

SINGAPORE

ISSUE 02 / 2026

POLO Club



SPC Combination Cup 2026

Team SPC Red Clinches the Championship Trophy

P20

CLUB NEWS

Annual General Meeting on 31 March 2026

P42

RIDING

Welcoming a New Chapter

P56

LIFESTYLE

Annual Lo-Hei Celebration

Early bird ticket sales now on till 29 May 2026 at 10am

COSMOPOLITAN POLO



2026 29 AUG

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General Admission: \$68 nett per person (U.P \$78 nett)

2 bottles of drinking water | 1 exclusive SPC branded Memento | Exclusive access to After-Party

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K.C. Loh

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Vice President

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Polo Captain

Stephanie Masefield
Honorary Secretary

Elbert Jacobus Pattijn
Honorary Treasurer

Koh Chye Hock
Committee Member

Peggy Yeo
Committee Member

Jane Drummond
Committee Member

MANAGEMENT

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Head, Atoms Polo Academy
Head, SPC Riding Academy

Wendy Tham
Secretary

Johnny Wong
F&B & Events Manager

Irene Seah
Events Manager

MPS Rajan
Front Office & Club Rooms
Manager

Han Peck Hoe
Facilities & Maintenance
Manager

Kirby Khoo
Finance Manager

Alinna Li
Human Resources Manager

Marlene Teo
Marketing Communications
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)
7.30am – 7.30pm (public holidays)

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)
9.00am – 5.00pm (public holidays)

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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10

CLUB NEWS

- 4 President's Message
- 6 New Members
- 8 Calendar of Events
- 10 Sylvan Braberry – Ten Years at the Helm
- 14 To A Prosperous Year of the Horse
- 16 Celebrating Chinese New Year with Gratitude and Tradition
- 18 Celebrating the Pioneers of the Game
- 20 79th Annual General Meeting – 31 March 2026

POLO

- 24 Polo Returns in Style
- 26 Friendly Match with Swiss Polo
- 30 Inaugural SPC Combination Cup 2026

18



20



26



RIDING

- 34 SPC Interclub Competition
- 36 Ready, Set, Jump!
- 38 SPC March Interclub 2026
- 42 Welcoming a New Chapter
- 46 Team SPC Shines at Prestigious Equestrian Awards Night 2026



42

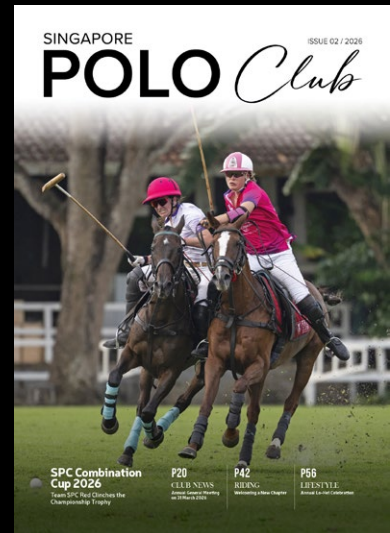
LIFESTYLE

- 56 Annual Lo-Hei Celebration
- 58 6 Ways to Lower Triglycerides for a Healthy Heart



56

ON THE COVER



COVER IMAGE

SPC Ladies Polo Tournament 2025

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Dear Members,

It is an honour to serve as your Club President. I am deeply grateful for the trust you placed in me during the recent contested election, and I look forward to working alongside our dedicated Committee and management team to further strengthen our Club.

I would like to extend my sincere gratitude to the outgoing Committee. Their hard work, particularly in our Outreach efforts has been instrumental in our success. Having welcomed three Ministers to our annual SPC Outreach Polo Tournament & Carnival over the last three years, we will continue their efforts and remain steadfast in our commitment to building an inclusive Club that is deeply integrated with the wider community.

As we welcome our newly elected Committee, our primary goal is to foster a vibrant, welcoming environment for all members and their families. To ensure we are meeting your expectations, we will introduce structured townhalls and involve Committee members more closely in our Club activities. Our committee meetings will focus on robust discussions to enhance our hospitality, polo, riding, and long-term financial health.

I also wish to express my full confidence in our professional staff. I trust implicitly in their ability to execute our vision and continue the excellent work they do every day.

The year ahead promises a dynamic schedule of social, sporting, and family activities.

- **Cosmopolitan Polo (29 August):** Following the tremendous success of last year's inaugural event, we return for a second edition. We aim to make polo more accessible while elevating our regional profile. With VIP Hospitality Elite Packages already sold out, I encourage members to secure tickets early.
- **SPC Outreach Polo Tournament & Carnival (17 October):** Our fourth edition will build on the incredible momentum of recent years. This signature event allows us to support selected beneficiaries in their meaningful work with the less fortunate, and we look forward to your continued support.
- **SPC 140th Anniversary Gala Dinner (6 November):** This is a landmark year for us. We will celebrate our rich history with a Gala Dinner and Awards Presentation at the Carlton Hotel Singapore. Tickets are now available and I invite you all to join us in commemorating this historic milestone.

Together with the new Committee, I am committed to serving your best interests. Let's work together to make this the best year yet and ensure we remain the best Club in Singapore. ■

Warm Regards,

Rickard Hogberg
President



New Members

JANUARY TO MARCH 2026

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

Abhinav Bansal
 Cantley Louisa May
 Francesca Last
 Hua Pei Ling Sarah Jane
 Lee Kyung Rock
 Lin Li
 Lucy Rebecca Esme Maskell - Pedersen
 Nicole Wee Jia Ying
 Rajarethnam Sumana
 Salam Sareen

REGULAR

Ah Yie Lian
 Belloli Alessandro
 Broke-Smith Alexander William
 Chan Heang Luang Edena
 Claire, Ellen, Aletta Burgess
 Diler Alptekin
 Georgia Jansen
 Gondard ep. Borri Maryline
 Henry Charles Winter
 Herberth Richard
 Hunt William Mitchell
 Irene Setiawan
 Janet Lim Bee Hua (Janet Lin Meihua)
 Jones usage - Vajsova Alexander
 Lalantha Jehan Dias
 Lek Chiu Shuer Cassandra
 Leonhardt Georgia Charlotte
 Liu Ziwei
 Wilson Ingrid Mary
 Wu Ying
 Xie Huan Jessica

TERM

Abdulla Ali M A Al-Kuwari
 Alexander Michael Duke
 Bushra Hossain
 Chong Paul Francis
 Chong Siew Yue Janice
 Craig Patrick O'Donnell
 De Oliveira Fernandes Graca Ramires Ricardo
 Ete ep. Baranger Myriam Emmanuelle Ophelie
 Geddes Fiona Jane
 Hall Jeremy George
 Henry Charles Winter
 Hibberd Sydney Xu Xi
 Leem Green
 Li Yanying
 Qiao Hong
 Samika Biswasroy
 Siti Zarinah Binte Alwee
 Storck Daniel
 Sugiyama Taichi
 Tan Joon Peng Lawrence
 Yang Yuanyuan
 Yang Yuan-Yuan
 Yeo Lern Hun
 Zhang Lu
 Zheng Jieqiong

SAVE THE DATE



SPC 140TH ANNIVERSARY GALA DINNER

FRIDAY, 6 NOVEMBER 2026

Carlton Hotel Singapore (Newly renovated ballroom)

76 Bras Basah Road, Singapore 189558

PRICE

\$188⁺⁺ per person

More details will be unveiled soon!



For ticket purchase, contact events@singaporepoloclub.org or 6854 3999



SINGAPORE
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Calendar of Events

Polo

16 May to 7 June
SPC Polo League (Full Field)

6 to 27 July
Field Closure



Atoms & Riding

9 May
Polo Test

9 & 10 May
BTSC Dressage

16 & 17 May
NEC Jumping

17 May
SPC Training Show
(Jumping)

23 & 24 May
BTSC World Dressage
Challenge

5 & 7 June
BTSC National Jumping
Championship

20 & 21 June
Atoms Summer Cup

23 to 25 June
Summer Pony Camp

6 to 27 July
Field Closure

*Dates are subject to change.

