

# CLUB

HONG KONG FOOTBALL CLUB 香港足球會 JANUARY 2021



*Athlete of the Month*

## MAYANK VAID

### TAKE A BOW PHIL

Coach, legend, mate – Phil we salute you!

### MINI RUGBY DONATE KIT

Helps get Vietnamese kids off the streets and into Rugby!

# LOVE LETTER

*from*

# LONDON

**DOWN AT CHAIRMAN'S BAR**  
to enjoy a jolly ol' English set tea throughout the month of January



**CHAIRMAN'S BAR**

Enquiries: 2830 9559 or [bars@hkfc.com](mailto:bars@hkfc.com)

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Cover image: by Red Bull

## GENERAL COMMITTEE

|                        |                  |                     |                   |
|------------------------|------------------|---------------------|-------------------|
| President              | : Nick Hunsworth | Development         | : Maurice O'Brien |
| Vice President         | : Fook Aun Chew  | Discipline          | : Malcolm Kerr    |
| Vice President         | : Bobby Lawson   | Membership          | : Neil Roberts    |
| Vice President         | : Iain Valentine | Sports & Recreation | : Karin Loomam    |
| Vice President         | : John Shanahan  | Hockey Officer      | : Charles Poulton |
| Chairman               | : Mike Wood      | Lawn Bowls Officer  | : Mike Worth      |
| Hon. Secretary         | : Neil Jensen    | Rugby Officer       | : Jason Toms      |
| Hon. Treasurer         | : Fredric Teng   | Soccer Officer      | : Stephen Tew     |
| Constitutional Affairs | : Jeff Lane      | Squash Officer      | : David Cross     |

## MANAGEMENT

|                               |                  |                                    |               |
|-------------------------------|------------------|------------------------------------|---------------|
| General Manager               | : Mark Pawley    | Facilities Manager                 | : Evan Tao    |
| Director of Operations        | : Tony Sealy     | Membership Services Manager        | : Kerry Ogle  |
| Director of Food and Beverage | : Randal Linhart | Human Resources Manager            | : Angela Chan |
| Director of Finance           | : Ricky Chan     | Executive Housekeeper              | : Lily Huynh  |
| Financial Controller          | : May Chang      | Digital and Communications Manager | : Denise Chow |
| Executive Chef                | : Yan Mak        |                                    |               |



## CLUB MAGAZINE

Monthly journal of the Hong Kong Football Club. Arranged by Crystal Cheung. 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.





# THE CLUB GENERAL COMMITTEE 2020-2021



*Fook Aun Chew*  
**Vice President**



*Bobby Lawson*  
**Vice President**



*John Shanahan*  
**Vice President**



*Iain Valentine*  
**Vice President**



*Nick Hunsworth*  
**President**



*Jeff Lane*  
**Constitutional Affairs**



*Maurice O'Brien*  
**Development**



*Malcolm Kerr*  
**Discipline**



*Neil Roberts*  
**Membership**



*Karin Looram*  
**Sports & Recreation**



*Mike Wood*  
**Chairman**



*Charles Poulton*  
**Hockey**



*Mike Worth*  
**Lawn Bowls**



*Jason Toms*  
**Rugby**



*Stephen Tew*  
**Soccer**



*David Cross*  
**Squash**



*Neil Jensen*  
**Honorary Secretary**



*Fredric Teng*  
**Honorary Treasurer**

## PORTFOLIO DETAILS OF STANDING SUB-COMMITTEES

The following portfolio functions have been summarised to show terms of reference previously approved by the General Committee (GC).

### **POLICY WORKING GROUP – Mike Wood**

Function: to formulate policies for the approval of GC, to ensure the effective and proper implementation of the Club's published Mission Statement.

### **FINANCE – Fred Teng**

Function: to take into account financial considerations emanating from proposals and policies considered by the GC, and to advise and, if appropriate, give recommendations to GC for approval.

### **CONSTITUTIONAL AFFAIRS – Jeff Lane**

Function: to consider ongoing review of Articles and Club Bye-laws either by initiative or upon instruction from GC, and to make appropriate recommendations.

### **DEVELOPMENT – Maurice O'Brien**

Function: to raise and consider appropriate ongoing and new development initiatives in the short, medium, and long-term for Club facilities with a view to recommending selected proposals to GC for consideration and implementation.

### **DISCIPLINE – Malcolm Kerr**

Function: to process complaints and breaches of the Bye-laws in accordance with standard procedures to be advised (and to ensure Club Staff are briefed on these matters) and to apply appropriate sanctions to those Members found in breach. Finally, to provide information to assist GC in evaluating Membership acceptance/adherence to current Bye-laws etc.

### **MEMBERSHIP – Neil Roberts**

Function: to be responsible for admission of new Members and also to monitor existing policies and to advise on issues involving membership, including procedural matters (including Sections) and enforcement of these policies.

### **SPORTS and RECREATION – Karin Looram**

Function: to facilitate the development of, and Members' participation in, recognised sporting activities and competitive recreational activities, and to work with Management towards the optimum use of the Club's sports facilities.

# The Thoughts of the Chairman

## 主席的話



Michael J. Wood  
Chairman

Despite the social and travel restrictions that we have all had to face, I very much hope that you were all able to enjoy the Christmas and New Year festivities. For myself, this was the first time in many years that I remained in Hong Kong and although missing the usual round of extended family gatherings overseas, it was a pleasant change.

Looking back at 2020, it has obviously not been the best of years with many unprecedented challenges facing all of us.

With the reported advances in vaccines it is to be hoped that 2021 will see a return to some degree of normality.

On that note, a word of thanks to all our Members for your patience and forbearing in the face of the restrictions at the Club, and don't forget that the F&B credit is now available until the end of May.

One victim of the social distancing restrictions is the 25 Year Membership 2020 Cocktail Reception where we celebrate those members who have been with the Club for so many years. This event is not forgotten and we will be looking to hold it as soon as possible to properly recognise longstanding members. In addition, later in the year we will also make arrangements for the 2021 event.

In the meantime, as always, stay safe and healthy.

**Michael J. Wood**  
Chairman

新冠疫情影响下，我們無可避免要面對種種社交及旅遊限制，縱使如此，希望大家在不久前的聖誕及除夕，都有一段美好時光。多年以來，本人還是首次在香港渡過佳節，雖然未能如常回到海外的大家庭，與家人共享天倫之樂，但總算是個愉快的新體驗。

回想過去一年，我們經歷了很多史無前例的艱苦考驗，2020年顯然不是容易的一年。

隨著疫苗研發有重大進展的消息，盼望2021年一切都會好轉。

提到好轉，很感謝各位會員遵從本會社交措施時的耐心及包容，同時緊記本會的餐飲消費回贈已經開始，直至5月尾完結。

社交距離措施所限，本會活動亦受到影響，其中一個是25年榮譽會員2020年度酒會，本來特地為與本會攜手共度數十載的會員而設，由於疫情關係，未知何時才能慶祝這個盛事，但本會並沒有因此將酒會拋諸腦後，我們會盡快舉辦活動，以隆重表揚一眾資深會員。另外，我們不久將來亦都會開始安排2021年的活動。

一如以往，祝大家身體健康，一切平安。

主席 胡米高

### Obituary

We were saddened to hear the news of the recent passing of longstanding Members  
**Chris Hattam, Gordon Ross and Arjan Sadhwani.**

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

## 2020 Q4 STAFF STAR AWARD



**STEVE FOK**  
Security Officer | Security

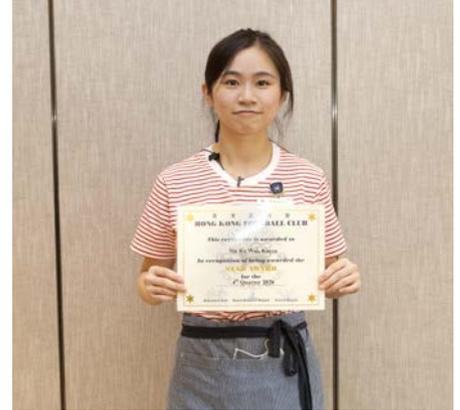
Steve is time conscious and always reports early for work so he is always on time. He is hardworking, loyal and self-motivated at work.

He is a courteous and diligent person who has always worked to the standards expected from his Superior. He always works to the best of his abilities and is willing to work extra hours in order that all his assignments are completed.



**HERMAN LAW**  
Cook B | F&B - Kitchen

In the short time that Herman has been with us at the Club, he's proven himself with his great performance and a real "can do" attitude. He is very quick and vigilant on the job while remaining equally pleasant and easy to work with. He understands the discipline required in the kitchen and has earned the attention of Executive Chef Yan who says that he "shows signs for a good future ahead of him". Herman is also very cooperative and happy to help other Departments, such as assisting the Stewarding team by clearing operating equipment to the dishwashing pass for them. This is the type of team work we need in the HKFC Kitchen Brigade.



**KAREN SIU**  
Hostess | F&B - Coffee Shop

Karen always completes her daily duties in a timely manner. She pays attention in preparing all job orders for different departments to ensure that no mistakes are made. Karen is also our "Turkey Takeaway Champion" which involves a lot of tiny details to ensure that all Club Members have the perfect seasonal takeaway, just the way they like it.

In addition to this, Karen has an excellent memory of all our Club Members and is able to remember their names on sight. She is also aware of their dining preferences and often takes them to their preferred table. She shares her knowledge with the service team to make sure that we go above and beyond Club Member's expectations, achieving the Coffee Shop's goal of providing memorable dining experiences each and every time.



## For Sale CORPORATE SUBSCRIBERSHIPS

The HKFC is currently offering a limited number of Corporate Subscriberships for sale, at a price of HK\$3.3m each, to help fund the future renovation of the HKFC.

On purchase of a Corporate Subscribership a company becomes a Corporate Member and is entitled to nominate an individual and their immediate family to enjoy the benefits of membership of the HKFC.

More information can be obtained by contacting Kerry Ogle, Membership Services Manager on 2830 9502 or by email to [membership@hkfc.com](mailto:membership@hkfc.com).

For information on HKFC facilities please view the website at [www.hkfc.com.hk](http://www.hkfc.com.hk)

Interested parties should submit a written application to:  
The Membership Services Manager  
Hong Kong Football Club,  
3 Sports Road, Happy Valley, Hong Kong

# From the Desk of Mark Pawley

## 總經理的話



Mark Pawley,  
General Manager

For many of us the Xmas and New Year Festivities were likely much quieter affairs than usual bringing to an end a year we will no doubt all want to forget. Let's all hope 2021 is a year to remember, for all the right reasons?

From a food and beverage perspective we have a lot planned for the month of January, that is as long as we are back to normal opening hours! In the **Chairman's Bar** we have the **Love Your Holiday Leftovers promotion** which as many of you will gather will largely focus on menu items that include Turkey! And, if you fancy an English set tea, then the **Love Letter from London afternoon tea promotion** is for you!

In the **Coffee Shop** we have a **Donburi promotion** throughout January. What is Donburi one might ask? Well, according to Google, Donburi is a rice bowl dish including meat, fish, vegetables or other ingredients simmered together and served over rice. We also have a **Jokbal take away promotion** in the Coffee Shop - I googled this as well and Jokbal is effectively Pork Knuckle cooked with soy sauce and other spices. I am sure you will enjoy both these new promotions. And, if we are open in the evenings then the Coffee Shop will also have the **Taiwan Night Market Themed Dinner Buffet** on Friday and Saturday evenings in January.

In the **Restaurant**, during these cooler times we have the **Cozy up with Casseroles promotion**. The **Sportsman's Bar** too has its own promotion and this month we have **Big Bad Baos**. Come and try one of our filled Baos with "crazy combinations". And, not to be outdone the **Captain's Bar** has a **Let's Go Nuts for Coconuts promotion** where you are going to be being asked to vote for your favourite coconut water.

