



PENGUIN INTERNATIONAL RUGBY FOOTBALL CLUB

Academy and Rugby Report 2007



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Appendix A – Letter of support from the Hong Kong Rugby Union

Cover photo: The Malaysian Schools Coaching Team with supporter and driver.
l to r: Ben Fisher, Supporter, Abby Wills, Grant McKelvey, Jamie Baron, Zarin Akmal

Author: Craig Brown, Director of Rugby, Penguin International RFC, with contributions from Ian Bullerwell (Cambridge, Oxford and Falklands match report), Iain Sinclair (Orkney Report), Steve Hill (Toronto coaching report) and Grant McKelvey (Malaysia Schools coaching report).

1 Introduction

2007 witnessed the of the 6th world rugby cup, with South Africa taking the spoils in an exciting 6 weeks in France. For the Club, the annual university games commenced the year, followed by trips to Hong Kong, London, Toronto, Kuala Lumpur and Kota Kinabalo, culminating with a return to Kuala Lumpur in December for HSBC Penguin International Coaching Academy activities.

The Club had a successful year on the field, winning two XV's matches undertaken and drawing the third, while finishing runners up in two prestigious 10s tournament.

This report details the activities the club undertook in 2007, none of which would have been possible without the support of our gracious sponsor HSBC, the donations received from our vice presidents, and the considerable contributions of our volunteers.

2 HSBC Penguin International Coaching Academy

2.1 Mott Macdonald Community Award

The Club's Director of Rugby, Craig Brown, won a community award from his employer, Mott MacDonald. Mott MacDonald is a leading management, engineering and development consultancy firm of 15,000 staff, which serve the public and private sector around the world. Mott MacDonald operates in many sectors including Buildings, Communication, Education, Environment, Health, Industry, Oil and Gas, Power, Transportation, Urban Development and Water.

Mott MacDonald's grant of £250 was put to good use within the Club's charity to assist in the development of the great game.



www.mottmac.com

2.2 Hong Kong

The Club visited Hong Kong twice in 2007, once for the Hong Kong 10s and then to facilitate an intensive week of coaching activities.

During the week of the Hong Kong 10s the playing team planned and executed a session for local school children. This was held at the Hong Kong Football Club, and catered for 60 young people. The players divided the young people into three groups, and ran a number of fun and skill drills for approximately 45 minutes. The last 20 minutes involved two mini games for the young people, with the players joining in as appropriate. After the warm down, the players presented each participant with an Academy T-Shirt and a Penguin badge.

During the week of 10s and 7s tournaments, the HKRU and Penguin Club engaged in discussion focusing on the Penguin's participation in the development of rugby in the region. The possibility of a Penguin coaching team was considered and a plan duly finalised. Four experienced coaches visited Hong Kong in August for 9 days.

During the last week of August, four coaches, John McKittrick, Stu Mather, Dean Herewini and Craig Brown travelled to Hong Kong for a number of coaching activities in association with the Hong Kong Rugby Union.



The Flying Kukris in action during the Academy visit

Ivan Torphy, Head of Performance at the HKRU, produced a full program for the four Penguin coaches covering the following activities and areas:

- IRB level 2 course – Academy coaches acting as coach educators;
- various senior club training sessions including Valley, HKFC, Aberdeen, DeA, Kowloon, and Causeway Bay;
- the Break Through project, coaching young adults who have been in trouble with the law;
- Flying Kukris children’s club;
- women’s front row clinic;
- Youth front row clinic;
- Chinese youth teams;
- PLA in Guangzhou;
- coaching of teachers;
- developing coaches tutorial,
- schools coaching.



Dean Herewini pointing out the finer points of the ruck. The Academy Coaches with the “Naughty Boys” from the Break Through project at the Police club on Boundary Rd

The week was very busy, yet very rewarding with a lot of ground covered. The trip also included two nights in Guangzhou where 6 hours were spent with the PLA team as part of their build up to their New Zealand tour.

Feedback was very positive, and a letter from the Hong Kong Rugby Union in support of the visit is attached as Appendix A.

2.3 Toronto

The Penguins took a well qualified and highly experienced coaching team to work with a variety of groups in and around Toronto, Canada. The group was lead by Steve Hill, Director of Rugby at Oxford University; an RFU Level 5 coach and coach of England Students. He was ably supported by Tony Robinson, RFU Coach Development Officer, and Kevin Brennan, former London Irish scrum half; Head of Rugby at Wellington College, and working with players at the London Irish Academy. The group was later joined by Craig Brown, Director of Rugby of the Penguins International RFC.