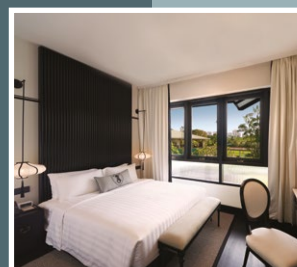
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LIFESTYLE



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SINGAPORE
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Sylvan Braberry

Ten Years at the Helm

Celebrating a Decade of Vision and Strategic Leadership

At the helm of one of Singapore’s most historic and prestigious clubs, Mr. Sylvan Braberry marks a remarkable milestone – his 10th year of strategic leadership. With vision, dedication, and an unwavering commitment to excellence, he has guided the Club through a decade of growth and transformation.

In this exclusive interview, we speak with the General Manager, who also serves as Head of Atoms Polo Academy, SPC Riding Academy, and Head of Stables to explore the inspirations behind his leadership, key milestones, and the exciting road ahead.

VISION AND MOMENTUM

The Year of the Horse symbolises strength, resilience, and forward momentum. How do these qualities shape your leadership vision or the year ahead?

The Year of the Horse offers a meaningful framework for how I approach leadership in the year ahead. Strength, to me, is not only about decisive action, but also about integrity – remaining steadfast in the face of challenges and having the courage to make difficult decisions when required.

Resilience is equally important. In a rapidly evolving environment, setbacks are inevitable, but they also present valuable opportunities for learning and growth. I strive to foster a culture that embraces adaptability, encourages innovation, and remains committed to continuous improvement.

Forward momentum underscores the importance of purposeful progress. It is about setting clear goals, empowering the team, and maintaining a proactive mindset that drives sustainable outcomes. Together, these qualities shape a leadership approach that is grounded, responsive, and forward-looking.

How will you translate this energy into meaningful engagement for both your team and members?

For our team, it means cultivating an environment where individuals feel empowered, aligned, and motivated, supported by clear goals, open communication, and opportunities for growth.

When the team is engaged and inspired, that energy naturally translates into a stronger member experience.

For our members, it is about creating meaningful touchpoints that encourage participation and connection. This includes curating programmes and events that are enjoyable, relevant, and inclusive, while strengthening the sense of community within the Club.



Mr Braberry with SPC Riding Academy horse

LEADERSHIP AND LEGACY

What does it mean to you to lead one of Singapore’s most prestigious clubs?

It is both a privilege and a profound responsibility. To lead a Club with such a rich legacy means being entrusted with its heritage while ensuring it continues to evolve and remain relevant for future generations.

For me, it is about fostering a strong and inclusive polo and riding community, one that members are proud to be part of, and one that continues to play a meaningful role in Singapore’s social, community outreach and sporting landscape.

Looking back over the past decade, which milestones best define the Club’s evolution under your leadership?

Over the past decade, the Club’s evolution has been defined by strengthening our core offerings – most notably the strategic repositioning of the Riding School into the SPC Riding Academy where I worked with then President, Rickard Hogberg to expand the Academy.

“Honouring our traditions while embracing the innovation needed to make the Club more accessible and future-ready.”

The creation of the Atoms Polo Academy during the Covid-19 pandemic was also another milestone. Beyond turning these into highly profitable pillars of the Club, both academies have been instrumental in making us more inclusive.

By launching youth-focused initiatives and reaching out to the wider community, they have opened our doors to a new generation of enthusiasts. Together, these efforts reflect a balanced approach to growth.

You wear multiple hats across the Club. Which role has challenged you the most, and why?

Each role brings its own challenges, but serving as Head of Atoms Polo Academy has been the most demanding. As someone who was neither a rider nor a polo player, conceptualising and launching the Academy in 2020 was a significant undertaking. It was an intense period of extensive research, close consultation with many, including polo professionals, to ensure a strong and sustainable foundation.

Today, the Atoms Polo Academy has grown into the largest non-handicap polo academy in the world, with 615 players within just five years, and has become one of the Club’s key revenue drivers. Seeing our students progress and graduate with handicaps is a source of immense pride and joy. Despite the challenges, it has been an incredibly rewarding journey working with everyone.

How do you balance preserving the Club’s heritage with the need to innovate and stay relevant?

The key lies in alignment, ensuring that progress is always guided by our core values. By honouring our past while actively shaping our future, we create an environment that respects tradition while remaining progressive, inclusive, and responsive to change.

THE YEAR AHEAD

What are the key opportunities and challenges you foresee in the coming year?

The coming year presents both significant challenges and inspiring opportunities. Securing the Club’s land lease beyond 2038 remains a top priority. While we continue to engage with authorities to secure our future at Mount Pleasant beyond 2038, we are simultaneously building a vision for a more inclusive Club.

We aim to become a vibrant city-centre equestrian destination that welcomes everyone – from casual riders, polo players to international tourists. By continuously expanding our polo footprint in the region and expanding our SPC Outreach Polo Tournament & Carnival, we are proving that polo can be a force for good, fostering a sense of belonging and providing vital support to those in need.



Cosmopolitan Polo 2025

What major initiatives or events can members look forward to in 2026?

It will be an exciting year as we host two of our signature events – Cosmopolitan Polo on 29 August and the fourth SPC Outreach Polo Tournament & Carnival on 17 October. We will also commemorate a significant milestone, our Club’s 140th Anniversary with a Gala Dinner on 6 November at the newly renovated Empress Ballroom at the Carlton Hotel Singapore. I warmly encourage members and their guests to be part of this special celebration.

RIDING & POLO DEVELOPMENT

How would you describe the current strength of the SPC Riding Academy and Atoms Polo Academy, and what lies ahead?

The SPC Riding Academy and Atoms Polo Academy stand as the twin pillars of our Club’s success. In FY2025, their combined excellence delivered a robust net surplus of \$1.18 million, driving our financial stability. Beyond the balance sheet, their strength is rooted in elite instruction and structured development pathways that foster both technical skill and rider confidence.

Moving forward, we are launching a high-performance talent programme to identify and nurture promising riders into the next generation of handicapped polo players. By continuing to invest in horse welfare, facilities, and coaching development, we aim to reinforce their reputation for excellence while shaping the next generation of riders and polo players.

What are you doing to make riding and polo more accessible to younger audiences?

We have introduced a range of youth-focused initiatives, including pony camps, children’s activities, and our Pony Academy for ages 6 to 16. We have and will continue to support the Pony Club



GM with Honorary Secretary Mrs Stephanie Masefield during the Women’s International in 2017



At the Spring International Tournament



Riding Group



Polo Group

of Singapore with membership drive, events and helping them with marketing support to collectively help make riding more accessible to the younger ones in our community.

We are also strengthening Outreach through collaborations with schools and community groups, introducing equestrian sports to a broader audience at an early stage. At our SPC Outreach Polo Tournament & Carnival, children can interact with ponies through rides and feeding sessions, helping to build familiarity and confidence around horses.

COMMUNITY AND MEMBERSHIP

How is the Club evolving to meet the expectations of a new generation of members?

We are enhancing our programmes and facilities to create dynamic, multi-dimensional experiences that bridge the gap between sporting excellence and a vibrant social lifestyle. By introducing flexible membership pathways and embracing digital transformation, we are ensuring a seamless, connected journey for every member.

Furthermore, we are expanding our community footprint – partnering with the People’s Association, local schools, and community centres to bring public riding trails to the heart of the community, sharing our passion for the sport, and growing the next generation of riders.

What has changed most in your membership profile over the years?

Our membership has become increasingly diverse, with a younger and more globally minded demographic bringing fresh perspectives and expectations. There is also a broader range of interests, with members seeking not only traditional sporting and social activities, but also lifestyle-driven experiences, family-oriented programmes, and networking opportunities. This evolution has encouraged us to remain adaptable while maintaining a balance between tradition and modernity.

PERSONAL REFLECTIONS

What has been your most defining moment as General Manager?

Without a doubt, it is the team. When I joined the Club in 2016, I had no background in the equestrian industry. With the guidance of our Committee, polo professionals, riding instructors, grooms and grounds team, I gradually developed a deep understanding of riding and polo. Despite starting with no prior experience, we transformed the SPC Riding Academy into one of the Club's most successful divisions. Launching Atoms Polo Academy during the COVID period was another defining milestone.



Mr Braberry at the Ang Bao Distribution Session with the stables team



130th Anniversary Dinner with President, Mr Rickard Hogberg (in middle) and Patron, Mr K C Loh (Right)



Sentebale 2023 with the Duke of Sussex



GM with Mrs Stephanie Masefield and Mrs Maureen Miller at the 2024 Grooms Cup



A moment from the 2019 SPC Exchange Programme

Today, with over 600 polo players in just five years, it stands as a testament to what can be achieved through teamwork and shared commitment.

