

July - September 2019 ISSUE 03

VICTOR'S CUP 2019

1

Team Black Emerge as Winners

P10 **CLUB NEWS** A Warm Welcome to St Joseph's Home

P32 RIDING

National Paralympian Gemma Rose Foo's Path to Paralympics

P44 SOCIAL SPC's Egg-citing Easter Party

TATA COMMUNICATIONS



AGILE. RESPONSIVE. FAST. GAME-CHANGERS.

Who said we were talking about the riders?

Changing audience habits are shaping today's sports industry. That's why Dorna, the commercial rights holder of MotoGPTM, has put its trust in us. Our network, cloud and low-latency content delivery capabilities meet the insatiable demand of race fans for more content and greater access to the sport they love. With our systems, MotoGPTM action can be produced remotely at Dorna's broadcast headquarters and shared across a variety of media platforms within an instant, even if the event is thousands of miles away. For fans that means more content, more ways to watch and more quality. To learn more about the trust Dorna has placed in us, please visit **www.tatacommunications.com/sports/motogp**



CONNECTIVITY SUPPLIER

#TrustedToWin



PATRONS

Ameerali Jumabhoy Derek Mitchell K.C. Loh

COMMITTEE

Satinder Garcha President

Stephanie Masefield Vice President

Dr Ali Namazie Polo Captain

Melissa Ko Honorary Secretary

Rickard Hogberg Honorary Treasurer

Tan Hock Committee Member

Wee Tiong Han Committee Member

Peggy Yeo Committee Member

Daniel Chua Committee Member

Koh Pei Bei Committee Member

MANAGEMENT

Sylvan Braberry General Manager

Joanna Wong Secretary

Irene Seah Events & Banquet Manager

Han Peck Hoe Facilities & Maintenance Manager

Chong Hion Kean Finance Manager

Alinna Li Human Resource Manager

Victor Phua Lifestyle & Events Manager

Sunny Oh Polo Administration Manager

Daniel Sitranen Riding School Manager

Marvin Poh Membership and Marketing Communications Manager

CONTRIBUTORS

Ady Wong Annette Olsson Alyssa Matheson Daniel Sitranen Edric Lee Krysten Chan Laurent Ruelle Nikki Shaw Sharmini Winslow Tom De Geytere Victoria Vinothini Vijayan



On The Cover Photo by Jon Sng

ALL RIGHTS RESERVED. COPYRIGHT BY SINGAPORE POLO CLUB. Opinions expressed are solely those of the writers and are not necessarily endorsed by the Singapore Polo Club. The Club is not responsible or liable in any way in respect of any information contained in the contributed articles, advertisements, photographs or illustrations in this publication. Editorial enquiries should be directed to enquiry@singaporepoloclub.org. Unsolicited material will not be returned. All information correct at time of printing.

Published quarterly by the **Singapore Polo Club**

80 Mount Pleasant Road Singapore 298334 Tel: +65 6854 3999 Fax: +65 6256 6715 Email: enquiry@singaporepoloclub.org www.singaporepoloclub.org Permit No:: MCI (P) 124/01/2019

Connect with us at: G www.facebook.com/SingaporePoloClub

instagram.com/singaporepoloclub

CONTACTS

Committee Events & Banquet Facilities & Grounds Finance Food & Beverage Gaming General Enquiries secretary@singaporepoloclub.org events@singaporepoloclub.org facilities@singaporepoloclub.org accounts@singaporepoloclub.org reservations@indochine-group.com gaming@singaporepoloclub.org enquiry@singaporepoloclub.org HR & Admin Marketing, Advertising & Sponsorship Membership Polo Riding Sports & Recreation The Polo Loft

hradmin@singaporepoloclub.org marketing@singaporepoloclub.org membership@singaporepoloclub.org polo@singaporepoloclub.org riding@singaporepoloclub.org snr@singaporepoloclub.org pololoft@zackstack.com



LUSH SPA

JUL-SEP 2019



DE-STRESS, REJUVENATE, FIRM & TONE UP WITH LUSH





July Nap Therapy 2 hr | from \$198 nett per pax

SPA TREAT	warm floral foot bath + 80 min Deep Slumber body & foot massage + 30 min anti-migraine face spa
BENEFITS	restorative & promotes sleep
ADD-ON	warm stones \$20

August Mind Booster 2 hr | from \$195 nett per pax

- SPA TREAT warm floral foot bath + 90 min geranium black pepper circulation body massage + anti-stress scalp & facial point acupressure
- BENEFITS relieves stress & boosts circulation



September Body Glow 2 hr | from \$198 nett per pax SPA TREAT warm floral foot bath + aromatic lavender body scrub + 80 min Anti-Aging full body massage

	80 min Anti-Aging full body massage
BENEFITS	firming & toning
ADD-ON	Slim Effect technique (1 part - tummy or thighs) \$35

CONTENT

- 5 President's Message 7
 - General Manager's Message
- 8 New Members List

9

SPC Calendar of Events

	CLUB NEWS
10	A Warm Welcome to St Joseph's Home 14
11	Vesak Day at Melrose Home
	POLO
14	From Zero to Half-Polo
15	Winners of the Ismail(Junior) Cup
16	Title Holders of the Pendekar Cup
17-18	Runme Shaw Challenge Cup and Mackray Cup
19	De Silva Cup 2019
20-21	International Pro-Am and Victor's Cup
22-23	Youth Polo Challenge & the Beinhorn-Faizullah Cup
	RIDING
27-29	SPC Young Riders
30	New Liveries 27
31	Riding to Success
32	National Paralympian Gemma Rose Foo's Path to Paralympics
33	Clinching another Win at BTSC's Inter club/ Congratulations to our Riders from SPC Riding Academy
35	STCRC's Inter club Competition/ Team SPC Clinches 3rd Place at NEC Jumping Extravaganza 2019 Friendly Team Competition
36	April Fool's Show at SPC
37	National Dressage Championships 2019 at STCRC/ Victory for SPC
38	SPC's Training Show in May
39	National Jumping Championship 2019
	LIFESTYLE
40 41	New Sights for The Singspore

SOCIAL

- 44-45
- 47 Pre-Mother's Day Floral Watercolour Art Workshop

OPERATING HOURS

FRONT DESK

7.30am – 9.30pm (Sunday to Thursday) 7.30am – 10.00pm (Friday & Saturday)

F&B OUTLETS

The Polo Bar 8.00am - 11.00pm (daily)

The Mountbatten Room 8.00am - 11.00pm (daily)

The Verandah 8.00am - 11.00pm (daily) (Last food order at 9.30pm)

FACILITIES

Gaming 11.00am – 11.00pm (daily)

Gym 7.00am - 9.00pm (weekdays) 8.00am - 8.00pm (weekends)

Jacuzzi 7.00am - 9.00pm (daily)

LUSH Spa 10.00am - 9.00pm (daily)

Sauna 7.00am - 9.00pm (daily)

Squash Court 7.00am – 10.00pm (daily)

Swimming Pool 7.00am - 9.00pm (daily)

Tennis Courts 7.00am - 10.00pm (daily)

The Polo Loft 11.00am – 6.00pm (Tues –Sun)



- 2 3
- 3
- 3
- 3
- 3
- 3
- 40-41 New Sights for The Singapore Grand Prix 2019
- 42-43 **Top Class Drives**

SPC's Egg-citing Easter Party



Happy Mid Aufumn Festival

 $30^{+}(\text{Members})$ $38^{++}(\text{Members' guest})$

Saturday, 7 September 2019 7pm to 9pm at the Verandah (Please register by 26 August)

Recommended for age 5 years and above. Activities are subject to change without prior notice and due to inclement weather. Min. 50pax to commence the event. In the event that the number of participants is not met, the event will have to be cancelled and members will be informed in advance.

Make your bookings now to avoid disappointment! Call us at 6854 3999 or email to membership@singaporepoloclub



Time to light up colourful lanterns and feast on tasty mooncakes! There will be fun things to do too such as interactive games, lantern parade, goody bags and more!

Don't miss out this exciting and traditional celebration!



0



Dear Members,

e are moving swiftly into the third quarter of the year, and I'm happy to say that things are shaping up well at the Club.

Redevelopment plans are progressing smoothly and the Club has already appointed a Quantity Surveyor, Project Manager, Architect, Submitting Architect and Interior Designer. We will be submitting the full Clubhouse plan to the relevant authorities very soon. The first phase of works are expected to commence in the fourth quarter with the main Clubhouse and expected to be completed by first quarter 2020.

The Club welcomes on board Coriander Leaf, a new and exciting F&B operator specialising in award-winning Pan-Asian cuisine. Come by with your friends and family to savour rich Asian traditional cuisine. We recently signed a Memorandum of Understanding with the Equestrian Federation of Singapore and donated a sum of \$100,000 to the organisation for maintenance and/or upgrading works in relation to the facilities and arena of the National Equestrian Park. This also consists sponsorship of Team Singapore equestrian athletes, and a sinking fund for reinstating the land at the end of their lease period in 2024.

The Club's Outreach team has also been reaching out to members even more and it is a delight to see many of you volunteering with your families and friends at our various Outreach events. The Friends of Horses Fair on 22 June had a good turnout of members, their guests and the general public and I am sure everyone is looking forward to more upcoming fairs at the Club. This year, the Outreach team actively looks to positively impact our audience and would be reaching schools island-wide in a bid to instil the love for polo in the younger generation, giving them a chance to be the next uprising stars in years to come. This will tie in with the Youth Polo Programme in which many of our young players are faring well.

Our Riding fraternity has done exceptionally well at inter club competitions, with the National Jumping Championships being their latest win. Several of our young riders emerged in significant standings at the event and we at SPC can't be prouder than this. Well done to all.

It has been a great first half and with the upcoming developments at the Club, I am very excited to welcome the next half of the year. See you all soon!

