



PENGUIN INTERNATIONAL RUGBY FOOTBALL CLUB

Academy and Rugby Report 2008



Contents

1	Introduction.....	3
2	HSBC Penguin International Coaching Academy.....	3
2.1	Guam.....	3
2.2	Hong Kong.....	4
2.3	Malaysia.....	5
3	Playing Activities.....	8
3.1	University Matches.....	8
3.2	Hong Kong 10s.....	9
3.3	Sidcup.....	10
3.4	Bedford Athletic.....	12
3.5	Rome 7s.....	13
3.6	Malaysia Tour.....	17

Cover photo: Toby Arnold stepping through the Canterbury defence. The Penguins recorded a historic 7-5 win over the reigning New Zealand Champions.

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1 Introduction

Welcome to the 2008 report for the HSBC Penguin International Coaching Academy and Penguin International Rugby Football Club.

2 HSBC Penguin International Coaching Academy

2.1 Guam

Dates: 25 – 28 March 2008

Lynn Evans spent 5 days in Guam helping the Guam Rugby Union with a number of activities.

Guam RU Liaison Officer: Steve Grantham

Aims:

- to help the Development Officers define their programme priorities,
- to assist in planning the introduction of the game of rugby to children and young people.

Programme:

- in the first instance, to meet with Steve Grantham and the Development Officers, Conrad and Paul, to identify the areas in which input is needed, and to assess Guam's current development programme. The latter was undertaken in the context of Guam's existing priorities, which seem to centre on strategies for accessing new schools, and for developing competitive programmes in middle- and high-schools;
- to create a comprehensive planning process by which to inform the Guam RU of the numbers of players, boys *and* girls, being taught through the rugby programme;
- to help Guam RU maximise the publicity dedicated to rugby, while finding ways to increase parental involvement in the game. A key objective is to achieve a support base for rugby union equivalent to that currently existing for the American-based games programme (perhaps through some form of Tag programme involving parents at schools' open days);
- to emphasise the importance of recording, and maintaining, statistics on the numbers of schools playing rugby, and the number of players involved. This will enable the growth of the game, and retention of players, to be measured;
- to increase the number of coaches, and their qualifications, thereby meeting the demands of the older, high-school players, and members of the elite playing group. These objectives could be achieved, individually or collectively, for example, by in-service, coach education courses to stimulate interest and improve knowledge, and, perhaps, more ambitiously, by exploring the establishment of a link with Hong Kong and the visiting coaches programme;
- refereeing: currently rests in the hands of the very capable and enthusiastic Greg David. As with most small unions, a number of participants double up as *coach-referees*. To develop rugby refereeing, it would be worthwhile exploring the possibility of facilitating high-school students in refereeing Tag games, thence to assess whether potential exists within this group to progress to the 15 a-side game,
- approaches to introducing rugby: it is often the case that the development officers are time-constrained; something that *short-circuits* players' progress in understanding the game. In response to this, attention was focused on the 'player-centred' and 'game-centred' approaches to introducing rugby.

Lynn Evan's view on Guam Rugby

- I believe that the appointment of a full-time Development Officer would stimulate both the processes, and progress, needed for the game to develop and spread more quickly than is currently so. In my opinion, this represents a valuable use of IRB resourcing;
- the quality and standard of women's rugby is impressive. It is evident that potential exists in the women's game;
- two schools' rugby practices were attended: one primary school - a first time visit for rugby, and one middle school. As with the women's team practice, if the schools' enthusiasm for the Game is extrapolated more generally, it supports my earlier contention that Guam is a nation in which IRB investment should yield positive results,
- finally, it is important to state how impressed I was by the enthusiasm of the young Development Officers, and the support offered by Steve Grantham.

2.2 Hong Kong

Further to the coaching trip to Hong Kong in August 2007, the Academy, in conjunction with the HKRU, again visited Hong Kong in the first week of April 2008. A full and varied programme was arranged by Robbie McRobbie and Ivan Torpey, and involved the Penguin coaches Steve Hill, Lynn Evans, Craig Degoldi, and Craig Brown. In addition, the Penguin HK10s team ran a session for the youngsters of Sandy Bay RFC.



Steve Hill with the youngsters from CSKI Chinese School

The following activities were undertaken:

- developing coach tutorials, including introducing rugby through play-the-game principles and organisation of defence;

- coaching assistance to the HKRU women's 7s tournament;
- coaching the Hong Kong Academy players;
- Hong Kong rep. coaches' and managers' seminar;
- Schools' coaching: CSKI Chinese School;
- the *Break Through Project* - coaching young adults who have experienced difficulty conforming to the norms of society and who have thus also experienced the legal consequences ;
- PLA in Guangzhou;
- a coaching session with the HKRU Community Development Officers,
- defence and introduction to the game for local coaches.