How would you describe your leadership style and what guides it?

Reflecting on my ten years at the Club, I owe much of my growth to the Committee, past and present, who supported me along the way. I've come to define my leadership as people-first and future-focused. To me, leadership means being accessible and connected to our community while staying open to new possibilities.

I am guided by a sense of stewardship, ensuring that integrity and accountability drive every decision. My goal is to protect the values that make this Club special while evolving our culture to meet the challenges of tomorrow.

Finally, what message would you like to share with members as we move into a year of energy, optimism, and renewal?

I encourage every member to take an active role in the journey ahead, whether by engaging in our programmes, supporting one another, or simply enjoying the unique experiences the Club offers.

With shared purpose and renewed energy, I am confident that we will continue to grow stronger as a community and achieve even greater milestones together.

To A Prosperous Year of the Horse

This year's Chinese New Year celebration took on a special significance as our General Manager, Mr Sylvan Braberry hosted a festive luncheon in appreciation of our trusted contractors and staff. The event was a heartfelt gesture of recognizing the hard work and collaboration of our contractors.

Held in a warm and vibrant setting adorned with traditional red and gold décor, the lunch brought together colleagues, partners, and friends under one roof. Laughter and conversation flowed easily, reflecting the strong relationships built over time. The highlight of the afternoon was when staff from AYM Construction & Landscaping along with our security, housekeeping and maintenance departments gathered around the table to mix and toss the traditional

lo hei while exchanging auspicious wishes for prosperity, health, and good fortune in the year ahead.

Mr Braberry delivered a sincere message of appreciation, acknowledging the dedication and resilience of our contractors. In an ever-evolving landscape, their commitment has remained a cornerstone of our achievements. The lunch served as a reminder that beyond business, it is people and partnerships that truly matter.

As the celebration came to a close, it left behind not just satisfied appetites, but a renewed sense of collaboration and optimism. With the new year ahead, we look forward to building on these strong foundations and achieving even greater milestones together as a team.



Contractors and staff with Mr Sylvan Braberry post-lunch



Mr Braberry (in middle) tosses the Yusheng with staff



A quick catch-up while savouring the Yusheng



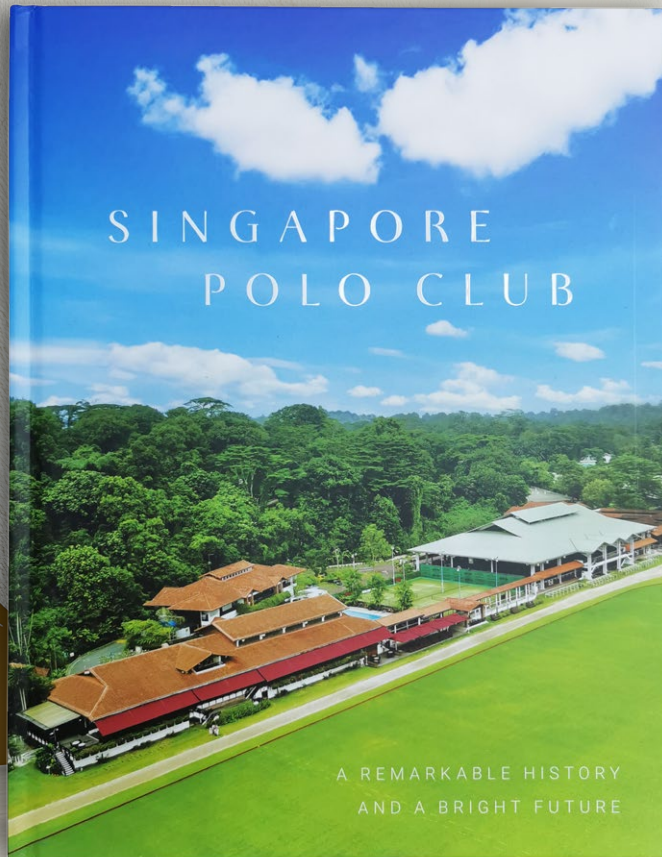
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\$88

(\$95.92 w/GST)



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Celebrating Chinese New Year with Gratitude and Tradition

As we ushered in the Year of the Horse, our General Manager, Mr Sylvan Braberry took time on 3 March to celebrate and express appreciation to our dedicated stable team at a red packet distribution session.

The groomers and stable hands care for the polo ponies daily from early morning feedings to meticulous grooming. They clean the stables and premises and prepare for lessons and chukkas. Their hard work keeps the club's equestrian operations running smoothly throughout the year.

In keeping with long-standing tradition, the distribution of red packets is a heartfelt way to thank the team for their commitment and to wish them success, health, and happiness for the year ahead. The smiles and laughter that followed reflected the strong sense of camaraderie throughout the club.

As the community welcomes the Chinese New Year, the club extends its warmest wishes for continued prosperity and good fortune to all members, staff and their families.



Venaswaran Naidu Krishnan - Assistant Supervisor with Mr Braberry

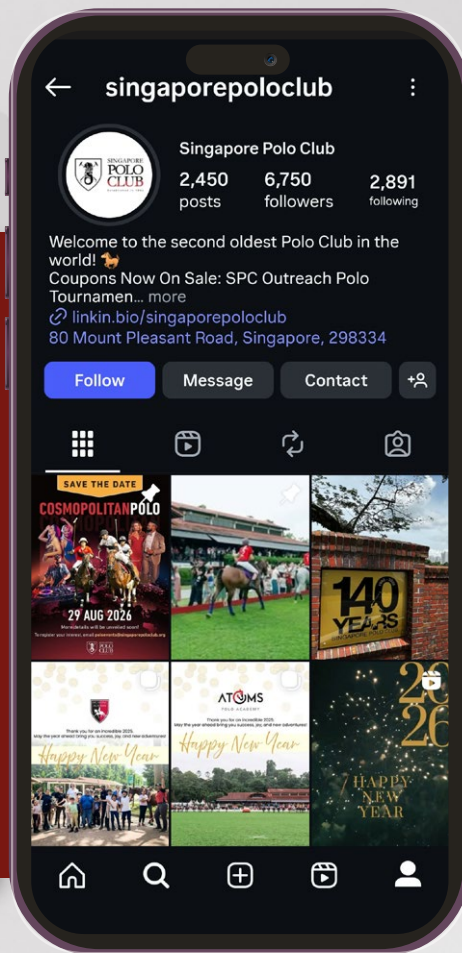


Li Zhao Xiang, stable hand receives a red packet from Mr Braberry



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ENGAGE YOUR AUDIENCE THROUGH **OUR ADVERTISING** MEDIUMS



Digital
display
panels

1

Quarterly
magazines

3

Bi-weekly
e-newsletter

2

4

Social Media,
Posters with
flyers and
more

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

Celebrating the Pioneers of the Game

Charter Polo Playing Members hold a special place within the club's history. Their commitment to the sport, both on and off the field, has helped establish the strong foundations upon which our polo community continues to thrive till today.

We hosted the annual Charter Polo Playing Members lunch at the Mountbatten Room on 25 March. The occasion served as a heartfelt tribute to those whose dedication and passion have played an instrumental role in nurturing the sport within the club.

The luncheon brought together players past and present for an afternoon of connection. Then-President, Mr Lawrence Khong presented the Club's plan for the coming year and also on how the Club and Polo had fared for financial year 2025.

As the afternoon ended with appreciation, the luncheon stood as a reminder that the club's greatest strength lies not only in its fields or facilities, but in the people who have devoted themselves to the sport.

With such a proud history and a vibrant future ahead, the traditions of the Club continue to gallop forward with strength and pride.



General Manager, Mr Sylvan Braberry (4th from right) with our esteemed CPPMs and committee members



Then-President, Mr Lawrence Khong shares some highlights from FY 2025



Moments shared between our CPPMs



Special moments from the lunch

79th Annual General Meeting

31 March 2026

The following businesses at the 79th Annual General Meeting were approved and adopted:

1. The minutes of the 78th Annual General Meeting held on 27 March 2025.
2. To receive the Reports of the Committee.
3. To receive and approve the Audited Financial Statements for the financial year ending 31 December 2025.
4. The appointment of KBH Integra PAC, Auditors for the year 2026.
5. (a) In accordance with Rule 37(a) iii of the Constitution, the Committee members were elected; (b) In accordance with Rule 33(a) of the Constitution, the Trustee Group was elected;
6. There was 1 nomination received for Charter Polo Playing Member in accordance with Rule 11. Ameer Jumabhoy was voted in as a Charter Polo Playing Member with 69.6% votes for.
7. There was 1 resolution received, considered and voted upon in accordance with Rule 37(a)v. Resolution 1 was not carried with 42% votes against.