Warm Regards,

Satinder Garcha

President

SINGAPORE POLO club

MIND BODY SOUL

NEHA WASAN Certified Yoga Teacher

MONDAY - HATHA 10.30am to 11.30am WEDNESDAY - YIN (DEEP STRETCH) 10.00am to 11.00am SATURDAY - VINYASA FLOW 9am to 10am

For trial booking please contact **NEHA at**

8382 5432

(Min. 5 participants to commence a class)

In partnership with

My name is Neha Wasan, and I am a certified yoga teacher. My journey into yoga started a decade ago and continues to grow as an instructor. I have been priviledged to practice under many great yoga teachers as their insight and guidance has helped me in my journey and understanding the true benefits of yoga.

Presently, I have garnered over 500++hours of teaching experience through teaching both private and group classes for "Hatha, Vinyasa, Yin Flow and Kids Yoga." I am truly fortunate to always maintain an amazing student-teacher relationship. Yoga practice improves overall body strength, flexibility and control.

However In my classes, I believe that attention to detail is of utmost importance through correct yoga sequences, accurate body alignment, and breathing techniques. I also keep the yoga flow sequence simple and dynamic at the same time and is therefore suitable for all levels from beginners to advanced practitioners.

My motto in life is "Never ever give up!" and "Effortless effort is the best effort!"



Dear Members,

s we cross into the second half of the year, members can look forward to an exciting polo season, riding calendar and a myriad of lifestyle events to make your visit an exciting and enjoyable one. With much emphasis on work health and life balance, the Club has in place tennis clinics, aqua cycling, personal training, equine therapy and for those seeking a relaxing time in a luscious environment; Lush Spa will be there to soothe those tense muscles away.

One of the major lifestyle events that members, families and friends can look forward to will be the Christmas Light up on 30 November 2019. As this is open to all members and be on a first come first served basis, do make your reservations early through our front desk as a large turnout is expected. Members can expect to attend a vibrant event with cake cutting and little gifts to start festive cheers. This will also be the season to celebrate Halloween, Oktoberfest and our midautumn party.

At the National Jumping Championships held at the BTSC on 24 – 26 May 2019, our Riders did the Club proud by winning a number of trophies in the various categories. Team SPC had a clean sweep of the overall championship placings in the 90cm category, with Sian in 3rd place riding Rambo, Viktoria in 2nd place riding on Sharpy and Chiara Corbi on her very own horse Sweet Tart in the 1st place. Caedan Paul on Red took the overall 110cm class championship as champion. Our Riding Academy's Riding Instructor Edric Lee on Sugar claimed the 2nd place in the 120cm showjumping category.

It has been mentioned a number of times by many that SPC has arguably one of the best strings of school horses and it is little wonder why based on the positive results achieved. Edric Lee was also awarded Best Presented Rider during the National Jumping Championships. A get together was organised to congratulate all our riders and the bonding and community spirit amongst riders, parents, management and staffs was an awesome sight in a night of fun and celebration. Many thanks also to the parents of all riders who dedicate so much time and effort in nurturing and supporting their children who did us all at SPC proud.

With Ministry of Manpower regulations making it even more difficult to hire foreign staff and shortage of manpower in an industry where demand is greater than supply, the Club is doing everything we can to retain, train and keep motivated our team of grooms. To ensure a better trained team, the Academy has started our own internal certification for grooms in a series of training programs on Horse Care and Quality Control conducted by Dr Shetty, our Horse Care & QC Manager.

Members can look forward to a new food & beverage experience as the Club welcomes our new F&B operator; the award-winning Coriander Leaf. With renowned and award-winning chef Samia Ahad, who by the way has written a culinary book and headed by hospitality and F&B professional Rajeev Panjwani, members can expect an exciting gastronomic and culinary adventure for one and all. We would like to thank our outgoing F&B operator Polo Restaurant for working with the Club these past years, and wish them every success.

I can't wait for all these events to come and I bet you do too. Hope to see you soon and have a wonderful year ahead!

Warmest Regards,

Sylvan Braberry

General Manager

New Members

April - June 2019

A warm welcome to the new members who have recently joined the Singapore Polo Club family. We look forward to seeing you at the club!

CHARTER

Lu Yijia Thitanon Nakasiri Riina Maaria Yrjoelae Lisa Marie Cruz Joven

REGULAR

Alexander Charles Vaulkhard Andrew Gascoyne Minnitt Meghan Elizabeth Sanders Sarah Yoko Mckensey

TERM

Rebecca Hazinga Tadikonda

Singapore Polo Club Calendar of Events

July - September 2019

POLO

3 - 4 August Royal Artillery Cup

15 - 18 August Singapore Open (8 Goal)

1 September Youth Polo Challenge – North Junior Cup

7 - 8 September Ismail (Senior) Cup

> 21 September Argentine Cup

3 - 6 October MacDougal Cup (8-10 Goal)

RIDING

17 - 18 August SPC Training Show

31 August -1 September Inter Club (SPC)

14 - 15 September Inter Club (BTSC)

21 - 22 September FEI World Jumping Challenge – 1st Leg (NEC)

28 - 29 September Inter Club (STCRC)

5 - 6 October SPC Training Show

12 - 13 October FEI World Jumping Challenge – 2nd Leg (BTSC)

SOCIAL

3 August Resin Jewellery Workshop

3 August Dreamcatcher Craft Workshop 7 September Mid-Autumn Festival Party

A Warm Welcome to St Joseph's Home

Our Outreach team was delighted to welcome six elderly residents, together with their care givers from St Joseph's Home to our Club for the first time on 9 May.

Upon their arrival at the main stable, the residents appeared excited as it was a maiden experience for many of them. Pei Bei, Outreach lead for the day, commenced the session with a tour around the stables, where everyone had the chance to see the horses' living environment and understand their dietary requirements.

After the tour, the residents were introduced to Esperanza and Tapadita and had a fun time interacting, petting and feeding them with carrots.



Residents from the home visiting the stables while Pei Bei explains to them about the living conditions and diet of the horses.



From left to right: Pei Bei and Roon Kai showing the different gears used in a polo match



A resident of the home interacting with Tapadita.

To conclude the session, Gina with Romeo, and Roon Kai with Koneha gave a dressage and polo demonstration respectively. They were great representatives of their equestrian disciplines and showcased an array of dressage moves and polo strokes. Loud applause filled the arena after each of their demonstrations and the residents were then ushered to the chukka bar for some light refreshments, before they headed back for the day.



Gina and Romeo demonstrating some dressage moves during the visit.

To register your interest in volunteering for future initiatives, please email outreach@singaporepoloclub.org Open to Singapore Polo Club members only.

Vesak Day at Melrose Home

Photos by: Wan Yin, Children's Aid Society, Melrose Home











Singapore Polo Club's Outreach team supported the Melrose Home with food and sanitary supplies on 17 May as part of the Vesak Day festivity.

Melrose Home provides residential care and psycho-social support programmes for vulnerable children and youth between the ages of 6 to 18 years, who are coping with adverse family circumstances or child protection issues.

The products sponsored will go towards the children's daily meals and upkeep during their stay at the home.

> To register your interest in volunteering for future initiatives, please email outreach@singaporepoloclub.org Open to Singapore Polo Club members only.



CORIANDER LEAF

Since its inception in 2001, the **Coriander Leaf Group** remains one of the most recognised brands in Singapore's F&B landscape. The Group operates multiple F&B concepts and continues to expand its footprint and offerings.

Coriander Leaf @ Chijmes is a multi-concept award winning brand that encompasses both authentic and innovative Pan-Asian cuisine. It is also the home of ground-breaking culinary team-building and education programmes.

The sister venue sits across five floors at 12 Ann Siang. This heritage property houses **Coriander** Leaf @ Ann Siang, The Screening Room and Catchfly, that provides unique F&B experiences. Samia Ahad's culinary journey began in 1991, when she traded her business suit for kitchen whites and chef's knives.

She made a professional leap of faith by moving to Singapore and opening one of the country's first multi-concept restaurants, Coriander Leaf, in 2001. It was quickly recognised as one of Singapore's best Pan Asian restaurants.

With a passion for Asian cuisines, Samia brings traditional and inspired cuisines of Asia to the restaurants' offerings.

"Food is the center of some of the most important moments of our lives. It is over the dinner table that memories are made, deals are conducted, pain is shared. Over food, we bond, we fight, we romance, we celebrate." The Coriander Leaf Group is incredibly excited to take the helm of culinary operations at the Singapore Polo Club, where we will bring our signature style and inspired takes on familiar food to all SPC's dining venues.

Our appointment also coincides with major renovations, kicking off throughout the Club's premises, which will create a world-class facility complemented by elevated social and dining options when the renovations are completed.

In the interim, we will work out of a makeshift kitchen to offer a limited menu available throughout the day. We look forward to all your feedback as we curate a culinary experience the **Coriander Leaf Group** is known and loved for, to the standards you deserve.



Samia Ahad Founder, Culinary Director



Rajeev Panjwani CEO

From Zero to Half-Polo

Article and Photos by Dominique Jooris

or the novice, the actionpacked photographs of well-groomed ponies and their armour-clad riders in gravity defying positions as featured in glossy polo magazines make the perspective of taking part in the sport mesmerising and daunting in equal parts.

Taking up the sport seriously looks like a distant dream but...is it?

The Singapore Polo Club's unique structure allows aspiring riders to hone their skills at the Riding School where a variety of mounts and instructors will allow them to get comfortable with life sitting 4 or 5 feet above the ground, trying to collaborate with a creature who has a mind of its own and four times your bodyweight.

7am rides are held in the covered arena, and the eye soon wanders towards the polo field where a handful of horsemen are playing some kind of golf on cantering horses.

With a pang of guilt at the selfadmission that you don't have the skills and patience to become a decent show-jumping or dressage competitor, you seek the Polo pros on the terrace of the Club and enquire if, you know, kind of, at a point, maybe they could spend 30 minutes with you on the field and give you a feel for it all. Sattar has seen many a rider like you and knows how to lure you to your first lesson.

The day comes, and it is a 7am start again. You get on the pony and it all looks good: that hand or two closer to the ground surely is reassuring. Mallet in hand, the field is calling for your first stick-and-ball practice. You forget



left and right rein as both are now in the same hand, you balance in your stirrups to get to a half seat. The first misses of the ball at a slow walk soon enough give way to a few hits from an easy trot and, at random, a contact with the ball when cantering.