The Penguin Coaches (with assistance from Dave Cockburn) with the teenagers from Operation Breakthrough – the Naughty Boys, at Boundary Road Police Station

The feedback following the coaching was extremely positive. All agreed the Academy's programmes to be very worthwhile, and expressed the hope that they will continue.

2.3 Malaysia

2.3.1 Level 1 coaching course

As a continuation to the excellent progress made since 2005, the HSBC Penguin International Coaching Academy returned to Malaysia on two occasions to run Level 1 courses for local school teachers, and other rugby enthusiasts. The courses followed a similar pattern to 2005, and rolled-out the equivalent of a UK Level 1 rugby union coaches' course. Adaptations were made to comply with local, relevant content. In this context, the course was spread over 4 ½ days to ensure all participants had not only ample time to grasp the material, but, perhaps more

importantly, to maximise the opportunities to practise coaching in live situations, and under their tutors' watchful eyes.

Course Date	Venue	Tutors
5 to 8 August	Kuala Lumpur	Tony Robinson and Richard Hicks
27 to 31 October	Kuala Lumpur	Greg Cann and Doc McKelvey

2.3.2 Penguin Team Coaching

The Penguin team participating in the COBRA and Borneo 10s ran a session for 120 children and young people in Kuala Lumpur, and two sessions in Sandakan for 60 school children at each session. The coaching centred on skills and fun.

2.3.3 COBRA and Borneo Schools' Development

Week One

The Penguin International Rugby Coaching Academy, on this tour consisting of Peter Gallagher, Sai Nawavu, Richard Breen, and Ben Fisher, headed into north Malaysia to begin the first week's coaching in local schools. After a pleasant and educational 220km drive by Cobra member, and newly designated Penguin chauffer, TJ, the team arrived in the state of Perak to deliver the first session. Malay College, Kuala Kangsar, and SMK King Edward VII awaited! The boys were split into groups by age, and were coached on passing and handling skills, mauling, off-loading, and back-line attack. The boys' day was rounded off with a game, and the penguin and local coaches', with a few beers and long chats during which rugby stories and secrets were traded!



Part of the warm up

With a good night's sleep, and another drive, the coaches were back on track coaching at 3 more secondary schools, SMK Tinggi Bukit Mertajam, SMK Bukit Mertajam, and SM Teknik. The local school teachers had requested a similar coaching plan to the day before. However, in addition to this, we added a tackling session lead by Sai, which the boys enjoyed very much.

The last session of the northern trip was held in the state of Pulau Pinang, and the school coached included SM Teknik Tunku, Abdul Rahman Putra, SM Teknik Sungai Petani, and SMK Syed Sirajudin. The rugby session was fun and educational for all, with the local teachers being involved in both the coaching and the fun games we introduced. The day, and trip, was concluded

with a visit to a reflexologist, and a sample of the local delicacy, Apong - banana coconut pancake, on which all the coaches feasted. The next day the coaches returned to KL. The Academy felt the trip north to be very worthwhile, noting that the local coaches, in particular, embraced the opportunity offered by the Penguins as they worked to integrate local ideas into the programme.

Week Two

With the conclusion of the 2008 Cobra Tens, the Coaching Academy flew to Borneo in the Sandakan Region. The Sabah Rugby Union sought, and received, special permission for the



Lukas and Kieran get the warm up going in Sandakan

Region's most talented players to take school leave to attend a 3 day camp delivered by the Penguin Rugby Coaching Academy. The 80 players were aged between 10 – 16 years, and included boys from the Sport School. The camp was divided into 3 rugby sessions each day, and focused on many of the key core skills required for rugby. These included hand-catching; passing, alignment in attack, ball presentation, rucking, offloading, tackling, team defensive shape, and game-type scenarios. In addition, there was a classroom-based session to learn the game theoretically, thence to apply their learning to the rugby videos that followed.

As Academy coaches, we would like to say thank you to the coaches and staff of the Cobra Rugby Club, and the Sabah area, for all of their help during our very enjoyable stay. I hope the coaches and players have learnt new skills and practices to develop the game in their country.

Selamat tinggal dan jumpa lagi!!!

Ben Fisher, Peter Gallagher, Sailosi Nawavu, Richard Breen
HSBC Penguin International Academy Coaches
Malaysia 2008.



Hong Kong 10s Team

3.2 Hong Kong 10s

3.2.1 HSBC Support

Sandy Flockhart, CEO of HSBC, hosted a drinks function for the Team, club officials, and supporters. Also hosted were the HSBC Lions Legends, Gareth Edwards and Gavin Hastings, who were undertaking a series of events to help promote the Bank's sponsorship of the British & Irish Lions 2009 tour to South Africa.

Sandy Flockhart welcomed everyone to Hong Kong, and Alan Wright thanked Sandy for his welcome and generous hospitality.

