

SINGAPORE POLO CLUB



Atoms Spring Cup 2025

Atoms White achieved an electrifying victory

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Red Cross Visit: A Day of Connection & Joy

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RIDING

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MUSIC & THE ARTS

An Artistic Soirée: An evening of Theatre, Art & Music

COSMOPOLITAN POLO

The first-ever and largest polo event of the year debuts at Singapore Polo Club
- a bold reimagining of polo in the heart of the city, open to all!



30 AUG 2025

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VS
"The Rest of the World" Team
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Head, Atoms Polo Academy
Head, SPC Riding Academy

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Marlene Teo
Marketing Communications
and Lifestyle Manager

Sunny Oh
Polo Administration Manager

Colonel Ravi Rathore
Atoms Lead Polo Professional

Daniel Sitranen
Riding Academy Lead
Instructor

OPERATING HOURS

FRONT DESK

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

F&B OUTLETS

The Paddock
8.00am – 10.30pm (daily)
(Last order at 9.30pm)

The Polo Bar
6.00pm – 10.30pm (daily)
Closed on Mondays
(Last order at 9.45pm)

Coriander Leaf
@ The Mountbatten Room
6.00pm – 10.30pm (weekdays)
12.00pm – 3.00pm &
6.00pm – 10.30pm (weekends)
Closed on Mondays
(Last order at 2.45pm & 9.45pm)

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

FACILITIES

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

Swimming Pool
7.00am – 9.00pm (daily)

Tennis Courts
7.00am – 11.00pm (daily)

Atoms Polo Loft
10.00am – 6.00pm (weekdays)
9.00am – 6.00pm (weekends)
Closed on Mondays and Public Holidays

The Wellness Studio
By appointment

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ON THE COVER



COVER IMAGE

Atoms players in action at the Atoms Polo League Season 3

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Lifestyle



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Established in 1886



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membership@singaporepoloclub.org



Dear Members,

As we enter the second half of the year, I am pleased to share that we are making steady progress on the plans we set in motion earlier this year.

Our inaugural Music and The Arts event – An Artistic Soirée, held in April was a resounding success, drawing an enthusiastic audience of members and guests alike. The evening received glowing praise, with many deeply moved by Gateway Arts' theatrical excerpt, the spellbinding cello recital by world-renowned composer-performer Khachatur Khachatryan, and the thoughtfully curated art exhibition by Blumine Gallery. We're grateful for your continued support and look forward to presenting more enriching experiences through the Music and The Arts series. With that, we hosted members and their guests on 19 July, Palate & Palette- an elegant showcase of international artworks paired with a guided tasting of Premium Portuguese wines. The event was well received with positive feedback shared by attendees.

We were pleased to recently host the SEA Games National Polo Teams from the Philippines and Indonesia at the Club for a series of friendly matches. SPC delivered an impressive performance, securing a 4 – 1½ victory over the Philippines, followed by another strong win against Indonesia with a score of 8 – 5. Congratulations to our players for their outstanding display of skill and sportsmanship!

At the Clubhouse, members will notice a new Beneficiaries & Partners Honour Board, a tribute to the organisations and individuals we've supported through our Outreach arm. This initiative reflects the Club's commitment to giving back and highlights our ongoing efforts to uplift the less fortunate in our community. We hope it inspires even greater participation as we strive to make a deeper impact year after year.

Looking ahead, we are preparing for two major events in the coming months. First, on 30 August 2025, we launch our inaugural Cosmopolitan Polo – the Club's largest polo event of the year. Created by our General Manager, Sylvan Braberry, this exciting new format reimagines polo as a dynamic spectator sport, played in an arena-style setting on our own field. With plans to grow the event and welcome regional teams in the future, we're encouraged by the strong early interest with all VIP Hospitality Packages already sold out. General admission passes are still available so please purchase them and bring along your family and friends to join us for this landmark event.

We are excited to announce that the third edition of the SPC Outreach Polo Tournament & Carnival will take place on Saturday, 11 October 2025, a vibrant day of sport, fun, and community spirit! We are deeply honoured to welcome Senior Minister Lee Hsien Loong as our Guest-of-Honour for this year's event. Last year's edition saw over 3,000 attendees enjoying an unforgettable day of carnival games, equestrian activities, and a thrilling polo match – all in support of a meaningful cause. Building on that success, we look forward to welcoming even more guests this year. Stay tuned for more details in the coming weeks. In the meantime, we encourage you to spread the word and lend your support through coupon sales for the Carnival. Let's come together to make this year's event our most impactful yet!

With so many exciting events ahead, I hope to see you soon at the Club. ■

Warm Regards,

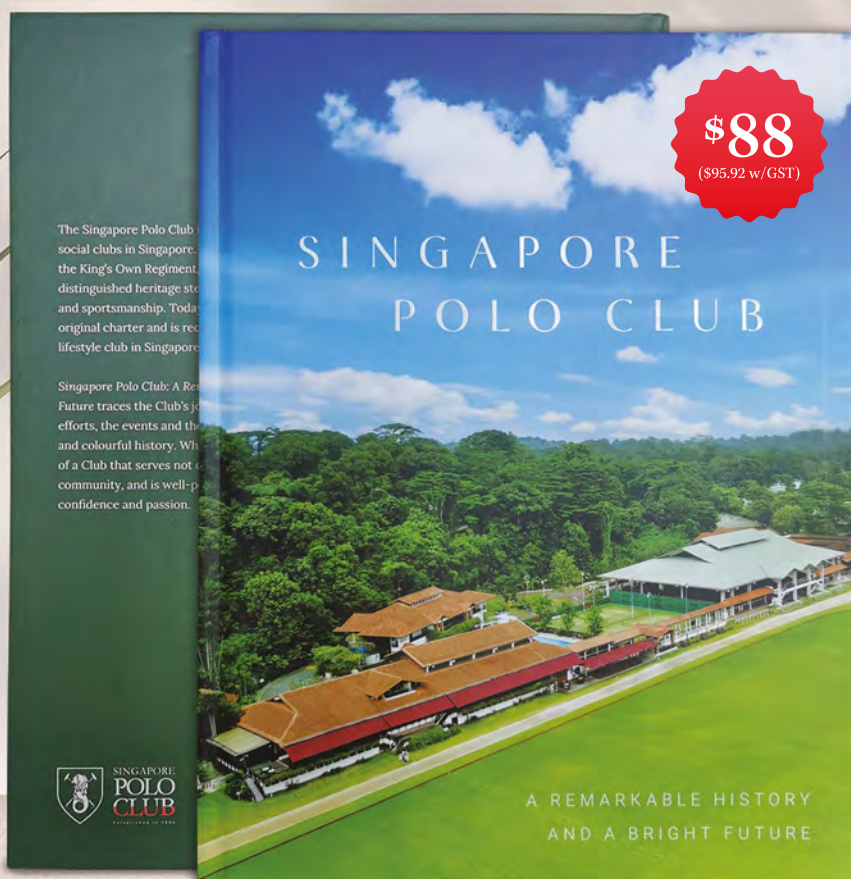
Lawrence Khong
President



SINGAPORE
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Established in 1886

SINGAPORE POLO CLUB COMMEMORATIVE BOOK

Get your copy to read about the history
and milestones of our Club



To purchase a copy, email retail@singaporepoloclub.org



Dear Members,

Thank you for making our inaugural Music and The Arts event — An Artistic Soirée, held on 26 April, an overwhelming success. Many were deeply moved by Gateway Arts' poignant excerpt from Every Brilliant Thing, which powerfully highlighted the critical themes of youth suicide and the importance of open, honest communication between parents and children. The evening was further enriched by a stirring cello recital from world-renowned composer-performer Khachatur Khachaturyan and a thought-provoking art exhibition curated by Blumine Gallery.

We also welcomed members and their guests on 19 July for the second Music & Arts instalment — Palate & Palette. Guests joined us for a meaningful afternoon of guided fine Portuguese wine tasting and appreciate international artworks. Thank you, as always, for your continued support.

My team and I are now focused on preparing two of the Club's major upcoming events. We are proud to launch our inaugural Cosmopolitan Polo on 30 August 2025 — set to be the Club's most anticipated and spectacular polo event of the year. The day will feature three thrilling matches: a showcase by our ATOMS Polo Academy players, a spirited Battle of the Sexes, and the headline Exhibition Match between the Singapore Polo National Team and "The Rest of the World" Team.

As the sun sets, the celebration continues with a dazzling After Party, where a renowned DJ will spin your favourite tracks — so get ready to dance the night away under the stars!

We're heartened by the overwhelming response - all our VIP hospitality packages are sold out! General Admission tickets are still available at SISTIC so do bring along your family and friends to be part of this unforgettable celebration.

Shortly after, the Club will host the SPC Outreach Polo Tournament & Carnival on 11 October 2025 — a vibrant day of sport, family fun, and community engagement. Now in its third edition, last year's event welcomed over 3,000 attendees in support of our selected beneficiaries. This year, we are proud to champion four beneficiaries and the meaningful work they do.

In a special addition to this year's programme, the event will feature a Music and The Arts segment. We are delighted to present Corey Koh — the celebrated Singaporean classical musician who rose to fame as a child prodigy, having graced stages such as Victoria Concert Hall, Tokyo's Suntory Hall, and New York's Carnegie Hall. Corey is also one of our very own, representing Singapore in Cosmopolitan Polo as part of the Singapore Polo National Team.

We are also pleased to share that the refurbishment of the Mount Pleasant Room is nearing completion. This refreshed space will soon be open for bookings and is ideal for corporate meetings, private events, and retreats — a significant step forward in enhancing the Club's offerings for our business community.

In line with this, we are excited to introduce a new Clubhouse Membership, tailored for companies. This membership will include preferential rates for meeting rooms, club rooms, and dining facilities. More details will be announced soon.

Additionally, we will soon unveil a new Business Centre next to the ATOMS Polo Loft. Designed as a quiet, private space, it will cater to small meetings and offer essential services such as printing and binding — a convenient new facility for our members and guests.

With so many exciting developments underway, I look forward to welcoming you at the Club. ■

Warm Regards,

Sylvan Braberry
General Manager

New Members

APRIL TO JUNE 2025

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

Lai Kok Hui
Morier James Roger
Johnston Ashleigh Marie
Soh Joo Siong
Wang Lei
Lai Woon Siong Alan
Beatrice Anzuinelli

REGULAR

Banks Luke Alexander
Mang Ka Chun Ronald
Sophie Amanda Polisena
Verinder-Morgan Paula
Ju Xiao Yong
Anastasia Renee Seifert Miros
Thomas Christopher James
Dong Zhen
Sicrea Leanne Amy
Beckmann Katharina

TERM

Louis Fernando Cavalcanti Piereck
Garrett Richard Atherton
Severin Pascal Berger
Nicholas Robert Thibeault



GO GREEN FOR THE

FUTURE

Stay updated with recent Club happenings by subscribing to our bi-weekly e-newsletter.