Steve Hill leading a defence session as the light fades

The group was hosted by Toronto Nomads, one of the top club sides in the city. All four coaches worked with members of the Nomads' club, including their senior squad, U18 squad, and women's team. The session's them included and improving understanding of which skills are required and when. Former prop, Tony Robinson, worked on the scrum technique of each of the squads attending. All the squads worked hard until the session was truncated by a violent thunderstorm!

One day was spent working with the Ontario U18 and U16 squads. These comprised the best age group players from the whole province and the commitment to attend training was, in some cases, amazing. Three players had a round trip drive of 10 hours to attend the session, and for which they receive no expenses. During this session the coaches looked at the themes of continuity and decision making. The Canadian players were all very keen to make contact with the opposition so

we worked on alternative methods of breaking down a defence. The young players were really keen to learn. Pleasingly, there were about 20 other rugby coaches in attendance, so we were able to share our ideas with them. A very useful question and answer session took place as the players changed and it showed just how committed the local coaches are.

The hospitality we received at each location was tremendous. We would particularly like to thank John Zimnoch, the Canadian Penguin representative and Jim Flynn from the Ontario Rugby Union for all their help and assistance and we very much hope we can return to what is a beautiful and very friendly city.

2.4 Malaysia

2.4.1 Level 1 coaching course

As a continuation to the excellent start in 2005, the HSBC Penguin International Coaching Academy returned to Malaysia on three occasions to run further level 1 courses for local school teachers, and other interested rugby enthusiasts. The courses followed a similar pattern to 2005, and rolled out the equivalent of a level 1 rugby union coaches' course. Adaptations were made to the course to place the learning in a local context, i.e. MRU input whilst the duration was increased to 4 ½ days to ensure all participants had ample time to grasp the material, and, more importantly, to have sufficient opportunities to practise coaching in live situations, under the tutors' watchful eyes.

Course Date	Venue	Tutors
25 to 29 March	Kuala Lumpur	Tony Robinson, Ian Minto, John Bates, Richard Hicks
21 to 25 May	Kuala Lumpur	Rob Drinkwater, Craig Brown
10 to 14 December	Kuala Lumpur	Ivan Torpey, Craig Brown

2.4.2 COBRA Schools' Development

DAY 1 – Wednesday 24th October 2007

Cobra Coaching Clinic - SMK T.A.J & SMK Tmn Kosas - 100 boys

The first sessions of the trip did not disappoint the new coaching staff of Ben Fisher, Jamie Baron. Both experienced coaches were on their first Penguin trip and very eager to get involved. The boys were selected from local schools, and as usual, there was a wide range of experience, with approx 20 boys trying rugby for the first time. The session involved dividing the boys into two groups with coaches working with a whole-part-whole approach with coaching through games.



The Coaching Team & "The Boss"



Ben looking at Ball Presentation

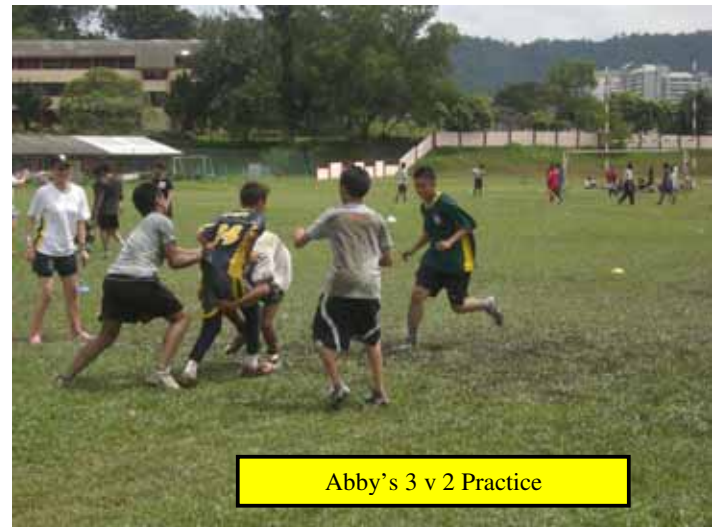
DAY 2 – Thursday 25th October 2007

Cobra Coaching Clinic – Gomak Setia - 60 boys (U14 & U16)

The session followed the following plan.

