

# VICTORIA RECREATION CLUB



EMERALD BAY, SAI KUNG  
DEEPWATER BAY – HONG KONG ISLAND

## Newsletter – 3<sup>rd</sup> December 2015

**Hong Kong's Biggest Charity Boot camp** will be held this Sunday 6<sup>th</sup> December at Deep Water Bay. All proceeds will be donated to the Po Leung Kuk Child Sponsorship Program, a residential childcare unit for children facing family problems. For more details and register click [www.eliteptstudio.com/hk-bootcamp](http://www.eliteptstudio.com/hk-bootcamp). All ages are welcome. Farmer's Kitchen will be providing great Aussie 100% grass-fed steak sandwiches after the Boot camp session – so make sure you build up an appetite!

**Cheers! The DWB Wine Tasting Night** will be held now on Friday 11<sup>th</sup> December. Purple9Wine will supply quality wines as well as a good selection of organic and biodynamic wines – just in time for the festive season. Details are attached and on the Notice Boards. Please book with [events@victoriarecreationclub.com.hk](mailto:events@victoriarecreationclub.com.hk).

**Decorate the Christmas tree** at VRC Emerald Bay on Sunday, 13<sup>th</sup> December. See invitation attached and on the Notice Boards. DIY Christmas decorations will be available for children to make along with their favourite food. For the adults the VRC offer homemade mulled wine and mince pies. Please book before 9<sup>th</sup> December to ensure we have sufficient mulled wine!

**VRC Hong Kong's Dragon Run – The Eighth Season.** HK's biggest solo and two-man paddling competition, the Dragon Run, completed its eighth season on 21<sup>st</sup> November, 2015, drawing a field of 179 racers from Norway to South Africa. The rugged 24-kilometer surfski competition, with 113 competitors, was dominated by Hank McGregor and Sean Rice, both of South Africa, in first and second place, with times of 1:32:20.6 and 1:33:00.8 respectively. Hungarian Adrian Boros was the upstart third place finisher in the surfski category, with a time of 1:46:46.5. South African Nicole Russell, Australia-based Camille De Carmejane, and Hong Kong-based Briton Claudia Tarr were the top placers in the women's surfski category, with times of 1:54:37.9, 2:11:33.4, and 2:28:53.0. The almost as closely watched 24-km. solo outrigger competition was won by Hawaii-based American Jake Hamstra and Hong Kong-based former Greek Olympian Katerina Vichou, with times of 1:58:24.2 and 2:26:42.5.

The 2015 competition featured an expanded course for stand-up paddle boarders (SUP) with a field of 19 racers on an 8 km. course and 11 competitors in the short, 2 km. course. A short 8-km surfski and outrigger course drew 36 racers.

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Conditions for the race were dramatic, with some of the biggest swells off the Nine Pins ever seen by veterans of the course. Wind conditions of Force 4 to Force 5 with gusts up to Force 8 produced an exhilarating run, underscoring the conviction of local paddlers that it should be included as a title race in the World Surfski Series.

Among the top placers in this year's Dragon Run were two former Victoria Recreation Club paddlers, Hamstra and De Carmejane. The competition also included categories for two-person surfski and outrigger entrants.

**Congratulations** to the VRC Paddling Section for their double win in the Around the Island Race. The men won the OC6 standard with a time of 4.12.38 and the OC6 unlimited with an impressive time of 3.38.54. Well done to the ladies who did very well too, with a large number of new paddlers in the team.

**Open Water Swimmers of Hong Kong** are having their weekly open water training session at Deep Water Bay this Saturday, 5<sup>th</sup> December. They will meet in front of the public changing rooms/showers at 2pm then hit the water sharp at 2.30pm. They will swim approx 3 to 4K split into two groups, the first group for experienced swimmers, the second for slower swimmers and newcomers. All VRC members are welcome to join them.

**Men's changing rooms are a-changing.** New lockers will soon be installed in the Deep Water Bay men's changing rooms similar to the ladies' rooms. Remember to bring your \$5 coins as a deposit for the key. Lockers will be installed in Emerald Bay in the future too.

**Finally, some good news, the Home Affairs Bureau** has finally accepted the VRC Scheme to implement the "Greater Access Requirements" at Emerald Bay, Sai Kung. For details of the Scheme please check out the VRC website under facilities offered. Please forward on to any local schools or charities you think would benefit.