The Club is also advocating a greener environment and would like to encourage members to go paperless by opting out of receiving a hard copy of our Club's quarterly magazine. Contact the Marketing team at marketing@singaporepoloclub.org to indicate your interest.

Digital copies of our past and current magazines are available at www.singaporepoloclub.org

Calendar of Events

Polo

30 August
Cosmopolitan Polo 2025

9 to 14 September
Fall Tournament Silver Cup
(4 goals)

16 to 21 September
Gold Cup
(6 goals)

Social

15 August
Dodgeball

29 August
Live Music at Polo Bar

1 September
Mid-Autumn Event

26 September
Live Music at Polo Bar

27 September
DIY Gramophone
Musical Box Workshop

Atoms & Riding

16 & 17 August
NEC Jumping

2 to 24 August
Atoms Polo League Season 6

30 & 31 August
BTSC Dressage

6 & 7 September
NEC Dressage

13 & 14 September
SPC Training Show –
Dressage & Showjumping

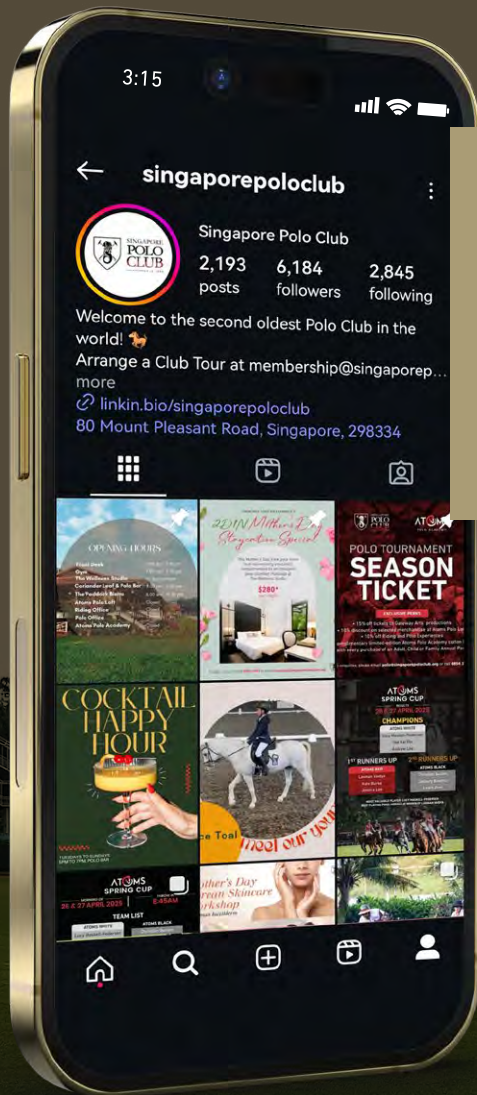
20 & 21 September
BTSC Showjumping

20 to 21 September
Autumn Overnight Camp

27 & 28 September
STCRC – FEI JWC C1



ENGAGE YOUR AUDIENCE THROUGH **OUR ADVERTISING** MEDIUMS



1
Social Media

5
Posters
with flyers
and more

2
Quarterly
magazines

4
Digital
display
panels

3
Bi-weekly
e-newsletter



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Contact **marketing@singaporepoloclub.org**
to view our media rate card and to book a spot.

RECIPROCAL LISTING

COUNTRY	CITY	CLUB	CONTACT (WEBSITE)
AFRICA	South Africa	Inanda Polo Club	www.inandaclub.co.za
ARGENTINA	Pilar	Pilara	www.pilara.com.ar
AUSTRALIA	Canberra New South Wales Perth	Canberra Club Sydney Polo Club The Western Australian Club	www.canberraclub.com.au www.sydneypolo.com www.waclub.com.au
CANADA	Calgary Vancouver Toronto	The Ranchmen's Club Terminal City Club The Boulevard Club	www.ranchmensclub.com www.tcclub.com www.boulevardclub.com
CHINA	Beijing Beijing Shanghai Tianjin	Beijing Riviera Country Club The Tang Polo Club Nine Dragons Hill Polo Club Tianjin Goldin Metropolitan Polo Club	www.bjriviera.com www.tangpolo.com www.ndhpolo.com www.goldinmetropolitanhotel.com
FRANCE	France	Polo Club du Domaine de Chantilly	www.poloclubchantilly.com
HONG KONG	Kowloon Lung Ha Wan Road	Kowloon Cricket Club Clearwater Bay Equestrian & Education Centre	www.kcc.org.hk www.ceec.hk
INDIA	Jaipur Kolkata Mumbai Mumbai	Jaipur Riding & Polo Club Calcutta Polo Club Golden Swan Country Club Mumbai Cricket Association Recreation Centre	www.jaipurpolo.com www.calcuttapolo.com www.goldenswan.com/countryclub www.mcarecreationcentre.com
INDONESIA	Jakarta	Mercantile Athletic Club	www.macjakarta.com
ITALY	Rome	Roma Polo Club	www.romapoloclub.it
JAPAN	Yokohama	Yokohama Country & Athletic Club	ycac.or.jp/wp
KOREA	Seoul	Seoul Club	www.seoulclub.org
LUXEMBOURG	Luxembourg	Cercle Munster	www.munster.lu
MALAYSIA	Ipoh Kuala Lumpur Kuala Lumpur Kuala Lumpur	Iskandar Polo Club Sunway Lagoon Club Royal Lake Club Bukit Kiara Equestrian & Country Resort	Nil www.sunway.com.my/club www.royallakeclub.org.my www.berjayaclubs.com
PHILIPPINES	Cebu Makati	Cebu Polo Club Manila Polo Club	www.cebupoloclub.com www.manilapolo.com.ph
SRI LANKA	Colombo	Colombo Swimming Club	www.colomboswimmingclub.org
THAILAND	Pattaya	Thai Polo Equestrian Club	www.thai-polo-club.com
UNITED STATES OF AMERICA	Connecticut Denver Honolulu, Hawaii Houston Iowa Mexico New York San Francisco Washington Washington	The Hartford Club The Denver Athletic Club The Plaza Club Honolulu The Houston Club Des Moines Embassy Club The University Club of Mexico The Explorers Club The University Club of San Francisco Capitol Hill Club Bellevue Club	www.hartfordclub.com www.denverathleticclub.org www.theplazaclub.com www.clubcorp.com/Clubs/The-Houston-Club www.embassyclub.com www.universityclub.com.mx www.explorers.org www.uclubsf.org www.capitolhillclub.org www.bellevueclub.com
UNITED KINGDOM	London London London London Egham, Surrey Midhurst	St James's Hotel & Club Royal Over-Seas League Cavalry & Guards Club The Eccentric Club Guards Polo Club Cowdray Park Polo Club	www.stjameshotelandclub.com www.rosl.org.uk www.cavgdsclub.co.uk www.eccentricclub.co.uk www.guardspoloclub.com www.cowdraypolo.co.uk



EQUINE ASSISTED PSYCHOTHERAPY

by Cathy Livingston

Cathy Livingston, a certified Mental Health Counsellor and Psychotherapist, offers a unique approach to therapy through Equine Assisted Psychotherapy at the Singapore Polo Club. As a certified Equine and Mental Health Professional in Trauma Informed Equine Assisted Psychotherapy, Cathy is involved in the Club's Outreach initiatives and works with clients aged 12 and above who are experiencing anxiety, depression, adjustment issues and the adverse effects of trauma.

To learn more about Cathy's expertise and services, please visit www.livingstoncounselling.com



Scan to read a
feature on Equine
Assisted Therapy





A Day of Connection and Joy

A resident from Red Cross Home for the Disabled tries his hands at showering our horse

We hosted residents from the Red Cross Home for the Disabled over two afternoons on 4 and 18 March 2025. Organised by the Singapore Red Cross, this special Outreach session held at our stables brought about smiles and joy to the residents that visited.

At the stables, residents had the chance to interact, feed and groom the horses, engaging in sensory activities that promoted relaxation and joy. The gentle interactions with the horses were particularly therapeutic for the residents, many of whom have limited mobility. Some of them even had the opportunity

to shower the horses in an exciting hands-on session at the shower bay. A quick shoutout to Agilan, stable executive and our grooms for guiding us through the session and sharing interesting facts about our riding and polo ponies.

Stable tours such as this are aimed to provide guests with an opportunity to interact with horses, foster emotional well-being and create meaningful experiences. We welcome organisations to be part of our outreach programmes and initiatives.

Email outreach@singaporepoloclub.org to be in touch with us.



The joy of meeting our horses up-close



Our Outreach team with beneficiaries, staff and volunteers from Red Cross Home for the Disabled



A resident feeds Dandy, our riding academy horse



Interacting with Kane, our riding academy horse

Where Compassion Meets Community

Our Outreach team had the privilege of hosting an inspiring outreach stable tour for staff and volunteers of Mercy Relief, with compassion meeting community in the most heartwarming way.

On 11 April, our guests experienced firsthand the therapeutic power of horses and the healing environment of our stables. It is also note-worthy to mention that the very team was involved in the emergency aid in Myanmar after the earthquake's widespread destruction.

From gentle horse interactions to insightful discussions on equine-assisted therapy, every moment was a testament to the bond between humans and animal. Attendees

formed a quick bond with SPC Riding Academy horse, Lady through a feeding and photo session and also learnt to lead, shower and groom her. A huge thank you to our grooms Waran and Luqman for the hands-on demonstration and exciting experience.

This session not only showcased the importance of mental well-being but also highlighted the incredible work Mercy Relief does in bringing hope and support to countries and communities in need. We are grateful for the opportunity to collaborate and share this meaningful experience with them.

Keen to be part of our Outreach programmes, email outreach@singaporepoloclub.org for partnership opportunities.



Team SPC and Team Mercy Relief with Lady, our SPC Riding Academy horse



Volunteer, Natasha guides an attendee on leading Lady



Groomer, Waran shares tips on grooming a horse and shows the various tools used



Demonstrating the picking of a horse's hoof



Learning to feed a polo pony

A Partnership Rooted in Purpose

In a heartfelt gesture, Children's Aid Society recently presented the Club with a token of appreciation, recognising our continued support and shared commitment to children and youths who have faced challenging life experiences. The gesture followed the Club's Annual Outreach Polo Tournament and Carnival 2024, through which the Club donated \$8,888 to Children's Aid Society. Other beneficiaries were also supported through the event.

The presentation held at the Club in May 2025 saw representatives from both organisations gathered to reflect on a meaningful partnership built on compassion, community, and care.

The token received by Mr Sylvan Braberry, General Manager of the Club and Head of Atoms Polo Academy and SPC Riding Academy is a testament for achieving one of our visions, which is to develop a caring community that serves and supports the less privileged members and those with special needs within our community.