- Warm Up – Physical & fun warm up
- Hand catching & Passing accuracy
- 3v2 & 4v3
- Games

This was potentially a very difficult session to deliver, with different schools attending and a vast range of ability and rugby experience. Aligned with the very laid back style of coaches it made it difficult to generate momentum during the session. Luckily, the coaching staff was at full strength with Abby Wills joining the Penguin coaching team “on the tools”. Ben began the warm up with some fun physical challenges. The session then moved onto some accurate passing and hand catching from which we quickly moved into coaching through games. Ben and Abby looked at a whole part whole approach and broke the game down to 3v2's & 4v3's. The session finished off very well with local TV interviewing Abby & Grant on the benefits of rugby in general and girls rugby in particular.



DAY 3 – Friday 26th October 2007

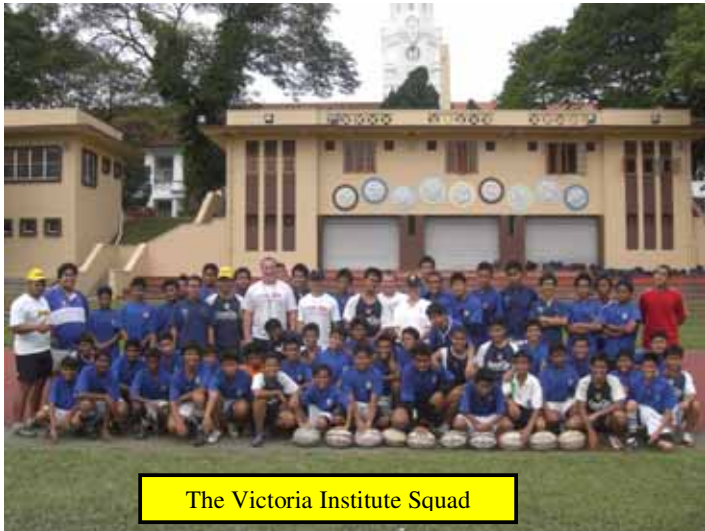
Cobra Coaching Clinic – Victoria Institute- 50 boys (U14 & U16)

The session followed the following plan.

- contact core stability warm up
- Chaos Corridor Triangle - Ball presentation & ruck
- starter plays from line out
- games
- individual scrum technique

Upon arrival it was evident that we were at a very organised rugby school. The players responded excellently to all aspects of the session in which we looked at the speed of attack organisation to allow us to move the ball away from the contact area quickly. We were asked by the coaches to look at a couple of starter play variations from line out and individual scrum technique. Many of the

boys we met again at the Cobra 10s where we were able to give them an opportunity, through video clip analysis, to see their starter plays in action.



The Victoria Institute Squad



We face the Victoria Institute Haka

Cobra Coaching Clinic – Koma Dmansara - 50 boys (U14 & U16)

The session followed the following plan.

- 2 v 1 & 3 v 1 attack
- individual tackle
- defensive patterns (In to Out Defense)
- games.

This was our 2nd visit to Dmansara after a very enjoyable visit last year. It proved to be an excellent way to round off Academy coaching sessions. The players again delivered an excellent disciplined, structured session with clear aims. We were able to go into detail regarding different defensive strategies with this group, as well as seeing welcome progressions through our games. Again the players were athletic and strong, and played with a high intensity. Congratulations to all the coaches involved locally.



In to Out Defence Practice



Game time

CONCLUSION

Another hugely successful visit both on and off the field. With a large spread of ability and rugby experience to cater for, the HSBC Penguin Academy again delivered a very high level program to all participating schools / players. Thanks must go to all involved in making this annual trip a very memorable occasion for the coaches. Special mention must go to local coach / teacher, Zarin Akmal, who again went way beyond the call of duty in acting as driver, cultural attaché and official photographer for the trip for the 3rd time.

Grant McKelvey, Ben Fisher, Jamie Baron & Abby Wills
HSBC Penguin International Academy Coaches
Malaysia 2007.

3 Playing Activities

3.1 University Matches

3.1.1 Cambridge

Penguins 93 - 12 Cambridge

In a scintillating display of open running rugby Penguins completely overwhelmed a spirited Cambridge side who kept tackling until the final whistle.

From the kick off the forwards provided a constant supply of good quick ball which a talented backline used to devastating effect. Centre Brian Milne was outstanding scoring 3 tries and making 3 others with perfectly timed passes. This was the highest ever scored attained by the Penguins in the UK.