3.2.2 The Tournament

The Club accepted an invitation to participate in the Hong Kong 10s for the second time. A competitive team was again selected, with the hope it could go one better than in 2007.

Three tournament-ending injuries were sustained by the end of the second game on day one. With



James Brown on the charge

a selected player no longer available, the Team stood at 11 fit with 4 games to go, if a tournament win was to be achieved.

A huge effort was witnessed, as 11 players put on a fantastic performance for the last game on day 1, and the quarter-final. It was not until the semi-final that other players could be borrowed. An intense game with the Aliens saw the Penguins run out winners, 14 points to 5, and head into the final against Metro in a repeat of the 2007 final.

Disappointingly for the Team, and touring party, the final was just one game too far for the gutsy 11. The efforts earlier in the day took their toll on the Penguins, while the Metro outfit was superb, and ran out comfortable winners.

Penguin coach, Tony Hanks, stated it was one of the gutsiest displays he has seen: for 5 forwards and 6 backs to play as they did for 3 games, and achieve their wins against quality opposition.

3.2.3 Results

Pool E

Penguins 83 – 0 Marauders
Penguins 47 - 7 Cardiff University
Penguins 36 – 0 Borneo Eagles

¼ Final Penguins 21 - 5 Hill & Associates HK Barbarians

Semi-final Penguins 14 – 5 Aliens

Finals Penguins 0 – 38 New Zealand Metro

3.2.4 PIRFC Team

Craig DeGoldi (Karita, NZ7s – Captain), Frank Afeaki (North Harbour Marist, North Harbour 7s), Jordan Smiler (Hautapu, Waikato), James Brown (HSOB, Canterbury Development), Tim Mikkelson (Waikato University, NZ7s), Tony Penn (Tukapa, Taranaki, NZ Maori), Nick Collins (Chiefs, NZ 7s), Saula Rabaka (Nadrona, Fiji 7s), Andrew Williams (Marist St Josephs, Samoa), Amasio Valence (Blues, NZ7s), James Kamana (Fraser Tech, Waikato, NZ7s), Asaeli Boko (Fiji 7s), Josh York (East Coast Bays, North Harbour 7s), Natahan Hohaia (Costal, Taranaki), Blair Urlich (Mitsubishi, Blues, NZ Maori).

Coaches: Hugh Campbell (former Scotland coach), Tony Hanks (Waikato; former Wasps coach)

Manager: Craig Brown

Assistant Managers: Jamie Baron and Hamish Lock

3.3 Sidcup

The match, at Sidcup Sports Ground, was arranged as a celebration of Sidcup's 125th Anniversary. Kick-off: 15:00, Saturday 22nd March 2008.

A rousing game played in high winds saw the Penguins dominating the first session to lead 24 - 0 at half-time. In the second half, Sidcup, playing with the wind, got into the match and, in an even exchange, each team scored a further 24 points. The Penguins ran out winners, with a final score of 48 – 24.

<i>Sidcup</i>	<i>Starting teams</i>	<i>Penguins</i>
16 Richard Pilgrim		15 Frankie Neal (Blackheath)
15 Steve Amura		14 Euan Sadden (OURFC)
14 Phil Evans		13 Chris Lewis (CURFC)
12 Callum Thomson		12 Tom Gregory (OURFC)
11 Jon Harris		11 Ranako Daley (Blackheath)
10 Jim Hardy		10 Ross Swanson (OURFC)
9 John Mc Donagh		9 Toby Henry (OURFC)
8 Jon West		8 Marcel Du Toit (Barnes)
7 Mike Elliott		7 Joe Wheeler (CURFC)
6 Dom Walton		6 Peter Clarke (OURFC) - Captain
5 Danny Mizen		5 Tom Bason (Blackheath)

4	Liam Rankin	4	Robert Anderson (Imperial Medics)
3	Jim Roques	3	Jon Dawson (CURFC)
2	Iain Wilson	2	Matt Cross (Loughborough U)
1	Tom Page	1	Kevin Davies (OURFC)

The Bench

15	Spencer Bennett	16	Rupert Try (OURFC)
16	Stuart Anderson	17	Rick Lutton (OURFC)
17	Mark Whitford	18	Adrian Griffiths (Bath)
20	Paul Edwards	19	Andy Mc Gill (Orkney)
21	Richard Evans	20	Ben Ibrahim (Blackheath)
		22	S. Wardingly (Blackheath)
		23	James Wellwood (CURFC)

Sidcup

Penguins

The Coaches

Phil Ubee and Andy Hind

Steve Hill

Physios

Paul Graham

Pete Stevenson and Emily Lintern

Match Referee

Dr Tim Miller (LSRFUR)

Touch Judges

Nick Hickman and Tony Coleman

Mascots

Jake Walsh and Ben Stock (both – Sidcup Under 10s)

Men of the Match (Sponsored by Sidcup Cricket Club)

Backs John Mc Donough
Forwards Jon West

Ross Swanson
Marcel Du Toit

Our Hosts: Sidcup RFC headed by President, Phil West, and Chairman, Ian Anderson

Penguins IRFC: President and Co-Founder, Alan Wright; Chairman, Tom Wacker; Hon. Treasurer, Robin Hutton; Hon. Secretary, Mike Cordell, and Club Members: Derek Harris, Hugh Thomas, Dudley Ankerson, Greg Wright, and VJ and Robin De Morgan.