This recognition further inspires us to continue our support for the Children's Aid to continue their good works. As we look to the future, we remain committed to standing alongside those who work tirelessly to protect and uplift the youngest members of our community.

Because when we come together, even the smallest acts of kindness can change the course of a life.

"We are deeply thankful for the role Singapore Polo Club played in making a difference. Your generosity and involvement enabled us to further our support to children, youths and families as they work towards stability and healing."

Mr Alvin Goh,
Executive Director of Children's Aid Society



From left to right: Singapore Polo Club's Marketing Communications team, Mr Sylvan Braberry, Mr Alvin Goh and Children's Aid Society's Engagement and Partnerships team

MAKE A DIFFERENCE IN
SOMEONE'S LIFE



Singapore Polo Club is looking for volunteers for our Outreach programmes. Interested participants can write in to the Outreach team at outreach@singaporepoloclub.org

Open only to members of Singapore Polo Club.



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SINGAPORE POLO CLUB **OUTREACH**

OPEN
TO
PUBLIC



In collaboration with Dementia Singapore,
Gateway Arts, PERTAPIS Education & Welfare Centre and
The Straits Times School Pocket Money Fund

Guest of Honour:

Mr Lee Hsien Loong, Senior Minister of Singapore



SATURDAY, 11 OCTOBER 2025
10AM TO 6PM

Purchase Coupons at
Reception, Atoms Polo
Loft, Riding &
Polo offices

CARNIVAL HIGHLIGHTS

Horse Feeding | Pony Rides | Train Rides |
Food & Game Stalls | Lifestyle Bazaar



POLO & SHOW HIGHLIGHTS

8.45AM - 9.45AM Atoms Polo Academy Outreach Tournament

4.30PM - 6.30PM SPC Outreach Polo Tournament

6.30PM Showjumping

6.45PM Tent Pegging

7PM - 10PM After Party



Proceeds go towards the four selected
beneficiaries and SPC Outreach Fund

For enquiries and coupon purchases, contact
outreach@singaporepoloclub.org or call
6854 3999



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ATOMS
POLO ACADEMY

OPEN TO PUBLIC

POLO TOURNAMENT SEASON TICKET

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EXCLUSIVE PERKS

- 15% off tickets to Gateway Arts' productions
- 10% discount on selected merchandise at Atoms Polo Loft
 - 10% off on Polo Experiences sessions
- A complimentary limited-edition Atoms Polo Academy cotton t-shirt with every Annual Pass purchase (one t-shirt per person)
 - Special offer on Regular Membership
- Access to all tournaments, except Cosmopolitan Polo 2025 and ticketed events



SINGLE ENTRY PASS

- \$8 per person,
no age limit
- One-time use



ADULT PASS (ANNUAL PASS)

- \$88 per person



CHILD PASS (ANNUAL PASS)

- \$38 per person
- 12 years old & below



FAMILY PASS (ANNUAL PASS)

- \$188 per family
- For 4 persons,
no age limit

All prices are subject to 9% GST

For enquiries, please email events@singaporepoloclub.org or call **6854 3999**

The Ferrari Polo Experience

Horsepower met horsemanship as we hosted the Ferrari Owners' Club Singapore for an exclusive Polo Experience. Guests were warmly ushered into the Mountbatten Room for a welcome address and presentation by Mr Sylvan Braberry, General Manager and Head of Atoms Polo Academy and SPC Riding Academy. He provided everyone with an overview of the Club's plans for the future and how polo is developing regionally.

Held on the lush grounds of the second oldest polo club in the world, attendees spent the afternoon learning about the Sport of Kings, interacting with our polo ponies through a feeding session and had the opportunity to ride on a polo pony

while led by a groomer. ATOMS Polo Academy's lead polo professional, Colonel Ravi Rathore also demonstrated the different gaits of a horse and taught them the various polo swings, which they tried out while seated on a wooden horse.

For many Ferrari owners, this was a first close-up view of horses and polo – a sport known for its elegance, speed, and tactical brilliance.

Whether you're hosting clients, celebrating milestones, or seeking a luxury escape, our Polo Experience packages are tailored to impress. Email atoms@singaporepoloclub.org to plan a session.



A mandatory photo opportunity with our sprawling polo field as a perfect backdrop



Mr Sylvan Braberry, General Manager of SPC and Head of Atoms Polo Academy and SPC Riding Academy welcoming everyone



Trying out a polo mallet swing while seated on a wooden horse



Colonel Ravi our lead polo professional with a demonstration



**"Because our
polo mallets
are the best in
the world"**

- Casa Zappala -

Available at the ATOMS Polo Loft at the Singapore Polo Club

Casa Zappala e Hijos
SADDLERY TALABARTERIA

ATOMS
POLO ACADEMY

An Exclusive Royal Salute Polo Experience with Regional Media

In the world of luxury sports, few experiences rival the refined elegance and exhilarating thrill of polo — a game steeped in tradition, prestige, and style.

In April, we hosted Royal Salute with regional media from Thailand, Malaysia, Vietnam and Phillipines to immerse themselves in the regal world of Polo with a special collaboration - the SPC Polo Experience, featuring a celebration of sport, culture, and sophistication.

Hosted by Royal Salute in partnership with Singapore Polo Club, the experience was nothing short of spectacular. From the moment guests arrived, they were treated to a seamless blend of tradition and luxury. The event was designed not just as a sporting spectacle but as a full sensory journey — showcasing the essence of the Royal Salute brand, synonymous with timeless elegance and refined craftsmanship.

Guests were warmly welcomed by Mr Sylvan Braberry, General Manager of the Club and Head of Atoms Polo Academy and SPC Riding Academy. Participants were shown a short presentation on the Club's heritage and upcoming plans for the future. Everyone savoured an exclusively prepared feast at The Coriander Leaf and tasted the exquisite 21-Year-Old Scotch Whisky's Polo Estancia Edition. Each sip was a tribute to

patience and craftsmanship, mirroring the dedication seen on the polo field. The exclusive sensory tasting session offered an intimate exploration of Royal Salute's whisky-making heritage, illuminating the intricate aging process that crafts its unparalleled flavour profile.

Beyond the experience, guests enjoyed exclusive behind-the-scenes access — meeting the polo ponies, learning about the art of polo, and understanding the deep-rooted cultural significance of this age-old sport. Colonel Ravi Rathore, lead polo professional of Atoms Polo Academy shared insights into the nuances of play, while demonstrating the handling of a mallet and the various polo swings.

The media witnessed the true finesse of horsemanship amidst the thunder of hooves, the precision of mallet strikes, and the camaraderie at the arena which created an atmosphere charged with excitement and grace. Each of them tried their hands at riding around the arena, guided by our grooms, interacting with our elegant polo ponies through a carrot feeding session and eventually progressed on to stick and ball try-outs which led to a mini competition amongst themselves.

What a wonderful way to spend an afternoon with us at the club!



Mr Sylvan Braberry (in the middle in a black polo t-shirt) joins SPC staff and international media for a photo opportunity at the end of the experience



Colonel Ravi Rathore demonstrating a polo swing



International media on horseback



All smiles while riding around the covered arena



Trying their hands at swinging a polo mallet on a wooden horse



Left: Interacting with a polo pony; Right: grooming a polo pony



A toast to a successful session



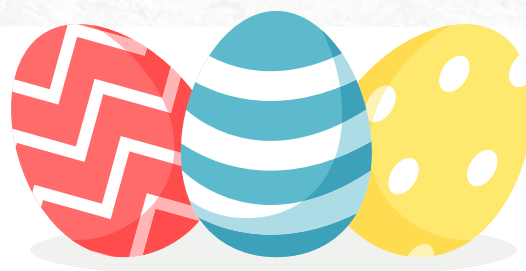
The 21-year-old Polo Estancia Edition



Guests at Coriander Leaf



Easter Pony Camp



Each summer, laughter echoes across sunlit paddocks, tiny boots stomp with excitement, and the unmistakable bond between child and pony takes centre stage. Welcome to our Annual Easter Pony Camp where unforgettable memories are made on horseback and off.

Hosted by our Academies, SPC Riding Academy and Atoms Polo Academy, the camp welcomed children of all riding levels, from first-time pony handlers to confident young equestrians. With helmets secured and boots polished, campers dove into 3 days of discovery – where every day brought a new adventure.

Children socialised with fellow riders while learning to groom and tack our horses, they engaged in fun outdoor games, rode

around the arenas, went on a guided jungle trail and very quickly made friends with one another, within our riding community. It was simply heart-warming to see the camaraderie between these young equestrians and we look forward to hosting more of such engaging activities for them.

Keen to be a part of our activities? Email atoms@singaporepoloclub.org or riding@singaporepoloclub.org to be on our mailing list.



Having a goofy moment during the camp – just before an arena ride



What's a camp without some fun outdoor games



The much-loved train ride



A guided ride through the jungle trail



Learning to groom our ponies



Building the confidence in tacking up a polo pony

Ismail Cup (Senior)

Held on 12 April 2025, The Ismail Cup (Senior), took on a sharper competitive edge this year with its four-chukka match play which offered a demanding test of both horsemanship and endurance.

This year's tournament brought together elite players and top-tier ponies for a day of thrilling action, which delivered a full-fledged match, offering fans a consistent showcase of speed, precision, and strategy.

A total of seven goals were scored by the teams during the entire play and each chukka was a chess match on horseback – fast-paced yet measured, with every ride-off, back and near-side shot drawing cheers from an engaged crowd.

Congratulations to team SPC White who emerged as champions of the match with a significant win over team SPC Red. Well played everyone!

SCORE OF MATCH

SATURDAY, 12 APRIL

SPC Red 2 vs SPC White 5

Goal Scorers:

Jed Gabler: 5 | Purvish Shah: 1 | Sandy Deng: 1

SPC RED

Asad Jumabhoy (Captain) & Ali Jumabhoy

Rajiv Menon

Sandy Deng

Purvish Shah/ Christopher Martin Jr. (Sat)/ Oliver Martin (Sun)

SPC WHITE

Ang Ban Tong (Captain) / Bruno Mascart

Jed Gabler

Wu Jiat Hui

Tim Zee





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**SINGAPORE
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Established in 1886

Building Bridges Through Polo: Philippines vs Singapore

An international friendly match on the grounds of Singapore Polo Club

Under bright skies and the cheering of enthusiastic spectators, we hosted a friendly match between the Singapore and Philippines National polo teams over the weekend of 31 May and 1 June 2025.

We started off the match weekend with a welcome lunch for Team Philippines at the Mountbatten Room followed by an autograph session for a pair of polo tees as memorabilia.

Over the two days, the atmosphere at the polo field was electrifying. Chukkas loaded with sportsmanship, camaraderie, and raw competitive spirit.

From the opening chukka on Day 1, it was clear both teams came to win — swift passes, tight marking, and stunning

long shots set the pace. As hooves thundered and mallets swung, the pace of the match intensified with each team closing in on the other.