Try scorers: Brian Milne (3), Lucio Fleming (3) Tim Holgate (2) Adam Barnard (2) Shaun Brady, Mauritz Botha, Karl Dickson, Ben Alexander and Joe Wheeler.

Conversions: Dan Lavery (4), Kieran Hallett (3) and Matt Price (2).

3.1.2 Team

15 Simon Hunt (Ebbw Vale), 14 Tim Holgate (London Welsh), 13 Brian Milne (London Scottish), 12 Ayoola Erinle (Leicester), 11 Paul Kendall (Bedford), 10 Kieran Hallett (Bedford), 9 Scott Stumbles (Watsonians), 8 Shaun Brady (Bedford), 7 Ryan Peacy (Doncaster), 6 Simon Cross (Edinburgh), 5 Mauritz Botha (Bedford), 4 Arthur Brenton (Bedford, Captain), 3 Ben Alexander (Bedford), 2 Andrew Kelly (Edinburgh), 1 Richard List (Doncaster).

16 Adam Barnard (Northampton), 17 Dan Lavery (Northampton), 18 Toobs Koroinavlivou (Army), 19 Karl Dickson (Bedford), 20 Matt Price (Bedford), 21 Joe Wheeler (Nottingham), 22 Lucio Fleming (Edinburgh).

Match Manager – Ian Bullerwell

3.1.3 Oxford

Penguins 27 – 19 Oxford University

In difficult conditions, both sides contrived to produce a very entertaining game. The Penguin XV, under the captaincy of Howard Graham, took a while to settle as a team so quickly found themselves 12-0 down. Oxford under the captaincy of Joe Roffe, the seasoned Australian International, were causing the Penguins defence considerable problems and their strong running left wing continually posed a threat.

Gradually the more experienced Penguin pack came to terms with the conditions and began to dominate in the tight. With an increasing supply of decent ball the backs started to flourish. Eventually, the pressure told and Penguins scored 2 tries. The second try coming from a precision cross field kick from former Welsh fly half, Matt Jones, which wing Jack Smales, collected unopposed to touch down. Matt Jones converted and kicked a late penalty to give the Penguins a half time lead of 3 points.

In the second half the Penguins continued to dominate scoring two further tries, one of which Matt Jones converted. The University scored another try right at the end of normal time, which they converted to make the final score Oxford University 19 Penguins 27

Penguin Scorers

Tries: Tim Evans, Jack Smales, Shaun Brady and Lee Beech

Conversions: Matt Jones (2)

3.1.4 Team

15 Kieran Hallett (Bedford), 14 Jack Smales (Bath University), 13 Howard Graham (Army, Captain), 12 Matt Cannon (London Welsh), 11 Paul Kendall (Bedford), 10 Matt Jones (Ospreys, Wales), 9 Martin Roberts (Ospreys), 8 Shaun Brady (Bedford), 7 Ryan Peacy (Doncaster), 6 Matt Cornish (RAF), 5 Mauritz Botha (Bedford), 4 Arthur Brenton (Bedford), 3 Craig Mitchell (Ospreys), 2 Ed Shervington (Ospreys), 1 Tim Evans (Ospreys).

16 Tom Gregory (Nottingham University), 17 Nicky Griffiths (Ospreys) 18 Lee Beech (Ospreys), 19 Matt Price (Bedford), 20 Joe Wheeler (Nottingham), 21 James Graham (Bedford), 22 Richard List (Doncaster).

Match Manager – Ian Bullerwell

3.2 Hong Kong 10s

The club accepted an invitation to participate in the Hong Kong 10s for the first time. A competitive team was selected.

3.2.1 HSBC Support

Mike Smith, HSBC CEO in Asia hosted a superb dinner for bank officers, clients, rugby guests and the Penguin team and supporters. The evening was superbly arranged by Russell Shields and featured speeches by Mile Smith, Alan Wright and Craig Brown.