Singapore is known for its tough stance on addictive substances, but for some reason Polo was left out of the list. All the better, as you badly want to come back and try again. Your own mallet and a long whip are listed in the "investment" category, together with the distinctive hat and the next Saturday, you are back at it. The advice becomes more technical, the enjoyment more pronounced as the stress fades... these 30 minutes vanish again, but you will be back.

A few months of these lessons and the call from Sattar comes, casually: "You should join us for a friendly chukka on Tuesday morning, just beginners like you." It feels like being on Buckingham Palace's Honours' List. The day comes and you find yourself chasing the ball and being told off for fouls that only Quidditch aficionados would understand. The atmosphere is friendly yet electrifying, the encouragements and cheers going back and forth between the competing teams. The game goes on, more chukkas follow and even the Polo Captain shows up, half teacher, half talent scout.

One morning, someone brought a photographically talented friend to create a memory of the proceedings. The pictures come out. There is no armour yet, you play without knee guards or elbow pads. The laws of gravity still apply to your pony's manoeuvres, but this is Polo already. OK - Let's call it Half-Polo, as in "You are half way there."

For now...

POLO TOURNAMENTS: *March to June 2019*

The first half of the 2019 polo season has seen a fair number of Club fixtures: Club Tournaments, primarily for SPC polo players from novices all the way up to our most experienced players; as well as Pro-Am Tournaments in which teams comprise members, the Club's own resident pros, as well as invited visiting professional players.



From left to right: Vinod Kumar, Gerry Gan, Jane Drummond, Ivan Chua, Lee Taylor, Ali Reda with Melissa Ko

Team Red:

Ali Reda (Captain) Vinod Kumar Gerry Gan/ Ivan Chua Jane Drummond/ Lee Taylor

Team Black:

Iqbal Jumabhoy (Captain) Greg Parkhust/ Anna Lowndes Koh Pei Bei/ Max Parkhurst Karen Cariss/ Purvish Shah

Team White:

Isabelle Larenaudie (Captain) Lynly Fong Lawrence Khong/ Kevin & Ann Wilkinson Tan Hock/ William Gordon-Canning

The scores for each of the match were as follows:

23 March Red 2 vs Black ½ Red 2 vs White 2 ½ Black 4 ½ vs White 3

24 March Red 4 vs Black 2 ½ Red 2 vs White 1½ Black 2 ½ vs White 3

> Winner: **Team Red**



From left to right: Tan Hock, William Gordon-Canning, Lawrence Khong with Melissa Ko (Missing: Isabelle Larenaudie, Lynly Fong, Kevin & Ann Wilkinson)

23 & 24 March



contested by three teams in a two-chukka round robin format over the two days. Team Red, captained by Club member Ali Reda were the victors despite tough competition from the other two teams. The prizes and trophy were presented by the Club's Honorary Secretary, Melissa Ko.

(Not long after, by the way, Melissa Ko was delivered of a lovely boy – warm congratulations to the proud parents Melissa and Vinod Kumar on the birth of their second child!)



From left to right: Max Parkhurst, Greg Parkhurst, Karen Cariss, Anna Lowndes, Purvish Shah, Iqbal Jumabhoy, Koh Pei Bei with Melissa Ko



Red players Ali Reda with Vinod Kumar in pursuit



Playing for White, Isabelle and Lynly size up the ball while Black's Greg Parkhurst waits



Black captain Waqas Khan blocking a shot by Red's Anne Hansen



Red team's captain Ang Roon Kai taking a full off side shot at the ball, while Waqas Khan, having no play, has to watch and wait

Team Red: Ang Roon Kai (Captain) Ivan Chua Karen Cariss Oscar Ma / Michael Ma Anne Hansen

Team Black: Waqas Khan (Captain) Christian Luckett Tim Zee Jane Drummond/ Sharel Ho The scores for each of the match were as follows: 13 April Team Red 10 ½ vs Team Black 11 14 April Team Red 12 ½ vs Team Black 12 Winner: Team Black

13 & 14 April

low goal tournament, the Pendekar Cup, was scheduled for the weekend of 13 & 14 April.

SPC players with either a Novice or -2 polo handicap were eligible to participate with each team captained by a higher handicapped player. The teams played two four chukka matches during the course of the weekend.

One of the older Club trophies, the Pendekar Cup, was first played for in 1968 and is meant to encourage the participation of newer players in tournament polo.

To promote team play, a goal scored by either team captain counted as one goal, whereas a goal scored by the novice players counted as two goals. With each team winning one of their matches, the tournament resulted in a tie and a goodnatured toss of the coin determined the overall winners - Team Black captained by Waqas Khan, back for a short holiday from university in the UK. Great fun was had by all players.



Black players Jane Drummond, followed by Tim Zee

16 | Singapore Polo Club

20 April

aster weekend saw the staging of this season's second Pro-Am Tournament. Comprising in fact two separate events: the 2-4 goal Runme Shaw Challenge Cup amongst three teams and played in a two chukka round-robin format on Saturday, 20 April, while the 6-8 goal Mackray Cup was played as a four chukka match on Sunday, 21 April.

As an added bonus, on Sunday, youngsters enrolled in the SPC's Youth Polo Programme showed off their skills in a two chukka exhibition between Team Mingo and Team IndoChine, immediately before the main event of the day, the Mackray Cup. Enthusiastic family members and friends gathered

20 April

wo-chukka round robin matches played on Saturday, 20th April for the Runme Shaw Challenge Cup,

saw Team White emerging as winners. Team Black and Team Red finished in second and third place respectively. The winning team definitely had the upper hand with a half goal handicap advantage, with the focus on the two young semi-professional players Hugo Fischer (playing off 4 goals) from Perth, Australia and our homegrown talent, Waqas Khan (playing off 3 goals), as they attempted to outdo one another with multiple goal opportunities.

Supporters of Team Red were in for a disappointment as they lost both their matches despite plenty of coordination between their players on the field. The second chukka ended with Sattar Khan's last-minute goal giving the Black team a 1½ goal lead over Red just as the final bell sounded.



Anna Lowndes attempting to score

to cheer the teenaged teams on. Alex Soerensen's opening goal for Team IndoChine received loud cheers and claps, was quickly followed by Grace Cariss' equalizing goal for Team Mingo. Oscar Ma's next two goals gave his team a clear lead and resulted in IndoChine as winners, although Team Mingo scored another goal just before the final bell. Congratulations to Team IndoChine!



Youngsters pose for their proud parents

Some action in the youth exhibition match

The match between the Black and White teams were rather interesting and intense with father-son duo Sattar and Waqas Khan captaining their teams, as well as the Chua brothers – Daniel and Ivan pitted against one another. Ang Roon Kai of Team White scored the first goal for his team. After that goal, Waqas was clearly not giving up on any scoring opportunity and followed through with three more goals. Though Team Black scored two goals, they were not able to outdo Team White and the match ended with a score of White 4 vs Black 2.



Winners of the Runme Shaw Challenge Cup. From left to right: Vinod Kumar, Tim Zee, Ang Roon Kai, Waqas Khan, Ivan Chua, with guest-of-honour Laura Harilela who presented the trophy.



Visiting semi-professional player, Hugo Fischer

Runme Shaw Challenge Cup - Two Chukka Round Robin on 20 April 2019

Team White:

Waqas Khan (Captain) Ang Roon Kai Vinod Kumar Ivan Chua/ Tim Zee

Team Black:

Sattar Khan (Captain) Ali Reda Lawrence Khong/ Rickard Hogberg Daniel Chua/ Koh Pei Bei

Team Red:

Hugo Fischer (Captain) Lynly Fong/ Anna Lowndes Iqbal Jumabhoy Tan Hock/ Lee Taylor

> The scores for each of the match were as follows:

> > Red 2 ½ vs White 5 Red 1 ½ vs Black 3 White 4 vs Black 2

> > > Winner: **Team White**



Hugo Fischer (left) and Lee Taylor (right)

21 April

he Mackray Cup on 21 April was a fast paced 8 goal match with visiting semi-professional players Hugo Fisher and Waqas Khan, joined by the Club's resident pros Sattar Khan and Ang Roon Kai playing for Team Black and Red respectively. Based on the respective team handicaps, Red's began the match with a half goal handicap advantage.

Sattar scored an astounding opening goal across more than half the field just 30 seconds into the match with much applause from spectators. He followed through with another goal through a penalty shot which left Team Red with a comfortable lead of 2 ½ goals. Team Black countered with determination with several attempts at goal. Midchukka, Waqas managed to score the opening goal for his team and Hugo another goal during the last minute of the first chukka - a nail biting moment for the spectators!

At the start of the second chukka, both teams displayed aggressiveness as each tried to increase their scores. Team Black managed to do so with a 60-yard penalty taken by Waqas. Players were racing against time, as well as the looming dark clouds that presaged an imminent downpour. There was tough competition between Roon Kai and Hugo as they attempted to get the better of one another, with Hugo eventually scoring another goal for Team Black. The scores by now had widened apart, but Team Red was not giving up that quickly.

The final two chukkas were nerve racking! Team Black was clearly out to win the trophy, giving it their all. Iqbal, Wagas & Roon Kai were embroiled in a three way fight that left Wagas scoring another beautiful goal. Sattar, Captain of Team Red tried various means to score and get his team back into the game, but instead Hugo scored for his team. Scores were now at Black 6, with Red 2 ¹/₂. Almost unstoppable, Waqas scored yet again, making it 7 goals to Black. The match was fast approaching the final bell and players were tired but determined to pull through till the very end. Could Team Red narrow the gap? Hugo attempted a long mid-field shot at goal, but unfortunately could not score. This allows Roon Kai to get the

ball and carry it almost from one end of the field to the other with Vinod Kumar in hot pursuit. Despite Vinod's repeated hooking, Roon Kai just manages to ease the ball across the goal line. Team Red raises a huge cheer from on lookers at the Verandah! In the last three minutes of the game, Lynly Fong manages to score another goal for Red. The game ended with a score of Black 7 vs Red 4½.