Looking forward and, at time of writing, we are not certain about the playing of sport in Hong Kong in January. As such, it is worth noting that the **6 Nations Rugby Championship starts on Saturday 6th February 2021** and, if we are not able to show these games "Live", we should at least be able to show them at some stage the next day(s) via on demand or DVD recording. One thing we are able to show "Live" will be the **NFL Super Bowl** which is scheduled to be played on **Monday 8th February** with the match starting at **7am (HK time)**. More details of how to book this event will follow later this month.

Mark Pawley,  
General Manager

對我們來說，剛剛過去的聖誕及跨年慶祝活動，相信都比以往冷清得多，而毫無疑問，大家也想忘掉上一年的種種不快。未來還有很多美好的事情，或許我們該祈求 2021 年會是個值得回憶的一年。

餐飲服務方面，當本會回復正常營業時間的時候，一連串籌劃已久的餐飲推廣將接踵而來。**Chairman's Bar**的**愛心節日「剩」宴**，顧名思義就是將大家過節時餘下的材料，轉化為一系列的特色佳餚，而餐牌上的菜式，當然少不了火雞！另外，若然想歎歎傳統英式下午茶，那麼**倫敦情書下午茶套餐**就最適合不過！

而在整個一月，**咖啡廳**都會有和風**Donburi**料理，到底**Donburi**是甚麼菜式呢？根據 Google 的搜尋結果，原來**Donburi**即是丼，大碗裝滿粒粒鬆軟飽滿的白飯，然後於飯面鋪上肉類、魚肉、蔬菜或者其他燉煮料理，就為之丼。**咖啡廳**亦推出了**韓式Jokbal外帶**——本人同樣也搜尋過這個名字的意思，知道**Jokbal**就是用豉油配以其他香料烹煮的醬豬蹄，以上兩款料理，包保大家食得樂而忘返。再者，如果我們恢復晚市堂食，**咖啡廳**於一月逢星期五及六晚更會有**台灣夜市主題自助晚餐**，保證大家吃遍台灣美食。

天氣漸漸轉涼，餐廳的暖心小鍋精選正好為你抵擋秋冬寒意。略嫌不夠的話，**Sportsman's Bar**也有自己的推廣活動，而一月推廣就是“**特式刈包**”，餡料配搭「包」羅萬有，膽大「包」天的大家，必定要來嘗試一下。**Captain's Bar**方面，舉辦了「**椰**」到爆炸大賽，大家試過各個牌子後，就可以投下心目中最喜愛的椰子水。

展望將來，雖然到目前為止，我們未能確保一月香港能夠重啟體育賽事的可能，但正因如此，才不得不提 2021年2月6日（星期六）的**六國欖球錦標賽**，尤如為大家雪中送炭，不過假如賽事未能在本會「實時」直播，我們至少該可以透過自選點播或者DVD光碟，在之後一日（或幾日）重播賽事，現時可以肯定的是，本會能夠「實時」直播國家美式足球聯盟的**超級盃**，超級盃預定於香港時間2月8日（星期一）早上7點開波，更多詳情將會於稍後日子公布，想預約觀看賽事的大家，敬請期待。

總經理 龐禮文



## CHINESE NEW YEAR FESTIVITIES

Welcome the Year of the Ox at the Club with the God of Fortune!

### ☘ COFFEE SHOP ☘

If you are a Buffet lover, don't miss out on our buffet options to complete your celebration with delectable treats. Featuring with traditional Chinese New Year's dishes.

*Saturday to Monday, 13th to 15th February, available daily*

#### Chinese New Year's Buffet Lunch<sup>^</sup>

12 noon – 2:30pm

\$268 per Adult and \$138 per Child\*

#### Chinese New Year's Buffet Dinner<sup>^</sup>

5:30pm – 9:30pm

\$268 per Adult and \$138 per Child\*

Enquiries: 2830 9569 or [coffeeshop@hkfc.com](mailto:coffeeshop@hkfc.com)

### ☘ HAPPY VALLEY SUITES ☘

Kick off the Year of the Ox by enjoying this humble meal that falls between breakfast and lunch, with your favourite wines and beer.

*Saturday 13th February*

#### Chinese New Year's Brunch<sup>^</sup>

11am to 3pm (last arrival at 2pm)

\$458 per Adult and \$208 per Child\*

With unlimited serving of sparkling wine, house red / white wine and beer for adult and chilled juices for children

Enquiries and Bookings:  
2830 9559 or [bars@hkfc.com](mailto:bars@hkfc.com)

### ☘ KIOSK ☘

Chinese goodies and New Year's Puddings are on the shelves. Come and visit the Kiosk at the Club's lobby to find out more.

*Saturday 30th and Sunday 31st January 2021*

#### Chinese New Year's Bazaar

Venue: Lockhart Room

Time: 1:30pm till 6pm daily

Enquiries: 2837 2678 or [kisok@hkfc.com](mailto:kisok@hkfc.com)

Remarks: \* Children: aged 4-11, toddlers under 4 years old are free of charge  
<sup>^</sup> With God of Fortune appearance on 13th February 2021

- Operation hours are subjected to change based on policy updates from HKSAR Government.

# FOOD AND BEVERAGE MONTHLY PROMOTIONS



From **1<sup>st</sup> Friday**

Let's go nuts for Coconuts  
Captain's Bar

From **2<sup>nd</sup> Saturday**

Cozy up with Casseroles  
Restaurant

From **4<sup>th</sup> Monday**

Love Your Festive Leftovers  
Chairman's Bar

From **1<sup>st</sup> - 31<sup>st</sup> Friday to Sunday**

Takeaway:  
Jokbal in the house!  
Coffee Shop

**8<sup>th</sup> Friday**

Taiwan Night Market  
Buffet Dinner  
Coffee Shop

**8<sup>th</sup> Friday**

Big! Bad! Baos!  
Sportsman's Bar

From **30<sup>th</sup> - 31<sup>st</sup> Saturday and Sunday**

Chinese New Year Market

## Wine Dinner and Master Class:

- 15 Jan: Peter Lehmann Wine Dinner
- 21 Jan: Barolo vs Barbaresco Wine Masterclass
- 29 Jan: New Zealand Wine Dinner

## Coffee Shop:

- Don Buri
- Taiwanese Ginger and Brown Sugar Drinks

## Chairman's Bar

- Love Letter from London Set Tea
- New Year's Resolution: Alcohol Free Spirits, Beer and Sake

## Sportsman's Bar:

- Healthy Beers

## Family Lounge:

- Chocolate Drinks

## Coming Soon in February

### Festive Time:

- Chinese New Year Festivities
- Valentine's Day

### Wine Dinner and Master Class:

- 19 Feb: Chablis Wine Dinner
- 25 Feb: Barossa Shiraz Master Class

### Restaurant:

- Shellfish Treasures

### Coffee Shop:

- Takeaway Items: Chinese Set Menu for 4

### Sportsman's Bar:

- Some like it hot!
- Cinnamon Powder Eating Contest

### Chairman's Bar:

- Cantonese Afternoon Set Tea

### Captain's Bar:

- Bento Box

### Enquiries and Booking:

Coffee Shop – 2830 9569 • Restaurant – 2830 9562 • Chairman's Bar – 2830 9559 • Sportsman's Bar – 2830 9531

## Exercise of the Month

# Arms Wall Slide

1. Stand and lean on the wall.
2. Try to keep your elbows and wrists on the wall.
3. Draw your belly button back to minimize the gap between your lower back and the wall.
4. Slowly slide your arms up and down.
5. Repeat for 10 times.

*Tips:*

*Arms wall slide is a good exercise to activate your back muscles. The movement trains your retraction and depression of the shoulder blades. It also helps to open up your chest and shoulder. Try to include this movement in your warm up routine!*



## Benefits of Stretching

- 1. You'll be bright-eyed even in the middle of the afternoon** - Just a few minutes of stretching increases blood flow through your entire body including your brain. It wakes you up and helps you feel less sluggish.
- 2. You'll be less likely to trip and fall** - stretching can help with fine-muscle coordination — meaning those who stretch first might be able to avoid a tumble by making small balance adjustments.
- 3. You'll move around more easily and with less pain** - Regular stretching can relieve stiff muscles and creaky joints. Focus on mobility by doing range-of-motion exercises and soft tissue work with foam rollers. Range-of-motion exercises include shoulder shrugs, wrist

bends, and knee lifts — anything that keeps your muscles and joints moving through their full range of motion.

- 4. Make the most of your stretch session** - stretching should be a regular part of your pre- and post-workout routine. Flexibility training is something most people put in the backseat when it comes to fitness, but the reality is stretching allows you to have a better range of motion and mobility. And, better range of motion means you can lunge lower and jump higher, which translates to more effective workouts.
- 5. You might be less likely to injure yourself** - Incorporating stretching into your warm-up — never try to stretch cold muscles — helps your body get ready for exercise as well as switch

your brain into “workout mode”. Stretching can't totally eliminate injury, but it can certainly help from a mindset perspective.

- 6. You'll stress less** - Stretching can help tame tension both physically and mentally, as it relieves tight muscles while tricking you into feeling more relaxed. Just don't overdo it, especially if you're wound up pretty tight. You should be able to relax into a stretch. If you're in pain, you're doing it wrong.
- 7. Recommendation** - Dynamic stretching is recommended before a workout to increase body temperature and increase joint flexibility while static stretches are better at the end of a workout for a cool-down.