The Guest of Honour - Mrs Doris Mason, widow of PIRFC's founder, the late Tony Mason, and herself, a frequent tourist with the Penguins.

Lunch – Just right to face the cold outdoors to come: minestrone soup, beef and vegetables, and cheese; all complemented by red and white vin extraordinaire.

Presentations - Sidcup RFC: Quacentennial ties and lapel badges to all Penguins. Penguins: ties to all Sidcup players; special players' ties for the 4 Sidcup players who played in the Centenary match, and Penguin plaques for Sidcup and their President.

Opening Match - Sidcup U18s v Chislehurst & Sidcup Grammar School XV

Conclusion – What a great day! An open game in the best tradition and spirit of rugby football, supported by Sidcup's generous hospitality. In every way, a day to remember. Now we look forward to the 150th!

3.4 Bedford Athletic

Bedford Athletic celebrated their Centenary in style at Putnoe Woods, Saturday, 3rd May 2008, with an 18-try festival of rugby. Although the final score was 67-41 in the Penguin XV's favour, the result was less important than the entertainment offered by a competitive game, and enjoyed by a large crowd on a sunny afternoon.

Bedford Athletic's side included past favourites, Mouritz Botha (Bedford), Simon Lincoln (Luton) and Darren Stapleton (Bedford Swifts). Despite the Penguins selecting Scottish international, Craig Joiner, on the left wing, it was the home side that made the initial inroads. From a lineout won by the impressive Botha, the equally impressive Bedford captain, Phil Elphick, cut a good line back across the defence to touch down for the opening try on 2 minutes. Ashley Tapper converted. Nevertheless, the Penguins were not slow to respond, and soon they had capitalised on a couple of unforced errors to set up camp in the home side's 22. Tommy Turner, the Rugby Lions' fly half, scored the Penguins' first try of the day, and Jack Wrigglesworth of Bedford, the second. Craig Joiner showed his class when he outpaced the Bedford defence for the third. After nine minutes the Penguins were 19-7 ahead.

The home side came back into the game strongly, led by the bullocking runs of Botha and Acton, while the speed of Fernely Simmonds was threatening. However, another dropped ball allowed the Penguins to run in their fourth try through Bedford prop forward, James Graham, on 23 minutes. Scott Grant finally converted some of the home side's pressure on 29 minutes, and the scrum halves then swapped tries before half time. First, Harry Peck of Luton, broke away for the Penguins, and then, Ollie Peck of Bedford Athletic, outpaced the visiting defence from the ten metre line. This left the Penguins leading 29 - 19 at half time.

The start of the second half saw the Penguins blow away the home side, with four tries in ten minutes. The introduction of Bedford back row, Marc Comb, had a lot to do with this, as he rampaged through the home side twice in this period. Bedford captain, Matt Allen, added another, and prop, Graham, a second, in a period of Bedford Blues' dominance for the Penguins, which took the score to 55-19. The home side was not a spent force, however, and on 56 minutes, prop, Andrew Grounds, crossed for their fourth try. The Penguins answered in kind, this time through replacement, John MacDonough. With a series of substitutions on the hour mark, Bedford Athletic found some breathing space. On 64 minutes, Bedford mauled a line-out drive to the line, and Botha barged over. The conversion by Simon Lincoln, now kicking for the concussed Ashley Tapper, brought the score back to 62-31. Replacement, Piotrowski, scored the final try of the day for the Penguins on 67 minutes. Turner missed the conversion, but already had 6 to his name. The final ten minutes belonged to the home side. On 70 minutes, Phil Elphick started, and finished, a move down the left wing. With 2 minutes to go, Bedford benefited from a strong surge into the 22 by Botha. The referee judged the ball held up over the line. However, the resultant scrum saw Scott Grant cross for the final try of the day.