Committee of 2026/2027 Elected

President
Rickard Hogberg

Vice President
Ali Reda

Polo Captain
Asad Jumabhoy

Honorary Secretary
Stephanie Masefield

Honorary Treasurer
Elbert Jacobus Pattijn

Committee Members
Lee Joo Bae
Koh Chye Hock
Peggy Yeo
Jane Drummond

All the above candidates were elected, with Polo Captain unopposed.

Trustee Group Members of 2026/2027 Elected

Tan Hock
Ang Ban Tong
John Wong
Daniel Chua







LIVINGSTON
COUNSELLING AND PSYCHOTHERAPY PTE LTD

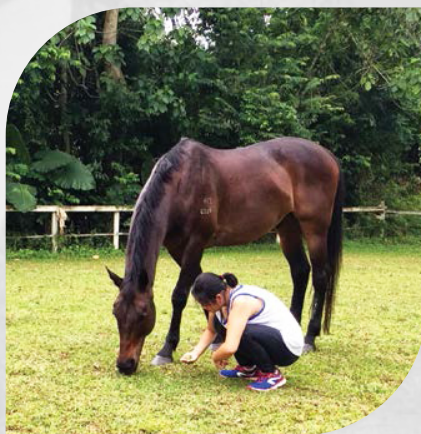
EQUINE ASSISTED PSYCHOTHERAPY

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.



Scan to read a feature on Equine Assisted Therapy



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



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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
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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.stjamesshotelandclub.com www.rosl.org.uk www.cavgdsclub.co.uk www.eccentricclub.co.uk www.guardspoloclub.com www.cowdraypolo.co.uk

Polo Returns in Style

The thundering rhythm of hooves, the sharp crack of mallets, and the unmistakable buzz of anticipation can only mean one thing - polo season has officially begun. The opening chukka on 20 January saw a vibrant reunion of the polo community at the Club as many came together to cheer one another on.

Despite the wet weather, chukkas continued in full zeal with players connecting with the horses and their team members, bringing on some hits and misses as a prelude to the many other matches that will be coming their way soon.

As the final whistle was blown and the final chukka concluded, the energy shifted seamlessly into celebration mode. Polo players, friends and family spent the rest of the evening sharing stories from the off-season while enjoying refreshments and bites at the Chukka Bar.

With the first match now behind them, members can look forward to a calendar filled with tournaments, social events and polo clinics. If the season opener is any indication, this year promises exceptional sport, stronger bonds, and many more fantastic moments both on and off the field.



Members and polo players at the chukka bar post-chukka



Ready for the start of the first chukka



The match continues despite the rain

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Friendly Match with Swiss Polo

An afternoon of international camaraderie and sporting excellence unfolded on 15 February as our polo community welcomed the Swiss Polo team for a friendly match.

Blending competitive spirit with warm hospitality, the exhibition game was a testament to polo's unique ability to unite cultures through sport. Against a backdrop of lush greens and a vibrant clubhouse atmosphere, players and spectators alike gathered to witness a dynamic exchange of skill, strategy, and sportsmanship.

From the opening throw-in, the match delivered fast-paced, tactical play. The Swiss brought with them a reputation for discipline and precision, executing calculated plays and demonstrating exceptional horsemanship.

The home team responded with flair and agility, creating an engaging contest that kept the crowd enthralled through every chukka.

While the scoreboard reflected a closely fought encounter with a score of SPC 4 vs Swiss Polo 3, the true highlight was the mutual respect displayed throughout the game. Clean rides, strategic teamwork, and controlled aggression underscored the friendly yet competitive nature of the match.

As the final whistle marked the end of play, the celebration continued off the field. The chukka bar transformed into a lively setting where members and players swapped stories over refreshments. Toasts were raised to friendship, future collaborations, and the enduring bond between the two polo communities.



Post-Match: Team SPC and Team Swiss Polo

TEAM SPC RED

Ameer Jumabhoy(Captain)/ Koh Pei Bei

Jed Gabler/ Stephanie Masefield

Tim Zee/ Chua Boon Lai

Christopher Martin Jr./ Oliver Martin

TEAM SWISS POLO WHITE

Colonel Ravi Rathore

Philipp Muller (Captain)

Jacqueline Sander

Nicolas Sander



Match moments from the afternoon



Mr Sylvan Braberry (extreme left, in black) and Mrs Stephanie Masefield (in red) with Team SPC Red, winners of the match



Runners-up – Mr Sylvan Braberry, our General Manager with Team Swiss Polo



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



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CLUB**
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- Casa Zappala -



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POLO ACADEMY

Casa Zappala e Hijos
SADDLERY TALABARTERIA

Inaugural SPC Combination Cup 2026

The debut of the first-ever SPC Combination Cup over the weekend of 21 and 22 February placed the spotlight on both handicapped and promising Atoms polo players. This was through a thoughtfully structured format that paired our handicapped players with emerging players from Atoms Polo Academy which resulted in a compelling blend of experience and youthful ambition.

A dynamic that elevated both the pace and strategy of the matches on both days.

For the seasoned players, it was an opportunity to mentor and guide on the field. For the Atoms players, it was a rare and invaluable chance to compete alongside accomplished teammates, gaining firsthand exposure to higher-level competitive play that was both fun and enriching.

From the first blow of the whistle, the synergy between the players was evident. Handicapped players demonstrated tactical awareness, controlled aggression, and refined horsemanship, while the Atoms players brought fearless energy and speed to prove themselves. The fast-paced chukkas were marked by sharp passing sequences, confident rides, and well-executed goals. Moments like these drew enthusiastic applause from members and supporters gathered pitch-side to cheer the players on throughout the chukkas.

Beyond the competitive element, the inaugural Combination Cup reinforced the essence of polo within our community highlighting mentorship, camaraderie and growth. Congratulations to Team SPC Red who carried the Championship trophy with pride.

TEAM SPC RED

German Llorens (Captain)

Jed Gabler

Tim Zee

Tyler Yi/ Matt Wilson/ Veer Bajaj

TEAM SPC WHITE

Sani Khan (Captain)

Bruno Mascart

Alex Haigh/ Mira Menon

Kate Burke/ KP Yee



A nice wrap to the inaugural SPC Combination Cup



The Champions – Team SPC Red with our General Manager, Mr Sylvan Braberry



Celebrating the win in true polo style with champagne spraying



Mr Sylvan Braberry, our General Manager with Runners-up, Team Swiss Polo

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All prices are subject to 9% GST

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

SPC Interclub Competition

Held on 7 and 8 February, the SPC Riding Academy welcomed riders to an exciting edition of the SPC Interclub Competition, bringing together our equestrian community for two days of dressage and camaraderie.