# FOOD AND BEVERAGE FLASH BACK

## Sportsman's Bar Oktoberfest

# OCTOBERFEST OBSTACLE COURSE



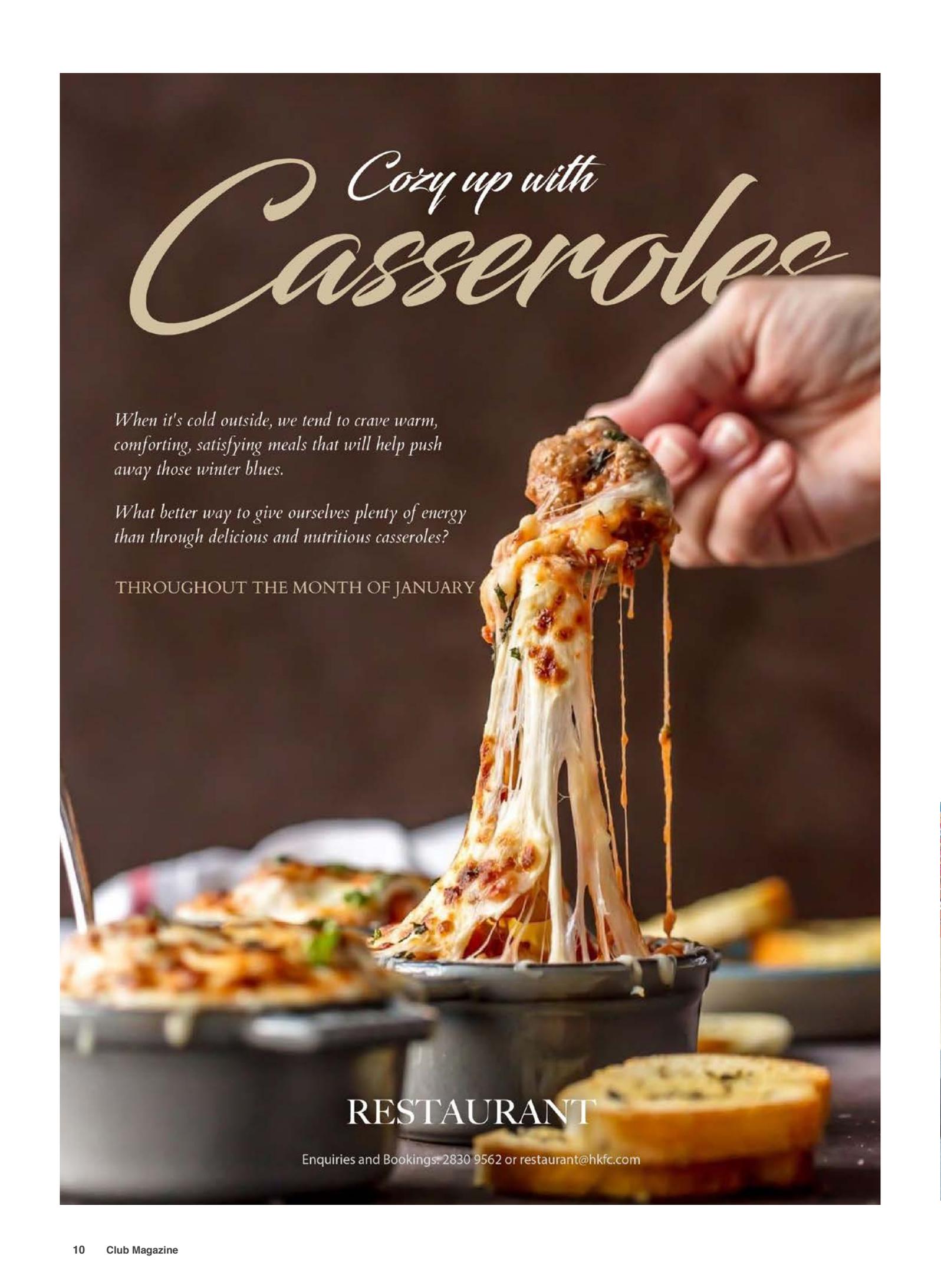
On the 29th of October, to celebrate Oktoberfest down at the Sportsman's Bar, we set up an obstacle course and invited Club Members to complete it as accurately as possible and in the fastest time. There were 8 different obstacle challenges. It sounds easier that it actually was. For any mistake on the obstacles, a 10 second penalty was added to the final time. At the beginning of the evenings, we'd had 14 contestants already signed up but by the end of the evening, there were over 40 participants in total. In the end it was great fun and also great to see an impressive showing of Club Members from a number of our sporting sections, namely Rugby, Soccer, Hockey and Squash. The winner was **Jacob H.M. Iversen** who won "Beer for a Year", followed by top 2 runners up **Adam Webb** and **Henry Shaw**. Special thanks to all those that participated and of course, to our sponsor for the event: **Peroni, Pilsner Urquell, Grolsch and Koze!**



# MOVEMBER IN NOVEMBER



In case you didn't get a chance to read the article in November's Club Magazine, the team at the Sportsman's Bar partnered up with Movember and Phenomenally Pink to help raise awareness and donations to fight men's cancer and depression and women's breast cancer. From the start to the finish, special recognition needs to be paid to the Dino's Hockey Team for being the greatest supporters and getting the message out there. In fact, they were also the top donators and won some great prizes, provided by the sponsor of this event, MHD. Great thanks to them for that. Although we had to call off the 15 shot challenge grand finale due to the tighter restrictions on social distancing, we awarded **Olivia Burgess** for completing the most shots, leading up to the event. Well done to all and we're looking forward to making this an annual event.



# *Cozy up with* *Casseroles*

*When it's cold outside, we tend to crave warm, comforting, satisfying meals that will help push away those winter blues.*

*What better way to give ourselves plenty of energy than through delicious and nutritious casseroles?*

THROUGHOUT THE MONTH OF JANUARY

RESTAURANT

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

# WOMEN'S RUGBY REPORT

**H**KFC Ice have had a promising and strong start to the season which has shown the resilience and team spirit within the team. Even with being plagued with injuries and the COVID-19 restriction the team has maintained a high level of performance. This season has seen a huge crop of new imports, youth players and players from previous seasons, showing the depth and strength that is in the team. Our coaches have worked tirelessly to increase the depth and maintain high levels of performance which further shows the depth of the Fire squad.

Round one began with the game against Tigers. This was a game that began Ice's strong defensive game against a relentless attack. With many opportunities and strong play by both sides unfortunately Tigers gained some early tries that left a comeback a hard battle. This really was a game of two halves in which the second half scored was level. Final score 5-27.

The Ice vs. Causeway Bay game allowed for an exciting amount of play from both

the back line and forwards. With strong defence Ice was able to cause mistakes within the Causeway Bay team that allowed Ice to have significant momentum during the first half. With a healthy lead going into the second half Ice looked to increase the score difference. Whilst Ice gave away some unfortunate tries they were still left with an impactful 48-21 won.

A critical game was upcoming against Kowloon. On paper the teams looked evenly matched and a significant fight it was. This game had many frustrating missed opportunities from both sides during the first half with a narrow score line of 0-7. Ice needed to come back in the second half on stride and ready to attack. Once again a missed opportunity allowed Kowloon to score a critical 60m try. There were many strong attack phases from the Ice side finally resulting in a well deserved try at the end of the game by **Fion Got**. With the final score of 5-12.

The ferocity that the Ice teamed showed whilst under significant pressure from Valley

shows the grit and resilience forming within this team. This was a game where the performance really didn't match the score line.

The team showed strong forward play and took on a number of carries. **Aileen Ryan's** interception resulted in a huge gain line advantage for Ice. With an end score of 34-0 this will be another significant game in round 2 next year.

Looking forward to round two of the KPMG Premiership, the outlook for future games is looking bright. With injuries coming to an end and the team's uplifted spirits from the last game future games are looking good. HKFC Ice hopes to come out in 2021 with an upstream of luck and momentum. This is an exciting team that will be one to watch in upcoming games.

■ Clodagh





# Love Your Holiday Leftovers

*A fabulous feast is the highlight of the festive season,  
and so is having lots of leftovers to enjoy afterwards.*

*Try out these simple, hearty, wholesome dishes that are sure to burst your post holiday blues.*

Throughout the month of January



**CHAIRMAN'S BAR**

Enquiries: 2830 9559 or [bar@hkfc.com](mailto:bar@hkfc.com)

# Rugby Section donated kit *Helps get Vietnamese kids off the streets and into Rugby!*

Thanks to the generosity of mini rugby players, parents, coaches and volunteers our donated kit is having a great impact in Vietnam as it encourages and supports children and particularly girls to engage in sport and develop new life skills.

As these pictures show, the famous Football Club blue and white hoops help to further engender a sense of teamwork and collaboration as rugby's core values provide a springboard to new opportunities for children growing up in developing areas of Vietnam.



Back in September, Club Minis and their parents responded brilliantly and donated 888 items of rugby kit that were sorted (and washed!) then shipped off to Hanoi. A huge thank you to Garry Kemp and our friends at DHL for not only shipping the kit free of charge but for helping untangle the riddle of Vietnamese customs during COVID to ensure that the kit got into the hands of the people who need it most.



Pictured here are girls aged 11-13 from the Kim Boi Club from the local community in Hoa Binh province in northern Vietnam, just outside Hanoi. They train once per week as well as learning life skills

through the Pass It Back curriculum and are getting ready for a competition in January!

As part of our new partnership with Laureus, HKFC Minis intend to build a stronger connection with the Childfund Pass it Back programme in Vietnam who support up to 30 teams across 7 community rugby clubs in the province like the Kim Boi Club. We hope to both help out this great cause and to raise awareness and connection with our Minis community.

Through integrated rugby and life skills learning modules, the programme allows children to improve their leadership, life skills and sports skills as well as attitudes and behaviours in a safe and structured way. Playing as part of a team provides young people with access to an expanded support network too.

The knowledge and experience learnt by the local players and coaches are then taken back to their communities where they "pass it back" to others, enabling wider social impact.

We look forward to providing more updates on progress in Vietnam and other opportunities for the club to get involved throughout the year; for now we'd just like to pass on a big Thank you or "cảm ơn" from Vietnam for your help so far!

■ Tom Wheeler





### U12s VS SANDY BAY

We live in the most challenging of times and having a sense of “normal” is a luxury. Sandy Bay hosted our U12 boys for their first competitive matches of the season and we brought our two A teams, coming away with a strong result: 5 wins and 1 loss. In the first match, a slow start from the big boys up front proved a challenge with a 3-1 loss, the scrappy Sandy Bay backs getting stuck in the ruck. The second A team though had a strong run with a 4-2 win with **Jason Wildman** and **Princeton** showing some pace throughout the match.

In the second set of games we swapped the forwards for both squads (as did Sandy Bay) and the results were impressive, coming away 3-1 wins on both sides! **Justin** showed some strong runs throughout setting up tries for both **Felix** and **Aidan** in the win.

The boys were keen to finish with a win against the Sandy Bay 1st team and did not disappoint with an impressive effort in the 3rd match, a 3-2 win with the 1st team forwards back in the mix along with the slashing and dashing backs led by **George** and **Kobe**, who cut off a Sandy Bay pass for an easy score.

Well done boys and big thanks to JJ and the Sandy Bay crew for hosting this morning of rugby competition and camaraderie!

■ *Peter Jastreboff*



## U12s VS VALLEY FORT

After a pulsating game of rugby played on the hallowed grounds of Hong Kong Football Club with the Natixis Premier Team winning a nail-biting game against their rivals Valley Fort, it was the U12's turn to try and emulate that win.

So off we go, an A and B team present against the Valley Boys, both took to the pitch at the same time and it was apparent that it would be a winning day. Both teams had tries within the first 5 mins.

HKFC B (more a bolstered 3rd team) followed that up with some extremely strong plays and within 10 mins they were 5 up and showing some great skills against it, a must be said, a weaker side unfortunately. **Conrad, Tan, Ryan** and **Thomas** all able to make that jump to the second team. Some great movement of the ball and some very encouraging tackles and drives over the ball in the rucks.

The backs showed some fine plays with the wingers of **Sebby** and **Princeton**. The new No10, **Dylan**, showed us what he has, playing a great first half and delivered some fine balls out to the wings pushing the score line to near double digits before half-time. Some excellent work by all the players.

Second half and more of the same, great ball work and relentless effort pushed the score line to an unassailable lead of 14-0. Scrum-halves, **Marco** and **Jonathan**, doing what they should and driving the team on. Man of the match, Hooker **Thomas Bennett**, showed up throughout the game and met with some great praise from coaches **Tim**, **Rambo** and **Russell**.

Meanwhile the As, after going 1-up, the pack started to deliver what Coach **Sias** had been pushing all morning. Be first on the ball, win the ruck and punch it up. The Valley Boys had the size advantage, but **Maximilian**, **Kai** and **Matthew** all pushed and drove forward to gain as much ground as possible. Though we could have been more aggressive in the rucks which resulted in some lost balls, the boys pushed hard with the backs on fire, they hit the second try of the day.

Valley fought hard and were rewarded with a great try just before half-time. Going in for oranges and talks from the coaches, notably

**Jonty** our ProCoach, who came down to see the fruits of his labour, the boys listened intently to areas where they needed to improve.

Valley turned up from the restart, with their star player Leon, formerly of HKFC I have to say...a great catch some wonderful footwork and its 2-2, Game on. This was also the point where our half-backs, fly-half **Campbell** and scrum half **George**, took charge to get the backs in line and show what we have. Relentless pressure from the forwards driving Valley into their own 10m line, a scrum called, a big push with a cheeky blindside move from **George** and the boys are over the line. Back in front but still with work to do. 5 mins remaining and again from the kick-off the boys charge up the field.