Captained by two goaler, Waqas Khan, Team Singapore eventually emerged victorious with a total of 9 goals scored over the two days. A shoutout also to Team Philippines for being such fabulous opponents, giving our team players a competitive edge. Congratulations to all winners and players!

The match wrapped up with a beer and pizza party for all players, their families and the tournament committee at the Chukka Bar. We look forward to hosting more of such international matches that will gradually increase our polo footprint regionally.



International Friendly Match — Philippines vs Singapore



The teams with Mr Sylvan Braberry (General Manager, Head of Atoms Polo Academy and SPC Riding Academy), Mr Satinder Garcha (Polo Captain), Mr Lawrence Khong (President)



Winners of the friendly match – Team Singapore



Team Philippines with Mrs Stephanie Masefield (Honorary Secretary), Mr Asad Jumabhoy, Mr Lawrence Khong (President), Mr Satinder Garcha (Polo Captain) and Mr Wee Tiong Han



Best Playing Pony, Moraleja owned by SPC and played in the match by Cole Smith



Mr Lawrence Khong (President of SPC) presenting a token of appreciation to Mr Stefano Santi Juban from Team Philippines



Snippets of action from Day 1



Snippets of action from Day 2



Mr Satinder Garcha (Polo Captain) with a ball throw-in to mark the start of the chukka at the finals



Roon Kai with a goal



Full house as spectators eagerly watch the match unfold



Welcome lunch for Team Philippines at Mountbatten Room



Autographed pair of polo tees



Pizza and beer after-party



Polo tee signing ceremony

From left to right: Mr Lawrence Khong, Mr Satinder Garcha and Mr Sylvan Braberry sign on the memorabilia



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Train rides will be cancelled in case of bad weather



Singapore Polo Club vs Indonesia

Over the weekend of 21 and 22 June 2025, thundering hooves met national pride as the Singapore Polo Club hosted an electrifying international showdown with the Indonesia polo team from Nusantara Polo. The lush, manicured polo field set the stage for what would become an exciting display of horsemanship, athleticism, and cross-border camaraderie.

The match drew an audience of polo aficionados and stylish spectators, all gathered to witness two of Southeast Asia's premier polo nations go mallet to mallet.

From the first chukka, intensity pulsed through every play. Indonesia took an early lead with calculated passes and fluid teamwork, but Singapore quickly countered with bold drives and stunning defensive plays.

Spectators watched from the sidelines – some sipping champagne at our alfresco verandah and chukka bar, others standing, holding their breath with every gallop toward goal.

The match remained tightly contested through the chukkas, with moments of brilliance on both sides. Players from both teams delivered field-long runs and angled backhands that drew cheers from the spectators.

Team Singapore Polo Club sealed the victory with a score of 8 vs 5 on Sunday after a two-day hard fight on the field. As trophies were presented and hands were shaken, it was clear that this event was about more than just the final score. It was a celebration of polo's growing presence in Southeast Asia – of the passion, tradition, and diplomacy that define the sport at its highest level.

TEAM LINEUP FOR SATURDAY, 21 JUNE 2025

SINGAPORE POLO CLUB (RED)	INDONESIA (WHITE)
Waqas Khan	Novel A Momongan
Ang Roon Kai	Glendys Buyung
Ameer Jumabhoy/ Jed Gabler / Ali Jumabhoy/ Corey Koh	Acep Krisnandar
	Billy Lumintang

TEAM LINEUP FOR SUNDAY, 22 JUNE 2025

SINGAPORE POLO CLUB (RED)	INDONESIA (GREEN)
Waqas Khan	Novel A Momongan
Ang Roon Kai	Glendys Buyung
Jed Gabler/ Ali Jumabhoy/ Corey Koh	Acep Krisnandar

SCORE OF MATCHES:

21 JUNE

Singapore Polo Club 10 vs Indonesia 6

22 JUNE

Singapore Polo Club 8 vs Indonesia 5

Best Playing Pony:

Migratoria owned by SPC and played in the match by Novel A Momongan

Winners:

Singapore Polo Club



President of SPC, Mr Lawrence Khong with polo players from Nusantara Polo Club, Indonesia



Team Indonesia from Nusantara Polo Club with Head Coach, Nicolas Curto (in red cap)



Team Singapore Polo Club



President Mr Lawrence Khong does a throw-in to start the chukka



Best playing pony, Migratoria played in the match by Novel A Momongan



Players with Mr Rajif Sutirto (Personal Secretary to the President of Republic of Indonesia), Mr Sylvan Braberry (General Manager of SPC and Head of Atoms Polo Academy and SPC Riding Academy), Mr Wee Tiong Han, Mr Lawrence Khong (President of SPC), Mr Asad Jumabhoy and Mr Nico Curto (Head Coach of Team Indonesia)



Mr Lawrence Khong, President (in orange) and Mrs Stephanie Masfield, Honorary Secretary (in white) with the polo players joined by match committee, umpires and commentators



A wrap to the international polo showdown – thanking everyone who came by to cheer the teams on

Atoms Spring Cup

The weekend of 26 and 27 April was a celebration of sporting skill, equestrian tradition, and stylish community spirit. We kicked off the annual Atoms Spring Cup with matches played at a crisp, competitive pace and an accompanying vibrant social atmosphere off the field.

As the last chukka came to a halt and trophies were handed out, the smiles on every face reflected what this annual tournament had truly delivered: a sense of community, a celebration of sport, and the timeless elegance of polo.

A massive congratulations to team Atoms White – Lucy Maskell-Pedersen, Andrew Lee, and Yee Kai Pin for their electrifying victory at the Atoms Spring Cup 2025! A huge shout-out to all participants, tournament committee and ground staff for their incredible hard work, time and coordination at this two-day match.

RESULTS

CHAMPIONS ATOMS WHITE	1 ST RUNNERS-UP ATOMS RED	2 ND RUNNERS-UP ATOMS BLACK
Lucy Maskell – Pedersen	Laxman Vaidya	Christian Bucaro
Yee Kai Pin	Kate Burke	Zachary Bonehill
Andrew Lee	Jessica Lee	Laura Zhao

MOST VALUABLE PLAYER:

Lucy Maskell-Pedersen

BEST PLAYING PONY:

Moraleja played by Laxman Vaidya



Three cheers to another year of passion, ponies and polo



Champions

From left to right: Colonel Ravi Rathore, Sanaullah Khan, Andrew Lee, Yee Kai Pin, Lucy Maskell-Pedersen and Cody Williamson



A celebratory post-match picture of the players with Atoms polo professionals



The tradition of polo – celebratory champagne spraying



Best playing pony, Moraleja played by Laxman Vaidya (right)



Moments from the match

Atoms Novice Cup 2025

The Atoms Novice Cup stands as a testament to the Singapore Polo Club's commitment to fostering new talent in the world of polo.

Held annually, this tournament provides novice players with the opportunity to showcase their skills in a competitive yet supportive environment. The 2025 edition saw participants ranging from young enthusiasts to adults, all united by their passion for the sport.

Over the weekend of 17 and 18 May, spectators were treated to a series of fast-paced chukkas, where players demonstrated their growing prowess and understanding of the sport. The event also highlighted the strong sense

of community within the Atoms Polo Academy, with players, coaches, and families coming together to celebrate the sport.

As the Atoms Polo Academy continues to grow, matches like the Novice Cup play a crucial role in shaping the future of polo in Singapore. With a focus on inclusivity and development, the Academy is poised to nurture the next generation of polo stars. The success of the 2025 Novice Cup serves as a promising indicator of the sport's bright future in the region.

Congratulations to all winners and participants for acing the chukkas!



Three cheers to another year of passion, ponies and polo



Presenting the winners of the Novice Cup – Team Atoms Black with our polo professionals and Mr Sylvan Braberry, SPC's General Manager and Head of Atoms Polo Academy and SPC Riding Academy



Meet the winners – celebrating their win with the tradition of spraying sparkling juice



Mr Sylvan Braberry does a ball throw-in to mark the start of the tournament



Speed, coordination and teamwork was the highlight of the match

Ismail Cup (Junior)

The Ismail Cup has been a proud tradition at the Singapore Polo Club, a tournament that celebrates both the sport and the spirit of its players.

Held over the weekend of 14 and 15 June, this year's edition proved to be yet another exciting one. Congratulations to team SPC Red for emerging as champions and Jed Gabler for clinching the Most Valuable Player (MVP) award.

Well played everyone!

SCORES OF MATCH

14 June:

SPC Red 6 vs SPC White 5

15 June:

SPC Red 5 vs SPC White 4

Most Valuable Player: Jed Gabler

Winners: Team SPC Red

SPC RED

Ameer Jumabhoy (Captain) & Rajiv Menon

Lawrence Khong/ Purvish Shah

Emma Gordon

Ella Santosa/ Sarah-Jane Clark

SPC WHITE

Jed Gabler (Captain)/ Will Peacock

Jane Drummond

Tim Zee

Sandy Deng

Wu Jiat Hui



A wrap to the 2025 Ismail Cup (Junior)



Team SPC Red – Champions of the Ismail Cup (Junior)



Team SPC White



Dr Ali Namazie (left) awards Jed Gabler (right) with the Most Valuable Player (MVP) title



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* Fees includes a SPC T-Shirt and course materials.

Sign up now at the riding office or email
ponyclub@singaporepoloclub.org

Celebrating New Beginnings



**Ashleigh Johnston
and Amazing Chacco**

Chacco is a 11-year-old, 16.3 hands Dutch Warmblood gelding born on Valentine's Day with a personality to match. Playful and affectionate, he adores attention and never says no to a snack. He loves socializing with both animals and humans and he's very lovable.

He first arrived in Singapore through the SPC Riding Academy, where Ashleigh quickly fell for his big heart and cheeky character. Their journey together has included a few ups and downs. Ashleigh mentions, "Chacco has a big heart and a genuine desire to please. He always tries his best and just wants to get it right, making him a joy to work with and a rewarding partner."

Now, the pair is focused on strengthening their bond and continuing to progress in the dressage arena.



Maira Dahiya and Toty

Toty is a 9-year-old Dutch thoroughbred who came to Singapore last year. She has a very playful and sweet nature, and loves anything that she can eat. Since taking a break from riding, our family has been spending lots of time together just bonding, grooming, and hanging out with her at the stables. Toty's settling in well at the Club, and I'm excited for this next chapter with her.



Alita Li And Lizar

Lizar is a 7-year-old mare from Spain. Everyone loves her since she arrived at the Club in May 2025. She is a super chill and cool horse. Lizar has not done any competition at the moment in Singapore but Alita hopes to make it all the way to PSG level in the future with Lizar.