The Mackray Cup match. From left to right: Lawrence Khong, Iqbal Jumabhoy, Ang Roon Kai, Hugo Fischer and Waqas Khan



Ang Roon Kai taking a full swing at the ball, while Vinod Kumar anticipates the next play



Winners of the Mackray Cup. From left to right: Vinod Kumar, Hugo Fischer, Waqas Khan, Iqbal Jumabhoy, with guest of honour Laura Harilela who presented the trophy

Mackray Cup - Four Chukka Match on 21 April

Team Black:

Hugo Fischer (Captain) Waqas Khan Vinod Kumar Iqbal Jumabhoy

Team Red:

Sattar Khan (Captain) Ang Roon Kai Ali Reda **1** Lawrence Khong/ Lynly Fong

Scores:

Black 7 vs Red 4 1/2

Winner: **Team Black**

11 & 12 May

n exciting two chukka round robin low goal tournament took place on the weekend of 11 and 12 May for the De Silva Cup (presented to the Club in 1955 by B.P. De Silva & Co).

The second tournament meant specially for novice players of the 2019 polo calendar, teams comprised many of the Club's beginners anchored by a more senior player: on this occasion, three 2 goal players. Club President, Satinder Garcha, captained the Red team, while Club pro, Sanuallah Khan, captained the Blacks; special mention should, be made of Aizam Muhsin a member of the Club's Polo Riding Team and who captained the White team. After two days' play, Team Black carried away the trophy. In second place were Team Red, with Team White finishing third.

Well played everyone!

Team RED:

Satinder Garcha (Captain) Lee Taylor Purvish Shah Ali Mirza / Oscar Ma

Team BLACK:

Sanaullah Khan (Captain) Christian Luckett/ Jane Drummond Tim Zee Sharel Ho/ Wan Kai Rui

Team WHITE:

Mohd Aizam Muhsin (Captain) Ivan Chua Deanie Sultana/ Karen Cariss Anne Hansen

The scores for each of the match were as follows:

II May Red 3 vs White 1 ½ Red 1 vs Black ½ White 1 vs Black 2

12 May Red 3 vs White ½ Red 2 vs Black ½ White 1 vs Black 1

> Winner: **Team Black**



The Champions of the Tournament! From left to right: Sanaullah Khan, Wan Kai Rui, Christian Luckett, Jane Drummond, Tim Zee and Sharel Ho, with Camilla Hall



Runners-up. From left to right: Purvish Shah, Lee Taylor, Camilla Hall, Ali Namazie, Satinder Garcha and Ali Mirza



Third place. From left to right: Ivan Chua, Deanie Sultana, Karen Cariss, Aizam Muhsin with Camilla Hall



From left to right: Sanaullah Khan, Satinder Garcha and Oscar Ma



From left to right: Ivan Chua (front), Karen Cariss and Jane Drummond

30 May - 2 June

he third Pro-Am tournament of this season took place over the week of 30 May till 2 June. To be played for were the International Pro-Am and Victor's Cups.

This event saw the return to the Club of Australian 3 goal polo professional Tex Webster from Perth and an old friend of the Club. Also participating in the tournament was Carlos Pando, a 5 goal Argentinean professional who will spend May and September/October 2019 playing at the Club. Carlos was also playing at the Club for much of the previous season, so a warm welcome back to Carlos and his wife.

Three teams – Team Red, Black and White competed in exciting two-chukka round robin matches on 30 May and 1 June, with Team Black the eventual champions, winning the International Pro-Am Cup.



Champions of the International Pro-Am Cup.From left to right: Kevin Wilkinson, Lawrence Khong, Koh Pei Bei, Satinder Garcha and Sattar Khan with Dr Nina Khong



Runners-up. From left to right: Anna Lowndes, Carlos Pando, Lucas Ertugrul, Jed Gabler, Lynly Fong and Dr Nina Khong



Third Place. From left to right: Iqbal Jumabhoy, Isabelle Larenaudie, Tex Webster, Greg Parkhurst, Wee Tiong Han and Dr Nina Khong

International Pro-Am Cup on 30 May and 1 June

Team Red:

Tex Webster (Captain) Iqbal Jumabhoy Isabelle Larenaudie Wee Tiong Han/ Stijn Welkers/ Gerry Gan/ Greg Parkhurst

Team Black:

Sattar Khan (Captain) Satinder Garcha Lawrence Khong/ Rickard Hogberg Kevin Wilkinson/ Koh Pei Bei

Team White

Carlos Pando (Captain) Anna Lowndes/ Lynly Fong Daniel Chua Lucas Ertugrul/ Jed Gabler

The scores for each of the match were as follows:

> Red 1 vs White 5 Red 3 ½ vs Black 2 White 1 ½ vs Black 3

> Red 1 vs White 4 Red 3 ½ vs Black 4 White 1½ vs Black 5

> > Winner: Team Black

Second Place **Team White**

Third Place **Team Red** 2 June

unday 2 June saw the four chukka match for the Victor's Cup.

The Red and Black teams, each with a total team handicap of 5, played off the stick. Team Black walked away with the trophy on this occasion – a fantastic play and a well-deserved win!

The match commenced with a display of good sportsmanship by both teams under the watchful eye of Tex Webster as umpire. Carlos Pando, the player with the highest handicap on the field, opened the scoring with a 40-yard penalty minutes before the end of the first chukka. Team Black was awarded another penalty during the last three seconds of the chukka, but failed to convert.

Team Red was quick to make a comeback with two goals in succession during the second chukka and the match progressed swiftly with lqbal Jumabhoy equalising the score for a tie. Tension builds up as Lynly Fong, Sattar Khan and Satinder Garcha aim to give their team the upper hand despite some tight defending by lqbal Jumabhoy of Team Black. However, Sattar Khan managed to score towards the end of the chukka making the scores Red 3 vs Black 2 with Vinod Kumar and Carlos Pando doing their best to equalise the score. After a 10-minute break in the match for trading—in, players were back out on the field, recharged. The match saw some tighter marking and attacks by Team Red and a foul by Satinder, gave a penalty opportunity to Team Black, which was well executed by Carlos Pando, the 5 goal player. Scores were once again tied. Isabelle Larenaudie attempted to take her team into the lead with a sweep across the field, only to be anticipated and blocked by Lynly Fong.

Carlos and Sattar got embroiled in a tough one-to-one competition on the field, with Carlos heading towards goal from midfield. Sattar persistently gave chase, but a long shot by Carlos coupled with a quick tap through the goal posts gave another goal to Team Black and put them back in the lead. A penalty is awarded to the Reds, this time a Penalty 2, 30–yard shot, successfully executed by Sattar Khan.

In the fourth and final chukka, emotions and energy levels ran high. A missed goal opportunity by Isabelle, multiple goal attempts by Lawrence Khong, tired horses with equally exhausted players were seen in this chukka. However, in the last 14 seconds of the game Team Black was awarded a 30-yard hit carried out beautifully by Carlos Pando as he swept the ball into the goal post bringing his team to victory. A closely fought and wellplayed game by both teams!



Tex Webster, visiting polo professional and match umpire



From Left to right: Carlos Pando, Vinod Kumar and Satinder Garcha



Team work is the road to success. From left to right: Carlos Pando, Iqbal Jumabhoy, Vinod Kumar, and Isabelle Larenaudie



March-in of the two competing for the Victor's Cup. Umpire Tex Webster is at the centre



Winners of the Victor's Cup – Team Black, with Dr Nina Khong who presented the trophy



Guest of Honour, Dr Nina Khong, and Polo Captain Ali Namazie



Club President, Satinder Garcha receiving his cup from Dr Nina Khong



Vinod Kumar (in black) and Lynly Fong (in red)

Victor's Cup on 2 June

Team Black: Vinod Kumar (Captain) 0 Carlos Pando 5 Iqbal Jumabhoy 0 Isabelle Larenaudie 0

Team Red: Satinder Garcha (Captain) 2 Sattar Khan 3 Lawrence Khong 0 Lynly Fong 0

Final Score:

Black 5 vs Red 4

Winner: **Team<u>Black</u>** 9 June

s part of SPC's on-going Youth Polo Programme, a Youth Polo Challenge took place on 9 June 2019.

The main event was of course the Beinhorn-Faizullah Cup match. Presented jointly by two senior members of SPC - former Club Polo Captain Alston Beinhorn and Masood Faizullah - to promote youth polo in Singapore, this Cup has since been contested annually. This year was however a first: two teams, comprising a mix of SPC members' children as well as teenagers from Colts Polo & Riding Academy played a friendly match. The teams, HorseRoof.com and Colts, were cheered on by a large crowd of spectators consisting of parents, grandparents, siblings and friends. At the conclusion of the two chukka match, the HorseRoof.com team with a score of 4 goals beat Colts with the latter scoring 2 goals.

There was also a junior league made up of four teams: SPC Red & White and Colts I & II. SPC Red, winning both their matches, were the overall winners of the league.

After polo, the morning's activities continued with brunch and a minigymkhana (a big thanks to Koh Pei Bei for pulling this off so successfully) with children of all ages having great fun in the company of family and friends. We look forward to the next Youth Challenge!

Junior Division scores:



Runners-up of the Junior League: SPC White From left to right: Ali Namazie, Zara Taylor, Chiara Corbi, Scarlett Lowndes-Cox and Ang Roon Kai



Winners of the Beinhorn-Faizullah Cup: HorseRoof.com From left to right: Nicki Steen Soerensen, Harpreet Bedi, Alex Soerensen, Tom Lowndes-Cox, Jed Gabler (Capt.), Hugo de Lisle and Satinder Garcha, SPC President



Runners-up: Colts From left to right: Jansher Singh, Matias Furlong, Lucas Furlong, Grace Cariss (Capt.), flanked by Harpreet and Satinder Garcha, SPC President



Winners of the Junior League: SPC Red From left to right: SPC Polo Captain Ali Namazie, Nicki Steen Sorensen, Sattar Khan, Sanaullah Khan and Satinder Garcha, SPC President; and in front Natasha Garcha, Harley Sultana and Nikolaj Soerensen





Chiara Mei Corbi attempting a shot

Three cheers for everyone!





Fun gymkhana activities



Natasha Garcha (Red) and Zara Taylor (White)

Colts vs SPC Red



Junior league players in action



A perfect full swing!