**Ryusuke**, **Caspar**, **Zach**, **Kai** and **Maximilian** were driving the ball through hit up after hit up and some fine tackles by **Felix**, **Justin** and **Jack** helping to get the ball back in Club's hands. The run of play was hard and well fought with Valley holding the defensive line extremely well with two hold ups resulting in scrums at the 5m. An intercepted pass by Valley allows them to push hard down the field, however fine tackles from **Lachlan**, **George**, **Campbell**, **Casper** and **Kai** results in winning the ball back. Club's continuous attack resulting in the ball being held up by the Valley Defence. Some kicking gets thrown in to add even more excitement and the boys push on. A scrum at the 5m, Scrum half **George** looking around and seeing on the right wing, the rapid **Justin**, a quick nod, another sneaky blindside move, 2 v 1 and it's over the line in the corner...score 4-2 and the final whistle is blown.

Wow! what a game, could have gone either way as both teams really showed grit and determination on the field.

A huge thanks to the coaches, **Dave**, **Sias**, **Grewers**, **Tim** and **Pete** who assist me in running this bunch of lads and of course **Jonty** for his invaluable input.

A weekend for the Blue and Whites to be very happy about.

■ **Robin Zavou**



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### U10s VS SANDY BAY

Like all our age groups, HKFC U10s have suffered from limited pitch space and game time because of the COVID restrictions. Nevertheless, by hook or by crook (excellent begging and borrowing from U10 Team Manager **Robert Ramsay**), we have found ways to progress our rugby skills in focussed and fun sessions in Happy Valley, or wherever we can find pitch space. U10s have 60 players this season, plenty of coaches, and have attracted several more players as the season has developed. We welcome three new players who have joined U10s after the season started: **Luke Kaminski** (Germany), **Tomas La Fontaine** (France) and **Joshua Ngai** (Hong Kong).

With the help of our ProCoach **Jamie Ross**, who also plays front row in the Premiership, we have already made positive strides in scrum skills and safety, a new element to the U10 game. The boys (and our two excellent girls **Naomi Chan** and **Iola Cairns**) are getting more comfortable at packing down in

these resets in the game.

In terms of games, HKFC U10s hosted Valley Fort teams for friendlies in early November, 2020, and at the end of the same month were lucky that Sandy Bay invited us to a series of round robin friendly games on their pitch, where more players are allowed. Our thanks to Sandy Bay U10 coach Peter Glanville for making that happen. In the series of U10 games we came out winners in most but faced strong opposition in one of the A games. Among our two A teams, the Tigers made the stronger showing. Well played to **Simon Ferreira Danjoux**, whose tackling technique is really showing the way, and who brings an all-round physicality to the game, and **Thomas Wood**, who consistently made serious yardage going forward. We also welcomed back from Japan, twins **Genraku** and **Taraku Kinoshita** playing in different teams this season to help develop their skills and rugby friendships. Both delivered some amazing runs, many steals, and some dominant tackling.

Our development teams, the Pumas and Cheetahs, both played superb games and defeated Sandy Bay's development team. Special mentions to **Luke Holden**, for his determined tackling and for scoring several tries at difficult stages of the game, and **Jackson Whittaker**, who is proving a very strong ball carrier in contact. **Lucian Grenham** has become a very determined tackler. Their all-round rugby skills are great to see, as is the overall attitude of our development teams.

My thanks to the U10 squad lead coaches. Their dedication in this tough season is greatly appreciated and they have all improved the U10 rugby experience: **Coach James Woods** (Tigers lead), **Coach James Mendes** (Lions), **Coach Alex Davey** (Pumas) and **Coach Vinay Sirinivas** (Cheetahs). Thanks again to Rob for helping to set up and facilitate the Valley and Sandy Bay matches!!

■ *Duncan Grewcock*

## Remembrance Sunday - POPPY COLLECTION

The Mini Rugby Charity group helped organise donations for The British Legion in Hong Kong. Mini teams got involved in collecting before and after training on 1st and 8th November and had some fun distributing poppies to kind donors.





# SQUASH V BADMINTON MATCH

*(er.. mismatch)*

After a few months of the Squash Centre being closed due to COVID restrictions we were keen to organise some social events to put a smile back on our faces. A plan was hatched for a merry crew of squashies to take on the Badminton Society at their own game.

Having seen a few old boys patting a shuttlecock over the net on your average weekend we felt the odds were in our favour for an 'away' win.

Keen as mustard, the squashies arrived at the Sports Hall early having dusted off their 1980's Pro Kennex specials and started what was generally viewed as a pretty impressive warm up. A few whispers of "he's better at

badminton than squash" could be heard muttered between lunges and smashes. Eventually the Badminton crew arrived with a sprinkling of 'youths' and 'masters'. Lambs to the slaughter surely...

To get us off to flyer we sent our gun player and ex-badminton champ **Hugh Dyas** into the fray, who was up against a young lad who even to the untrained eye looked 'a bit handy'. 10 minutes later, and tail between his legs, Hugh returned with the comment "mmm.. I'm maybe a little slower than I used to be".

The next 2 hours can only be described as a massacre. One by one our merry band of brothers were dispatched with increasing ease.

Scores of 21-3 were fairly common (especially when **Keith** was playing...) The oppo resorted to giving us lessons on where to stand, how to serve, ...well, you get the picture.

An utter trouncing ensued, save for a single bright spot when **Dave Cross** and **Ken Lo** managed to find the Badminton team's weakest links and somehow got us a much needed 'W' on the scoresheet. Congrats lads!

The post-match de-brief, over some food and beverage, centred around the word 'revenge' and "wait till we get 'em on a Squash Court". And then someone pointed out that maybe we should avoid giving them volleys...

■ *Keith*



# THE '888' MATCH-UP BETWEEN HKFC AND HKCC

We linked up with our pals from the HKCC for a Hong Kong style "888" hit-up. Why 888 you ask? Elementary, dear readers! Each team had 8 players, all represented div. 8 squash, and played at 8pm, if you wound your watches forward an hour. Per chance, we also played the eve of September 28th, and there is an 8 in 28. So 888 it was, for fame, good fortune, and prosperity.

We started at home, because we are the Hong Kong Football Club are we not! There were some great, tight games. We were all impressed with **Teddy**, who only "exclaimed" a couple of times, and didn't even throw his racket during his loss to a very tidy Tim. Oh, and lest we forget **Adrian**, our fearless leader who takes no prisoners. He went on to triumphantly defeat **Raphael** three-zip. Raphael is 10 years old.

Honourable mentions go to **KK** and **Sean** who played last in a nail-biter in front of a throng of onlookers. They were blowing for every ball of the five games, but KK stayed composed and edged out a win. The first leg of 888 had gone our way! A 5-3 win on the night.

**Steve BEAT Guy** 3-1  
**Teddy LOST to Tim** 1-2  
**Alex LOST to Victor** 1-3

**Rhodes LOST to Chris** 1-2  
**Adrian BEAT Raphael** 3-0  
**KK BEAT Sean** 3-2  
**Stephen BEAT Mac** 3-1  
**Andy BEAT Chris** 2-1

November 2nd rolled around, and it couldn't have come quicker for HKCC, who were eager for revenge. This is what they had been waiting for. They were ready, they had home court advantage, they had their first string line-up. They also knew all too well how good the food is up there, and couldn't spend another minute on court with the scent of Chicken Makhwanwala in the air. They practically jogged off the court and into the restaurant. We smashed it 7-1, but the players at HKCC all knew they had won the real race!

**Steve BEAT Victor** 3-0  
**Teddy BEAT Pete** 2-0  
**Alex BEAT Tim** 2-0  
**Adrian BEAT Chris** 3-2  
**Raphael BEAT Nick** (turncoat)  
**Alex BEAT Mac** 3-0  
**Graham BEAT Sean** 3-0  
**Nick LOST to Nick**

■ Steve West



# NEW YEAR'S RESOLUTION

Throughout the month of January

Complete your new year's resolution at Chairman's Bar with a selection of alcohol free spirits, beers, wine and sake.

1. Exercise more, Lost weight
2. Get organized
3. Learn to play the Kazoo
4. Save more money
5. Quit smoking
6. Spend more time with family and friends
7. Travel more.... hopefully.
8. Read more
9. Do a random act of kindness every day
10. ~~Stop going to Chairman's Bar.~~

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# TAKE A BOW Phil

“Coach, legend, mate – Phil we salute you!”



Following the end of the brilliantly revamped, COVID-friendly Wing Ding tournament - where Phil Head had been coaching for a record number of sessions all in the name of charity - 100 or so people with aching limbs and a raging thirst came together to give Phil a leaving soiree worthy of the coach who had graced the HKFC for over 20 years.

With a penchant for parties and tours, Phil appears in many a photo album and with a bit of prompting from Jonno we were shown a fantastic slideshow of Phil through the ages. And even better, dozens of friends and pupils from past and present contributed short selfie videos giving thanks to Phil for their friendships and many improved squash technique. From squash tour pros, to ex-HKFC members across the globe, and of course a jumbo tour winning partner, the

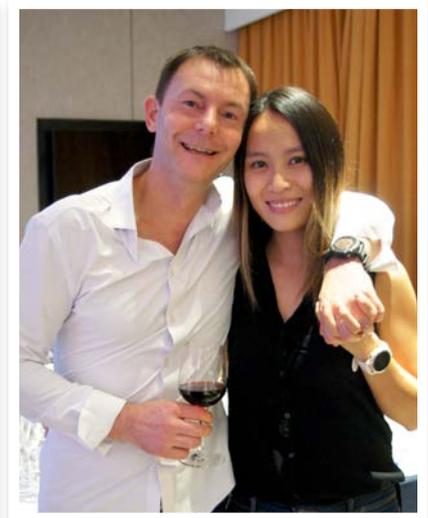
compilation video spoke volumes about the breadth of people that Phil has touched over his 20 years at the club.

And so to the highlight of the night, Phil's speech that by common consent was absolutely nailed!

Phil, we wish you all the best up the road at the HKCC and look forward to the next highlights reel, involving not just a squash court but no doubt a golf course, a jumbo doubles tour and a night on the town or three!

I have a request in to the Football Club management to retire your seat at the Chairman's Bar, without response as we go to press...

Coach, legend, mate – Phil we salute you!



# Womens Start of Season Highlights

In a year of stops and starts, it was fantastic to see our Womens teams back on the Hockey Pitch for training and the start of some competitive matches in Q4. Here are a selection of snippets and snaps of the action that we managed to sneak in before Christmas and another shut down of sport for now. We will be back!



## HKFC WOMEN'S F VS SKYERS A - 1 - 0

Dinos were in the pink against Skyers A, winning 1-0. Goal came from **Di May** and player of the match **Mel Watt**.



## HKFC WOMEN'S C VS HKCC B - 8 - 0

Fantastic win for the HKFC Women's C team against HKCC B. Goals came from **Lynsey, Caeli, Sophie,** and **Ingrid**.



## HKFC WOMEN'S E VS EWIS A - 1-1

The mighty E team came up against a tough Ewis A side that held them to a hard fought draw of 1-1. MVP was **Johanna Harras-Wolff**.

## HKFC WOMEN'S B VS HKCC A -0-0

The season opener for the B's saw the ladies take on HKCC A. Unfortunately with both teams battling hard, the game ended 0-0. Player of the match was **Jasmine Titmuss**.

## HKFC WOMEN'S C VS ELITE A - 3-1

HKFC C won 3-1 in a very tense game. Elite A scored the first goal as the C's were just getting into the game. But the tempo of the attack and possession ramped up to see the Ladies coming away with a 3-1 win.

## HKFC WOMEN'S D VS HKCC B - 4-0

It was a cracking start to the season for the HKFC Women's Ds who put 4 goals past HKCC B in a classic encounter.

# RIC TSE 'DERBY DAY' PHOTOGRAPHY:

## Available to Buy

We have now taken delivery of our specially commissioned piece of artwork from **Ric Tse**, called 'Derby Day'. This is a limited series of 50 photographs to celebrate 50 years of Ladies' Hockey. Act now to get your hands on one!