3.4.1 Penguin Team

1. James Graham (Bedford Blues), 2. Matt Price (Rugby Lions), 3. Tristan Wati (Rugby Lions), 4. Jon Phillips (Bedford Blues – Captain), 5. Arthur Brenton (Bedford Blues), 6. Sam Viggers (Rugby Lions), 7. Lawrence Coward (Bedford School), 8. John West (Sidcup), 9. Harry Peck (Luton), 10. Tommy Turner (Rugby Lions), 11. Craig Joiner (Edinburgh & Scotland), 12. Jack Wrigglesworth (Bedford Blues), 13. Matt Allen (Bedford Blues), 14. Ryan Owen (Bedford Blues), 15. James Hinkins (Bedford Blues)

Substitutes: Roman Piotrowski (Rugby Lions), John MacDonough (Sidcup), George Warner (Bedford School), Marc Comb (Bedford Blues), Iain Sinclair (Watsonians & Edinburgh)

3.5 Rome 7s

In keeping with the Penguin selection tradition, an international squad was assembled for the Club's first participation in the Roma International 7s. The Squad gathered in Edinburgh over the weekend of the 31st May/1st June to prepare for the tournament. First to arrive was the Fijian contingent, comprising Aseali Boko, Lepani Nabuliwaqa, Seniasi Matelewena and Elia Rakikedike, 3 of whom have represented Fiji in the 7s game. Next to arrive were the New Zealanders: Benji Oleson, Glen Rolls and Frank Afeaki. Frank has represented the Penguins previously at the Hong Kong 10s. On Monday, the Squad was joined by the Scottish duo of Jamie Blackwood and Jamie Rennie; by Coach John McKittrick, from North Harbour and Penguins, and by the very experienced Penguin, and New Zealand 7s international, Marc Camburn. This left only Hong Kong XV's and 7s International, Rowan Varity, to join on Wednesday.

Coach McKittrick, straight from the plane, ran his first training session at Myreside (home of the famous Watsonians Club), in Edinburgh, on Monday afternoon. Despite various degrees of jet-lag, the Squad looked sharp, fit, and ready to go. On Monday evening the Squad dined at Gordon's Trattoria on the Royal Mile in the heart of Edinburgh's old town. Incidentally, the restaurant is run by Watsonian stalwart, prop, Gary Scott, for whose hospitality we are truly grateful. A theme emerged here: much of our dining experiences were to occur in establishments managed by former props....read on!

Tuesday and Wednesday were devoted to further training sessions at Myreside, under the watchful eye of Coach McKittrick, and, on Tuesday evening, several practice games were played against Watsonians 7s – to whom we are also grateful. Impressively, Varity, also straight from the airport, took part in Wednesday's session. Wednesday afternoon saw the Squad depart Edinburgh for Rome. After settling into the Jolly Hotel, a short tour of the Piazza Navona and Campo Dei Fiori was facilitated by tour Manager, David Harris, during which we were joined by Valerio Tavano, our chaperone/translator/driver, and Borat, our second driver. Our appreciation for Valerio's hard work during our time in Rome needs must be noted.

On Thursday, during the final training and run through at the grounds of Lazio Rugby Club, Coach McKittrick stepped up the intensity a gear or two. Thereafter, a couple of hours were enjoyed visiting the Coliseum and Circus Maximus, and, come the evening, the Squad was joined by Craig Brown and Vince Bramhall, when Team Penguin attended the opening ceremony at the Stadio dei Marmis. Funnily enough, dinner on Thursday was taken at the restaurant of former Roma prop, *Angelo!*

Final preparations for the tournament were made on Friday, which involved a team meeting and line-out sessions in the hotel car park! The players then prepared themselves for the first day of the

tournament, while the management team ensured water and food supplies for the day were in place. Friday also saw the arrival of PIRFC President, Alan Wright; PIRFC Chairman, Tom Wacker, and many other officials and guests.

The Roma 7s is truly a festival of rugby. The main event comprised 4 pools of 4 teams in a round-robin format. The pool winners and runners-up progressed to the Cup's knock-out stages, while the less successful teams battled it out in the Bowl and Shield competitions. Day one: the teams played 2 games each in the round-robin. These were interspersed with local teams' veterans' rugby, and women's rugby matches.



Sydney about to pass to Marc against the British Army

The standard of teams participating was very high. The line-up included the Italian National Rugby 7s Team; the French National 7s Team; the British Army; Samurai International RFC; Kooga Wailers (Newcastle Falcons); Stellenbosch University; the Marauders, and the Seven Kings of Rome, featuring past Penguin star, Waisale Serevi. The two national sides apart, the Army looked particularly strong - featuring 4 Fijian Internationals, including Penguin, Apolesi Satala, as well as former Scotland 7s captain, Mark Lee. Several England players took the field for the Kooga Wailers, Samurai, and the Maraudas. Spectators enjoyed the strong turn-out of world 7s stars.

