50m) and **Lucy Barton** who won double gold in both the 50m and the 100m. **Lou Salome Chou** had a brilliant backstroke 50m swim, winning silver, and **Shek Pui Lo** collected two bronze medals with fantastic swims in the 50m breaststroke and 400m freestyle. **Simon Holliday** also had a strong swim in the 100m freestyle, placing in the top 10.

Our relay teams solidified HKFC's dominance at the meet with 2 gold medals in the women's 4x50m free relay and the mixed 4x50m medley relay, winning by at least 4 seconds in both races. Well done to all who participated and thanks to our coach **Dom** for all his advice and guidance!

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BIG members bidding farewell to the
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The team will try their best to get it back in the upcoming season.

ANOTHER
BIG
TROPHY!

47th Hong Kong International Open Tenpin Bowling Championships

BIG was invited by the Hong Kong Tenpin Bowling Congress to compete in the 47th Hong Kong International Open Tenpin Bowling Championships – Inter-Club Challenge Cup. Our representatives **Roy Chan, Emy Clarke, Jasper Liauw** and **Tracy Tam** won the competition and brought home the trophy. This is the first time Hong Kong Football Club won this competition. The team achieved an amazing total pinfall of 2412, an average of 201 points per game. **Jasper Liauw** achieved the highest score of 267 in the final game. Congratulations to the BIG team!



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

Mid-Autumn Gift Hampers 2024



Mid-Autumn Hamper A

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Mid-Autumn Hamper B

HKD 1,688

Hotel Peninsula Mini Egg Custard Mooncakes 6 pcs
with Jingdezhen Celadon Glaze Porcelain Plate

Mid Autumn Fruit Collection

- Japanese Peach 2 pcs • Japanese Citrus In Box / Imported Japanese Fruit
- Japanese Aomori Apple • Korean Green House Muskmelon
- Korean Crystal Pear • Kirin Fruit • Star Fruit / Mango • Fuji Apple



Mid-Autumn Hamper C

HKD 2,088

Hotel Peninsula Mini Egg Custard Mooncakes 6 pcs
with Jingdezhen Celadon Glaze Porcelain Plate

Mid Autumn Fruit Collection

- Gift Box of Japanese Kyoho Grapes / Gift Box of Japanese Muscat Grapes
- Japanese Citrus In Box / Imported Japanese Fruit
- Japanese Aomori Apple • Korean Green House Muskmelon
- Korean Crystal Pear • Kirin Fruit • Star Fruit / Mango • Fuji Apple



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Back Patio Sunset Barbecue

As the sun dips below the horizon, join us at the Sportsman's Bar Back Patio for a Sunset Barbecue experience that promises to be a feast. The Sunset Barbecue is a celebration of good food, our great HKFC community, and the magical ambiance of an evening sky painted in hues of orange and pink. And to make it even better, we're offering free-flowing beers and soft drinks to perfectly complement the delicious grilled delights.

Mark your calendars for every last Friday of the month from 6:30pm to 9:30pm, with our first event kicking off on 27th September. Don't miss it!



Noodle and Dim Sum Bar in Family Lounge

As part of the Family Lounge's new core offering, step into a world of Asian flavors with the launch of our Noodle and Dim Sum Bar in the cozy ambiance of the Family Lounge. Indulge in freshly prepared noodles and dim sum offerings. Whether you crave the comforting warmth of a steaming bowl of noodles (one noodle dish available that changes every week) or some classic Hong Kong dim sums, we've got you covered.



New Salad Bar at Sportsman's Bar

For members seeking a refreshing dining option, the Sportsman's Bar now features a vibrant and fresh Salad Bar. Dive into a colourful assortment of crisp, fresh greens, toppings, proteins, dressings, and more. You can customize your salad just the way you like it, making it perfect whether you're refueling after a workout or simply craving a light, nutritious meal. Our Salad Bar is all about ensuring that health and flavor go hand in hand, catering to every palate and dietary preference.



Catering Consultation Day

Join us for a special day dedicated to exploring the fantastic events our club can host for you. Join us for the Catering Consultation Day, where you'll get to sit down with one of our experts, enjoy some refreshments, and discover the latest creations from our Catering Department. This is your chance to learn about the newest products and services we offer, and how we can help make your next event truly memorable. Don't miss out on this opportunity to get inspired and plan something amazing!



Christophe Horrenberger
Director of Food & Beverage

HIGHLIGHTS IN SEPTEMBER

FAMILY LOUNGE



Dim Sum and Noodle Bar

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Enjoy dim sums and a different noodle dish every week!

CHAIRMAN'S BAR



Crockpot Comfort

Comforting dishes that satisfy cravings.

Afternoon Set Tea: **Summer Breeze Afternoon Tea**

COFFEE SHOP



Washoku Themed Buffet

Savour the Zen of Washoku: Find harmony and balance at the Coffee Shop buffet.