SOME THINGS ARE WORTH

EXPERIENCING



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SPC Riding Academy Welcomes New Additions

Photo credits: Laurent Ruelle Photography

There's a special kind of excitement in the air at SPC Riding Academy this season — loads of hay, the rhythmic sound of hooves, and the gentle curiosity of new faces peeking over stable gates. The Academy has recently welcomed a group of new horses, bringing with them fresh energy, diverse talents, and plenty of charm.

From seasoned jumpers to gentle beginners' mounts, these new arrivals are already winning hearts among students and instructors alike.

**Norton**

Colour: Bay

Breed: Belgian Sport Horse

Sex: Gelding

D.O.B: 9 June 2019

**Marmisch W**

Colour: Dark Brown

Breed: KWPN

Sex: Mare

D.O.B: 25 April 2017

**Kaluna Du Monden**

Colour: Dark Brown

Breed: KWPN

Sex: Mare

D.O.B: 20 May 2015



PONY CAMP

Keep a look out for more details coming your way

Get up close and personal with our horses and enjoy fun-filled activities guided by our dedicated professionals at SPC Riding Academy. Great for kids 6 years old & above.

SPC Young Rider, **Ayla Bower**

At just twelve years old, Ayla is already clinching significant spots at our training shows and is one of our aspiring young riders at the Club. Whether she's grooming her favorite pony before a lesson or perfecting her rising trot in the arena, her passion for horses shines through every moment she spends at the club and SPC Riding Academy. Read on to find out about her equestrian journey with us.

When did you start riding, and how old were you?

I started riding lessons in 2021 when I was 9 years old. Prior to that, I enrolled in pony camps.

When did you join SPC and what do you like about the club?

I think we joined in 2022. What I like about the club is being able to meet my riding friends and I enjoy lessons with Catharina. I also like the coaches, who have been really nice and helpful.

How long do you train / How many days do you train in a week?

I do three lessons a week - two flat and one jumping class.

How do you find time to juggle between school and riding?

I'm usually early for my lessons and while waiting I finish my homework at the Paddock Bistro, if needed I head home to complete them. My mom always says time management is important.

Any interesting experience?

Some interesting experiences while at the polo club have been the pony camps, hacking with Catharina and my first jumping class. I enjoy participating in all of them with my riding friends and have fond memories.



Ayla at our top school before a lesson



Sneaking in a fun moment with Catharina at the covered arena between lessons

Do you ride on your own horse, or is there a favourite horse you're comfortable riding?

My lessons are with Catharina. I don't have my own horse yet, maybe in the future.

Who is your idol in terms of riding?

I don't really have an idol but I like Harlow Luna White. She is my age and has won multiple horse-riding awards in The United Kingdom and has a YouTube channel that I like to watch.

Have you participated in any training shows, interclub shows, nationals or world championships?

I have participated in the club's training and inter club shows for the dressage category and have placed 3rd in the last few shows.

Have you visited any riding clubs overseas or engaged in any riding activities?

We visited a riding club in Bangkok while we were on holidays in Thailand. When I visit my Grandad in Australia, I like to hang out with the horses there too.

What's your advice for someone intending to take up riding?

Be brave, lean back. You got this!

What are your future plans and ambitions, where do you see yourself?

I can see myself being around horses for the rest of my life. I love them!

The Winning Stride

SPC Riding Academy riders clinched the top positions at Bukit Timah Saddle Club's (BTSC) competitions. Here's a recap of their achievements.

EARTH HOUR JUMP SHOW 2025

Our riders, Lucy Bennett-Baggs and Jacquie Potter aced their way to top placings at their jumping show on 22 and 23 March 2025.

Here are the results:

DAY 1 – SATURDAY, 22 MARCH

CLASS 9: 70CM (OPTIMUM TIME)

2nd place: Lucy Bennett-Baggs and Destiny

CLASS 10: 80CM (OPTIMUM TIME)

1st place: Lucy Bennett-Baggs and Destiny

DAY 2 – SUNDAY, 23 MARCH

CLASS 12: 100CM (ROUND WITH JUMP OFF ART.238.2.2)

1st place: Jacquie Potter and Khaleesi DHU

CLASS 13: 110CM (ROUND WITH JUMP OFF ART.238.2.2)

1st place: Jacquie Potter and Khaleesi DHU

CLASS 20: 80CM (OPTIMUM TIME)

1st place: Lucy Bennett-Baggs and Destiny

EASTER BUNNY DRESSAGE SHOW 2025

Julian Clark and Venice clinched the first placings in the Class 9: EA Freestyle Novice and Class 15: EA Novice 2.3 categories at BTSC's dressage show held on 12 and 13 April. Well done, Julian!

UNITED JUMPING SHOW, 18 MAY

Well done Team SPC Riding Academy!

DAY 1 – SATURDAY, 22 MARCH

CLASS 4-5-6: 120CM-130CM-140CM (TWO ROUNDS ART. 273.3.3.2)

4th place: Lucy Bennett-Baggs and Destiny

CLASS 1: 90CM (1 ROUND WITH JUMP OFF ART.238.2.2)

4th place: Lucy Bennett-Baggs and Destiny

CLASS 2: 100CM (1 ROUND WITH JUMP OFF ART.238.2.2)


4th place: Jacquie Potter and Khaleesi DHU

CLASS 3: 110CM (1 ROUND WITH JUMP OFF ART.238.2.2)

2nd place: Lynly Fong and Akita104

CLASS 10: 80CM (OPTIMUM TIME)

1st place: Sarah Ingham and Ivy Coast Uptons Cosby

A group of four women are posing for a photo in a tack shop. One woman stands in the back, wearing a dark blue polo shirt. Three women are seated in the front, wearing light-colored polo shirts. They are holding various equestrian helmets: a black helmet with a silver KEPS logo, a black helmet with a silver Aztec Diamond logo, and a dark blue helmet. The background features framed artwork, including a painting of a horse and a dog, and a sign that reads "FRANK MY DE I DO GIV DA".

The TACK SHOP

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SPC Training Show on 26 & 27 April

The two-day training show by SPC Riding Academy showcased a vibrant display of equestrian talent, discipline, and the progress of our aspiring riders.

Here are the results from the weekend:

SATURDAY, 26 APRIL

EA ELEMENTARY 3.2 (EFFECTIVE 2023)

1st place:

Soh Wei Chi and Stav-K's Solyst Olympus 68.857%

2nd place:

Averell Zee and Lor Duende 68.143%

EA NOVICE 2.3 (EFFECTIVE 2023)

1st place:

Belinda Chin and Halifax 56.571%

EA NOVICE 2.1 (EFFECTIVE 2023)

1st place:

Aiga Berlim Atmaja and Equator 65.961%

2nd place:

Reka Tozsa and Ferro 63.461%

EA PRELIMINARY 1.3 (EFFECTIVE 2023)

1st place:

Reka Tozsa and Ferro 67.500%

EA PRELIMINARY 1.1 (EFFECTIVE 2023)

1st place:

Grace Toal and Keepsake 63.600%

2nd place:

Emma Wong and Shadow 63.500%

EA PRELIMINARY 1.1 (20 X 40) ARENA (EFFECTIVE 2023) (JUNIOR)

1st place:

Anna Srom and Keepsake 63.800%

2nd place:

Emily Yamada-Chang and Rascal 55.200%

3rd place:

Kiran Joni Prasad and Sonny 52.600%

EA PRELIMINARY 1.1 (20 X 40) ARENA (EFFECTIVE 2023) (SENIOR)

2nd place:

Sarah Ingham and Cosmos 69.200%

3rd place:

Hannah Hui and Guinness 65.200%

4th place:

Lisa Harris and Rambo 64.600%

5th place:

Gia Piparaiya and McKenny 63.800%

EA PREP 1 (20 X 40) ARENA (EFFECTIVE 2023) (JUNIOR)

1st place:

Charlotte Younger and Rascal

2nd place:

Myra Jha and Toby

3rd place:

Sophie Tiong Jia Xin and Toby

4th place:

Emma Keiber and Rascal 61.333%

5th place:

Mikki Lewis and Mr Percy 61.000%

EA PREP 1 (20 X 40) ARENA (EFFECTIVE 2023) (SENIOR)

1st place:

Clara Boaventura and Magic Coco 66.000%

2nd place:

Michaela Harris and Guinness 64.000%

3rd place:

Kimaya Brugger-Singh and Guinness 64.000%

4th place:

Elisabetta Schmidt and Rambo 62.333%

5th place:

Laza Kozan and Rambo 61.333%

SUNDAY, 27 APRIL

CLASS 14: 45 – 55CM CLEAR ROUND ART. 238 #1.1

Chloe Borri and Lily
Anna Srom and Keepsake
Sarah Ingham and Cosmos

CLASS 14: 65 – 75CM CLEAR ROUND ART. 238 #1.1

Reka Tozsa and Ferro
Celyne Beverly Khiezt and Venice
Leyla Duque and Maverick
Sarah Ingham and Cosmos

CLASS 16: 85CM CLEAR ROUND ART. 238 #1.1

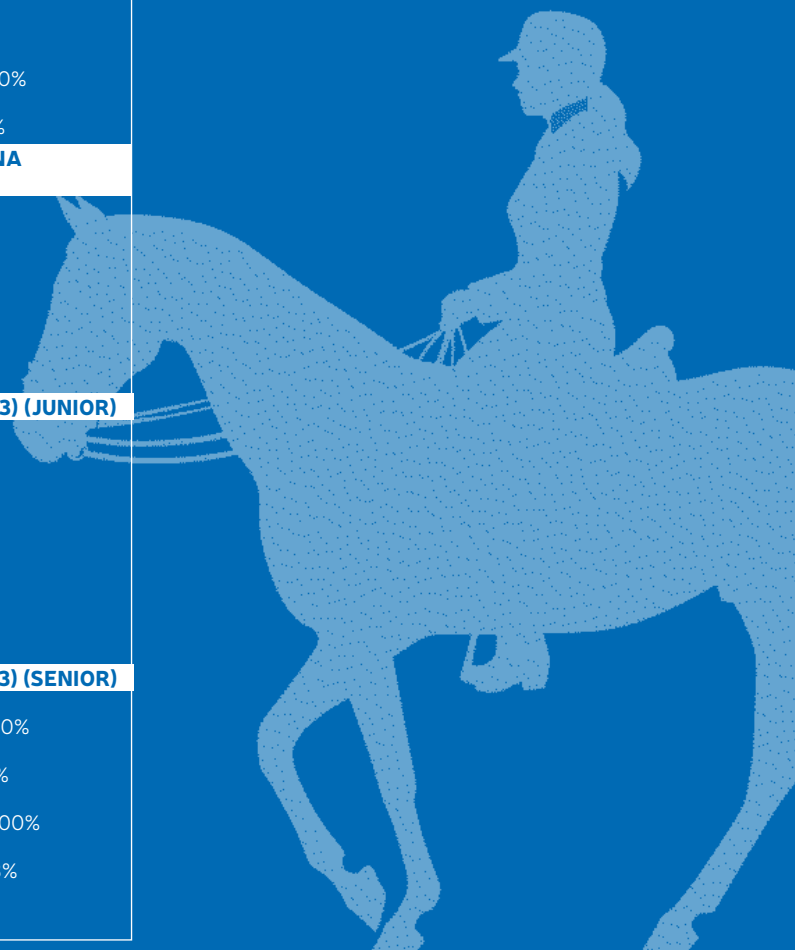
Reka Tozsa and Ferro

CLASS 17: 95CM 1 ROUND WITH JUMP OFF ART. 238 #1.1

Lynly Fong and Akita

CLASS 18: 105CM 1 ROUND WITH JUMP OFF ART. 238 #1.1

Lynly Fong and Akita





ONE STEP CLOSER TO PERFECTION

National Dressage Championship 2025

Hearty congratulations to our riders who clinched significant placings at the annual National Dressage Championships held at Singapore Turf Club and Riding Centre from 9 to 11 May.