Ride Into An Enchanted Fairytale Wedding Solemnisation at the Singapore Polo Club

Walk down the wedding aisle and be greeted by the lush greenery and rustic trails along with an elegantly dressed horse. Celebrate in grandeur amidst the most unique colonial and tropical landscape here, at the Singapore Polo Club.

Create an everlasting memory through your dream fairytale wedding by hosting your solemnisation at one of the oldest and most prestigious clubs nestled in the lush green outskirts of the city.

At the Chukka Terrace, guests can enjoy a sprawling view of the polo field and beautiful city skyline that hosts up to 50 persons, while the Mountbatten Room offers an intimate, air-conditioned venue providing a seating of 30 guests.

We welcome you to have a preview at the Club, and our Events team will gladly assist you.

A PERFECT LOCATION FOR SPECIAL MOMENTS



For enquiry on Wedding Solemnisation, please contact us at: events@singaporepoloclub.org or visit www.singaporepoloclub.org





Lessons will be held on Saturday mornings. 9:00am to 10:00am - for beginners from 5 to 8 years old 10:00am to 11:00am - for intermediates from 10 to 12 years old Student-Coach Ratio 6:1

S133-75 per person per month (price stated is inclusive of GST)

pamme

To enquire more or make bookings, please contact Simon at 9144 5223 or simon@vantagesports.com

SPC YOUNG RIDERS

Read about the aspirations of our young riders - Lucas May, Miranda Great De Matos and Lilly De Geytere in this issue.

Lucas May (full name Lucas Timothy Luxmoore May, which helps explain his nickname "Timon" courtesy of Daniel) is a familiar face at our riding shows. He shares with us his passion for riding and triathlons, provides an insight on his riding experience in the UK and how he manages his busy schedule.



Dressage judge Gena Marjanovic with Lucas who clinched the second place at the Class 12: EFA Preliminary 1C category at February's SPC Inter Club.

ucas first started his riding journey at the age of seven. He hails from a non-riding family and was the first to take up riding. Upon arriving in Singapore, his family signed up for a SPC membership, as the Club is located close to their home.

He added that the jumping experience and helpful, friendly grooms were the two things he liked best about the Academy. He further shared that the Academy's group of young riders, who are around his age, have helped push his riding further and he's often motivated at every lesson to do even better than before.

At present, Lucas trains five to six times a week with his weekdays being jam-packed as he juggles school, riding and other sports, as he's a triathlete, and has an extremely busy schedule to keep up with. On most days, he swims after school, followed by his riding lessons. To date, he has participated in several training and inter-club shows, including the Exchange Programme held at SPC in December last year.

With his family's support, he has participated in triathlons organised in various countries around the region. "Triathlons are another interest of mine so I try to give both those and riding enough time. It's not an easy feat, but I think I'm managing it."

Because he loves riding, during each of the last four summers Lucas has spent a week or two at Wellington Riding, one of the UK's biggest and best-known equestrian centres, on their residential riding holidays. "It has been very good for building my confidence, and improving my technique for higher jumps. Also, as it has a cooler climate, you can ride for longer hours every day without feeling so tired."

Though Lucas actively rides, he does not watch riding shows nor does he have an idol in this sport. He loves riding with Caedan Paul and feels that they push each other to improve.

When asked if he has a favourite Academy horse, without any hesitation Lucas named Marilyn, a grey gelding he is leasing. "At the beginning of my time with him, he was a strange acting horse. He would always bolt to the gate in training, and was worse in competitions. After many months of training with him, he is so much more



Lucas at a recent triathlon in Singapore

manageable now." Patience with each other paid off, Marilyn and Lucas came in 2nd placing in the 105cm in the May 2019 SPC training show – and it was the first competition Marilyn completed with no refusals.

Lucas also shared an interesting experience with us about Lady, another SPC Riding Academy horse, "I helped work on calming her when she first arrived at the Club. It was a learning curve for me and some days it was like being a rodeo rider!"

Lucas wants to remain involved in the Equestrian industry and triathlons, but beyond that he isn't sure what his future holds – just that he hopes it includes traveling the world on a Harley Davidson motorbike!



Lucas and Marilyn at SPC's inter club show

Miranda Great De Matos started her riding journey with SPC Riding Academy at the age of five. She speaks to our editorial team about the start of her maiden riding journey, and on how she juggles school and riding lessons.

iranda commenced her riding journey through casual trail rides before she took riding a little more seriously. She has been riding for six years and currently jumps in the 60cm category.

Her family signed up for a SPC membership back in 2013 when she first enrolled in the then Pony Club (now rebranded as the Pony Academy). At just five years old, Miranda was exposed to both classroom and hands-on training lessons at the Pony Club. She would groom and learn as much as she could about horses. From that moment, she gained an interest in the equestrian industry, with the support of her family.

She recalls one of her memorable birthday celebration to date, "I celebrated my 6th birthday party at the Club with my friends and everyone had the chance to have pony rides. Even my birthday cake was horse-themed to match the event. That was one of the best birthdays that I ever had."

Riding thrice a week on Wednesdays, Thursdays and Saturdays at the Club, Miranda also assists the riding instructors in putting up jumps for lessons and to groom the horses. She has two flat lessons and a jumping lesson.

"I spend a lot of time at the Polo Club on weekends, and on weekdays after school. I actually do my homework at the Polo Club while waiting for my lessons to begin to ensure that I have a fair balance of school and personal time", she quips. Her parents



Miranda and Mo

frequent the tennis courts while she enjoys being in the company of fellow rider friends and horses. She enjoys a quiet meal at the restaurant or a swim at the pool.

Over the last year, she has participated in several competitions, including training and interclub shows for dressage and show jumping and shares that the latter is her favourite as it gives her a great feeling of accomplishment. Miranda has undergone training with different riding instructors including Edric, Laurent, Keith and Yien Yien.

She currently trains with 16 yearold Mo, a Riding Academy horse. Having trained and ridden with Riding Academy ponies such as Cupcake, Sonny, Delmonte and Toby, it was a totally different experience with Mo. The pair share a deep affinity as well as trust that keeps them going.

Miranda, has ridden in multiple countries but a horse riding camp in Portugal allowed her to ride the most. She learnt how to say riding terms and names of equipment in a foreign language and came up close with different weather conditions, scenery and landscapes. She also had the chance to observe the riding styles of locals in other countries. She recalls an interesting experience during this riding camp. "My riding group was going through a hack. While walking along the path near to some hanging trees, some of the horses spooked and were very unsettled. I nearly lost control of my horse but managed to stay on despite losing my stirrups! It made me realise that you always have to be prepared for the unexpected in horse riding and to always try to stay calm in all circumstances."

Her idols in this sport are professional European show jumpers Jane Richard Philips and Oliver Philippaerts. "I follow them on Instagram, and am very motivated each time I watch their riding videos."

Miranda would like to encourage anyone who is interested to take up riding, and shares that riding is more than just a sport. Interacting with these amazing and sensitive animals, sets riding, apart from all other sports. She loves being around horses and caring for them.

She definitely intends to keep riding, as she is having an amazing time at SPC.

We hope you achieve your aspirations soon Miranda!



During a jump lesson with Mo

Twelve year old Lilly De Geytere talks to us about her two-year riding stint at SPC Riding Academy, her experiences at inter club shows and her future plans.

illy first started riding at the age of eight in Sofia, Bulgaria. She is a familiar face at SPC and actively participates in various local inter club and training shows. These competitions have played a huge part in improving her riding skills and growing as a rider. Not to mention the ton of friends that she has made along the way.

Lilly was born in Luxembourg and her parents joined SPC as members and signed up for riding lessons with the Riding Academy in January 2017.

She said "I like the staff at SPC and fellow riders at the academy who were so welcoming and friendly towards me during my initial days here – it really felt like home. The vast amount of space available at



Lilly and Lily during a recent inter club show



Lilly (second from left) with her dad Tom, mum Christine and sister Zoe.

the Club for me to undertake my riding lessons was also another plus point that always made me look forward to lessons. I had bountiful opportunities at the indoor covered arena and outdoors at the TOP school."

Lilly is currently leasing Lily, a Riding Academy pony and trains under Edric, Laurent and Daniel from Thursdays to Sundays. When asked on how she manages her time despite having lessons four times a week, she replied, "I always plan ahead for my homework. This allows me better time management and focus." Aside from riding, Lilly also plays the violin and ensures she spends some quiet moments catching up on this hobby.

She shares with us about a memorable experience while riding in Stara Zagora, one of the six largest cities in Bulgaria. "This incident is just too cute that it always makes me break out in laughter when I recollect the memories. I was sitting atop Felix, a horse that I was riding when he suddenly started rearing making me lose my balance. I fell off with a loud thud, and he walked over to check if I was alright. Animals just have this special instinct, which is why I totally adore horses."

She is now participating in the 75 to 85cm show jumping category. Having ridden in Malaysia and Bulgaria, Lilly says that her goal is to one day jump the 160cm category. She adds on to say that fellow rider Sian Lexmond has been her idol in terms of riding and shares that one has to be patient and brave, no matter what the circumstances are. Instructors know the best for their students, thus it is also advisable to heed their instructions carefully during lessons, even if the instructions feel counter intuitive at first.

We are confident that this young lady will reach her aspirations faster than expected due to her huge determination.



Music, is another hobby of Lilly's

NEW LIVERIES



Cocodrillo with Sharmini Winslow

Coco, as he is fondly known, hails from Argentina. He's calm, clever and has a height of 16 hands. Coco has been doing dressage with Sharmini and she hopes to continue riding him for as long as he can keep going. He is a very sweet horse who is so obliging that when the pair is out for walks and are approached by people for photos, he calmly stands still to pose. Coco has also learnt some tricks like bowing and holding up a front leg upon the command of "up" and is definitely motivated by food!



Lambada with Maya Matheson

Lambada is a 15-year old polo pony of Argentinian origin. She is an absolute sweetheart and always willing to give her best. Maya hopes to extend her dressage skills, but most importantly have fun with lots of hacks and even a little jumping.