3.2.2 Hong Kong 10s Results

Pool E

Penguins 64 - 5 Chinese Agricultural University

Penguins 55 - 0 Overseas Old Boys

¼ Final Penguins 28 - 17 New Zealand Legends

Semi Final Penguins 7 – 5 Aliens

Finals Penguins 0 – 24 New Zealand Metro

3.2.3 Team

Craig DeGoldi (Karita, NZ7s – Captain), Frank Afeaki (North Harbour Marist, North Harbour 7s), Reece Robinson (Mitsubishi, Chiefs, NZ Maori), Charlie O’Connell (Linwood, Canterbury development, NZ U19), Francis Bryant (Bush, Manawatu, Manawatu 7s), Clark Laidlaw (Jed Forest, Scotland 7s), Kevin Brennan (Oxford University, England 7s), Tom Tombleson (Oxford University, England Students), Brett Sweeney (North Shore, North Harbour, North Harbour 7s), Jovan Bowles (Natal 7s, South Africa 7s), Brad Fleming (Castres, Hurricanes, NZ 7s), Glen Varcoe

(Clive, Hawkes Bay), Willy Hafu (Omback, North Harbour 7s, NZ U19), Apolosi Satala (Heriots, Fiji, Fiji 7s), Phillip Burleigh (New Brighton, Canterbury Development).

Coaches: John Rutherford (Scotland, British and Ireland Lions, former Scotland coach) and Frank Hadden (Current Scotland coach)

Manager: Craig Brown (Watsonians, Auckland University and Waikato squad)



Hong Kong 10s team 2007

3.3 Orkney RFC 40th Anniversary Tour

Following the last minute withdrawal of a Scottish Legends side, the Penguins stepped in and pulled together a typically eclectic, yet high calibre squad, to help Orkney RFC celebrate their 40th anniversary.

As hosts, it is difficult to believe that any could surpass the Orcadians. From the moment we were collected from the plane to the moment we left the Island, the hospitality of President Mike Girvan and his troops was overwhelming.

With a few dry mouths following the previous evening's Civic reception, Scotland wing Craig Joiner, Scottish Schools' Flanker, Ian Hope and Glasgow Hawks' Hooker, Matthew Smith, were joined, by tour Manager Iain Sinclair, and Scottish lock Stuart Grimes, to help coach some of the Islands youngsters in the morning, prior to tournament kick off. This was gratefully received and helped canvass local support for the day's event.

As usual the Squad comprised youth (Neil Young / Redcar), experience (Mark Blair / Currie and Ulster), amateur (Neil Chisholm / Hamilton) and professional (Craig Joiner / Scotland). In the coaching ranks we were joined by the Scottish lock forward, Stuart Grimes, despite his posting as missing in the pool stages. Apparently he was spotted signing autographs and watching Davis Cup tennis in the club house ...!

The weather did not match the hospitality of our hosts. It rained from the moment we arrived right up to our departure. It is nothing short of remarkable and testament to all involved, that the 15 a side

tournament was completed. Without fear of exaggeration or doubts these comprised the worst metrological conditions that all players had experienced in their rugby careers! Such was the severity of the lashing rain, it was rumoured that Air Sea and Rescue had been called for an on-shore rescue during round 2 of the pool stages.

In the traditional Penguin manner any potential negativity was kicked into touch by a typically flamboyant display, which saw the first opponents, Orkney West, beaten by 3 tries to 1. The winning ways continued in the second game with a comprehensive victory over Orkney East. The toughest pool game was against the 2nd seed Chairmen's XV. This team was an amalgamation of top sides from the north and north east Scotland including Aberdeen Grammar's Keith Oddie at stand off. The Penguin's upped their game in the most appalling conditions eventually grinding out a 5 tries to 2 victory.



Penguins and Orkney at the completion of the final

The win against the Chairman's XV placed the Penguins in the final with hosts Orkney 1st XV. Whilst the weather conditions failed to dampen the exuberance of the players and the camaraderie throughout the day, it did have a huge impact on the crowd numbers in the final. 1500 spectators were expected to join the celebrations and boost bar takings but just 80-100 hardcore enthusiasts braved the conditions to witness a close fought encounter.

The hosts, in fresh kit and with home advantage warned of a tough match. This proved to be the case, as, at half time, referee and man of the cloth, Fraser MacNaughton blew his whistle with the score 0-0. A cracking solo effort of kick through, gather, and touch down, from Hamilton captain, Neil Chisholm gave the Penguins the lead. Further tries from Craig Joiner and Hamish Murray looked set to seal the victory. Play was slowed up by Orkney with driving lineouts and some impressive phase play. Penguin's defence however, rallied by skipper Paul Beal, held firm until the welcome whistle was blown by Referee MacNaughton. The sounding of the whistle saw the quickest move of the day, as all headed for shelter.

The day's events finished with a magnificent post tournament gala dinner with the Penguins posted as guests among individual tables. Penguin's Chief of Staff, the Right Dishonourable Broony of no

fixed abode, was guest speaker for the evening. With a less than inspiring second speaker, Broony actually seemed quite funny....!