PRIX ST. GEORGES

2nd place:

Gina Lim and Heathrow-W 51.765%

ELEMENTARY 3.1

1st place:

Jacquie Potter and Khaleesi DHU 64.429%

2nd place:

Averell Zee and Lor Duende 62.857%

8th place:

Yasmine Bonehill and Fontrice 51.571%

NOVICE 2.1

4th place:

Julian Clark and Venice 66.442%

ELEMENTARY 3.3

2nd place:

Jacquie Potter and Khaleesi DHU 62.439%

6th place:

Averell Zee and Lor Duende 57.805%

7th place:

Yasmine Bonehill and Fontrice 54.390%

NOVICE 2.1

5th place:

Julian Clark and Venice 61.429%

ELEMENTARY FREESTYLE

2nd place:

Jacquie Potter and Khaleesi DHU 66.375%

3rd place:

Averell Zee and Lor Duende 63.175%

8th place:

Yasmine Bonehill and Fontrice 57.025%

NOVICE FREESTYLE

5th place:

Julian Clark and Venice 65.904%

ELEMENTARY (OVERALL RESULTS)

1st place:

Jacquie Potter and Khaleesi DHU 193.243%

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Get yours today!



National Jumping Championships 2025

Our riders soared high at this year's National Jumping Championship held from 30 May to 1 June. Check out the results below.

DAY 1

CLASS 1: 90CM (ART. 239 TABLE C)

3rd place:

Lucy Bennett-Baggs © and Destiny

CLASS 3: 110CM (ART. 239 TABLE C)

1st place:

Lynly Fong © with Akita104

CLASS 5: 130CM (ART. 239 TABLE C)

3rd place:

Yasmine Bonehill © with Fontrice

DAY 2

CLASS 11: 90CM (1 ROUND WITH JUMP OFF ART. 238.2.2)

2nd place:

Lucy Bennett-Baggs © and Destiny

CLASS 13: 110CM (1 ROUND WITH JUMP OFF ART. 238.2.2)

1st place:

Lynly Fong © with Akita104

CLASS 15: 130CM (1 ROUND WITH JUMP OFF ART. 238.2.2)

3rd place:

Yasmine Bonehill © with Fontrice

DAY 3

CLASS 19: 90CM (COMPETITION OVER 2 ROUNDS ART 273.3.3.2)

2nd place:

Lucy Bennett-Baggs © and Destiny

CLASS 21: 110CM (COMPETITION OVER 2 ROUNDS ART 273.3.3.2)

1st place:

Lynly Fong © and Akita104

CLASS 23: 130CM (COMPETITION OVER 2 ROUNDS ART 273.3.3.2)

2nd place:

Yasmine Bonehill © and Fontrice



Yasmine Bonehill and Fontrice with our riding academy coach, Nicola Hammond



Lucy Bennett-Baggs and Destiny

TEAM CHALLENGE

FRIENDSHIP TEAM – 1ST PLACE

70cm Maellys Poupard © and Tagada from BTSC
90cm Lucy Bennett-Baggs and Destiny from SPC
100cm Maxim Jansma and Sylvester de L'eau from BTSC

OVERALL RESULTS

130CM CHAMPIONSHIPS

Yasmine Bonehill © with Fontrice

Day 1: 3rd Place
Day 2: 3rd Place
Final Placing (Day 3): 3rd Place

110CM CHAMPIONSHIPS

Lynly Fong © and Akita104

Day 1: 1st Place
Day 2: 1st Place
Final Placing (Day 3): 1st Place

90CM CHAMPIONSHIPS

Lucy Bennett-Baggs © and Destiny

Day 1: 3rd Place
Day 2: 2nd Place
Final Placing (Day 3): 1st Place



Lynly Fong and Akita104



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SINGAPORE
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CLUB**
Established in 1886

An Artistic Soirée: An Evening of Theatre, Art & Music

26 April 2025 | Polo Bar

The Club's inaugural Music & The Arts segment made a captivating debut on 26 April at the Polo Bar with An Artistic Soirée—a mesmerising evening where theatre, art, and music beautifully converged. In a seamless blend of culture and indulgence, guests were treated to an immersive experience featuring a moving theatrical excerpt, a whisky tasting, live cello performance, and a stunning art exhibition.



Some of our guests with the paintings



Featuring the teams of Gateway Arts and Blumine Gallery

FROM DREAMS TO REALITY An International Art Showcase by Blumine Gallery

As guests stepped into the venue, they were greeted by the vibrant strokes of contemporary Italian artist Jose Martinez. Curated by Blumine Gallery, the showcase transformed the Polo Bar into a visual wonderland. Martinez's works lined the walls, inviting guests to explore the interplay of colour, form, and emotion.

Guests strolled through the exhibition, reflecting on the inspirations behind each piece and engaging in conversations with both the artist and Mr Khachatryan, the owner of Blumine Gallery. Mr Khachatryan, also a world-class cellist and composer, brought an additional dimension of artistry to the evening.

THE MAGIC OF THEATRE

The evening commenced with an enchanting 20-minute theatrical excerpt by Gateway Arts. From the first stirring moment to the final bow, the performance brought the magic of live theatre to life — stirring hearts and igniting imaginations.

The applause echoed through the Polo Bar, a resounding affirmation of the team's passion and creative spirit. We thank everyone who joined us in honouring the joy of performance and the transformative power of theatre.



Ms Priscilla Khong-Espinosa, Executive Director, introducing Gateway Arts and the meaningful work they do



Actress from Gateway Arts, Ms Johanna Van, performing an excerpt from Every Brilliant Thing



Mr Khachatur Khachatryan mesmerizing the crowd with his cello performance



A TOAST TO ART

Whisky Tasting by Royal Salute

As the evening unfolded, guests were invited to indulge in a bespoke whisky tasting experience, featuring the 21-Year-Old Jodhpur Polo Edition by Royal Salute. Whether seasoned connoisseurs or curious first-timers, attendees were delighted by the whisky's nuanced complexity — notes of spice, richness, and refinement.

Set against the glow of art and the ambient tones of cello, the tasting was more than a sensory experience — it was a toast to creativity, craftsmanship, and conviviality.



Guests of Soirée



April's Artistic Soirée was more than an event—it was an invitation to feel, reflect, and connect through the arts. As the Club launches this vibrant chapter, we welcome members to take part in future gatherings that celebrate expression, creativity, and the enduring power of the arts.

Whether you're a creator or a connoisseur, the Club is your canvas. Let's shape our artistic journey together.

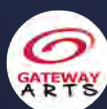
To collaborate or learn more about upcoming events, contact our Marketing team at marketing@singaporepoloclub.org

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Tips for Portion Control

Whether the goal is to lose weight or to simply eat a properly balanced diet, managing portion control can be the difference between success and failure. Even those who make it a point to eat the right foods can undermine their efforts by eating more than it takes to get the desired nutritional value.

The easiest way to help clients figure out if they are eating the proper portion sizes is to explain how they can use their own hand as a measuring device. In simple terms, a single serving of:

- *Protein, such as meat, fish, or poultry, = size of your palm.*
- *Vegetables or fruit = size of your fist.*
- *Carbohydrates, such as rice or potatoes, = a cupped handful.*
- *Cheese or nuts = length of your thumb.*

One of the reasons this method is particularly effective is that hands, like people, are different sizes. So, a bigger person, who will need to eat more than a smaller person, will have the necessary adjustment built in. Clients are likely to be surprised at “how little” a single serving is. However, those who are committed to their efforts to lose weight will soon find that it won't take long to settle into the new normal of smaller portions.

Load up on Vegetables

Vegetables, and plenty of them, should be part of every meal. They add volume and nutrition without adding a lot of calories. A good trick is to pile the vegetables on the plate first.

Think Out of Sight, Out of Stomach

While it may be customary to have meals served family-style at the table, it only serves as a temptation for overeating. Recommend that your clients dish up a dinner plate at the counter or the stove before sitting down.

Reduce Sugar & Balanced Meals

Aim for balanced meals that include a variety of food groups: vegetables, fruits, lean proteins, whole grains, and healthy fats.

Plan Ahead

Plan your meals and snacks in advance to make healthier choices and avoid impulsive, less nutritious options.

If you are looking for accountability plus an effective way to achieve your goals, speak to our certified personal trainer to find out more details.



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HIGH IMPACT VS LOW IMPACT EXERCISE

High and low-impact exercises are both types of physical activity used to target specific training goals. High-impact exercises exert significant forces on the body, often measured in multiples of body weight, which can affect the joints and overall biomechanics. Each type of exercise has its own unique benefits and can be tailored to fit various fitness levels, preferences, and health conditions.

Low-Impact Exercises

Low-impact exercises are exactly as they sound – they are exercises that are low-impact on your joints. Low impact cardio exercises are suitable for all ages and fitness levels, offering a versatile and effective workout option.

Common low-impact exercises include:

- **Walking:** This is one of the most accessible forms of low-impact exercise.
- **Swimming:** Swimming is an excellent low-impact exercise that provides a full-body workout.
- **Yoga:** Yoga involves a series of poses and stretches that enhance flexibility, strength, and balance.
- **Cycling:** Whether done on a stationary bike or outdoors, cycling offers a great cardiovascular workout without high impact on the knees and ankles.
- **Elliptical Cardio:** Elliptical machines simulate the motion of running but with significantly less impact on the joints.

Benefits of Low-Impact Exercises

- **Ideal for Beginners:** A low impact workout is great for individuals who are new to working out.
- **Injury Recovery:** These exercises are suitable for athletes who are injured or recovering from an injury.
- **Gentle Workouts:** Low-impact exercises are perfect for easy workout days.

High-Impact Exercises

High impact workouts, on the other hand, have a significant impact on the joints due to their strenuous movements and higher forces on the body. High intensity exercise, such as running, involves greater impact forces and a higher cadence compared to low-intensity exercises like walking.