RIDING TO SUCCESS

Our editorial team from SPC magazine spoke to 46 year-old Annette Olsson who is moving back to Europe, after being away for 20 years. She shares with us her riding journey at SPC with her young daughter, experiences at local riding competitions and her future plans.



Annette and Venice at 2019's National Dressage Championships

nnette Olsson and her family have been with the SPC Riding Academy for the last three years. Annette who is Danish is married to British national, David and they have two daughters, Olivia and Sofie, aged 11 and 10. She first met her husband in Tanzania through work a long time back, and they have since lived and worked in Madagascar, Cambodia and Singapore. She and her husband are both avid nature conservationists. and their passion has taken them to many exciting places in the region to protect terrestrial and marine habitats and wildlife. The family love being outdoors amongst animals and nature, with their daughters following in their footsteps.

Having been away from Europe for over 20 years, Annette will be heading back to Denmark in June with her entire family and a full container, as well as their much loved pets, a dog (a Singapore Special) and two cats (Singapore strays).

"We first travelled to Asia with just a small rucksack each 16 years ago, and now we are going back as a complete family. It is both exciting and a tad scary as well, but we both feel that it's time to return to Europe (at least for a while) and reconnect with friends, family, our culture, weather and not forgetting nature. We must say that it has been an amazing adventure to date and the girls are very much looking forward to the move with new adventures awaiting them." She shares that the family was introduced to the Club three years ago by their rider friends and since they have an affinity for horses, it was a natural fit. The close family of four, love spending time at the swimming pool, squash court and restaurant. "Aside from horses and riding (which was what attracted us here), it's a relaxing place full of greenery to de-stress from a busy life. We have built a nice comradery with fellow riding families, instructors and grooms and will miss all the memorable moments when we leave" she added.

Annette is not new to riding, she first started at the age of eight in Denmark and advanced steadily by leasing a friend's pony before getting her own horse. She found a job in the stable by mucking out and feeding the horses to help pay for some of the costs of being a horse owner. She became a riding instructor and taught several classes a week for several years. "Somehow you are fearless when you are young, I was riding in both the dressage and show jumping categories and did eventing too. Looking back now at some of the things that I ventured in during my younger days, it scares me a little."

Due to her travel and work, she had to halt riding for a while but recommenced lessons two years back with the Academy.

"It was an incredible feeling to finally get back into it after years. I started with getting my two daughters signed up for riding lessons as I wanted them to learn to ride and have what I had, though only Olivia stayed on. After a while of watching them in their lessons, the urge to re-take up riding came through and I joined lessons for some months before I ended up leasing Venice, when she newly arrived at the Club. We both have bonded so well and she's a fantastic horse whom I will miss to bits when I leave the country."

When asked on how she developed the love for riding, she exclaimed, "I have always loved animals and we had many different pets when I was a child, and horses were always a big magnet, who are really nice to be around." It's a double bonus that her daughter shares the same passion as her. The mother-daughter pair have been taking opportunities to ride when on holiday in Denmark, New Zealand and other places around the world. "The only thing missing from riding in Singapore is the trail rides in nature, be it forests or beaches. I wanted Olivia to experience that, and am glad we have made it possible."

She shares with us about her participation with Venice at the National Dressage Championships for the past two years. "Last year, we raced through the Prelim level and won the NDC at Novice level. This year we placed third in the same championships at Elementary level. I'm certainly very happy with this. It has really inspired and motivated me to pick up dressage again, once I find a suitable horse in Denmark. The feeling that you get when you grow and improve with your horse – it's beyond words."

Annette hopes to buy a horse that she and Olivia could ride, upon settling in Denmark and mentions that there are many aspects to riding such as being around horses in a stable, grooming and caring for horses, leisure rides in nature and more. One should just enjoy being around horses and absorb as much of all these as possible. It is a great way to relax and spend time with horses and nice people.



Annette with her family at Raja Ampat, Indonesia in 2018



NATIONAL PARALYMPIAN GEMMA ROSE FOO'S PATH TO PARALYMPICS

We bring you an exclusive scoop with 23 year-old national pararider Gemma Rose Foo, who is aiming to compete in the Tokyo 2020 Paralympics and to qualify as part of the top Asian team. We speak to her about her road to the Paralympics, passion for riding, achievements to date and her aspirations for the future.

ational Paralympian Gemma Rose Foo has been training at SPC under Daniel Sitranen since 2016 and is aiming to compete in Grade 1 of the Para-Dressage Event at the Tokyo 2020 Paralympics. The selection procedure is not a walk in the park, according to Gemma. The International Federation for Equestrian Sports (FEI) runs competitions the year before the Games in summer. Each individual rider has to attain a score of at least 62% to qualify, thereafter they are required to attain the team score. After that, the team has to enter two separate competitions to obtain the total score for the country. Currently, Singapore is ranked top in Asia. Fellow riders Laurentia Tan and Maximillian Tan are her team mates for this world championship. "The best teams are currently the British, German and Dutch. They are a force to be reckoned with," Gemma says.

Gemma, who as of press time was in Austria competing in the second qualifiers (with the results to be released in January 2020), shares that her competitors are the world's best elite, full-time athletes. Competition is really strong as these athletes ride on a daily basis and have several horses in their yard to train with, while she on the other hand has one horse and incurs high costs from having to travel abroad to train.

Gemma was first introduced to riding through hippotherapy to aid her balance and coordination. At the age of ten, she moved on to independent riding. Her interest kicked in after she started competing in local competitions and achieving good results and it was after her participation at an international competition in Taiwan that she decided to further pursue riding. Eleven years after her first competition, Gemma has emerged into a more confident rider who is able to strike a balance in life with much more optimism.

She recalls her experience at the 2014 FEI World Equestrian Games, "There was so much hard work coordinating with my horse, Cassis Royal. It was nerve wracking, but we were both excited."

Gemma first met her horse Cassis Royal, a gelding in 2013. He is now 14 years old and Gemma has very fond memories with him. He has seen her through some of her happy and sad moments, particularly in 2016 when she had a very bad fall resulting in a ruptured spleen. Their bond has strengthened over the years and she has competed with him in the Rio Paralympic games and several other international competitions.

Gemma who also trains in Cologne says that riders arrive two weeks prior to a competition and intensive training takes place up to three times a day. Her dream is to get a medal at the Paralympics and abides by the motivational quote, "It is hard to fail, but it is worse never to have tried to succeed." ~ Theodore Roosevelt.

She mentions that the most important thing for a rider is to remain calm in the presence of uncertainties and never give up no matter how many falls they have experienced as it only makes one stronger. One should also remember where they come from and stay humble even after tasting success. Gemma with Sylvan Braberry, General Manager of SPC and Daniel Sitranen, Riding School Manager

Gemma, who is a vegan shares that her incredibly supportive parents are her role models and she hopes to return the favour one day. "My mum always reminds me that I can do as well as anyone else, despite my physical challenge. My parents have raised me to treat everyone with respect and to focus on what I can do together with my older sister who always puts my interests first. Over the years, we have grown and learnt so much as a family – at times they are more excited in this sport than me!"

Her most memorable competition was in Somma Lombardo, Italy – the food, weather, people, and energy of the place. What's not to love?

Aside from riding, Gemma loves music, movies and pop culture. Another passion of hers is writing and she hopes to work towards writing her own book someday.



Gemma with her Mum

CLINCHING ANOTHER WIN AT BTSC'S INTER CLUB



Sian Lexmond (left) with dressage judge, Fuangwich Aniruth – Deva (right)



ongratulations to Sian Lexmond and Rambo!

The duo came in first place in the Class 5: Novice Test EA 2A at Bukit Timah Saddle Club's Saint Patrick inter club show on 16 March 2019 with a score of 66.07%.

Do you also know that Rambo came on board with us last year and is the latest addition to SPC Riding Academy's list of school horses?

Well done boy!

CONGRATULATIONS TO OUR RIDERS FROM SPC RIDING ACADEMY

For achieving significant standings at the following competitions

23 & 24 MARCH - INTER CLUB DRESSAGE AT NEC

Amanda Fischer, Class 7 – EA Elementary 3B (V.2019), 1st place, 66.13% with San Parodia Caedan Paul, Class 8 – EA Novice 2A (V.2019), 2nd place, 64.40% with Red Maya Matheson, Class 9 – EA Novice 2B (V.2019), 2nd place, 62.35% with Lambada Chiara Mei Corbi, Class 11 – EA Preliminary 1B (V.2019), 3rd place, 62.24% with Sweet Tart

13 APRIL - BTSC'S EASTER SHOW

Ysabello Lo and Daloxe clinched the first place in the Class 4: Novice Test EA 2A (2019) with a score of 68.57%.

20

CECL

4

every Theselay, Man to Depa

- Ale

In partnership with

For inquriy/ registration, please contact Sports & Recreation at 6854 3984 or gymadmin@singaporepoloclub.org



Certified: K-POP, Aerobics. Diet Dance and Belly Dance Instructor

Yuna teaches dance for more than 10 years and owns a dance school in Korea. She teaches in many schools and is a famous dance team leader and manager.

Sign Up Now! Find out more from our lovely and talented Yuna at 9826 0888
STCRC'S INTER CLUB COMPETITION

PC Riding Academy's riders participated in the inter club show jumping and dressage competition held at Singapore Turf Club Riding Centre on 30 and 31 March.

An exhilarating two-days with lots of significant standings at the event. Here is a recap of their achievements.

Chiara Mei Corbi and Sweet Tart were awarded the fourth position in both 90cm and 100cm show jumping categories. Caedan Paul and Red together with Ysabelle Lo and Daloxe, clinched the second and third placings in the 110cm show jumping category.

Lara Baker and riding school horse Ollie, secured the third spot in the Class 4: EA Novice 2C with 65.29%. Amanda Fischer and San Parodia clinched the second position at the Class 6: EA Elementary 3C with 64.15%.