Kiran Joni Prasad clinched the second and third placings in the EA Preliminary 1.1 (20 x 40) arena (Juniors)



Lynn Chen clinched the first placing in the EA Preliminary 1.1 (Effective 2023) (Open)

RESULTS: SATURDAY, 7 FEBRUARY	
EA ADVANCED 5.1 (EFFECTIVE 2023)	
1st place: Raine Tay and Don Remiro with 67.568%	
EA MEDIUM 4.1 (EFFECTIVE 2023)	
1st place: Lise-Anne Dunn and Let's Be Special M with 70.139%	
2nd place: Ay Wen Lie and Gaudi with 68.824%	
EA ELEMENTARY 3.1 (EFFECTIVE 2023)	
1st place: Julian Clark and San Salvador with 65.857%	
2nd place: Andrea Siow and Dueda with 59.714%	
EA NOVICE 2.1 (EFFECTIVE 2023)	
1st place: Sarah Ingham and Ivy Cost Uptons Cosby with 68.077%	
EA PRELIMINARY 1.1 (EFFECTIVE 2023) (OPEN)	
1st place: Lynn Chen and Kaluna with 69.600%	
2nd place: Hannah Hui and Marmish with 63.000%	
EA PRELIMINARY 1.1 (EFFECTIVE 2023) (OPEN)	
1st place: Lynn Chen and Kaluna with 69.600%	
2nd place: Hannah Hui and Marmish with 63.000%	
EA PREPARATORY 1 (20 X 40) ARENA (EFFECTIVE 2023) (JUNIORS)	
1st place: Mikki Lewis and Halifax with 64.667%	
2nd place: Sophie Tiong and Toby with 64.333%	
3rd place: Olivia Squillante and Tiptoe with 62.333%	
4th place: Yang Jiahe and CJ with 60.000%	
5th place: Aisha Sobti and Toby with 59.333%	
EA PREPARATORY 1 (20 X 40) ARENA (EFFECTIVE 2023) (SENIORS)	
1st place: Chloe Borri and Fleur with 66.667%	
2nd place: Sanjna Giri and Lorelle with 66.000%	
3rd place: Freyja Nagarajan and McKenny with 65.333%	
4th place: Lexi Phillips and Bubble with 63.333%	
5th place: Michaela Harris and Halifax with 63.000%	





Happy participants from the EA Preliminary 1.1 (20 x 40) arena (Seniors)



Riders from the EA Preparatory 1 (20 x 40) arena (Juniors) category

RESULTS:

SUNDAY, 8 FEBRUARY

EA ADVANCED 5.2 (EFFECTIVE 2023)

1st place:

Raine Tay and Don Remiro with 64.605%

EA ELEMENTARY 3.2 (EFFECTIVE 2023)

1st place:

Julian Clark and San Salvador with 64.625%

EA NOVICE 2.2 (EFFECTIVE 2023)

1st place:

Elly Poh and Raspoetin T with 68.438%

2nd place:

Sophie Grotowski and Camaro Extreme with 64.062%

EA PRELIMINARY 1.2 (EFFECTIVE 2023)

1st place:

Lynn Chen and Kaluna with 68.750%

3rd place:

Hannah Hui and Marmish with 66.786%

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

1st place:

Anna Srom and Magic Coco with 64.200%

2nd place:

Kiran Joni Prasad and Orchid Hero with 63.800%

3rd place:

Kiran Joni Prasad and Magic Coco with 63.800%

4th place:

Ayla Bower and Shadow with 61.000%

5th place:

Priyanka Murugason and Lorelle with 60.200%

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

1st place:

Junia Djojonegoro and General Lee with 68.200%

2nd place:

Chloe Borri and Fleur with 65.800%

3rd place:

Clara Boaventura and Magic Coco with 63.800%

4th place:

Sienna Renard and Marvel with 63.800%

5th place:

Elisabetta Schmidt and Lorelle with 63.400%



Ready, Set, Jump!

Our riders kicked off the equestrian calendar at Bukit Timah Saddle Club's Interclub Showjumping show and what a start it was!

We're so proud of the determination, teamwork and hard work shown in the arenas on 21 and 22 February.

Congratulations to all!

CLASS 1: 90CM AGAINST THE CLOCK ART #220.2.1

1st place:

Sophie Grotowski and Camaro Xtreme

CLASS 3: 110CM AGAINST THE CLOCK ART #220.2.1

1st place:

Yasmine Bonehill and Fontrice

CLASS 13: 120CM ONE ROUND WITH JUMP OFF #220.2.1

2nd place:

Yasmine Bonehill and Fontrice



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

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SPC March Interclub 2026

Our Riding Academy riders opened the year at their first Showjumping Interclub Show held on 14 and 15 March at the Top school. Huge thank you to visiting judge, Mr Justin Yap for being part of the two-day excitement.



Nicola Hammond clinched the first and second placings in the 90cm category and a clear round in the 80cm and 85cm categories

SATURDAY, 14 MARCH

CLASS 4: 90CM AGAINST THE CLOCK (ART 220.2.1.1)

1st place:

Nicola Hammond and Khaleesi D.H.U

2nd place:

Nicola Hammond and Ivy Coast Uptons Cosby

CLASS 7: 120CM AGAINST THE CLOCK (ART 220.2.1.1)

1st place:

Yasmine Bonehill and Fontrice

CLASS 2: 60-70CM CLEAR ROUND (ART 220.2.1.1)

Clear round: Lexi Phillips and Bubble

Clear round: Chloe Borri and Lorelle

Clear round: Javier O'Reilly and Bubble

CLASS 3: 80CM CLEAR ROUND (ART 220.2.1.1)

Clear round: Seraphina Chin Kei Weng and Venice

Clear round: Julian Clark and San Salvador

Clear round: Nicola Hammond and San Salvador (H/C)



SUNDAY, 15 MARCH

CLASS 8: 45-55CM CLEAR ROUND (ART 220.2.1.1)

Clear round: Alice Sinclair and Dandy

CLASS 9: 65-75CM CLEAR ROUND (ART 220.2.1.1)

Clear round: Elisabetta Schmidt and Lorelle

**CLASS 14: 125CM 1 ROUND WITH JUMP-OFF
(ART 220.2.1.1)**

1st place:

Yasmine Bonehill and Fontrice

CLASS 10: 85CM CLEAR ROUND (ART 220.2.1.1)

Clear round: Julian Clark and San Salvador
Clear round: Nicola Hammond and San Salvador (H/C)

Yasmine Bonehill and Fontrice achieved first placings in the Class 7 and Class 14 categories

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Pony CAMP

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.

Keep a look out for more details coming your way

Welcoming a New Chapter

As we introduce our latest riding school horses, we celebrate not only their arrival on 13 February but the many journeys they will inspire. Each horse brings with it a diverse range of skills and personalities, carefully suited to support our academy riders at every level of their riding journey.

In time to come, we hope that the horse and rider duo form a partnership that goes beyond the arena and of one built on trust, respect, and shared progress.

Photo credits: Laurent Ruelle Photography



Amityroyal Farrah (NLD)

Colour: Bay
Breed: Welsh Pony
Sex: Mare
D.O.B: 25 May 2016



Langevoren Rosa-Nina

Colour: Grey
Breed: Welsh Mountain Pony
Sex: Gelding
D.O.B: 12 June 2014



Rakker

Colour: Bay
Breed: Pony
Sex: Gelding
D.O.B: 14 April 2017



King George

Colour: Chestnut
Breed: Westphalian
Sex: Gelding
D.O.B: 3 June 2018



Cornell Z

Colour: Dark Brown
Breed: Warmblood
Sex: Gelding
D.O.B: 15 June 2019



Caramelito

Colour: Bay
Breed: Cruzado
Sex: Gelding
D.O.B: 17 January 2017



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Team SPC Shines at Prestigious Equestrian Awards Night 2026

The Equestrian Awards Night brought together the very best of the sport for an evening of celebration, camaraderie and recognition. Held at Conrad Singapore Orchard on 15 March, the evening was a testament to the dedication and passion that define the equestrian community.

As riders, instructors, grooms and supporters gathered under one roof, Team SPC stood out reflecting both professionalism and pride. Their presence was a celebration of a season marked by hard work, perseverance, and remarkable progress in the arenas.

From starting their day with early mornings at the stables followed by countless training sessions and upkeep of the

horses, the unwavering bond between horse and rider was the heart of their success.

The atmosphere was electric with anticipation as awards were presented across various categories. Beyond the formalities, the event offered a rare opportunity for the team to come together off the field, strengthening connections and celebrating shared milestones. Conversations flowed easily, laughter filled the room, and the sense of belonging within the equestrian fraternity was palpable.

As the evening drew to a close, one thing was clear-Team SPC will continue to set new benchmarks while growing their equestrian community.