Examples of high-impact exercises include:

- **Running:** Running is a high-impact exercise that subjects the body to forces up to three times its weight with each step.
- **Skiing:** Skiing involves rapid, high-impact movements that require strength, agility, and balance.
- **Gymnastics:** Gymnastics requires intense and dynamic movements that build strength, flexibility, and coordination.
- **High-Intensity Interval Training (HIIT):** HIIT includes explosive movements that elevate the heart rate quickly.

Benefits and Risks of High-Impact Exercises

- **Improves Bone Density:** High-impact exercises can help strengthen bones, which is beneficial for overall skeletal health.
- **Injury Risk:** These exercises carry a higher risk of injuries such as stress fractures and chronic joint injuries.
- **High-Intensity Workouts:** High-impact exercises elevate the heart rate quickly, providing an effective cardiovascular workout. However, they also increase the risk of joint pain and injury, particularly in individuals with pre-existing conditions.
- **Injury Prevention:** Proper form is crucial in high-impact exercises to prevent injuries.

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Osteoporosis in Men: How to Prevent and Treat

Osteoporosis, which women are more susceptible to, is becoming increasingly common in men. The Department of Endocrinology from Singapore General Hospital (SGH), shares more about how men can lower their risk and how the condition is treated.

Osteoporosis is increasingly being diagnosed in men, who are more likely to suffer from disability and death from osteoporotic fractures.

Osteoporosis is a disease of the bones that is commonly associated with women, but in fact, men are susceptible to it too. Though more women than men suffer from this progressive bone disease, with rising male expectancy and increasing awareness, it is being increasingly diagnosed in men too.

Men with osteoporosis are more likely than women to suffer disability and death from osteoporotic fractures, which they typically develop at an older age.

Osteoporosis is characterised by low bone mass and thinning of bone tissue. Bones become so weak and brittle that a fall or even bending over and coughing can cause a fracture.

Osteoporotic fractures usually occur in the hip, spine and wrist. In Singapore, it is estimated that one-third of osteoporotic fractures occur in men.

“About 34 per cent of men die after a hip fracture compared to 17 per cent of women,” shared Dr Manju Chandran, Senior Consultant and Director, Osteoporosis and Bone Metabolism Unit, Department of Endocrinology, Singapore General Hospital (SGH), and Committee Member, Council of Scientific Advisors of the International Osteoporosis Foundation (IOF).

“Hip fractures can result in substantial disability and even death.”

Dr Manju Chandran



Osteoporosis in men is becoming increasingly common, however there are ways to lower the risk.

HOW TO PREVENT OSTEOPOROSIS IN MEN

"Bones continually grow in a natural process called remodelling, in which old bone cells are replaced by new ones. To make new bone, your body needs plenty of calcium and vitamin D," says Dr Chandran.

In addition:

- Maintain a healthy weight
- Be physically active and do weight-bearing exercises to strengthen bones
- Have a balanced diet (that includes the recommended amounts of calcium and vitamin D)
- Know your risk of osteoporosis
- Avoid smoking
- Reduce your alcohol intake
- Get treatment for any underlying medical conditions that can affect your bone health
- Check with your doctor about adjusting or replacing any existing medications that can affect your bone health

OSTEOPOROSIS SELF-ASSESSMENT TOOL FOR ASIANS (OSTA) CHART

Age (Yr)	Weight (kg)							
	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79
45-49								
50-54							Low Risk	
55-59								
60-64								
65-69			Moderate Risk					
70-74								
75-79	High Risk							
80-84								
85-89								

HOW TO DIAGNOSE AND TREAT OSTEOPOROSIS

Your doctor will study your medical history and carry out urine and blood tests as well as x-rays to diagnose osteoporosis.

A bone mineral density test, such as a dual energy x-ray absorptiometry or DXA test, will be carried out to determine your risk for fractures. This quick and painless test is similar to an X-ray but uses less radiation.

Osteoporosis treatment will depend on your age, the stage of the disease and your risk for fractures. If your osteoporosis is at an early stage, you may require only lifestyle changes to manage the disease. These lifestyle modifications will focus on nutrition and exercise to strengthen bones and prevent bone loss.

If you have a high risk of fractures, you will be prescribed medications such as bisphosphonates, e.g. Alendronate, Risedronate or Zoledronate.

Other medicines such as Strontium Ranelate, Denosumab, Teriparatide are also approved for use in men. If you have testosterone deficiency, your doctor may recommend testosterone replacement therapy as part of your osteoporosis treatment.

CAUSES OF OSTEOPOROSIS IN MEN

Osteoporosis usually affects older men. It can be caused by a variety of factors such as age-related bone loss, poor lifestyle habits, chronic medical conditions and prolonged exposure to certain medications. These factors may affect the absorption of bone-building nutrients such as calcium and accelerate loss of bone mass.

- Age-related bone loss: Bone mass peaks by the age of 30 after which it gradually decreases. Men accumulate more bone mass than women and lose it less rapidly than women. However, by the age of 65-70, men and women lose bone mass at the same rate.
- Hypogonadism (low levels of testosterone): This is the most common cause of osteoporosis in men. Hypogonadism can be caused by various factors such as cancer treatment and prolonged use of corticosteroid medication.
- Lifestyle factors: For e.g. excessive consumption of alcohol, smoking, poor diet, lack of physical exercise, prolonged immobilisation.
- Chronic medical conditions: For e.g. gastrointestinal disease, chronic pulmonary obstructive disease, asthma, ankylosing spondylitis, rheumatoid arthritis, hyperthyroidism, among others.
- Hypercalciuria: This condition causes excess calcium loss through the urine.
- Prolonged exposure to certain medications: For e.g. corticosteroids to treat asthma or rheumatoid arthritis, cancer drugs for prostate cancer, anticonvulsants.

"A fracture can often be the first symptom of osteoporosis."

Dr Manju Chandran

SYMPTOMS OF OSTEOPOROSIS IN MEN

Osteoporosis is called a 'silent disease' because of the lack of symptoms in the early stages. Symptoms of osteoporosis may appear only at an advanced stage. Some common symptoms of osteoporosis include the following:

- Fracture of the hip, spine and wrists
- Back pain
- Stooped posture
- Loss of height over time



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5 TO 14 YEARS OLD

4PM – 6PM

LESSONS ON SATURDAYS

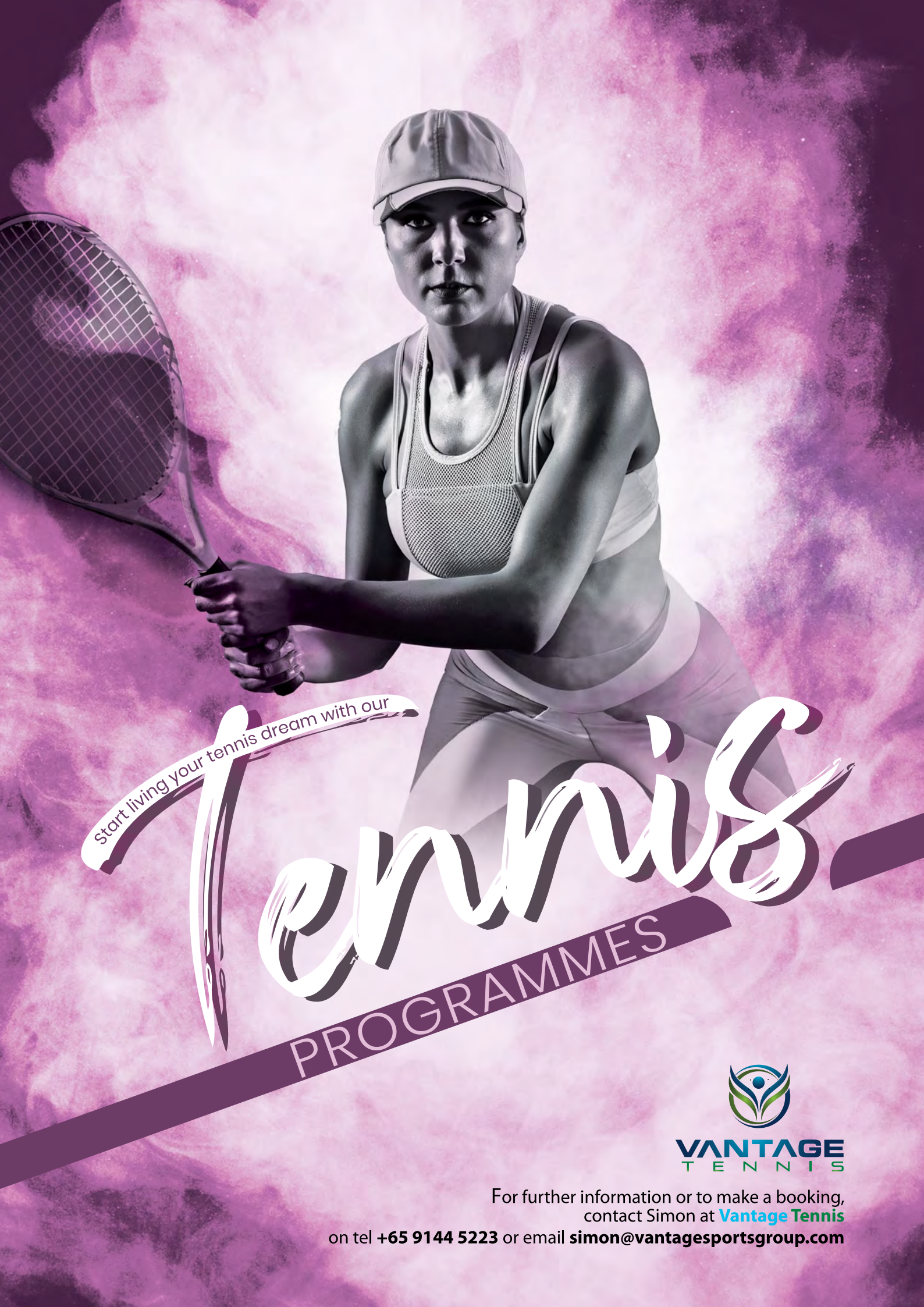
5 TO 14 YEARS OLD

9AM – 12PM



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PROGRAMMES



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Whisky & Wanderlust A Father's Day Celebration

A bold toast to fatherhood, style, and strength.

We welcomed over 25 members and guests to our inaugural Whisky & Wanderlust – A Father's Day Celebration at the Polo Bar on 14 June 2025. It was an unforgettable afternoon that brought together premium pours, spirited competition, and soulful storytelling in the elegant setting of the Club.

The event opened with a warm welcome and introduction of our esteemed sponsors, starting with OCBC. Mr Jared Zeng, Senior Relationship Development Manager, shared briefly about the exclusive perks of being an OCBC Premier Banking client, setting the stage for an afternoon of refined indulgence.

Guests then embarked on an exquisite whisky-tasting journey led by Ms Anna Mitchell, Assistant Manager, Prestige Activation at Royal Salute. Each pour was introduced with insight and flair, offering a deeper appreciation of the heritage and craftsmanship behind the label. The tasting was paired with a curated selection of canapés by Coriander Leaf, enhancing the overall sensory experience.