Prior to dispersal on Sunday, Highland Park generously opened their distillery for the Penguins to sample rare malts. They also commissioned a limited edition Orkney RFC 40th Anniversary 12 year old Malt to help with the clubs celebrations.

All Penguins upheld the longstanding traditions of the Club, and, as ambassadors, the assembled squad conducted itself in an exemplary manner both on and off the field. Lasting friendships were made and with the Penguins crowned Tournament Winners. The club looks forward to the opportunity to return and defend the trophy for Orkney's 50th in 2017!

Iain Sinclair
Tour Manager

3.3.1 The Orkney Tour Squad

Manager - Iain Sinclair (Watsonians, Edinburgh, Scotland A)

Coach - Stuart Grimes (Watsonians, Border Reivers, Newcastle, Scotland)

Squad - Paul Beal (Redcar - Captain), Daniel Moussa (Watsonians), Matthew Smith (Glasgow Hawks, Scottish Silver Thistles), Daniel Rosen (Oxford University), Jon Williams (London Kiwis, Old Varstonians), Mark Blair (Currie, Ulster, Ireland A), Craig Brown (Watsonians, Waikato, New Zealand Maori), Neil Young (Redcar), Alan Anderson (North Berwick), Douglas Abbott (Oxford University), Ian Hope (Dundee HSFP, Scottish Schools), Winston Cowie (Oxford University, North Harbour Development), Hamish Murray (Cambridge University, Canterbury), Neil Chisolm (Currie), Andrew Benger (Oxford University), Stuart Eynon (Hamilton), David Officer (Currie, Harlequins, Scotland A), Craig Joiner (Stewarts Melville, Leicester, Scotland), Kenneth Baillie (Glasgow Hawks, Scotland U21), Gareth Jacobs (Oxford University), Neil Baggett (Warfdale), Alan Nash (Watsonians, Scotland U21)

3.4 Falklands Anniversary Match

3.4.1 Match Report

As part of the 25th anniversary of the Falklands conflict, a charity match was arranged and the Penguins were invited to play the Falklands Task Force XV, effectively a combined services team.

One interesting aspect of the game involved Bill Calcraft. Bill, keen to lend his experience to the occasion, set for a cameo appearance near the end of the match. However he scuppered his moment of glory by pulling his back in the warm up!

The Falkland Taskforce team started the brighter, and the possession advantage told when they scored a couple of well worked tries through the mid field. The Forces team then led for the majority of the match. However, the Penguin's never gave up. With 7 minutes remaining and down by 12 points the Penguins managed to score 2 tries and one conversion to draw 33 – 33.

3.4.2 Team

15. Jack Smales (Bath Uni, England Students), 14. Andy Wright (Loughborough Colleges), 13. Howard Graham (Army – Captain), 12. Brain Milne (London Scottish), 11. Felise Ahling

(Barking), 10. Kieran Hallet (Loughborough Colleges), 9. Nicky Griffiths (Worcester), 8. Ken Aseme (Blackheath), 7. Oliver Brown (Scotland s7), 6. James Bucknall (Richmond), 5. Arthor Brenton (Bedford), 4. Jon Phillips (Bedford), 3. Simon Cater (Newbury), 2. Chris Johnson (Bedford), 1. Rod Moore (Calvisano, Australia)

16. Rory Greenslade Jones (London Scottish), 17. James Strong (London Welsh), 18. Graham Barr (Esher), 19. James Gaunt (Henley), 20. Andrew Le Chavalier (Henley), 21. Matt Price (Rugby), 22. Henry Head (Richmond), 23. Matt Miles (Pertemp Bees), 24. James Fleming (Exeter Chiefs)



3.5 Malaysia Tour

3.5.1 Introduction

The club returned to Kuala Lumpur for the 10th time as a participant in the COBRA 10s in October, and also accepted an invitation to play in the Borneo 10s for the first time. The Borneo 10s is run by the Sandakan Rugby Club, from Sandakan in Sabah, Malaysia (Borneo).

The 2006 tour included a 10s and 7s tournament as opposed to back to back 10s tournaments in 2007. Therefore, the same team was used in both tournaments. COBRA moved their tournament from the traditional mid September slot to late October to avoid a clash with the world cup. This move also opened the door for new high calibre teams from the southern hemisphere to enter. The provincial team Canterbury (fielding a team made up of a mixture of full provincial and development players) from New Zealand were the favourites.

