



Kim and Elvin show how it's done at the 2010 New Year Championships

We had a good field of 48 players participating in the 2010 New Year Championships which were held on the South Course at Kau Sai Chau on Wednesday, 3 February.

It was cool and slightly overcast, but good conditions for golf and the South Course was in great shape. We had late tee times on this occasion and there was a need to ensure a good pace of play to enable all our players to finish in the light.

In October's Annual Championships a number of flights were embarrassingly slow and caused delays for later flights which was not appreciated by Kau Sai Chau. It really is important to keep up a good pace of play and play in an efficient manner, we pay a reasonable fee and most people have to take a day's leave in order to enjoy a day on the Golf Course. Having to finish your round in the dark or having to wait to play every shot because of slow play in the flight(s) ahead tends to spoil players' enjoyment. I push out information on SLOW PLAY on a regular basis, so let us ensure that in this Year of the Tiger, you actually read the info and follow it. Let us hope that KCC Golf Society aren't involved in Slow play at any of our 2010 events.

Back to the NY Champs and the course set up was appreciated by a number of the ladies with Shirley Yu winning the Ladies' Stableford competition with 41 pts; Rita Leung followed with 39 pts and Vivian Chan on 36 pts completed the prize winners.

Rita also won NP on the 11th hole and second shot NP on the 4th hole, so she obviously enjoyed her day out as did Kim Lamsam with NP on the 2nd hole, LD on the 17th hole and winning the Ladies' Best Gross with an excellent 84.

In the Men's Stableford competition it was wonderful to see Danny Lim winning with 37pts; Danny has been turning out regularly in the past few months and playing with the calming influence of John Gardner obviously helped his game and resulted in his round of 96, well done! Danny was the only male to play to or better than his

handicap as Michael Tse with 34 pts and Malcolm Hammersley with 33 pts completed the prize winners.

There were a few big hitters around who were obviously intent on beating each other and a regular LD winner was in pole position on the Men's LD on hole 14 until CW Leung in the last flight hit a screamer which slid effortlessly past the LD marker to claim the LD prize.

Elvin Chin has been very busy with work and only makes occasional appearances in events, but when he does, he is noticed. On this occasion he won second shot NP on the awkward 12th hole and took the Champion's mantle with an excellent 82. Well done!

the best 3 results from a possible 8 events, so opportunities abound for all players to make their mark

Future Events

The next event in the Stableford League is to be held at Pine Valley on Friday, 12 March with the option to stay on over the weekend for a second or third day; those players unable to play on the Friday can travel up on the Saturday to play one or two days.

This is an excellent opportunity for players who haven't visited this wonderful facility to enjoy the fabulous course, wonderful scenery, great food, swimming pools and relaxed friendly environment, a real home away from home. Don't miss the chance.

RESULTS		
Nearest the Pin	Hole 2 Kim Lamsam Hole 11 Rita Leung	Hole 5 John SL Ng Hole 16 KC Sin
	Men	Ladies
Second Shot NP	Men Hole 12 Elvin Chin	Hole 4 Rita Leung
Longest Drive	Hole 14 CW Leung	Hole 17 Kim Lamsam
Stableford 1st:	Danny Lim 37pts	Shirley Yu 41pts
2nd:	Michael CF Tse 34pts	Rita Leung 39pts
3rd:	Mal Hammersley 33pts	Vivian Chan 36pts
Champion	Elvin Chin 82	Kim Lamsam 84

Stableford League

This was the Second Event in the 2010 Stableford League and the Men's Competition is headed by the consistent Malcolm Hammersley with 69 pts with Danny Lim bouncing up to 2nd place after his win in the NY Champs brought him up to 66 pts. John Ng is in 3rd place on 63 pts, just ahead of a group of the usual suspects.

In the Ladies' Competition it is a tie for 1st place with Eliza Li and Kim Lamsam both on 66 pts with new Club member Irene Ho currently in 3rd place just ahead of Agnes Gardner.

There is a long way to go in the Competition as the final result is computed from

The sign up list is on the board and the closing date is 6pm on Monday, 8 March.

Easter will see a group traveling to play at the excellent courses at Mimosa. The sign up list is on the board, further information can be obtained from Richard.

Players will need to book their own flights through the Cebu Pacific website and accommodation has been booked at the Clarkton Hotel, which is ideally situated just 10 minutes from Clark Airport and 10 minutes from Mimosa.

The plan is to travel to Clark direct from Hong Kong on Friday, 2 April, play at Mimosa on Friday, Saturday and Sunday



and return to HK on Monday, 5 April.

Hope to see you at some of our future events.

Easy swing and watch that ball fly straight down the middle.

Cheers,
Richard

"Kung Hei Fat Choy"

from the Squash Section



QiKung Walking Exercise

Hello, there, did you read the SCMP on August 1st 2007. There was an article citing that the health of the average Hongkongers appears to have deteriorated over the past few years with more people being admitted to hospital and suffering from chronic illness!! It goes on to say about 14% of people surveyed said they believed their health was worse than other people their same age; 20.2% (approx. 1.34 million) suffered from chronic diseases requiring long-term care; and it is estimated that 54.3% of these people do not have insurance coverage nor were they entitled to medical benefits..... Does this sound an alarm bell to you? Are you within this group or will you soon getting into this group????



Well, "prevention" is always better than "cure". Qikung can help to improve your Qi/Blood energy level, hasten your metabolism, raise your immune and self-healing capability, achieve equilibrium of your body & mind, thus avoiding getting sick in the first place. The Self-controlling Qikung Walking Exercise being offered to our members since May 2006 has proven its results with many people attended the previously conducted courses wishing to repeat the course to gain better understanding of this walking exercise. Those who persisted are definitely going to experience the positive benefits. This Walking Exercise is also the particular type of Qikung used since 17 years in a Pat Heung Centre to help cancer patients to recuperate and maintain a better-quality life.

There will be a new 6-week bi-lingual course starting at the Kowloon Cricket Club, taught by Ms. Cecilia Lanz.

Proposed dates for the course:

13, 20 & 27 April; 4, 11 & 18 May

at 2:30 to 4:00 pm at the Sports Hall.

(On 13 April we will start at 2:00pm for registration and filling out the forms)

If you are a member of KCC, the sessions will be free of charge. If not, a charge of HKS 300.00, for the entire course will be levied for the 6-week course. Comfortable clothing and shoes are recommended.

Should you wish to attend, please contact Mary Huang for registration. Her telephone number is 92369474 and her email contact is: marymmng@gmail.com.

It is a must for those of you who wish to attend (be it repeating or first time) to register early as this course is very popular and once the ceiling number of people is reached, you will be put on the waiting list.