All photos are signed by the artist and numbered. If you would like to purchase a photo, please email **Christina Matula-Hakli** at **Ladiescaptain@hkfchockey.com**. The cost of the photo is \$1,400 unframed and \$2,200 framed.

Proceeds from the photo will go to the Guv Dillon Foundation and will be earmarked for a scholarship with the Zubin Foundation, which will pay for a girl from a low-income ethnic minority family to attend university in Hong Kong.



Unframed dimensions are 60cm x 43cm (including white border) and framed are 61.5cm x 44.5cm.

For more examples of Ric's fantastic work, please check his website [www.rictsephotography.com](http://www.rictsephotography.com)

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## CHAIRWOMAN'S MESSAGE

### Happy New Year!

Full compliments to the Hong Kong Netball Association for organising and implementing safe procedures, enabling the Ladies' League to start back up again.

Our HKFC junior netball players were also lucky enough to get back on the court - all of them were

so excited! It was wonderful to see parents, officials and players coming together safely so that they could continue to enjoy playing.

I hope you have all had a wonderful Christmas and a happy new year!

■ Amelia

# Senior Match Reports

## CLUB

Club took an early advance in the first few minutes of the game getting off to a strong start, ahead of the competition. Accurate shooting from **Helene Bibeau**, **Suzie Keady** and new recruit **Nelandre Mostert** helped convert the defence team's efforts from a number of their excellent intercepts. Club maintained their strong lead against DB Black Pearls increasing their goal gap to a final score of 57-14. Club has been training well and working with some new combinations as we start the season and working out new strategies and game play.

Their round two game proved to show the strength throughout the Club team from the shooting side, mid court and defence players. Club are gearing up for a strong season ahead to challenge their exceptional

2018/2019 season of an undefeated record of 20 wins. Currently at two wins from two games in this season. Keep up the great work!

## TYPHOONS

This week Typhoons played an amazing match against the Valley Tigers. We started off slowly and lost the ball early but we put this down to early match nerves. We quickly got into the swing of things and gained more possession of the ball with some brilliant turnovers. **Jackie** and **Mills** were hunting for turnovers, while **Prue** and **Fi** stood strong around the circle. **Iona** and **Alice** put pressure on the shooters, **Shirley** was as speedy as ever and **Gabby** ploughed through a whopping three quarters playing centre! The game was tight and didn't leave much room for error. Tensions were high but as a team we hustled, persevered and secured a

four point lead and a win. The final score was 33-29. It was an amazing game and a good first win for the 'Phoons! We topped off the night with a sweaty but smiley team photo!

## HURRICANES

A late 9pm game had some of our younger teammates falling asleep after a big day at school. The older players had no such excuses putting their sleepiness down to age. However, we took to the court and our energy levels rose as we faced off against Simba. After a solid start we finished the first quarter a little behind. Although the last three quarters were neck-and-neck, we couldn't quite peg it back. The final score was 23-32.

The Hurricanes are certainly making progress in our game play and we are confident of success in the future.



CLUB



TYPHOONS



TYPHOONS

photo by Takumi Photography



photo by Takumi Photography



HURRICANES

**TORNADOES**

For their second game of the season, Tornadoes faced off against KRFC Crystals – a seasoned Division 3 team. After the first few centre passes the scores were even and Tornadoes held their ground. However, the Crystals’ experience as a team paid off and they edged away with a lead at the end of the first quarter. The Tornadoes were able to apply set plays from the centre and back line passes effectively, and improvements were seen from the team all round.

Playing their debut match of this season, **Katrina, Sammy and Meagan** worked well together in the attacking circle. Defence was held strongly by **Adele, Anna and Sophie** against a solid Crystals attack, which seemed more comfortable taking shots a good distance from the goal. Regardless, a number of intercepts were made in and around the circle with **Rowena, Aqru and Karen** getting the ball back down the court.

The Crystals proved to be a strong defensive team. This meant that the Tornadoes struggled at times to find space and resulted in a few held balls and turnovers. However, the Tornadoes continued to play positively throughout the match, growing as a team and winning the last quarter. The team adjusted well to combinations assigned by coach **Nadia** in both defence and attack. Although the final score was 20-41, it was an encouraging performance for a new team with great potential.

The whistle blew and the dynamic **Rachel** sprung into action throwing a straight pass to **Michelle** who threw on to **Steff**, then back to Michelle and, bam, first goal scored! This play set the tone for the game and Cyclones didn’t disappoint. Fast-paced and, with a nail biting end, the battle ensued. Seconds before the final whistle Cyclones scored our 13th goal! Game done.

**CYCLONES**

A win, a loss and a draw! For Cyclones a hat trick was achieved this week.

With the team beginning to find its feet and settling into our positions we welcomed another new player to the team - **Samantha Chong**. Samantha joins us with young legs and memories of two of her fellow team players having taught her many moons ago.



WHIRLWINDS



TORNADOES



WHIRLWINDS

photos by Takumi Photography

# Junior Match Reports

We were so happy to kick off the season and have the Sports Hall come to life with the banter of the beginning of a new season. We swiftly went into trials to fill our vacancies and began our all important training sessions, working to rebuild our skill sets after a disjointed and interrupted second and third term, from the previous season.

For season 2020/21, we welcome new to our coaching ranks **Kath Ellis, Maeve Young** and junior coaches **Aqru Chan**

and **Hannah May**. We are lucky to have them joining our existing coaching group which includes **Amelia Handford, Rachael Alsop, Jane Peters** and **Adele Rooney**. Our players are lucky to have such a dedicated group of individuals who love the game and will challenge them throughout this season. We look forward to another amazing year in our partnership with our sponsor Liquidnet who we thank for kitting us out and supporting our pursuits.

Lastly we want to thank our players who have been superstars adapting to meeting the current restrictions and even training in masks. Let's stay positive, keep healthy and keep enjoying our fabulous sport...fingers crossed we are able to stay on the courts!

■ **Mary Vlogianitis and Rebecca Thompson**

## HKFC SNOWFLAKES - U10S NETTA

Snowflakes are a brand new team, playing their first season of competitive netball together. Their first Round Robin day was unseasonably hot and with only 7 players available, three back to back games were always going to be a challenge! The girls started with a great 3-0 win over HKCC Hwamei, quickly coming together to play some nice netball and getting the ball down the court with speed. Some wise words from coach **Adele** were immediately then put into play by the team in the next match against the SKS Orcas. Seeking to use the width of the court, to spread out and to take their time resulted in a hard fought 3-2 win for the Snowflakes against the taller opposition. The final match was against the much taller Sonic Unicorns. Despite some heroic battling from the Snowflakes, they showed the effects of the heat and succumbed to 3-6 loss.

A brilliant first matchday, with plenty to be proud of and lots of potential for the future. Well done girls!

■ **Jo Charter**

## HKFC BLIZZARDS - U12S

Saturday 7th Fa Hui - What a hot afternoon to be playing netball, it was still way over 30 degrees for the first Blizzards U12 Round Robin of the year at Fa Hui and with very little shade around this was going to be a tough day. The girls got off to a great start with a 2-1 Win against MLSA Galaxy but you could see they were getting tired from the heat already and in the second game lost 3-7 to a strong HKCC Ravens team. This was going to be a tricky afternoon, the 3rd game was again back to back with no rest in-between and the girls came up against tough opposition with Valley

U12 Red's this time and they put up a hard fight for this game but lost 2-9. You could see the girls trying to put into practise all they had learned during training but this week but the heat got to them and it was a hard afternoon on the courts.

Saturday 14th Fa Hui - It was a much more pleasant afternoon for the second Blizzards U12 Round Robin of the season, last week was too hot. This week however the girls had to contend with a different challenge which came in size of the opposition. The first game against SCAA Jade was indeed a challenge for the girls just to compete with the very tall SCAA girls and they went down fighting 1-7. Next up were SKS Otters and the girls managed to turn it all around with a fantastic performance to get the win 5-1. Now with their confidence back and a break between games they once again pulled a fantastic performance against SKS Sealions to win 6-1. Another



**HKFC LIGHTNING - U12s**  
 Awards for U12s HKFC Lightning with coach Maeve Young  
 Chloe Hayman - MVP and Natalie Sylvester - Sportsmanship

### HKFC SNOWSTORM - U12s

Awards for U12s HKFC Snowstorms with coach Adele Rooney  
Lois Lui MVP and Leah Fong Sportsmanship



great afternoon of netball from the girls who all played fantastically well together with some magnificent netball on display for them all to feel very proud of their victories today.

■ Callum Dunn

### HKFC SNOWSTORM - U12S

Under the scorching November sun, the U12 Snowstorm girls played their first round robin match of the season together. They played hard whilst gelling as a team.

The second match saw them moving and passing into space, defending well, intercepting and bringing the ball from a defense zone to the scoring zone with a decisive win for Snowstorm.

In the last round robin match, it was a nail biter as our girls were down 2-4 in the first half but clawed back to end the match with a draw of 6-6.

A great start for Snowstorm!

Thank you Coach **Mary** and Coach **Adele**!

■ Karen Thorne

### HKFC THUNDER - U14S

Right from the start, the team were just happy to have made it on court for their first three matches of the season. It was obvious that a few weeks of hard training, and working together as a new team, had paid off. Under the encouraging guidance of coach **Rachel**, there was some tough competition from SCAA, HKFC Rainstorms and SKS Sharks. However, some lovely passing, some sharp shooting, and solid defensive interceptions allowed HKFC Thunder to come out on top in all three matches. Well done to the players who also helped out the HKFC Rainstorms who were short of players, great sportsmanship all round.

At the time of writing, training and games have been sadly suspended but hopefully it won't be too long before HKFC Thunder can build on their opening performances and get back

on the courts.

■ Dawn Semple

### HKFC RAINSTORM U14S

Right from the start, the team were just Rainstorms played their round robin games on Saturday 27th November, 2020. The girls all worked very hard even though they did lose their games. They kept a positive attitude and they were happy to be given the opportunity to play three games that allowed them to begin to build on their season, so they can keep working their magic next time. The girls did pretty good with their all important footwork but did get a few calls out on these. What was great to see was the stronger passes, the calling out and looking to support each other.

During their first match against SCAA Sapphire, the girls unluckily were beaten by one point.

Their 2nd match against HKFC Thunder the girls were already getting pretty worn out and tired as you could tell from their red faces!



(Left)  
HKFC BLIZZARDS - U12s  
Awards for U12s HKFC Blizzards - presented by Aqru Chan Darcey Bishop - MVP and Louise Lindsay - Sportsmanship

(Right)  
HKFC THUNDER - U14s



**HKFC RED RAIN - U16s**  
*Coach Adele Rooney - Emma Harries - Sportsmanship and Jessica May - MVP for U16s Red Rain*

The last match, against DB Scallywags saw everyone continue to try their best and we did score some few needed goals which was the highlight and which got lots of cheers from the sidelines. It was a tough start to the season for Rainstorms, they played well and should be proud of their efforts so far. Keep up the great effort and amazing teamwork girls.

■ Penny Au

**HKFC RED RAIN - U16S**

**Match1: HKFC - CIS**  
**Result: 9 - 7 or 8 HKFC won**

In this game it took the team quite a long time for the team to get in the rhythm of netball. People were quite close to each other, there was a lot of passing by mistake to the opposition because people weren't getting in front of their player. This meant that we couldn't get the ball to the end of the court to score. At the end of the first half the score was 1-6 CIS winning. However, in the second half of the match things changed. The team was more creating space and weren't so bunched up together and there were fewer passes that were played when an opponent was in front of a player. Then they came back with the score of 7-9 HKFC won.