The afternoon then took a more intimate and inspiring turn, as Ms Sumila Wong, founder of bespoke travel planner FOURWINDS, shared a captivating itinerary through Scotland. Her sharing transported guests to the misty Highlands and historic distilleries, including a highlight visit to Strathisla Distillery for an exclusive Royal Salute tour – complete with behind-the-scenes access and a guided tasting.

The mood soon shifted to light-hearted competition as the Arm-Wrestling Challenge kicked off. Cheers and laughter filled the bar as friendly rivals embraced the moment with playful bravado.

This was followed by a lively Trivia Quiz, a fun and engaging segment that tested guests' general knowledge and quick wit. It was a spirited moment that sparked laughter and camaraderie across the Polo Bar.

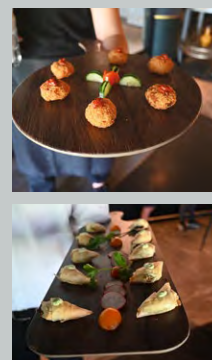
To wrap up the celebration on a high note, a Lucky Draw was held with prizes generously sponsored by FOURWINDS, Coriander Leaf, and the Singapore Polo Club. The lucky winners walked away delighted, adding an extra touch of excitement to an already memorable day.

As the event drew to a close, guests lingered in conversation, whisky in hand, having shared stories, laughter, and the joy of new friendships formed.

Whiskey & Wanderlust was more than just an event – it was an experience. One that honoured fathers and father figures with the richness they deserve – fine whisky, gourmet indulgence, great company, and new friendships formed along the way.

A heartfelt thank you to our sponsors – OCBC, Royal Salute, FOURWINDS, and Coriander Leaf for their generous support in making this celebration possible.





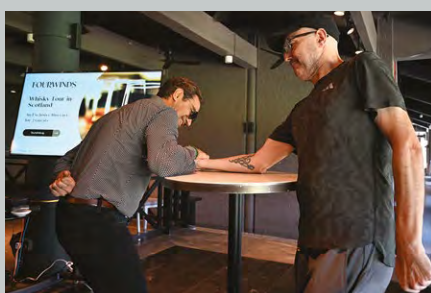
Our Sponsors



Winners of Q & A by FOURWINDS



Arm Wrestling





Trivia Quiz



Lucky Draw



Happy faces of our guests

ODD ONE OUT

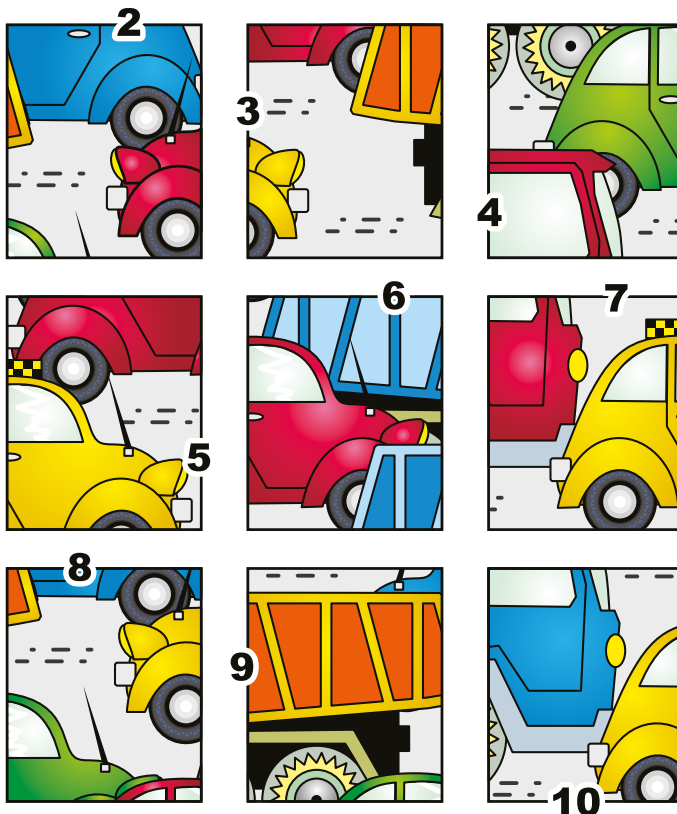
Twinkle pie is off for her regular tennis lessons. Can you help her spot the ones that do not belong as she awaits to cross amidst the heavy traffic?



Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception before **31 August 2025**. Remember to include your name, membership number, email and telephone number.



4 lucky winners stand to win a pack of scented pens by Smiggle!



From Carnegie Hall to the Polo Field:

Corey Koh to star at the inaugural Cosmopolitan Polo 2025

Once celebrated as a child prodigy on the classical music stage, Corey Koh is striking a different note in 2025 — not with vocals, but with a polo mallet.

A graduate of the Singapore Polo Club's ATOMS Polo Academy, Corey has risen swiftly through the ranks to become one of the Academy's most promising young talents in polo. He now holds a 0 handicap and will be part of the Singapore National Polo Team, a major milestone for both Corey and the Club that helped shape his sporting journey.

But before he rides for national glory, Corey will take centre stage at the inaugural Cosmopolitan Polo Tournament on 30 August 2025, playing in the event's most anticipated match. Envisioned as the region's premier polo showcase, the tournament marks a bold new chapter for the sport in Singapore — and Corey will be one of its brightest stars.

It's a journey few could have predicted. As a young boy, Corey captivated audiences on world-class stages, from Singapore's Victoria Concert Hall and Tokyo's Suntory Hall to the iconic Carnegie Hall in New York. Known for his pure soprano voice and emotive artistry, he garnered acclaim on the international music circuit.

And the music hasn't stopped. Fans will get another chance to hear Corey's extraordinary voice at the third edition of the SPC Outreach Polo Tournament and Carnival on 11 October 2025, where he will perform a selection from his vocal and operatic repertoire.

Despite his achievements in music, Corey always made time for his love of horses and polo. He began his polo journey through the Club's curriculum at the ATOMS Polo Academy, founded by General Manager and Head of the ATOMS Polo Academy and SPC Riding Academy, Sylvan Braberry.

Through years of training, discipline, and commitment, Corey seamlessly transitioned from pony camps and junior chukkas to competitive league play. The confidence and poise he once brought to the concert stage now serve him just as well on the polo field — commanding, focused, and unflinchingly composed.

With a polo mallet in one hand and a microphone in the other, Corey Koh continues to defy boundaries — proof that talent knows no limits when nurtured with heart, grit, and the right support. Watch Corey in action at Cosmopolitan Polo 2025 on 30 August.

Tickets are selling fast and are available for purchase at <https://ticketing.sistic.com.sg/sistic/booking/polo0825>

“Corey exemplifies the spirit of the Singapore Polo Club — one that celebrates excellence, versatility, and a passion for both sport and the arts. We're proud to see him carry our colours on the international stage, and we look forward to watching him shine at Cosmopolitan Polo 2025.”

General Manager Sylvan Braberry





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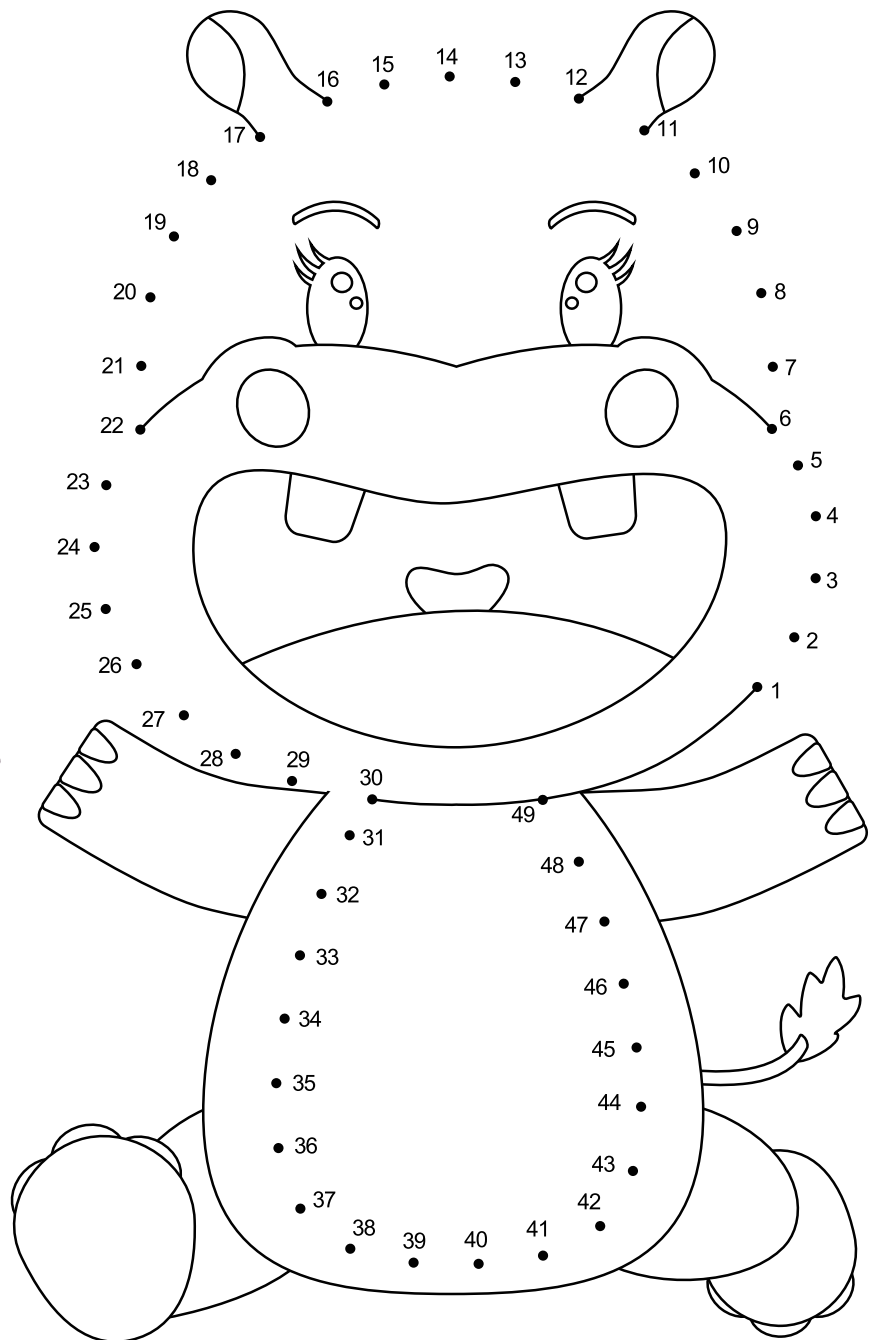


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