Team SPC at the Equestrian Awards Night 2026



Gemma Rose Foo clinched the gold medal for the Para Dressage Team at the Asian Championships 2025



Caedan Paul, bronze medallist (Jumping Team) at the SEA Games 2025 Thailand



Yuneswaran receives the medal on behalf of Lynly Fong for the 110cm category for the Equestrian League 2025



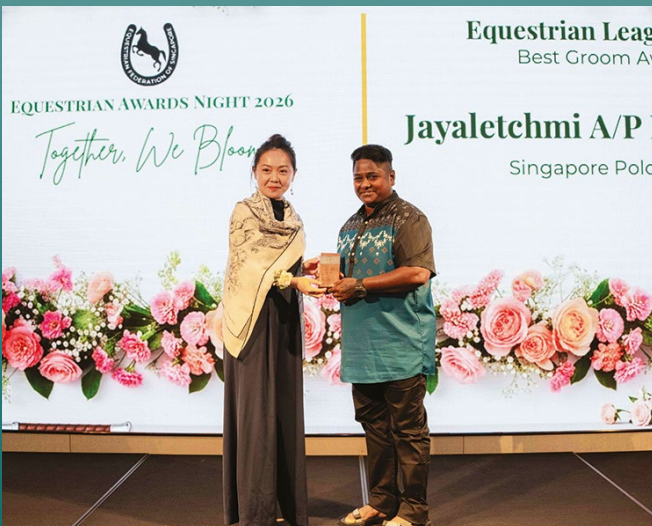
Lucy Bennett-Baggs-winner of the 90cm category for the Equestrian League 2025



Mahendran Jeganathan clinched the Best Groom Award for the Equestrian League 2025



Yuneswaran clinched the Best Groom Award for the Equestrian League 2025



Jayaletchmi clinched the Best Groom Award for the Equestrian League 2025



Kalaivani clinched the Best Groom Award for the Equestrian League 2025

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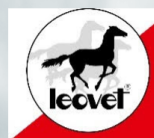




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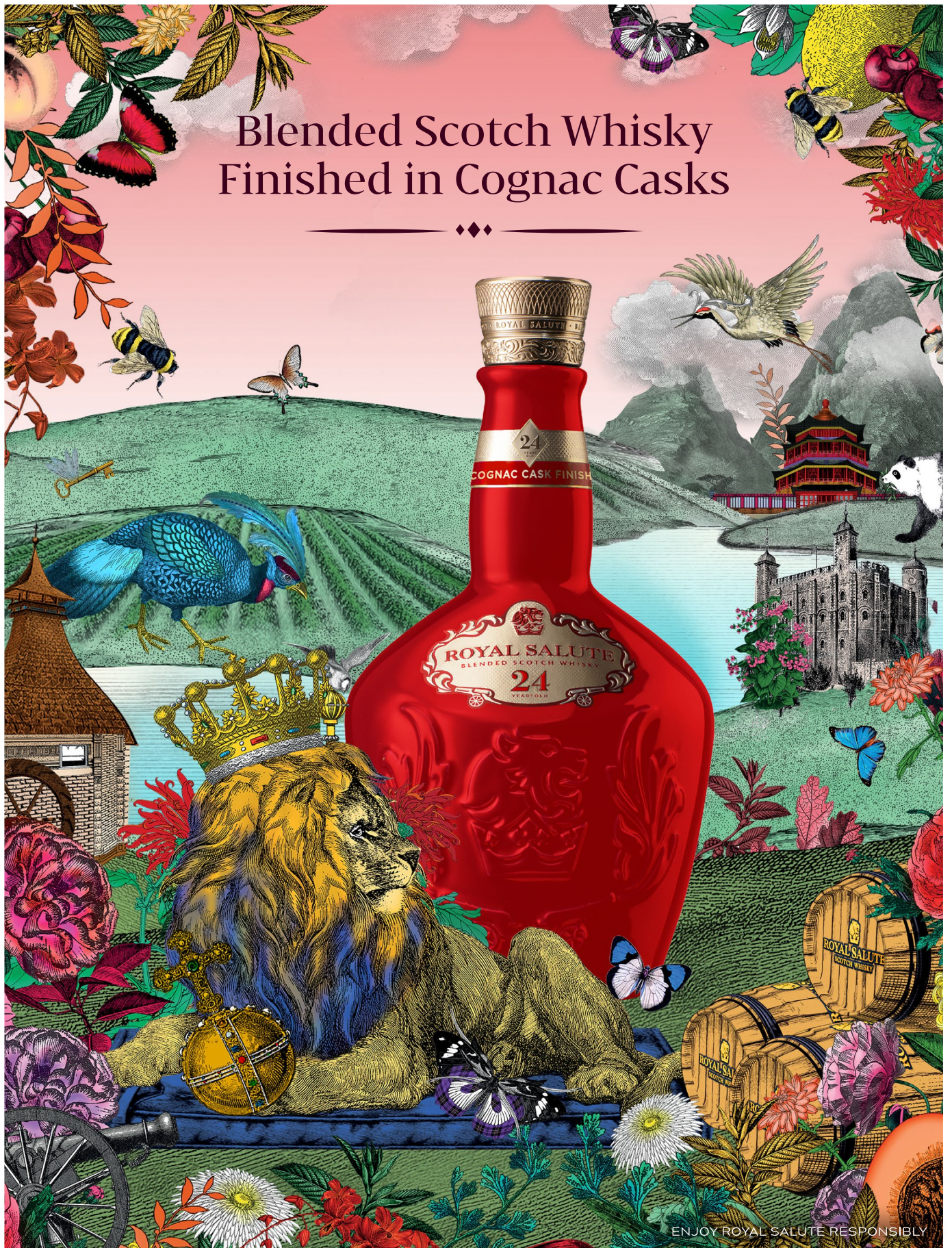


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THE ART OF RUNNING: ELEVATE YOUR PERFORMANCE

Running is not just about speed or distance; it's about mastering every step. In this guide, we'll explore the art of running, focusing on techniques to improve your form, efficiency, and overall performance. Expect insights on running posture, stride mechanics, breathing, and personalized training plans that will help you run better and injury-free.

Key Takeaways

- Mastering proper running technique, including posture, stride mechanics, and breathing, is essential for enhancing performance and preventing injuries.
- Creating a personalized training plan that includes clear goals, varied workouts, and adequate recovery is crucial for sustained improvement in running.
- Mental strength, community support, and proper nutrition play significant roles in a runner's success and enjoyment of the sport.

Understanding Running Technique

Proper running technique is the cornerstone of efficient and injury-free running. Many runners often overlook the importance of form, but mastering it can significantly enhance performance and reduce the risk of injuries for every runner. Key components of running technique include posture and form, stride mechanics, and breathing techniques.

Posture and Form

Proper body alignment is crucial for preventing injuries like strains and sprains. Good running posture involves keeping the chest up, shoulders relaxed, and head looking forward, enhancing both safety and efficiency.

Stride Mechanics

Stride mechanics play a pivotal role in running efficiency. Achieving an effective stride length and cadence can vary depending on individual running goals. Different types of races, such as sprints or marathons, require unique stride lengths.

Breathing Techniques

Breathing, often overlooked, is crucial for maintaining endurance and efficiency. Rhythmic patterns can enhance oxygen intake and improve overall endurance.

Developing a Personalized Training Plan

A personalized training plan is crucial for achieving running goals, whether aiming for a marathon or improving fitness. A well-structured plan guides progress and maintains motivation.

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CAN I TAKE BRANCHED CHAIN AMINO ACIDS AFTER WORKOUT?

Yes, you can take Branched Chain Amino Acids (BCAAs) after a workout. In fact, many people wonder, "Can I take BCAA after workout?" It aids muscle recovery and reduces soreness. This guide explains the benefits and optimal timing for post-workout BCAA intake.

KEY TAKEAWAYS

- Post-workout BCAAs support faster recovery by replenishing amino acid levels, reducing muscle soreness, and enhancing muscle protein synthesis.
- The optimal dosage of BCAAs post-exercise is between 5 to 10 grams, ideally consumed within 15-30 minutes to maximize recovery effects.
- Choosing high-quality BCAA supplements with a 2:1:1 ratio of leucine, isoleucine, and valine, along with regular intake, is crucial for achieving the best results in muscle recovery and growth.

WHY TAKE BCAAS POST-WORKOUT?

Many fitness enthusiasts wonder why they should take BCAAs post-workout. Consuming BCAAs after a workout supports faster recovery by replenishing amino acid levels. BCAAs are generally recommended after exercise for muscle recovery and reducing soreness. For those who push their limits in the gym, BCAAs can be a vital tool in the recovery process.

BCAAs help reduce exercise-induced muscle damage and delay the onset of muscle soreness (DOMS). They enhance muscle protein synthesis, essential for muscle growth and repair. Here are more details on these benefits.