**Match 2: HKFC - HKCC Swifts**  
**Result: 5 - 4 HKFC won**

The flow of netball in this game was much better. People were creating more space and the game was much better than the first match. It was quite a close call. At the end of the first half the score was 5-2 HKFC winning. Then in the second half our team didn't manage to score a goal but kept their position and only let in 2 goals.

**Match 3: HKFC - HKCC Egrets**  
**Result: 26 - 2 HKFC won**

The possession of the ball was in our favour the opponents weren't at the same level as our team were making the result of the game what it was, a big difference. In this game our team worked better together. There was more name calling and accurate passes.

■ Jessica May

**HKFC STORM - U16S**

It was exciting to kick start the netball season on Saturday 7th Nov. The girls played 3 short games in round robin format facing Sai Kung, Valley and HKCC, each game a convincing victory. The girls showed great team-work

moving the ball down the court. **Caity Harbottle, Katie Wildman** and our youngest player **Bridie Benfield** were shooting well, the centre court girls controlled the ball mid-court and **Alicia Koo** and **Ruby Capone** were fierce in defence. **Beca John** once again proved she can play any position, excelling in WD.

Saturday 14th Nov was the second and final weekend of the fast-paced round robin tournament. Again, the girls played 3 short form games - HKCC Swifts, DB Pretty Pollies and CIS Dragons. Each team gave Storm solid opposition but our girls worked well together, communicating and supporting each other to move the ball down the court. Our centre court players **Jules Rutkowski, Elsie Hulme, Alana Deblank** and **Evelyn Wang** were brilliant in both attack and defence showing great athleticism. This season we welcome newcomer **Lily Graham** and it looks like we're lucky to have her. Well played Lily! With a decent lead in game 3, coach **Kath** played the girls out of position to test their skills in other areas. Most importantly, with a few heated exchanges between players our girls showed superb sportsmanship and integrity on court. Terrific start to the season U16 Storm.

■ Kirsty Hulme





## HKFC TWISTERS - U19S

It was brilliant to see Twisters back on court again after all these months and the girls were all keen to get involved! Their first game against HK Scottish Baggpipes was fast paced and hard fought, with Twisters defense allowing the Scottish attack little room for manoeuvre. Awesome defence in the circle by **Nori** and **Sara** and throughout the court saw Twisters capitalize on turnover and steady shooting despite the wind earned them a great win with the final score 12/7. The second game against HK Cricket Club Griffins got off to a good start with the teams evenly matched and scores level half way through the 1st half. Unfortunately, injury hit and we lost one of our shooters. The girls regrouped and showed their team spirit with several position changes and players playing out of position. The ball was end to end and everyone gave it their all

but we just couldn't convert the goals with the final score 12/4 to Griffins. A great effort by all.

■ *Jane Peters*

## HKFC MAVERICKS - U19S

Training has still continued and we have tried to normalise the sessions despite the restrictions and guidelines we have to follow. These guidelines involve remaining socially distanced and keeping our masks on which can be quite tiring. However, the under 19's are still passionate and determined to train and approach each session with a positive attitude in preparation for the games at the weekend. Through the drills and practice matches we have stuck together as a team working on how we can enhance our skills and look at ways we can improve individually but also how we

can work more cohesively as a team on court. By establishing minor issues we found in our gameplay we have been able to improve as a team to help us build our team confidence resulting in more possession of the ball on court.

In terms of our matches, we were very strong as a team. We played three matches in division 2 against the Scottish, Valley and Hong Kong Cricket Club and managed to win all three games. Due to the current situation, we had to play significantly shorter matches and they were all 24 minutes long with 12 minute halves. Since we were playing outside we did not have to wear our masks which meant that we were able to play with a sense of normality brought back to the game. We worked really hard as a team and were very successful!

■ *Hannah May*

# JOKBAL

*in the house!*

*Jokbal is a rich, savoury dish made by braising pork knuckle in seasoning for hours until the flavours are totally absorbed and the meat is falling off the bone.*

Take home in the month of January

**Korean Braised Pork Knuckle with Soya Sauce**  
comes with chopped garlic, Korean soybean paste and salad leaves

**HK\$228**  
per piece  
(serves 4)

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## MESSAGE FROM THE CHAIRMAN

Dear Golfers,

2020 has not been a great year for golf although we have managed to run many of our planned outings and matches despite the challenges of COVID-19. Looking forward however, we are hoping that 2021 will be a bumper year for the Society.

Due to the recent overwhelming demand for our monthly events, we have been able to secure 40 places for each of our events at KSC in 2021. This will be a huge benefit to members as tee times in Hong Kong will remain scarce until local courses and cross-border travel to China and Macau return to normal. We are also looking into organising additional events on top of the normal 2 per month to help satisfy our

members appetite for golf during this time.

For those who cannot get to a course, or who want to ensure their game is in peak condition when they do play, we are delighted that the Club now has three state-of-the-art simulators installed. When conditions allow the Society will be using them for some fun and instructive events in 2021.

To make sure that your equipment is not going to let you down, we have also secured attractive discounts at Golf Corner on TaylorMade and Ping products for Society members (location details below).

Keep an eye on the Society website at [hkfcgolf.com.hk](http://hkfcgolf.com.hk) for details of our event

schedule which is regularly updated, and make sure we have your current email address as all events are circulated to Society members by email. You can contact us via the website for any email address changes.

Many thanks and looking forward to seeing you at our 2021 events.

### ■ Phil Head

Golf Corner is located a short walk from the Club at:  
**1/F, Starlight House, 34, Leighton Road, Causeway Bay, Hong Kong**  
[www.golfcornerhk.com](http://www.golfcornerhk.com)  
**Tel. 2838 9238**  
**Mon-Sun 11.00am – 8.30pm**



*Michael Button. Usually only loses balls but seems to have mislaid his entire bag this time.*



*Adrian Worth, Craig Tuckerman, Kien Ng and Richard Maton.*



*Alastair Murray and Michael Button - no birdies but one doggie.*

## Kau Sai Chau North Golf Outing

Wednesday 11th November 2020

I am happy to report that for this outing, we had perfect weather to start the round; 25 degrees with a gentle breeze and blue skies. As KSC North course is a walking course only, it typically does not attract many members to participate. However with the pandemic situation making access to golf in Hong Kong very difficult, there was a huge level of interest with 50 members signing up for the event. This time we gave priority to those who had put down their name for the last two events but could not join. The level of interest inevitably meant that we saw some new faces at the events, which hopefully will continue.

The first to tee off were **Bill King, Alastair Murray, David Chiu** and **Michael Button**. Alastair and Bill had rounds of 89 and 90 which was quite tidy on this tournament course. Their rounds were somewhat blemished on hole 14 where both of them scored a double bogey. Alastair made the green in regulation but 4 putted it! Meanwhile Bill butchered his way to the edge of the green in 5 shots, and then chipped

in for zero putts! It looked like the chip from the 2005 Master Championship where Tiger Woods chipped in at hole 16! And that's what golf is all about, remembering the good shots but forgetting the bad ones!

Here's the breakdown of the event.

**1st place** Richard Maton - 33 points  
**2nd place** Flora Ni - 32 points  
**3rd place** Alastair Murray  
**Best Gross** Bill King - 90

### Nearest to the pin

**Hole 3** Donald Roberts  
**Hole 7** Dorothy Lam  
**Hole 11** Soo Jin Kim  
**Hole 14** Richard Maton

### Longest Drive

**Male** Alastair Murray  
**Ladies** Soo Jin Kim

Thank you for joining the event and we do hope to see you soon.

# Kau Sai Chau Outing

Thursday 3rd December 2020



(From Left to Right) Fredrik Atting, Oliver Wat, Paul Aherne and Paul Walters

The pandemic fun and games continued during the week with confirmed cases rising from single digits to three figures and the Government responding by tightening the social distancing measures. Worse, KSC was closed for two days as they had a confirmed case a few days before. Luckily we were still fortunate enough to play our event as planned.

The weather was very pleasant at 19 degrees Celsius with sunshine, but we did have to contend with a severe wind. This meant adding (or subtracting) around 3 clubs depending on the wind direction.

The first to tee off were, **Andrew Wood, Henry Lai, JP Cuvelier and myself.** Henry had a perfect start with a few pars to start with and there were allegations he had been to the gym recently as he was turning his lower body much better than before. Maybe it was just a couple of beers over breakfast? Either way, he recorded nearest to the pin in 2 on hole 12 with a 260 yards drive landing next to the left-hand side bunker. He followed this up with a flop shot over the bunker,

leaving the ball 4 yards left of the hole. Sadly he did not make the birdie putt. Andrew Wood coming from the North of England made some incredible shots, probably based on the fact that these conditions would be considered mild "up North". He managed birdies on holes 5, 6 and 12. On hole 5, he faced a 130 yard par 3 but with a 30 yard head wind. The rest of the flight all finished well short but Andrew managed to leave his tee shot 6 feet away with an 8 iron and rolled in the putt. **JP Cuvelier** as ever worked his famous banana shot round the course, keeping out of most of the trouble despite the wind, and shot a gross 87 for 34 stableford points to claim second place.

Here is the breakdown of the event:

### Nearest to the Pin

|         |                        |
|---------|------------------------|
| Hole 3  | Kwan Po Chiu, Vincent  |
| Hole 5  | Andrew Wood            |
| Hole 8  | Alison Jane Doran      |
| Hole 13 | Clara Chiu             |
| Hole 15 | Nicholas Grant Rickett |

### 2 shots Nearest to the pin

Hole 12 Henry Lai

### Longest Drive on hole 17

|        |                        |
|--------|------------------------|
| Ladies | Alison Jane Doran      |
| Men    | Nicholas Grant Rickett |

### Stableford Winner

|               |                             |
|---------------|-----------------------------|
| 1st           | Eric Desgouttes - 35 points |
| 2nd           | JP Cuvelier - 34 points     |
| 3rd           | Gary Doran - 33 points      |
| Best Gross 84 | Helen Hayward               |

Happy Golfing

■ Ted



Henry Lai visualizing his shot (or possibly just missing the ball - hard to tell from this angle)



Andrew Wood thinking the fairway looks very small and a long way away



JP contemplating his next banana shot



# THE GOLF CHALLENGE TROPHY



## HKFCGS v. WAGS

Kau Sai Chau East Course  
Monday 2nd November 2020

In only our 3rd match of the year, The Golf Challenge Trophy is an annual fixture first played in 2001 and is usually played in Macau. Suffice to say, given the ongoing quarantine restrictions on both sides of the border, both Captains foraged for spots at Kai Sai Chau to keep this fixture alive. WAGS won that honour and we gratefully accepted their challenge.

WAGS are led by a notoriously experienced campaigner. In discussions about the match format, they negotiated for terms that arguably suited them. So, we knew from the outset that these guys would fight hard and fair to get their hands back on this silverware.

**Jonny Brock** and **John Thompson** were first into the fray versus **Alain Roberge** and their Captain **Steve Warwick**. Jonny set the tone from the off, with an eagle 3 on the first hole. Alain told me it was nip and tuck for the most part, with our boys "ham and egging" just that bit better, closing it out 3 and 2.

Rugby legends **Terry Wright** and **Tom Hayman** were talking strategy in the buggy next to the 1st tee, knowing they were up against a decent pairing of **Ian McGovern** and **Stephen Smith**. Tom benefitted from Terry's knowledge and like of this tricky course, with our pair also recording a solid win 3 and 2.

**Andrew Wood** and **Matt Burke** have a polished record as a pair, so were looking to maintain that streak against **Craig Pallister**

and **Reshad Mullbocus**. Punches were traded over the first few holes; then nearly new golfer Reshad came off the boil to let us in to take a good lead around the turn. Unfortunately for WAGS, they could not claw back, leading to a 5 and 4 spanking for the good guys. So, now leading overall 3 matches up, what could go wrong!