Group D contained PIRFC; the much fancied British Army; Mel's Exiles - heralding from Wales, and Rome's premier rugby club, Unione Rugby Capitaliona, which plays in the top Italian league. The Penguins achieved comfortable victories over URC 44 – 0, and Mel's Exiles 37 – 0. Try scorers on the first day were Lapani, Boko, Elia, Blackwood, Camburn, Afeaki, and Varty; with Laepani looking particularly sharp throughout. Although these victories were satisfactory, the Team found the 30 minutes' rugby over a 5 hour period frustrating. It proved challenging to establish continuity, as the long rest periods made the Team feel as if it was starting from scratch with each game. With the British Army recording similar results to the Penguins, the pool decider was set for our first match on day two.

The late scheduled start of play on Saturday enabled Penguin cadres to visit the Vatican and other sites of interest. Then, at 17.20, the Army and the Penguins took to the field. The first try was

notched up by Lipani after 4 minutes of intense, quality play. Following more Penguin pressure; with Camburn showing his true class, and Blackwood full of running; Blackwood touched down



The team

his second try at the end of the first half. With the conversion, the Penguins took a 12 – 0 lead at half time. The second half was an equally tight affair, with some big hits and not-a-lot of space on the very narrow pitch. Adapting well to the pitch's peculiarities, the Penguins played a physical game, and, after some Lepani magic, created another converted try. This was enough to close out the game despite a late consolation effort from the Army. Overall, a fine display of rugby by the two best teams in the tournament. The final score tells of a Penguin victory: 19-5.

Following the long, and eagerly awaited, last cup 1/4 final, the Penguins, by now the crowd favourites, through their outstanding play and ambassadorial duties, took to the park to challenge the White Hart Marauders (featuring Penguin and former England 7s star, Howard Graham) for a semi-final spot. This match was *much* closer than expected! The Penguins made it difficult for themselves by squandering a 17 – 0 advantage, while the Marauders pressed them all the way to, and through, extra time sudden-death. Ultimately, it was sudden death for the Marauders – the Penguins were through! Credit is due to the Marauders, led by the experienced Graham (not to forget his characteristic tenacity and guile!), and featuring our on-loan squad member, the hard working Jamie Rennie.

Stellenbosch University, having disposed of the 2007 winners, Kooga Wailers, awaited their semi-final with the Penguins - scheduled for 22.20, or thereabouts! Stellenbosch, always a well-drilled 7s outfit, and victorious three times at the Melrose 7s during the late 90s and early 00s, is never to be engaged casually! Typically, they feature a real flyer on the wing, and it was he who caught the Penguins cold within the first 30 seconds, striding outside both Lepani and Elia. However, the

Penguins buckled down and matched the hard-hitting South African forwards with the strength and skills of Senasi, Camburn and Afeaki up front. With Blackwood and Lepani forming a fine, imaginative, and fast combination at half back, the Penguins slowly began to dominate on the park, creating space for Elia and Boko out-wide. A well-worked try resulted, and then, unusually for 7s, a drop-goal from the unorthodox Lepani, saw the Penguins take a well-deserved lead. 10-7 at half time and the Team looked in control.

The fresh legs of Rolls, Oleson, and Varity, were introduced after the break, and with which, the physical nature of the game continued! Stellenbosch asserted considerable pressure as they fought for every scrap of possession. Although several opportunities to score were created by the Penguins, they were not successfully converted, that is, until Boko came through for the second Penguins' try. At 17 – 7, with 2 or 3 minutes remaining, the game was waiting to be shut out. Stellenbosch, however, had other ideas! With a little assistance from the referee, Stellenbosch's second, second-half, unconverted try, drew the game level at *The Death*. Sudden-death extra-time would separate the teams. A lucky bounce from the kick-off (the ball skewing off a Penguin player and taking a bounce only a rugby ball can, straight into the arms of a Stellenbosch player and away from the Penguins' defence) gave Stellenbosch a clear run to the line. It was a disappointing finish to the PIRFC'S tournament, albeit with no discredit. The Penguins lost to a very strong Stellenbosch University team, with a performance which epitomised their great club's spirit, by fighting all the way to the final whistle.

Stellenbosch faced the British Army in the midnight final, only to be vanquished, some-what convincingly! The British Army received the trophy, and thereafter, the party continued well into the wee-small hours.

Sunday was devoted to sight-seeing: the Trevi Fountain, Pantheon and Spanish Steps, thence to the airport where the team dispersed to all corners of the globe.

In summary: a successful trip, ending in the semi-finals for the Penguins, who were just unable to close out a winnable game, and earn the right to play the British Army for the second time. Credit is due to the entire squad, which delivered fine performances in difficult circumstances (in particular, the unique *organisation* of the event), and which proudly carried the names of HSBC and PIRFC. Not unusual for Penguin squads, the Team made a fine impression on the crowd, for whom they became firm favourites.