MUSCLE RECOVERY

Recovery is a crucial part of any fitness routine. BCAAs support enhancing recovery by aiding muscle protein synthesis and reducing muscle breakdown. This allows for more effective muscle repair and growth post-exercise. BCAA supplementation lowers creatine kinase levels, indicating reduced muscle damage.

REDUCED MUSCLE SORENESS

BCAA supplementation quickly reduces less muscle soreness. BCAAs significantly reduce soreness after intense workouts. This is especially beneficial for athletes, as reduced soreness allows for quicker recovery and consistent training.

ENHANCED MUSCLE PROTEIN SYNTHESIS

BCAAs trigger muscle protein synthesis and help rebuild muscle fibers and muscle tissue. This is crucial for building muscle mass or recovering from strenuous exercise. BCAAs activate pathways essential for muscle growth and repair.

In summary, taking BCAAs after workouts can significantly enhance muscle recovery, reduce soreness, and promote muscle growth. By understanding the optimal timing, dosage, and how to combine BCAAs with other supplements, you can maximize their benefits. Whether you're an athlete, bodybuilder, or someone looking to maintain muscle during a caloric deficit, BCAAs can be a valuable addition to your fitness regimen. Make informed choices about your BCAA supplements to achieve your fitness goals and enhance your recovery.

If you need more information on how you can include BCAAs in your daily workout to maximize their effectiveness, contact us for a free consultation.

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7th JUNE



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Annual Lo-Hei Celebration

A meaningful occasion that honoured timeless traditions while strengthening bonds among members.

The Club came alive in a vibrant display of tradition and festivity as members and guests gathered to celebrate Chinese New Year with a spirited lion dance and joyous lo hei session on 13 February 2026. Marking the start of a new lunar calendar, the event was a perfect blend of cultural heritage, community spirit and festive cheer.

The highlight of the celebration was the dynamic lion dance performance, where the rhythmic beat of drums and cymbals echoed through the grounds, symbolising the driving away of negative energy and the welcoming of good fortune. The lions weaved their way through the crowd with agility and grace, captivating onlookers and spreading blessings of prosperity to all present.

Following the performance, members came together for the much-anticipated lo hei, also known as the "prosperity toss."

Gathered around tables filled with colourful ingredients, participants enthusiastically tossed the yu sheng high into the air while calling out auspicious wishes for success, health, and happiness. Laughter and well-wishes filled the atmosphere, creating a lively and memorable communal experience.

With such an auspicious start, the Club looks forward to a year filled with continued success, prosperity and shared moments of joy.



Gong Xi Fa Cai from us to you.



General Manager, Mr Sylvan Braberry (left) and Then-President, Mr Lawrence Khong (middle) receive the auspicious scrolls accompanied by Committee Member, Ms Peggy Yeo



The lions at the Polo Bar with Mr Lawrence Khong and Mr Sylvan Braberry



Members and their families ready to usher in the Year of the Horse



Tossing to success, good health and prosperity



Fringe activity:
A contortionist performs a split



Ending the evening with the bursting of "firecrackers"



Best Dressed (Man): Jacques Riviere



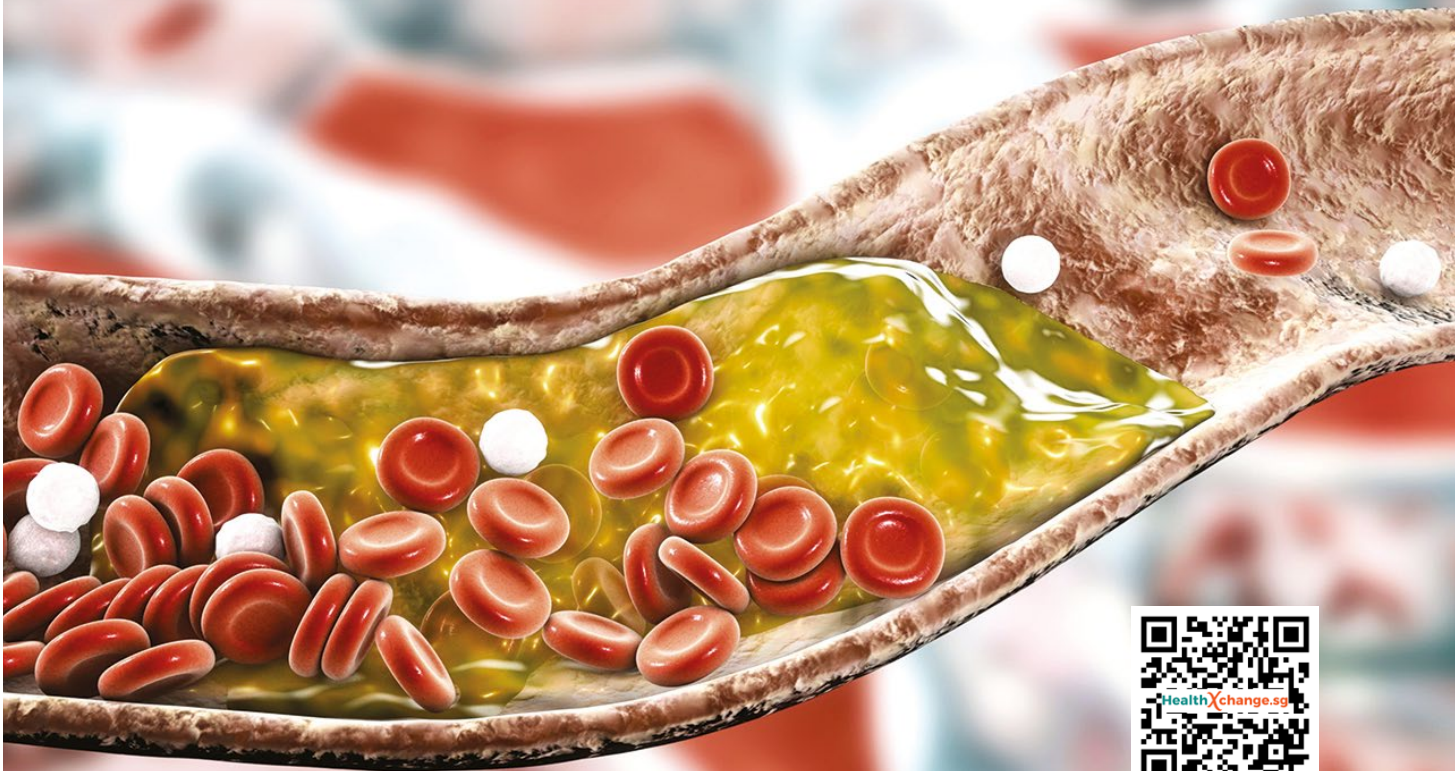
Best Dressed (Lady):
Dr Oriana De Saint Priest

6 Ways to Lower Triglycerides for a Healthy Heart

Triglycerides build-up can lead to hardening of the arteries (also known as atherosclerosis), which increases risk of stroke, heart attack (myocardial infarction) and heart disease.

“Triglycerides are a type of fat (lipid) found in the blood. Your body converts the food you eat into calories. However, if these calories aren’t used, they get stored in your cells as triglycerides,” explains Dr Apurva Thanju, Senior Staff Registrar from Sengkang Community Hospital (SKCH at SingHealth Community Hospitals (SCH), a member of the SingHealth group.

Thus, if you usually consume more high-carbohydrate foods than you burn, you may have a high triglyceride level.



6 NATURAL WAYS TO LOWER TRIGLYCERIDES

To lower your triglyceride levels, making healthy lifestyle changes is key:

1 MAINTAIN A HEALTHY WEIGHT

As Asians have a higher risk of health problems at a lower BMI compared to Caucasians, strive to achieve a healthy BMI of between 18.5 to 22.9 kg/m².

A BMI ranging from 23.0 to 27.4 kg/m² puts you at moderate risk for health problems, while a BMI at 27.5 kg/m² and above puts you at high risk. Also, the ideal waist circumference cut-off for Asian men is 90cm, while for Asian women it is 80cm.

If you have mild to moderate triglyceride levels, focus on cutting calories. Extra calories are converted to triglycerides and stored as fat. Reducing your calories will reduce triglycerides.



2 AVOID SUGAR AND REFINED CARBOHYDRATES

Consuming simple carbohydrates, such as sugar and foods made with white flour or fructose, can lead to an increase in triglyceride levels. Start the simple step of reducing sugar in your diet by replacing sugar-sweetened beverages with plain water. Drink 8 to 12 cups of water daily.