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通訊-2015 年 12 月 3 三

**香港最大的慈善訓練營**將於本週日 12 月 6 日在深水灣舉辦。所有收益將全數撥捐保良局兒童助養計劃，為有家庭問題的兒童提供住宿服務。如欲了解更多詳情及註冊，請瀏覽 [www.eliteptstudio.com/hk-bootcamp](http://www.eliteptstudio.com/hk-bootcamp)，歡迎任何年齡的人士參加。Farmer's Kitchen 會在訓練營後送上澳洲 100 %草飼牛排三明治 – 到時緊記要大快朵頤！

**乾杯！DWB 品酒之夜**將改於本週五 12 月 11 日舉行。Purple9Wine 將提供優質美酒及一系列有機和以生物動力法釀製的葡萄酒 - 正好迎頭趕上佳節。詳情請見附件及告示板。請電郵至 [events@victoriarecreationclub.com.hk](mailto:events@victoriarecreationclub.com.hk) 預約。

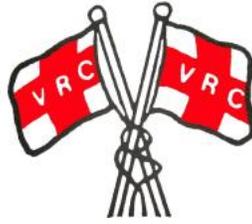
**裝飾聖誕樹活動**將於 12 月 13 日(星期日)在 VRC 的翡翠灣會址進行，邀請函請見附件及告示板。孩子們可製作聖誕裝飾並享用他們愛吃的食物之餘，大人亦可享用 VRC 提供的自製香料酒和肉餡餅。請在 12 月 9 日之前預約，以確保我們有足夠的香料酒！

**VRC 第八季香港 DragonRun 賽事。**全港最大型的個人和雙人划舟賽事 Dragon Run 在 2015 年 11 月 21 日結束第八個賽季，比賽雲集了遠至挪威到南非的 179 名選手。在險峻的 24 公里衝浪艇比賽中，來自南非的 Hank McGregor 及 Sean Rice 在 113 名對手中脫穎而出，分別以 1:32:20.6 及 1:33.00.8 的成績奪得冠、亞軍。排名第三的匈牙利選手 Adrian Boros 在衝浪艇級別中為新貴，以 1:46.46.5 的成績完成賽事。南非的 Nicole Russell，澳洲的 Camille De Carmejane 及居港英國選手 Claudia Tarr 在女子衝浪艇比賽中分別以 1:54:37.9、2:11:33.4 及 2:28:53.0 的成績居榜首三位。在同樣緊張的 24 公里個人獨木舟比賽中，勝出者為居夏威夷的美國選手 Jake Hamstra 和以香港為基地的前希臘奧運選手 Katerina Vichou，二人分別以 1:58:24.2 及 2:26:42.5 的成績完成賽事。

2015 年度的比賽在直立板 ( SUP ) 賽事中採用了更長賽道。19 名選手參加 8 公里賽事，另有 11 名選手參加 2 公里賽事。一共有 36 名選手參與 8 公里的短程衝浪艇及直立板賽事。

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比賽時情況變化甚大，身經百戰的選手在果洲賽道遇上最大的涌浪。四至五級的強風甚至可達八級，使航行令人振奮，亦令本地選手更深信這場賽事應被列入世界衝浪艇系列賽。

在今年 Dragon Run 比賽居榜首的選手為兩名前域多利遊樂會槳手 Hamstra 及 De Carmejane。比賽亦包括雙人衝浪艇賽及獨木舟級別。

祝賀域多利會於獨木舟環島賽中取得雙重勝利！今年女子組有大量新成員加入，而且表現出息。而男子組在標準六人賽以四小時十二分三十八秒和無限六人賽以三小時三十八分五十四秒優異成績奪獎。

香港公開水域泳手於本週六 12 月 5 日在深水灣將進行每週開放水域訓練。他們將於下午 2 時在公共更衣室 / 淋浴間前集合，並於下午 2 時 30 分下水。他們會分成兩組游三至四公里，第一組為有經驗的泳手，第二組為較慢的泳手和新手。歡迎所有 VRC 會員加入。

男士更衣室正有所改變。深水灣的男士更衣室將安裝新的儲物櫃，如女士更衣室一樣。記得帶上你的五元硬幣作為押金以取得鑰匙。翡翠灣在未來亦會安裝儲物櫃。

最後給大家好消息，民政事務局終於接受了 VRC 的計劃以在西貢翡翠灣實行「更高的開放要求」。有關計劃的詳情，請查看在提供設施下的 VRC 網站。請轉發到任何您認為會受益的本地學校或慈善機構。



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