3.5.1 Results

Pool D

Penguins 44 – 0 Unione Rugby Capitaliona

Penguins 37 – 0 Mel's Exiles

Penguins 19 – 5 British Army

¼ Final Penguins 17 - 17 White Hart Marauders (Penguins winners in sudden death)

Semi Final Penguins 17 – 17 Stellenbosch (Stellenbosch winners in sudden death)

3.5.2 Team

Squad: Marc Camburn (Takapuna, NZ 7s - Captain), Frank Afeaki (Nth Harbour Marist, Nth Harbour 7s), Jamie Blackwood (Watsonians, Scotland 7s), Asaeli Boko (Nadi, Fiji 7s), Lepani Nabuliwaqa (Red Rock, Fiji 7s), Sydney Matelewena (Red Rock, Suva), Benji Olsen (Hinuera,

Waikato 7s), Elia Radikedike (Exiles, Fiji 7s), Rowan Varty (Hong Kong 7s, Hong Kong), Glen Rolls (Lincoln, Hawkes Bay U21)

Coach: John McKittrick

Manager: David Harris

3.6 Malaysia Tour

3.6.1 Introduction

In October 2008, the Club returned to Kuala Lumpur for the 11th time as a participant in the COBRA 10s, and to Borneo for the 2nd, as a participant in the Invitational Borneo 10s. The Borneo 10s is run by the Sandakan Rugby Club, from Sandakan in Sabah, Malaysia (Borneo).

In the 2006 Malaysian tour, the Penguins played in a 10s and 7s tournament, as opposed to the back-to-back 10s tournaments in 2007. As with last year, we were, therefore, able to play the same



team in both tournaments. COBRA moved their event from the traditional mid-September slot to late October in 2007, to avoid a clash with the rugby World Cup. COBRA has since decided this to be a good time of year. This move also opened the door for new, high-calibre teams from the southern hemisphere; so, for example, Canterbury attended and fielded a team featuring full-provincial and development players.

Josh Hohneck on the charge against Canterbury

Thanks must be extended, again, to Richard Breen, for his tireless efforts in arranging a number of talented Fijians; to 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, are always invaluable.

3.6.2 Tournament Report

3.6.3 COBRA 10s

The Cobra 10s beckoned, as did another attempt at the title with a nearly new, scratch team. Normal stuff for the Penguins! and so it was the team arrived into KL on the Tuesday, eager for the challenge ahead. Under the guidance of first time Penguin coaches, John Walters and Dean Herewini, the Team went about its preparation in a quiet, yet confident manner.

Day one lacked any footie-magic, with the Penguins achieving one win, one draw, and a loss. The Team was the first to put up its collective hand, and admitted they did not play particularly well. However, with the way the pool results unrolled, the Team moved forward to the quarter-finals, and a huge game against Canterbury.

Few gave the Penguins a standing chance against the New Zealand Provincial Champions. Nevertheless, the game was a corker! The Penguin team lifted itself way above the performances of day one, and took on Canterbury with a big defence. The game ran end-to-end, with great attacking plays being thwarted by yet better defensive. With 3 minutes remaining, Canterbury lock, Isaac Ross, scored in the corner (unconverted) giving the Kiwis the lead as the remaining minutes counted down. The Penguins continued to attack, and good continuity kept the possibility of a try alive, despite Canterbury's resolute defence. With about one minute remaining, the seconds were ticking ever louder! And then it came: an attack up the left flank. With John and Aporosa injecting some Fijian flare, a gap opened up. 65 metres and 3 inter-passes later, Aporosa dotted down under the posts. Roger added the conversion, and the Penguins had less than a minute to hang on. As you would expect, Canterbury was not overly impressed to find themselves behind, and counter-attacked hard. That final minute must have felt like 5 hours for the players! Undaunted, the Team held on to its lead, and, at final whistle, recorded a famous victory for the Club.

Onwards to the semi-final, and coach Walters had his work cut out to build up the team again for a clash with North Harbour. In a repeat game, the action was close, and both teams defended well. With the scores locked at 7-all, and two minutes remaining, North Harbour prop, John Afoa, snuck around the front of a lineout to win the game for his team.

The Team had a good day two following their indifferent form on day one. Credit is due to all for their mighty efforts. Facing two of New Zealand's biggest teams, in succession, does not make for an easy draw!

3.6.4 Borneo 10s

The Club's second trip to Borneo centred on the 8th Borneo 10s tournament, which was played at the Borneo Eagles' new ground in Sandakan. The weather was very hot, peaking at 39 degrees C., and most struggled with the heat. The Penguins spent the week preparing for the 10s with 3 training sessions. Let it not be said that the Penguin Coaching and Management Team is, and at any time in the Past, was, ruthless. They did allow the squad one day's grace following the COBRA 10s. The preparation went well, and the Team entered the tournament with 14 fit players.