Chiara Mei Corbi and Sweet Tart with SPC Riding Instructor Edric Lee



Caedan Paul and Red (left) and Ysabelle Lo and Daloxe (right) participated in the 110cm show jumping category



Lara Baker clinched the third place in the Class 4: EA Novice 2C

TEAM SPC CLINCHES 3RD PLACE AT NEC JUMPING EXTRAVAGANZA 2019 FRIENDLY TEAM COMPETITION

Presenting the fabulous trio who rode our Riding Academy school ponies. From left to right: Kennedi Murray (rode Boa), Caedan Paul (rode Tiptoe) and Ysabelle Lo (rode Toby)



Team Singapore Polo Club with SPC Riding Instructor, Yien Yien Pua (left) and Riding School Manager, Daniel Sitranen (right)



This EFS Friendly Team Competition's participation rules dictates three riders and ponies combination in a team and excitingly opens to only school riders between 12-16 years old, competing on school ponies not exceeding height of 1.48m. In conjunction with Friendship Games 2019, the competition had riders from Singapore and Thailand participate.

The sweltering heat did not deter the riders and many pushed to perform at their utmost best. Team Thailand walked away as champions of the show, with Team BTSC garnering the second spot and Team NEC coming in fourth.

Congratulations and well done!

APRIL FOOL'S SHOW AT SPC

he Riding Academy organised an inter club on 6 and 7 April, which was well attended by riders from our Academy and local riding clubs.

Congratulations to all winners and thanking everyone for their hard work and participation.

Here's to more shows with better achievements!



Christopher David Martin Jr. winner of Pony Club C1 with SPC Riding Academy Instructor, Edric Lee



Ysabelle Lo, clinched the first place in the Class 22: EFA Novice Freestyle category



Winners of the dressage categories with dressage judge, Ong Wan Ming



Caedan Paul and Red were awarded the second place in the 95cm category



Katie Marley and Dandy participated in the 95cm category



Lynn Chen and Sharpy had a clear round in the 75-85cm jump off

NATIONAL DRESSAGE CHAMPIONSHIPS 2019 AT STCRC

ight school and livery horses with their riders did us proud at the National Dressage Championships which took place from 3 to 5 May 2019 at the Singapore Turf Club Riding Centre.

Amanda Fischer and Annette Olsson were awarded the second and third placings in the Elementary category with overall scores of 194.90% and 194.73% respectively.

Gina Lim finished third in the Advanced category with an overall score of 176.30%.

Congratulations to all our riders and their horses:

EA Advance : Gina Lim and Romeo Niro

EA Elementary : Amanda Fischer and San Parodia Annette Olsson and Venice

EA Novice:

Ysabelle Lo and Daloxe Corton D.N Sian Lexmond and Rambo No.5 Lara Baker and Ollie Maya Matheson and Lambada Caedan Paul and Red



From left to right: Annette Olsson, Amanda Fischer and Gina Lim



Annette Olsson and Amanda Fischer (2nd from left and 2nd from right) at the prize presentation for the Elementary category with dressage judges Susan Hobson (FEI 4*) and Waldo Yeh (FEI 2*)



Annette Olsson with her family



Gina Lim (left) at the prize presentation ceremony for the Advanced category with dressage judges Susan Hobson (FEI 4*) and Waldo Yeh (FEI 2*)

VICTORY FOR SPC



SPC Riding Academy Instructor, Edric Lee with Chiara Mei Corbi and Sweet Tart

ur Academy's young riders, Chiara Mei Corbi and Ysabelle Lo participated in BTSC's inter club for show jumping on 11 and 12 May.

Chiara and Sweet Tart clinched the first placing at Saturday's Class 4: 90cm and Class 5: 100cm categories as well as Sunday's Class 13: 100cm category. She was also awarded the second place on Sunday at the Class 12: 90cm category.

Ysabelle Lo and Daloxe came in fourth in the Class 4: 90cm category.

Splendid job riders!

SPC'S TRAINING SHOW IN MAY



All smiles after a successful ride and show



Our young and veteran riders did even better than the first show which kicked off in January this year.

It certainly was a joy to see how far everyone had come along, mentally and physically.

The next SPC Show will be taking place on 17 and 18 August after a short summer break. To register your interest, contact riding@singaporepoloclub.org



Sean Hope with Megan Ding, Winner for Class 12: Prelim 1B



Some of our young participants and winners



Novice class winners with Sean Hope, (from left to right) Delia Phey, Belinda Chin for Novice 2A and Sian Lexmond for Novice 2B



Doreen Koe (right), winner of the Prelim 1A (20x40 arena) Seniors with Sean Hope



Samantha Garrett on Brownie, winner of the Prelim 1A (20x40 arena) Juniors



Cynthia Ee, winner of the Advanced 5A category



Roxane Duguet on Sidan, winner for the Pony Club C1

NATIONAL JUMPING **CHAMPIONSHIPS 2019**



ongratulations to all our riders who participated in the National Jumping Championships at Bukit Timah Saddle Club from 24 to 26 May.

From left to right: Viktoria Rosenkilde on Sharpy and Chiara Mei Corbi on Sweet Tart with SPC Riding Instructor Edric Lee



The Champions of SPC Riding Academy! From left to right: Chiara Mei Corbi, Lucas May, Sian Lexmond, Edric Lee, Ysabelle Lo, Viktoria Rosenkilde, Zoe Masefield (one of the many SPC supporters) and Caedan Paul.



More victory at the championships and participants with our Riding Manager Daniel Sitranen From left to right: Lucas May on Marilyn, Viktoria Rosenkilde on Sharpy, Sian Lexmond on Rambo No.5



From left to right: Caedan Paul on Red and Ysabelle Lo on Daloxe Corton D.N

Here's how our riders fared at the competition overall

Overall Championship Placings:	Individual Day Results:	
	Day 1	Class 7: 100cm
	Class 1: 90cm	3rd Place: Chiara Mei Corbi and Sweet Tart
90cm	1st Place: Chiara Mei Corbi and Sweet Tart	
1st Place:	4th Place: Viktoria Rosenkilde and Sharpy	Class 8: 110cm
Chiara Mei Corbi and Sweet Tart		1st Place: Caedan Paul and Red
2nd Place: Viktoria Rosenkilde and Sharpy	Class 2: 100cm 9th Place: Ysabelle Lo and Daloxe Corton D.N	Class 9: 120cm 2nd Place: Edric Lee and Sugar Plum Fairy
3rd Place: Sian Lexmond and Rambo No.5	Class 3: 110cm 1st Place: Caedan Paul and Red 2nd Place: Ysabelle Lo and Daloxe Corton D.N	Day 3 Class 13: 90cm (2 rounds) 2nd Place: Chiara Mei Corbi and Sweet Tart
110cm 1st Place:	Class 4: 120cm 3rd Place: Edric Lee and Sugar Plum Fairy	4th Place: Sian Lexmond and Rambo No.5 6th Place: Viktoria Rosenkilde and Sharpy
Caedan Paul and Red		Class 15: 110cm (2 rounds)
120cm	Day 2 Class 6: 90cm 1st Place: Viktoria Rosenkilde and Sharpy	1st Place: Ysabelle Lo and Daloxe Corton D.N 2nd Place: Caedan Paul and Red
2nd Place:	3rd Place: Lucas May and Marilyn	Class 16: 120cm (2 rounds)
Edric Lee and Sugar Plum Fairy	4th Place: Sian Lexmond and Rambo No.5 5th Place: Chiara Mei Corbi and Sweet Tart	2nd Place: Edric Lee and Sugar Plum Fairy

NEW SIGHTS FOR THE SINGAPORE GRAND PRIX 2019

Since it first arrived in 2008, the modern Singapore Formula 1 Grand Prix weekend has consistently been on the cutting edge of what a world-class weekend of excitement should be. The event will take place from 20th to 22nd September this year, and while Lewis Hamilton and Valtteri Bottas from Mercedes-Benz seem to be in total control of the field this season, there is still a smorgasbord of action off the track! his year, the Singapore Grand Prix introduces **THE CUBE** – the ultimate hotspot offering unsurpassed views of the headlining concerts on an elevated triple level viewing deck overlooking the Padang main stage. This year's stellar entertainment line-up includes **Swedish House Mafia, Muse, Gwen Stefani, and Red Hot Chili Peppers plus Fatboy Slim** on the final evening.

Access to **THE CUBE**, with tickets starting at S\$750, starts at 6:00PM daily during the race weekend. Ticket holders will be able to explore all Zones of the Circuit Park and have access to a dedicated viewing platform, exclusive to **THE CUBE** ticket holders, located between Turns 11 and 12 with stunning views of the cars entering the Anderson Bridge.

Racing fans that want to soak in the full experience can get to **UPPER DECK**, positioned on the upper level of the Formula 1 Singapore Paddock Club. The strategic trackside location allows guests to enjoy an unobstructed view of the on-track race action on the Pit Straight and the cars as they exit the Pit. Upper Deck guests will be able to dine at bespoke specialty concept restaurants at **The Garden**.

This year's designer dining line-up at The Garden includes one Michelin-starred Hind's Head by Heston Blumenthal, globally renowned NOBU by Chef Nobu Matsuhisa, and the highly-acclaimed Rockpool by Neil Perry.

Ticket prices start from S\$2288, and are available online at www.singaporegp.sg by email at hospitality@singaporegp.sg



HOME OF FORMULA 1" NIGHT RACING



TOP CLASS DRIVES

It's been said that competition creates better product, and nowhere is this more evident than with luxury executive sedans. Packing the very best materials and driveability into cars designed for the most discerning drivers, they have to meet high expectations every time they are driven. Here's the lowdown on four of the most eligible cars in this sector, where the price of entry starts from around S\$180,000, inclusive of COE.

Mercedes-Benz C-Class

Like many of its competitors, the Mercedes-Benz C-Class is available not just as a sedan. The coupe and cabriolet versions of the car are just as well-known, though the sedan's practicality is unmatched.

The current-generation C-Class is the most successful model series from Mercedes-Benz, and it has recently been given a facelift, boasting a wealth of new enhancements. The design of the headlamps and tail lamps have been updated, and its electronic architecture is completely new. A full digital instrument display and multimedia systems with tailor-made information and music can be found in the cabin. And the C-Class assistance systems are now on par with that of the larger S-Class.

Available in a wide range of engine and trim options, the range starts from the C180, with a 1.6-litre turbo engine up to the C200 AMG Line equipped with a 2.0-litre turbo engine and a host of extras.