Buffet Upsell Platter: **Washoku Bento Box**

CATERING



Catering Consultation Day

TIME 1pm – 5pm
DATE Saturday, 21st September 2024
VENUE Happy Valley Suite 1, 2/F



Tableside Gin Cocktail Artistry

Let our tableside mixologists take you on a flavourful journey.



Monthly Special: Deluxe Baked Rice

Uncover the delicious secrets of oven-baked rice dishes.

KIOSK



Mid-Autumn Specialties

Available throughout the month of September.

SPORTSMAN'S BAR



Poor Man's Burnt Ends

Savour the smoky, juicy delights.

Beer Promotion: **German Beer**

COFFEE SHOP & POOL BAR



Peach Flavour Yoghurt Soda & Yuzu Flavour Yoghurt Soda

A splash of creaminess, a burst of citrus.

FAMILY LOUNGE



Basque Cheesecake

Irresistibly smooth, perfectly baked: Basque Cheesecake that melts in your mouth.

Beverage: **Milkshakes**

CAPTAIN'S BAR



Coffee Mocktail

Mocktail Revolution - Coffee Edition!

Food Promotion: **Assorted Portugues Egg Tart**

RESTAURANT



Land and Sea

From Waves to Pasture: A memorable journey of land and sea temptations.

WINE EVENTS



Saturday, 21st September | Sunday, 22nd September

Wine Fair: **Clearance Sale**

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



Friday, 5th September

Zinfandel and Primitivo Master Class

TIME 7pm – 8:30pm
 VENUE Happy Valley Suite 1, 2/F
 PRICE \$258 per person

\$50 refund for any wine purchased right after the class



Friday, 13th September

Wine Spectator Recommendation Wine 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

PREVIEW
 IN OCTOBER

WINE EVENTS

Thursday, 17th October
 Wine Masterclass: **Champagne x Oyster Pairing Workshop**

Tuesday, 22nd October
 Wine Dinner: **La Spinetta Wine Dinner**

Saturday, 26th October and Sunday, 27th October
 Wine Fair: **Product Take Over - Ponti Wine Cellars**

COFFEE SHOP

Themed Buffet: **Washoku**
 Monthly Special: **鐵板餐 Chinese Style Sizzling Plate**
 Buffet Upsell Platter: **Washoku Bento Box**
 Beverage: **Peach Flavour Yoghurt Soda & Yuzu Flavour Yoghurt Soda**

POOL BAR

Food: **Bagel Sandwiches**
 Beverage: **Peach Flavour Yoghurt Soda & Yuzu Flavour Yoghurt Soda**

RESTAURANT

Thursday, 10th October
 Wine Dinner: **Four Hands Guest Chef Dinner**

SPORTSMAN'S BAR

Back Patio: **Oktoberfest Specials**
 Beverage: **German Beer**

CHAIRMAN'S BAR

Food: **US Prime Steaks**
 Tea Set: **Vienna Afternoon Tea**
 Cocktail Promotion: **Retro Cocktails**

CAPTAIN'S BAR

Food: **Burger Pies**
 Beverage: **Coffee Mocktail**

FAMILY LOUNGE

Food: **Basque Cheesecake**
 Beverage: **Juice Box Selections**

KIOSK

Hot Items: **Hot Pot Platter To Go**

RESTAURANT
 TEL 2830 9562
 EMAIL restaurant@hkfc.com

COFFEE SHOP
 TEL 2830 9569
 EMAIL coffeeshop@hkfc.com

Sportsman's Bar
 TEL 2830 9531
 EMAIL sportsmans@hkfc.com

CHAIRMAN'S BAR
 TEL 2830 9559
 EMAIL bar@hkfc.com

CAPTAIN'S BAR
 TEL 2837 2622
 EMAIL bar@hkfc.com

Family Lounge
 TEL 2837 2663
 EMAIL bar@hkfc.com

Pool Bar
 TEL 2830 9531
 EMAIL coffeeshop@hkfc.com

KIOSK
 Convenient • Variety • Exceptional Value
 TEL 2837 2678
 EMAIL kiosk@hkfc.com

CATERING SERVICE
 TEL 2830 9513
 EMAIL catering@hkfc.com



New Season
STARTS!



- 1.** Junior Rugby Jersey with Club Logo \$450
Adult Rugby Jersey with Club Logo \$470
- 2.** Adidas League Junior Turf Boots \$545
- 3.** Adidas Junior Football Boots \$545
- 4.** Mizuno Monarcida Neo III Adult Football Boots \$545
- 5.** Gilbert Sidestep X15 Junior Rugby Boots \$590
Gilbert Sidestep X15 Adult Rugby Boots \$650
- 6.** Gilbert White Training Junior / Adult Long Socks \$120
- 7.** Rugby Socks Junior / Adult with HKFC Logo \$130
- 8.** Adidas Football Shin Guard \$108
- 9.** Adidas League Football Size 4 & Size 5 \$283



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HKFC members can also enjoy exclusive offer upon sign-up



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From Pasture to Waves:
A Memorable Journey of Land and Sea Temptations
Throughout the month of September at the Restaurant.



Land
AND
Sea

RESTAURANT

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