Thanks must be extended again to Richard Breen for his tireless efforts in arranging a number of talented Fijians; John McKittrick, for his links in New Zealand; Scott Waldrom for his contacts in Taranaki, and Rob Penney (Canterbury coach) for his continued support in supplying very talented players. Thanks also to Hang Kek Kang, our magical Liaison Officer, whose midas touch can resolve most issues, and to David Townsend whose support during the two weeks, and links with HSBC were invaluable.

3.5.2 Tournament Reports

3.5.3 COBRA 10s

The big rain that greeted the 2006 tournament held off and a fast moving tournament treated the crowd to some end-to-end fast matches. The team gelled well under the captaincy of Scott Waldrom and trained well all week. Day one had no easy games in prospect, although the team played very well and in the pool game against Oriental Rongtai wore down the opposition early on in the match and pulled away in the second half. Some good team play, and some individual skills, ensured the team had a successful opening day. All players started at least one match, and all contributed fully to the day's events. The team finished top of the pool at the end of day one, with a quarter final match against the Natal Duikers the next afternoon.

On the second day, the team failed to finish off numerous scoring chances in the quarter final and only lead 5-0 at half timer. Credit to the Duikers, they defended well and produced some good attacks from the little ball they had. The second half was more of the same, with dogged defence denying the Penguins further scoring opportunities. With 2 minutes remaining, the Duikers found a hole in the Penguin defence and went the length to score. The resulting conversion being the difference between the two teams at full time. A disappointing end to the tournament after a promising day one.

The team next played Marist St Josephs from Samoa in the plate semi finals, who had lost to hosts COBRA, in their quarter final. The Samoans attacked from the beginning, and eventually wore down the Penguin defence. The Penguins fought back and managed two well worked tries, but the deficit was too large, and the clock eventually ran out for the team. Marist advanced to the plate final.

3.5.4 Borneo 10s

The clubs first trip to Borneo centred around the 7th Borneo 10s tournament which was played at Likas Stadium in Kota Kinabalu. With a day R&R following the travel and the COBRA 10s, the team got down to serious training, based mainly on the beach, with a combination of 2000 m runs, sprint work, skills and team play. The enjoyment factor was maintained with volley ball and rounders challenges between the backs and forwards.

Pre tournament highlights included a meeting with a long green snake, which jumped and glided from the 3rd storey of the hotel when touched, and a torrential down pour that formed massive lakes in 20 minutes.

As is part of all tours, the team ran a coaching session for local school children. The field used for the coaching session was also caught in the tropical downpour and was absolutely saturated. This lead to many comical situations and very muddy Penguin's and children. The session warm down consisted of stomach puddle surfing!



High fives with school children at the end of a very wet academy session in Kota Kinabalu

3.5.5 Results

COBRA 10s 27th and 28th October

Pool A

Penguins 17 – 12 Northlink (RAS)
 Penguins 45 – 0 Oriental Rongtai (NZL)
 Penguins 24 – 5 Borneo Eagles (MAS)

¼ final Penguins 5 – 7 Natal Duikers (RSA)

Plate

Semi final Penguins 12 – 19 Marist St Josephs (SAM)

BORNEO 10s 3rd and 4th November

Pool B

Penguins 88 – 0 Labuan Rugby Club
 Penguins 43 – 0 SRU Sabah Eagles
 Penguins 62 – 0 ASAS

¼ final Penguins 24 – 0 COBRA (MAS)

semi final Penguins 12 – 5 Marist St Josephs (SAM)

final Penguins 15 – 24 Sandakan Eagles (MAS)

3.5.6 HSBC Liaison

The touring team was privileged to be hosted by HSBC at a function in Kuala Lumpur on Thursday 25th October. The host for the evening was Irene Downer, CEO of HSBC in Malaysia, supported by Ian Ogilvie Deputy CEO, and included other bank officials and guests. The president of COBRA, Dato Krishnan Tan, was also present. This was an informal evening which offered opportunities for the team to meet HSBC staff and guests, and to discuss a wide range of topics including, of course, the great game of rugby. Irene Downer spoke on behalf of HSBC, welcoming the Penguins to Malaysia, again, and wishing the team every success in the tournaments that lay ahead.

Irene also confirmed her ongoing support for the club in helping to develop rugby in Malaysia, through the work of the HSBC Penguin International Coaching Academy.

Craig Brown responded on behalf of the Penguins, thanking Irene for her warm welcome and the continued support for both the HSBC Penguin International Coaching Academy and the team from HSBC.