Lexus IS 300

The only Japanese maker in this quartet, the Lexus IS series has often been seen as something of a dark horse to the other continental brands. However fans of the Japanese luxury marque know that Lexus' attention to detail is unmatched.

The athletic and edgy styling of the Lexus IS series is matched by its dynamic driving character and focused driver's console. The cabin is a gaggle of detail and buttons, which offer a sense of tactility that other interfaces cannot match. The touchscreen display is still present though, and it's the only car in this segment to have air-conditioned front seat cushions.

The 2.0-litre turbo engine in the IS 300 delivers a power output of 241hp, while the more economical IS 300 hybrid edition makes do with a larger 2.5-litre engine that is paradoxically more economical because of the electric motor's assistance.

BMW 3 Series

There was a time when driving the BMW 320i sedan was the epitome of the ascendant executive. Change happens though, and the 320i nameplate has been consigned to history, at least in Singapore, with the release of the 1 Series and 2 Series model ranges here. The only flavour the new, seventh-generation BMW 3 Series is available in is the 330i.

It's marketed as an outright sports sedan, with a 2.0-litre turbo engine tuned to deliver a 250hp power output. An eight-speed automatic transmission drives the car's rear wheels. The 3 Series sedan in general has grown substantially over the generations, and is now pretty close in size to its stablemate, the larger BMW 5 Series sedans.

The cabin features a wide touchscreen display with plenty of customisation options, and the chunky, thick-rimmed steering wheel is favoured by drivers that like to have more surface area to grip onto while carving up consecutive corners.



Audi A4

MeVC 3901

Often viewed as an understated, but highly efficient, the Audi A4 retains its classic lines but with a new design language. The Singleframe grille is now broader and flatter; horizontal lines emphasize the width at the front and rear. The side view is defined by the distinctive muscles above the fenders and the lower set shoulder line in between. LED headlights are now standard fitment.

While in Europe the car is available with six different engine options, Singapore gets just the 2.0-litre turbo with a seven-speed, S-tronic transmission.

The interior features a new MMI touch display that offers the kind of operating experience drivers will be familiar with from their smartphones. Its graphics are deliberately clean and cut-down. The menu structure with its tight hierarchies is tailored to user expectations and facilitates ease of use. The MMI search is based on free text input and returns hits rapidly. The naturallanguage voice control, another function of the new system, understands many of the phrases used in everyday speech.

SPC's Egg-citing Easter Party

The laughter of bubbly children filled the Mountbatten Room as young participants and their families attended the fun-filled annual Easter Party on 13 April 2019.

Taking place morning, on a Saturday, the cheery event commenced with the appearance of "Peter Rabbit" - the star of the day. Excited children and their parents eagerly shared a photo moment with him, after which he walked around the premises handing out sweets and chocolates.

The Mountbatten Room bustled with fun activities and the participants were spoilt for choice. The girls made a beeline to have their face painted and hair beaded. The boys on the other hand attempted craft-making with a cheeky few chasing "Peter Rabbit" around the room, hoping to get more candies. Parents joined in the fun too as they encouraged the little ones to get all creative in making their special "bunny" Easter hat craft.

After 20 minutes, the children got ready for an outdoor Easter Egg Hunt, the Amazing Race. They were grouped into several teams and they sped away with an activity completion card in hand.



Even dads joined in the fun too!



Happy attendees





Happy moments with "Peter Rabbit"



Our young and eager participants



Let's create a bunny hat!



Games at the various 'Amazing Race' stations



Hair chalk activity – a favourite among the girls



All dressed to the occasion



Say cheeeseeeee....



Yay, I won a prize too...



Eat an egg in a minute



Hurry mum, let's head to the next station!

Upon flag off, teams raced to four stations where they had to locate the hidden Easter eggs around the premise, participate in a game, redeem a stamp on their completion card and race back to the Mountbatten Room.

The first team arrived back at the start off point within twenty minutes and were declared as winners. A giant Easter egg was revealed as the prize for the winning team and everyone quickly got down to some serious business – unwrapping it! Within seconds, there was a huge explosion of candies with little fingers scrambling to take it all.

Lunch followed and the chirpy children were quickly back for the next half of the programme. Several tie breaker games were played and the game with the most chaos and screams was the all-popular "Find the Item".

Children had to look for items requested by the emcee and were to present them to claim the prize. There were requests such as, "Lipstick", "Watch", and "Backpack". The anxious looks on the children together with supportive parents clamouring around for the items was just too cute to resist.

The afternoon ended with a parentchild pair-up game, where parents had to eat a hard-boiled egg within a minute whilst being blindfolded. Cheers and claps emitted from our guests livened up the room. It was an afternoon to remember indeed!

We hope that everyone had a fantastic Easter Party and look forward to welcoming you back to SPC's upcoming parties.

> Here are some of our upcoming social parties that are ideal for families.

> > 7 September – Mid-Autumn Party

26 October – Halloween Party

Keen to participate in our social events? Contact our Events team at **events@singaporepoloclub.org** for registrations.



Level: Beginner or Intermediate
Date: Monday, Wednesday and Friday
Time: 9:00am to 10:30am and 10:30am to 12:00pm
Ratio: Student (6) : Coach (1)
All players and levels are welcome

\$48.15

per person per session (Price stated is inclusive of GST



To enquire more or make bookings, please contact Simon at 9144 5223 or simon@vantagesports.com

Pre-Mother's Day Floral Watercolour Art Workshop



Our workshop instructor, Dorothea (seated in the front row) with the workshop attendees

What is more delightful than to see a child working ardently with his or her mother on a piece of art? In the Mountbatten room on 11 May, we were glad to see twelve participants come together for the Floral Watercolour Art Workshop.

The instructor Dorothea, prepared a card with a Mother's Day theme in advance and showcased it to the participants. After Dorothea's explanation, which came with some easy-to-follow steps demonstrating the creation of the art piece, the paired up mother-child teams began to work on their card. While creative juices flowed, treats of sweet and savoury pastries, sandwiches and snacks were also served.

Near the end of the two-hour session, many were sharing their lovely hues of pastel and bright coloured floral artwork with participants at the neighboring tables, while a couple of them added finishing touches to their masterpieces.

Bright-eyed Elisabetta exclaimed, "I'm drawing this for my grandmother and will be gifting it to her for Mother's Day. It will be a memorable present for her!"



With the final product



A burst of bright colours



Mother and daughter crafting an art piece together



Siblings crafting a greeting card for their mum

There will be two similar art programmes held on Saturday, 3 August - Resin Jewelry Workshop from 10.30am to 12.30pm, and Dreamcatcher Craft from 2pm to 4pm. Please register via email at membership@singaporepoloclub.org

MEMBERS GET 20% OFF!

AQUASPIN™ AT THE POLO CLUB

Mondays to Fridays 8:30am & 9:30am

Saturdays 8:30am, 9:30am & 10:30am

Aquaspin[™] combines the benefits of indoor cycling & aqua aerobics offering a challenging full body workout to sculpt your body, combat cellulite, improve blood circulation and burn up to 800 calories!

Aquaspin[™] - 96989202 - info@aquaspin.sg - www.aquaspin.sg



AQUASPIN[™] BENEFITS



BURNS MORE CALORIES

Burn 3 times more calories than regular land based exercises. Average calorie burn per session at Aquaspin™ is 800cal! This is due to the constant resistance of the water, and the high intensity class programming.



CELLULITE KILLER

Aquaspin[™] is clinically proven as an effective means to combat cellulite. The unique massage of the water on the legs helps to break down the cellulite cells and eliminate them.



ZERO IMPACT

Aquaspin[™] harness the intrinsic buoyancy of the water, to provide zero impact on your bones and joints. This is great as a preventative measure, and excellent to recover from injuries or arthritis, backache, osteoporosis and post-surgery.



ENHANCE BLOOD CIRCULATION

Hydrostatic pressure and the aqua massage help to boost the blood circulation in your body. Both are unique to Aquaspin[™], and drastically improve the bodies ability to return oxygenated blood around the body. Aqua massage has been clinically proven to prevent and reduce varicose veins, and to help the body reduce water retention under the skin.



FULL BODY WORKOUT

Aquaspin[™] sessions are designed to give you a full body workout. Our sessions are designed to engage your upper body through resistance movements and static exercises in the water, such as pushups. We also incorporate abdominal exercises in our Signature sessions to keep you strong from head to toe!

ve

NO MUSCLE SORENESS

That's right! Aquaspin[™] induces a massage from the water which is the key to make sure that lactic acid does not build up in the muscle, and it is transported through the body. This helps not only make sure you don't feel sore the next day, but also ensures you can work at your maximum throughout the session!

> Join us for a trial today! www.aquaspin.sg //info@aquaspin.sg





A wine lounge that is part of the Polo Restaurant & Bar. Natural daylight setting that is ideal for business meetings or fun birthday celebrations. Seating Capacity: up to 80 persons Arrangement: U-Shape, Round-Table, Theatre and Cocktail Standing

Meeting & Event Spaces

Available for Wedding Solemnisations, Social Events & Corporate Meetings

Singapore Polo Club offers a unique setting and client service with office spaces and facilities suitable for business meetings, corporate events and networking sessions, including family-friendly venues for birthday parties and anniversary celebrations.

Enquire today and we will assist you in planning your business events or special occasions.



Please contact our Events Team at 6854 3999 or email to events@singaporepoloclub.org

The Terrace is an extension of the Chukka Bar located at the field side of the Polo Ground. Perfect for cocktail parties and social gatherings. Seating Capacity: up to 60 persons Arrangement: Theatre and Cocktail Standing

Corporate Packages start from \$58++per person (Min. 10 persons for a full day) ***** Wedding Solemnisation Packages from \$2,188++

+ GST applies only for members ++ GST and service charge apply for non-members



80 Mount Pleasant Road Singapore 298334 www.singaporepoloclub.org



A well-equipped room that caters for small group training sessions or workshops. Seating Capacity: up to 50 persons Arrangement: U-Shape, Round-Table, Theatre and Cocktail Standing



A boardroom setting which is suitable for private and exclusive corporate meetings. Seating Capacity: up to 14 persons