The fourth match-up had **Jukka Hakli** and **Warren Weener** take on their **Rich Sumner** and **Steve Manser**. Jukka normally the steady Eddie and Warren more zig zag, saw a role reversal - with Warren's big hitting this time matching the short game to carry our pair to victory, with a 4 and 3 win. Match over, now 4 to the good, with just 2 to play.

**JP Cuvelier** and **Simon Hague** were not to know the result, and in fact, I had this match down as a closer. **Duncan Paul** and **Barry Cronin** were not able to save WAGS face, getting smashed 6 and 5 in the process.

So, with one match to complete before the post-match frivolities, could **Stan Szeto** and **Mike Button** beat **Mick Lonergan** and champion jockey **Zac Purton** to secure the whitewash. In the end, this one almost got away, albeit Mike's majestic 30-foot putt resulting in WAGS anchor pairing managing to put an All Square on the board.

The Golf Challenge Trophy therefore remains in our burgeoning trophy cabinet for another

year and we look forward to defending it against these charitable gentlemen next year, hopefully back in Macau as usual.



1. JP, Simon, Duncan and Barry
2. Andrew, Matt, Reshad and Craig
3. Stan, Zac, Mick and Mike
4. Jonny, John, Steve and Alain
5. Terry, Tom, Ian and Stephen
6. 3 men prizegiving, where's the trophy
7. Both Captains looking pleased



Prizes were won by:

**Near Pin Winners**

- #5 Mick Lonergan
- #7 Stan Szeto
- #13 Andrew Wood
- #15 Barry Cronin

**Longest Drive Winner**

#17 Jonny Brock  
*(Winner of the "No One Cares" cap)*

*(Note: Hole #4 was meant to offer a Drive/Pitch (nearest in 2) prize, but there was no flag to be seen, therefore no prize.)*

So, HKFC retain the trophy for the third year in a row on a day I can only describe as Golfing Gold!

■ **Andrew Wood,**  
*Captain, Golf Society*

# HKFCGS v. LSWGS

## Kau Sai Chau East Course

Saturday 7th November, 2020

In just our 4th match of the year, the truest test of our credentials came up against The Little Sai Wan Golf Society, the self-claimed "Best Golf Society in Hong Kong". This annual fixture is usually played in Macau and is one of our few played in an individual Match Play format. For the first time, Kai Sai Chau's short but tricky East Course was the venue.

LSW are led by a notorious traitor who adds an awful lot of passion to this competitive and social fixture. Some will remember that

we were well beaten over the North Course last year, so what did we have to lose. The underdogs sensed an upset.

A late in the season typhoon threatened to usurp us (as did Eric who realised only when in Shatin that he was heading to Fanling and not Sai Kung, conspiracy theories abound). As we headed East, we were greeted with gorgeous weather that for sure should result in low scoring. Our team needed 6 ½ points to claw back the Cup, game on.

**FINAL RESULTS**

|   |          |           |            |
|---|----------|-----------|------------|
| <b>Eric Desgouttes vs JP Cuvelier</b>       | HKFC 5/3 | 1/1       |            |
| <b>Malou Waldie vs Lorenz Zimmermann</b>    | LSW 3/2  |           |            |
| <b>Ali Murray vs Noel Prentice</b>          | LSW 6/4  | 2/2       |            |
| <b>Andrew Wood vs Mish Mathes</b>           | HKFC 5/3 |           |            |
| <b>Warren Weener vs Martin Rinderknecht</b> | LSW 4/3  | LSW 3 1/2 | HKFC 2 1/2 |
| <b>Helen Haywood vs Guillaume Page</b>      | A/S      |           |            |
| <b>Bill King vs Nigel Farmer</b>            | LSW 7/5  | LSW 5 1/2 | HKFC 2 1/2 |
| <b>Scott Laws vs Notker Schmid</b>          | LSW 2/1  |           |            |
| <b>Jonny Brock vs Malko Schraner</b>        | HKFC 6/4 | LSW 5 1/2 | HKFC 4 1/2 |
| <b>Jason Waldie vs Carel Rossouw</b>        | HKFC 3/2 |           |            |
| <b>Tom McColl vs John Harris</b>            | A/S      | LSW 6     | HKFC 6     |
| <b>Terry Wright vs Mark Cameron</b>         | HKFC 6/5 |           |            |

So, no blood spilled, the result was 6/6.

Some very close results and some great matches played in the right spirit. Golf surely the winner.

**Near Pin Winners**

- Hole 3 Andrew Wood
- Hole 5 Bill King
- Hole 8 Scott Laws
- Hole 13 Terry Wright
- Hole 15 Eric Desgouttes

All Nearest Pins (prizes being a pint of beer) went to HKFC.

Special thanks to **JP Cuvelier** for the organisation and post-match speech and well done team for playing some very good golf against some big hitters.

After six years of competition, we are all square, each team having two wins, two losses and 2 draws, great stuff.

If any contest the result, please lodge your complaint at the High Court (President Trump will introduce you!)

■ **Andrew Wood,**  
*Captain, Golf Society*





*Athlete of the Month*

# MAYANK VAID

*the first person to complete the HK360Xtreme*

Over the weekend of 6th November 2020 HKFC's own **Mayank Vaid** became the first person to complete the HK360Xtreme. A gruelling triple-stage circumnavigation race consisting of a 45km swim, 215km cycle and 100km Run around HK island. Mayank Vaid, a Hong Kong based lawyer, completed the challenge over three days and nights starting on Friday 6th November at 1.15am at Kennedy Town and finished 70 hours, 19 minutes and 53 seconds later in Sai Wan.

Although a seasoned triathlete, who has competed in numerous extreme triathlons including Ultraman and Run the Rann, and set the world record for the Enduroman Arch to Arc Triathlon, the longest point-to-point triathlon, the HK360Xtreme came with its own set of unique challenges and obstacles. He faced three date changes due to a busy typhoon season in the South China Sea, on top of an injury just days before, to his foot that required 6 stitches. That was before he even jumped into the 21 degree water for the 18 hour swim which caused a host of digestive issues that impacted his ability to properly take in nutrients during the rest of the race.

Along the way though, Mayank was inspired by the community that rallied around him on every step of the journey Both friends and

strangers came out to support him. He also had a great crew that joined him for various parts of the race.

Mayank not only challenged himself to complete the HK360Xtreme, but also to raise HKD\$360,000 for Inspiring HK Sports Foundation and Outward Bound Hong Kong. Two charities which provide underprivileged youth the opportunity to experience the joy of outdoor sports while also assisting local sports coaches and students affected by COVID-19 due to closure of sports grounds and classes.

| K360XTREME CHALLENGE RESULTS |                               |
|------------------------------|-------------------------------|
| Swim Start at 1:15 am        |                               |
| Swim Leg                     | 18 hours 8 minutes 22 seconds |
| Swim – Bike Transition       | 1 hour 8 minutes 39 seconds   |
| 1st Bike Leg                 | 9 hours 17 minutes 18 seconds |
| Bike 1 – Bike 2 Transition   | 15 hours 3 minutes 51 seconds |
| 2nd Bike Leg                 | 6 hours 55 minutes 25 seconds |
| Bike – Run Transition        | 24 minutes 12 seconds         |
| Run Leg                      | 19 hours 22 minutes 6 seconds |
| Total Time                   | 70 hour 19 minutes 53 seconds |

## INTERVIEW WITH MAYANK VAID

### What inspired you to take on HK360Xtreme?

There are very few circumnavigation swims in the world and HK360 is one of them. It's also a technical swim. It's an unassisted swim following the English Channel rules. I didn't have to travel to another city to do something similar. And sea temperature is not as cold as other swims. All of this really got me interested. And then I thought adding a bike and a run after the swim will make it novel as well as tough. When I suggested this to Shu Pu, HK360 organiser and race director, she was all excited. And HK360Xtreme was born. Events like these catch the attention of corporates who want to make a difference. So, I approached Mercedes-Benz, Reckitt Benckisser Move Free and Redbull. They came on board. We chose Inspiring HK Sports Foundation and Outward Bound as the charities. Together we raised HKD\$385,000 to support Sports Coaches affected by closure of sports venues due to COVID-19. This event had a great purpose for everyone who got involved.

### How did you train for HK360Xtreme?

I did a lot of long swims. Build up to 12hr open water swims. Training was done in chop and typhoons. I had amazing company of swimmers in Clearwater Bay where we have an open water swim group. We swam a lot. Rain, thunder, typhoons, monsoon, wind, chop, swells, tide etc. is never an issue for these swimmers. I was never alone in the water. This group really helped me build open water confidence. During 10-12hr swims I hired a kayak with a paddler and that allowed me to be visible to vessels in the ocean as well as carry my nutrition. I ride and run with my mates in a local club, RMRH. A course of this magnitude needs a top class support crew and I had amazing support from RMRH mates and friends. Nigel from NRG Performance Training trains me every day.

### Where is your favourite place to train in Hong Kong?

Swim sessions in FC swimming pool have helped me work on technique. But with venue closure I had to mainly adapt to the ocean. Generally, I prefer to train outdoors. Clearwater bay is excellent for open water sets because it's convenient for me and there are areas where swims can be launched and finished even if the beaches are closed. And Sai Kung, TKO, MOS and Tai Po are very good for riding and running with flat, rolling and hilly routes.

### What was the post-race treat?

A big kiss and an even bigger smile from my wife, Theresa, at the finish line, a big Mac and a chilled can of Sapporo beer.

### Favourite meal at HKFC?

Lunch Buffet in the Coffee Shop.





(Left to Right) coach John Leung, Gavin, Matt, Chun Tin, Ivan, Patrick, Leroy and Leo



(Left to Right) Matt, Emily, Chun Tin, Leroy, Hoey, Coraline, Nora and Coach John

## President Cup 2020

With less than 2 weeks' notice, Hong Kong Badminton Association (HKBA) decided to pick up the remaining matches for Intermediate and Advanced level matches since the pandemic. Fortunately, with the collective effort from team players, committee members and team coach, we were able to pull off 2 astounding teams in the intermediate men's doubles and mixed doubles. Men's doubles team fought their best but lost to a very strong team that happened to be the medallists last year.

The mixed team was comprised of performance junior players from the junior pathway coordinated by the academy from Torq Sports International Limited, ICC at HKFC. The team fought to the 2nd runner-up match but lost 3:2 to South China Athletic Association.

Congratulations to both teams who put in the best of their effort in such a short period of time. They will come back strong next year!!

## Badminton Society Challenge Series 2020

The HKFC Badminton Society Challenge Series finally kicked off on 30th October 2020 with "Hiu Fung". The Badminton Society put together a strong team including our national #2 player **Saloni Mehta** and U12 national champion **Coraline Lo**. A total of 17 games were played that night and HKFC won 11:6.

The challenge series continued on 6th November 2020 with team CPA (Certified Professional Accountant). It was an evening exchange of fun yet competitive games. As team CPA hadn't played since the pandemic, they gave HKFC an opportunity to make it a clean win of 18:1. Hoping team CPA with more regular practice will come back and challenge us again.

There will be more upcoming matches in Dec and Jan 2021.



# Badminton Society and Squash Section Social Tournament 2020

The Badminton Society Committee decided that it would be a good idea to open up and take on challenges from other sports Societies and Sections within HKFC. The Squash Section courageously answered our challenge and came for an evening of "racquet-lon". Racquet sports may be alike but players from the Squash Section had demonstrated their adaptation and stamina when they faced some tough and challenging games from our team players. Although it was a big win for the Society, we will have to prepare for a return visit to the Squash Section soon.