Day One

The team had an interesting draw in Pool B. Its play was efficient, securing comfortable wins in its first 3 games. The Australian Legends played well in the last game of day one, and kept the ball from the more fancied Penguins for long periods of play. With one minute to go, the Australian Legends led 13-7, but some sublime foot-work from Roger Warren saw him touch down under the posts with only seconds to go. The conversion gave the relieved Penguins the win!

Day two

The second day started with a tricky quarter-final against the fancied Davetalevu side from Fiji; finalists (runners-up) of the Singapore 7s the week before. The Penguins played a forward oriented game, mixed with crash balls up the centre, starving the opposition of the ball. At final whistle, the Team ran out comfortable winners as the Fijians tired from the physical contest in the second half.

In the semi-final, the Team faced the newly crowned COBRA 10s champions, COBRA. Again, the Penguin team ripped into the opposition. In a repeat of the quarter-final, and with big defence, and great support and continuity work, the Penguins successfully shut out COBRA from the game. This was reflected in the score line: a convincing 24-0 win.

To the final, and a clash with the hosts, and favourites, Borneo Eagles. The Eagles had recruited well, and a number of Samoan and Fijian internationals featured in their side. Coach Walters set the scene and laid out the tactics for the team. The Penguins continued on from the previous two games, and shut the Borneo Eagles out of the match, also by starving them of possession. Although at times little ground was made, the Penguins' continuity and ball control were excellent. On the occasions the Eagles did take the ball, the Penguin defence was superb, keeping the Favourites on the back foot for long periods of the game. The score line remained close throughout, and it was not until Henry Speight raced down the right flank to score a classic winger's try in the corner, that the result looked clear. On reflection, both teams played great rugby, with big defence ruling the game.



It was a delighted Jordan Smiler who raised the winner's trophy at full time

3.6.5 Results

COBRA 10s 1st and 2nd November

Pool B

Penguins 12 – 12 NS Wanderers (MAS)
Penguins 31 – 12 SA Mustangs (RSA)
Penguins 14 – 22 Borneo Eagles (MAS)

¼ final Penguins 7 – 5 Canterbury (NZL)
Semi-final Penguins 7 – 14 North Harbour (NZL)

BORNEO 10s 8th and 9th November

Pool B

Penguins 53 – 0 Borneo Development Team
Penguins 43 – 0 SRU Sabah Eagles
Penguins 48 – 0 Country Browns (AUS)
Penguins 14 – 13 Australian Legends

¼ final Penguins 31 – 7 Davatelevu (FIJ)
Semi-final Penguins 24 – 0 COBRA (MAS)
Final Penguins 19 – 5 Sandakan Eagles (MAS)

3.6.6 HSBC Liaison

The PIRFC touring team was privileged to be hosted by HSBC at a function in Kuala Lumpur, Thursday 25th October. The host for the evening was Jon Addis, Deputy CEO of HSBC in Malaysia, supported by other bank officials and guests. The evening was an informal affair, enabling the Team to meet HSBC staff and guests, and to discuss a wide range of topics including, of course, the great game of rugby. Jon welcomed the Penguins to Malaysia again, and wished the Team every success in the tournaments ahead.

Craig Brown responded on behalf of the Penguins, thanking Jon for his warm welcome and the continued support for both the HSBC Penguin International Coaching Academy and PIRFC Team.

The head of HSBC in East Malaysia, Thomas Varughese, based in Kota Kinabalu, hosted dinner for the Penguins at the Sandakan Gold and Country Club. A fun and informal evening was enjoyed by all, including former Wales international, and now media guru, Eddie Butler.

3.6.7 Touring Team

10s squad: Jordan Smiler (Hautapu, Waikato - Captain), Roger Warren (Marist St Josephs, Samoa 7s, Samoa), Kerian Koll (Christchurch, Canterbury U21), Nathan Hohaia (Costal, Taranaki 7s, Taranaki), Chris Walker (Tukapa, Taranaki, NZ U21), Josh Hohneck (Fraser Tech, Waikato), John Jackson (Nadi, Colonials, Fiji Barbarians), Notise Tauafoa (Malie, Apia West, Samoa 7s, Samoa), Aporosa Tunisau (Nadi, Colonials, Fiji Barbarians, Fiji), Tua Saseve (North Harbour Marist, North Harbour B), Lukas Quinn (Otorohunga, Waikato B), Toby Arnold (Tauranga Sports, Bay of Plenty), Adrian Smith (Massey, North Harbour B), Henry Speight (Hamilton Old Boys, Waikato), James Brown (HSOB, Canterbury U21, Fiji U19)

Coaches: John Walters and Dean Herewini

Tour Manager: Craig Brown

Academy Coaches: Greg Cann, Doc McKelvey, Ben Fisher, Richard Breen, Peter Gallagher, Sailosi Nawavu