The head of HSBC in East Malaysia and based in Kota Kinabalu, Thomas Varughese hosted the team as part of a street festival in the centre of town. The evening consisted of local entertainment, a couple of bands plus all the teams present were asked to perform on stage.

3.5.7 Touring Team

Back Row: Ting (physio), Abby Wills (Academy Coach), Alan Wright (President), Matua Parkinson (Bay of Plenty, NZ 7s), Scott Waldrom (NZ 7s, NZ Maori – Captain), Mesake Davu (Fiji, Fiji 7s), James Rodley (Nth Harbour, NZ Maori), Tony Penn (Hurricanes, NZ Maori), James Annabel (Taranaki), Frank Afeaki (Nth Harbour 7s, NZ 7s trialist), Ati Olive (Wellington B), Ben Fisher (Academy Coach), John McKittrick (Coach).

Front Row: Jamie Baron (Academy Coach), Hang Kek Kang (Liaison Manager), Marc Camburn (NZ 7s), Matt Hodgson (Bay of Plenty Development), Steve Alfeld (Canterbury), Mike Davis (Northland), Willy Hafu (NZ U19), Toby Arnold (Bay of Plenty), Grant McKelvey (Head Academy Coach), Craig Brown (Manager)



4 The World Cup

The 6th rugby world cup was held in France in 2007. The following Penguins were involved.

England

Josh Lewsey (COBRA 10s, Malaysia 96)
Andrew Sheridan (Cambridge Uni 98)
Andy Gomersall (Oxford)
Mark Regan (Hong Kong, Singapore and Indonesia 92)
Phil Pask (physio) (Dubai 93, COBRA 10s 95 plus others)

Australia

Matt Dunning (Paris 06)
Wycliff Palu (Thailand 7s 01)

Scotland

Jason White (Brazil & Chile 98)
Marcus Dirollo (Brazil & Chile 98)
Frank Hadden (coach – Hong Kong 10s 07)

Italy

Marko Stanojevic (China 00)

Fiji

Norman Ligairi (COBRA 10s, Malaysia, 00)
Jone Daunivucu (COBRA 10s, Malaysia 04,05)
Vilimoni Delasau (Middlesex 7s 00)

New Zealand

Wayne Smith (Hong Kong 7s 88)

USA

Todd Clever (COBRA 10s, Malaysia 04,05)

Namibia

Emile Wessels (Oxford 04)

Canada

Craig Cuplin (Thailand 7s 01)

Portugal

Antonio da Cunha (national flag bearer and rugby legend at the opening ceremony) (COBRA 10s 04, Mexico 05, Cambridge 06)

Appendix A – Hong Kong Rugby Union Support

HONG KONG RUGBY FOOTBALL UNION

香港欖球總會

Members : ARFU, FIRA, IRB,

Assoc. Members : SF & OC of HK



15 September 2007

Tom Wacker
Chairman
Penguin International RFC
3 St James's Place
London
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HSBC PENGUINS COACHING WEEK – 25 August to the 2nd September 2007

On behalf of the Hong Kong Rugby Football Union I would like to express my sincere thanks and gratitude for the excellent work that was carried out by the Coaches during the HSBC Penguin Coaching week held in Hong Kong from 25 August to the 2nd September.

I was immensely impressed with the professionalism and enthusiasm of the John McItrick, Dean Herewini, Stu Mather with the team most ably lead by Craig Brown.

There were many highlights during their visit, from the first class tutoring skills of Craig & Deano which were utilised during an IRB Level 2 course, to working with the 'naughty boys' (a project run by the police for children who have gone off the rails and using rugby as the conduit for steering them back on the straight and narrow). Fifty five women attended a Front row clinic (unsure where they all came from!), coaching sessions were held with all the 1st Division clubs and a trip to Guangzhou to work with the PLA team ensured that the team sampled a piece of China during the visit. (Their coaching seemed to have did the trick as the PLA romped home to a 55-0 victory). The youth players also benefitted greatly from the coaching team with front row and skill sessions delivered at four venues.

I can safely say that they touched upon all quarters of the rugby community and they left a very positive impression with all.

They were first class team and excellent ambassadors for the Penguins RFU both on and off the paddock. They brought with them, and shared, the true rugby spirit and ethos that makes our game so special. I can not praise the coaches and the leadership of Craig enough. It was a great pleasure working with them and I do hope the opportunity will arise again in the future.

Kind regards,

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Head of Performance

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