Right one with glasses – our treasurer, Biswajyoti Upadhyay



The evening could not end any better than a social gathering with good food and drinks. Around 35 players turned up for the evening of light buffet and an open bar after the match. Players socialised and exchanged ideas on team development and management. The advice from Squash Section set an example for Badminton Society to further work towards making the sport stronger and more organised.

(Left to Right) Society players Leroy, Coach John and Matt



David Man and Gary McAuslan gave their speeches to conclude an evening of success.



Society team players around the table Right to Left Hoey, Patrick, Chun Tin, Ivan, Gavin and young player Coraline



(Right to left) Society chairman David Man, treasurer Biswajyoti Upadhyay, and society member Philip Woolf together with Squash Section Gary McAuslan (Right first) and Bharat Khanna.

## UPCOMING ACTIVITIES

This is the first club-wide event organized by Badminton Society. The aim is to engage junior members of 6-10 years for a fun experience in badminton. The event was supposedly to start on Dec but due to recent increase in COVID cases, committee decided to postpone the event to Jan 2021 so stay tuned!

JANUARY 2021 SUNDAYS  
10:00-11:00AM  
1/F SPORTS HALL

**BADMINTON JUNIOR  
OPEN SOCIAL SESSIONS  
AGES 6-10 YEARS**

SIGN-UP : [HKFCBMTSOCIETY@GMAIL.COM](mailto:HKFCBMTSOCIETY@GMAIL.COM)



*Happy New Year from the Tennis Society - Wishing you a Happy and Healthy 2021. Here's to more court time, more matches, and lots more achievements!*

Good to finally box-up 2020 with its disruptions and lowlights but also remember the tremendous effort everyone made to rise above, making the highlights even sweeter, with record attendance, more competitiveness and eagerness to make the best of the times. Now looking ahead and embracing the incoming Year of the Ox next month with extra grit and determination to jump-start the new season.

## New TS Sporting Member **ANTONIO LEE**

We welcome thirteen-year-old **Antonio Lee**, a student at The Diocesan Boys College to the new season. He'll join the Men's B team.

We messaged him congrats on joining HKFC Tennis Society with some questions.

### **Do you remember when and where you started to play tennis and who encouraged you into the game?**

I started playing at the age of four. My Dad is a tennis fan, and he introduced tennis to me. My first coach and mentor, Matthew Johnston@ATA also played a significant role. We have been working together for nine years now, and he was the one who encouraged me to competitive tennis.

### **How did it feel learning to play the game for the very first time?**

I still remember how joyful I was when I first picked up the tennis racquet. It was challenging but enjoyable because I liked the atmosphere and the feeling when step into the court. Learning is a lifetime

journey, and I am still learning my game and hope to improve every day.

### **What is about tennis that you enjoy?**

I love tennis because it brings a lot to my life. I get to travel to many countries to compete and make a lot of friends in different nationalities. I get to study in one of the best academic and sports school in HK and get to play alongside many top juniors in the same team. I also love the competing part because if the result turns out to be positive, it does give you a sense of accomplishment and make all of your hard work and sweat worthy.

### **What's your favourite shot?**

My favourite shot is my forehand crosscourt and inside out.



### **What does "match-ready" mean to you?**

It means you are well prepared for the match mentally and physically, and also willing to apply what you practice into the game.

### **Any tips you can give to the younger kids coming up the ranks?**

Don't give up easily. Believe in yourself and trust your coaches. Work even harder in your hard time, challenge yourself and jump out of your comfort zone. Stay humble and train hard every day.



# TENNIS TIP - RETURN OF SERVE

By head coach Toby Clark

The importance of the return of serve is paramount!

Whether returning to make the opponent play the ball, neutralising their pace, spin or placement, or looking to attack weaker second serves, the return is a key shot to a player's success. Yet how often when stepping on court for a hit, do you specifically practice the return?

Here are a few things you can do to help you with your return.

- Split step! Concentrate on the timing of your split step, landing just as the opponent makes contact with the ball, so you can react and push off in either direction to meet the ball.
- Vary your returning position. For powerful flat or heavy kick serves, take a step or two back to give

you more time. Or apply pressure, taking time away from the opponent by moving up court hitting the ball early inside the baseline.

- Return with your strength. On shorter, slower serves or those coming down the centre of the service box, make an early decision to move, create space and take the opportunity to use your weapon.
- If your opponent is hitting wide serves well, try and move diagonally forwards to cut off the angle, so you don't get pulled so far off court allowing you to maintain a good court position.

Try and put one or two of these in action next time you play. Happy returning, and happy breaking your opponents serve!!



# HKFC TENNIS TRIALS

SEEKING HKFC TENNIS PLAYERS. MEN AND WOMEN OF ALL LEVELS TO BUILD THE NEW ADULT PROGRAMME. A+, A, B, C, D

**19 & 22 JANUARY 2021**  
**7 - 10PM**

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HKFC / ATA JUNIOR PLAYER OF THE MONTH - NOVEMBER 2020  
ATA DEVELOPMENT SQUAD

CONGRATULATIONS ALPHA S. H. MAN 5 YEARS OLD



## INFO ABOUT OUR PLAYER

A MONTESSORI KID WHO HAS MANY HOBBIES. LOVER OF TENNIS, ROCKETS, BRIDGES, BUILDING, LEGO, GEOGRAPHY AND FOOD

TENNIS COACH: DOM GIRONES

FAVOURITE SHOT : FOREHAND

FAVOURITE PLAYER : NADAL

WHY YOU LOVE TENNIS : BECAUSE IT'S FUN AND I DO ENJOY PLAYING

TENNIS GOALS: PLAY TENNIS ON A FULL SIZE TENNIS COURT AND PLAY TENNIS ON TV



## ACHIEVEMENTS

SPORTSMANSHIP

INSTRUCTION & LISTENING SKILLS

TECHNICAL SKILLS IMPROVEMENT

AWESOME EFFORT ON COURT



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## New Junior Reporter for the Tennis Society- KATIE WILDMAN

Introducing thirteen-year-old **Katie Wildman** to the tennis news team. She plays for the junior B team and will be covering youth match reports, training and development. Sharing insights and highlights as a junior player. If you're a

junior player and would like to join Katie to learn more about writing and contributing to the tennis news section, ask your parent and email [tennissociety@gmail.com](mailto:tennissociety@gmail.com) with the subject: **Junior Reporter**



## LEAGUE UPDATES AND RESULTS

*(at time of going to press)*



### SUPER SENIOR TEAM

*battled hard against last year's champs with final score 0 - 4 to KRC*

### NIGHT LEAGUES

|                      | Standing   PL |
|----------------------|---------------|
| Men - A+ - Group 1   | 6 - 7         |
| Men - A - Group 1    | 3 - 7         |
| Men - B - Group 4    | 1 - 5         |
| Men - B - PLAYOFF    | 1 - 1         |
| Men - D - Group 3    | 6 - 6         |
| Women - A+ - Group 1 | 7 - 6         |
| Women - A - Group 2  | 2 - 6         |



### LADIES DAY LEAGUE Division 4

*Left to Right. Michelle Cairns, Jennifer Feng, Karen Thorne and Charlotte Cheung after their 8 - 0 win over DB Mixed Nuts*

### LADIES DAY LEAGUE

|            | WINS | DRAWS | LOSSES |
|------------|------|-------|--------|
| Division 4 | 4    | 1     | 2      |
| Division 5 | 0    | 1     | 9      |

### JUNIOR LEAGUE

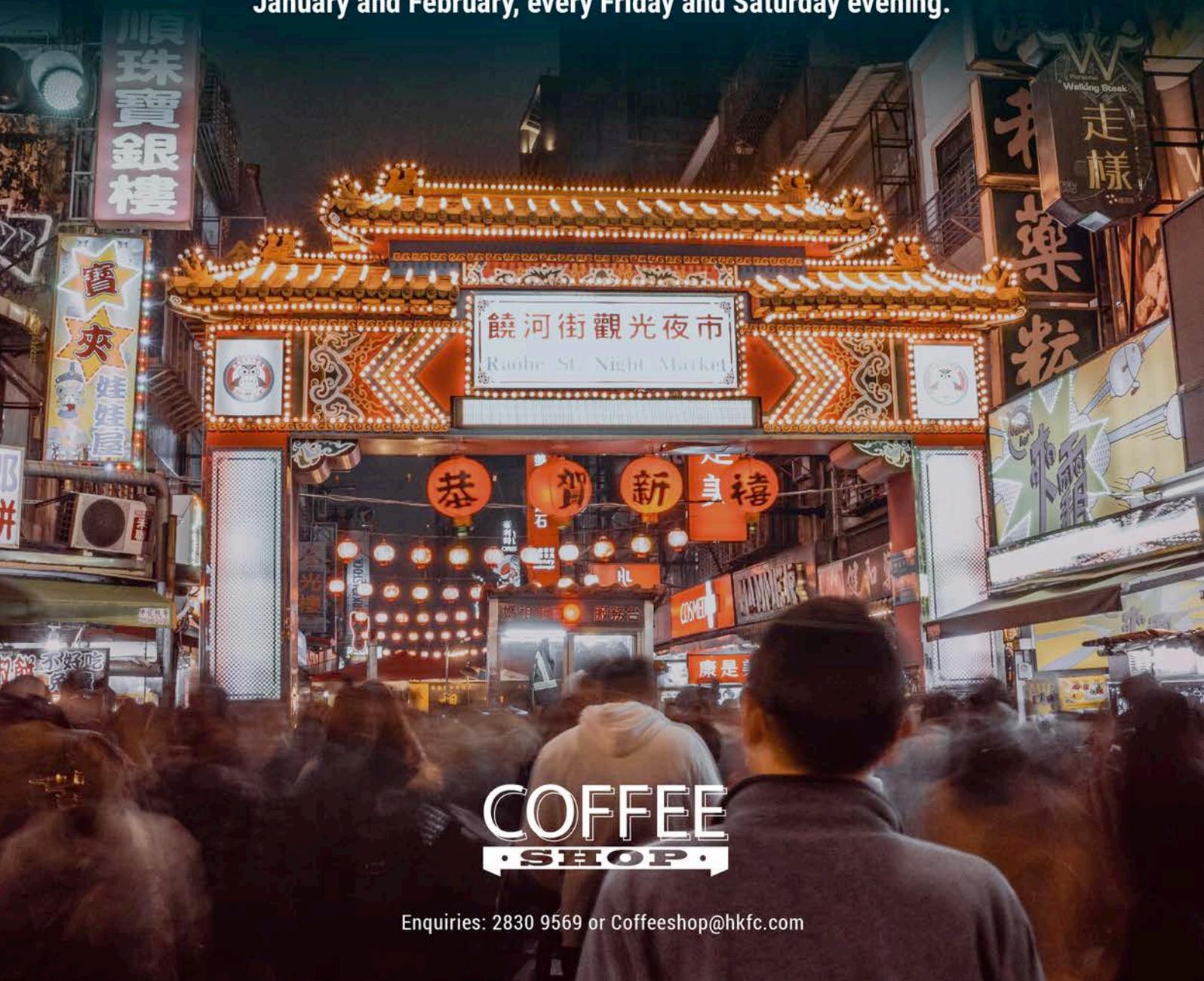
|        | WINS | DRAWS | LOSSES |
|--------|------|-------|--------|
| A Team | 3    | 0     | 4      |
| B Team | 0    | 0     | 8      |
| C Team | 3    | 0     | 4      |

# Taiwan Night Market Themed Buffet Dinner

台灣  
夜市

Visit Taiwan's famous night markets without getting on the plane!  
Enjoy wandering through the lanes of cooking stations and enjoy Oyster Omelettes,  
Taiwan Tan Shi Noodles, Herbal Boiled Pork Ribs Soup and much more.

Throughout the months of  
**January and February, every Friday and Saturday evening.**



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WOW!

YUM!

Sportsman's  
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