The (HPB) My Healthy Plate is also a good guide to follow. Eat a quarter plate of complex carbs like oats and brown rice. Avoid refined carbohydrates. Also, eat half a plate of all kinds of vegetables.

Lastly, fill the last quarter of your plate with plant-based or low-fat protein such as beans and nuts, or eat lean meat, poultry fish and low-fat dairy products.

3 EAT MORE FIBRE

Dietary fibre is found naturally in fruits, vegetables, and whole grains. It is also found in many other plant sources, including nuts, seeds, cereals, and legumes.

Adding more fibre to your diet can slow down the absorption of fat and sugar in your small intestine, helping to decrease the amount of triglycerides in your blood.

4 EXERCISE REGULARLY

Aim for at least 30 minutes of physical activity on most or all days of the week. It can be any form of exercise but it should at least raise the pulse rate moderately.

Regular exercise helps to lower triglycerides and boosts "good" cholesterol" (HDL). If you haven't been exercising, start slow by climbing the stairs or taking walks.

5 CHOOSE HEALTHIER FATS (MONOUNSATURATED AND POLYUNSATURATED FATS)

Trade saturated fat found in meats for healthier fat found in plants, such as olive and canola oils. Instead of red meat, try fish high in omega-3 fatty acids, such as mackerel or salmon. Avoid trans fats or foods with hydrogenated oils or fats.



6 LIMIT ALCOHOL INTAKE

If you drink alcoholic beverages, do so in moderation. Men should drink no more than two standard drinks a day, and women, no more than one.

A standard alcoholic drink is defined as a can (330 ml) of regular beer, half a glass (100 ml) of wine or 1 nip (30 ml) of spirit.

TRIGLYCERIDES: HOW MUCH IS CONSIDERED NORMAL?

A blood test can reveal the amount of triglycerides in your blood. Usually, this check is done as part of a cholesterol test – sometimes called a lipid profile or lipid panel. For an accurate measurement, you will need to fast prior to the blood test.

Readings fall into the following categories for adults:

- Optimal – Less than 1.7 millimoles per liter (mmol/L) or less than 150 milligrams per deciliter (mg/dL)
- Desirable – 1.7 to 2.2 mmol/L (150 to 199 mg/dL)
- High – 2.3 to 4.4 mmol/L (200 to 399 mg/dL)
- Very high – 4.5 mmol/L or higher (400 mg/dL or higher)

DANGERS OF HIGH TRIGLYCERIDES

High triglycerides are associated with hardening of the arteries (also known as atherosclerosis), which may increase the risk of stroke, heart attack (myocardial infarction) and heart disease. Extremely high triglycerides can also cause acute inflammation of the pancreas (pancreatitis), Dr Thanju shares.

HIGH TRIGLYCERIDES MAY ALSO INDICATE:

- Type 2 diabetes (diabetes mellitus) or prediabetes
- Metabolic syndrome – a condition when high blood pressure (hypertension), obesity and high blood sugar occur together, increasing your risk of heart disease
- Low levels of thyroid hormones (hypothyroidism)
- Certain rare genetic conditions that affect how your body converts fat to energy

TRIGLYCERIDES VS CHOLESTEROL: WHAT'S THE DIFFERENCE?

- **Cholesterol** – Used to build cells, produce certain hormones and generate vitamin D
- **Triglycerides** – Stores unused calories to provide your body with energy when it needs it.



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SPRING RESET

RELEASE, REALIGN, RENEW

A New Season, A Softer Reset

Spring invites a quieter kind of renewal. After months of constant pace, this is your moment to pause, recalibrate, and return to yourself. A true reset doesn't require drastic change — just the willingness to slow down and begin again, gently.

Where Your Body Holds On

Stress doesn't disappear — it settles. In your shoulders, your neck, your back. Over time,

this tension builds quietly, showing up as fatigue, tightness, or restlessness. A well-paced massage helps release these stored layers, allowing your body to soften and breathe again.

Let It Melt Away

Through intentional touch and steady rhythm, massage encourages circulation, eases muscle tension, and calms the nervous system. It's not just physical relief — it's a signal to

your body that it's safe to let go of what it's been holding onto.

Realign Before You Move Forward

As the season shifts, give yourself space to realign. When your body feels lighter and your mind clearer, everything that follows becomes more intentional. Reset first — then move forward with ease.

Deep Slumber (with oil)

Indulge in a deeply relaxing full body massage infused with our calming Deep Slumber blend of lavender, geranium, and bergamot oils.

Benefits:

Relieves muscle tension, reduces stress, and promotes a sense of tranquility. Perfect for unwinding and supporting a restful night's sleep.

Price:

90 minutes –
\$225 (Guest) /
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SIP YOUR RESET: Light, Clean, Restorative

Cleanse, Without The Extremes

Spring is a natural time to reset — but it doesn't have to be harsh. Gentle, consistent nourishment supports your body far more than drastic detoxes. What you sip daily can help restore balance, naturally and sustainably.

1. Blue Pea Flower: Calm & Balance

With its soothing properties and vibrant hue, Blue Pea Flower Tea helps relax the body and quiet the mind. It's a simple, beautiful ritual to ease into the evening and restore your natural rhythm.

2. Ginger: Warmth That Restores

Aged Ginger Tea brings warmth to the body, supporting digestion and circulation. It's especially grounding when your system feels sluggish or heavy — a comforting way to reset from within.

3. Lemongrass: Lightness & Clarity

Fresh and uplifting, Lemongrass Tea helps clear mental fog while supporting gentle detox. It adds a sense of lightness to your day — perfect for midday pauses and moments of reset.

Reset, One Cup At A Time

Together, these botanicals create a daily rhythm of care — warm, refresh, and restore. This season, let your reset be simple, intentional, and sustainable. Sometimes, the smallest rituals create the most lasting change.



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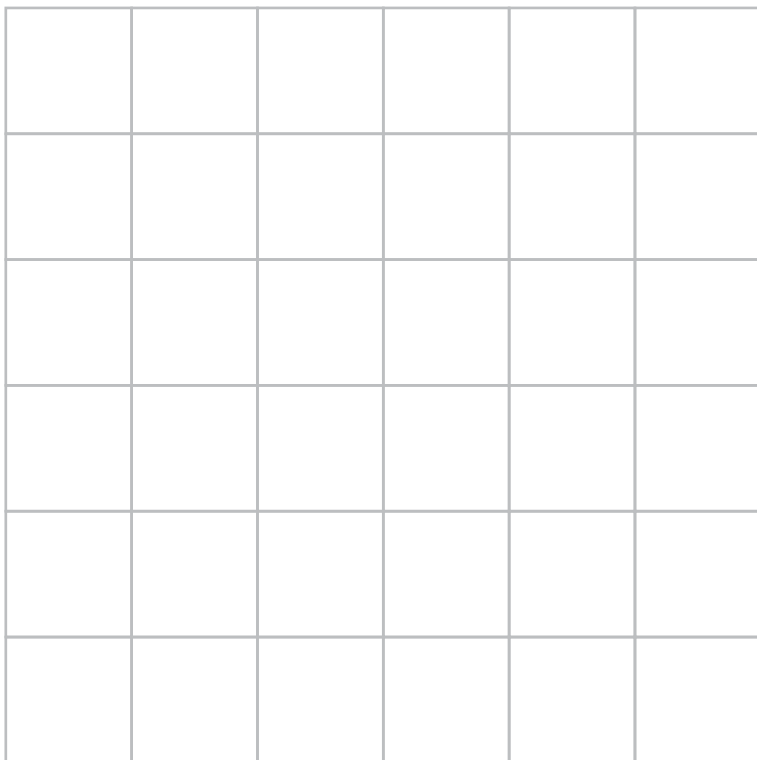
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DRAW & COLOUR CHALLENGE!

Recreate the given picture as accurately as you can, then colour it.

Give it your best shot and have fun creating your own masterpiece.



SPOT THE MATCHING UMBRELLAS!

In this fun visual challenge, a collection of umbrellas is displayed, each with unique colours. Hidden among them are two identical umbrellas.

Your task is simple: find the matching pair!



Winners will each receive a premium drawing block, perfect for sketching, doodling, or bringing your creative ideas to life.

Send in your entries to marketing@singaporepoloclub.org before **31 May 2026**.



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