



PENGUIN INTERNATIONAL
RUGBY FOOTBALL CLUB

Rugby Football Union Kent County RFU

SPRING NEWSLETTER

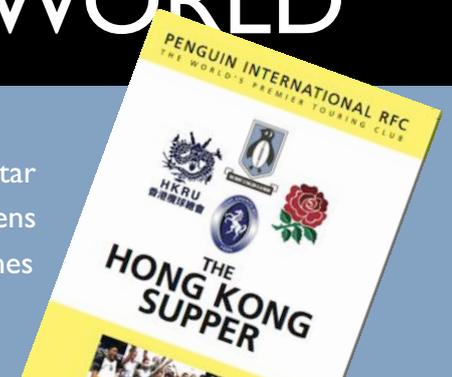
2017



ALL THE LATEST COACHING AND PLAYING NEWS FROM AROUND THE WORLD

In this issue:

- ✦ HSBC Penguin Coaching Academy in India, Malaysia, Indonesia & Gibraltar
- ✦ Penguins play in Orkney, the Singapore CC Sevens and the COBRA Tens
- ✦ King Penguins in France ✦ Our annual Oxford & Cambridge University Matches
- ✦ Penguins' Hong Kong Supper ✦ Penguins' CEO Craig Brown gets hitched!





Welcome to the PIRFC Newsletter for Spring 2017

Since the publication of the last Newsletter the **HSBC Penguin International Coaching Academy** have travelled extensively and coached in Sweden, India, Malaysia, Indonesia and Gibraltar. You can read all about these hugely enjoyable and successful events on pages 2 - 18.

On the playing front, the King Penguins played in the St. Savin Vet's tournament in May. Details on pages 19 - 20.

Penguin International RFC played in **Orkney RFC's 50th Anniversary Celebration Match** on 20th August. Details on pages 21 - 24.

Between the 4th - 6th November Penguins reached the semi-final of the **SCC Sevens**, after beating the eventual winners, England, in the pool stage. See pages 25 - 28.

On November 12th, the Penguins moved on to the **COBRA Tens** in Kuala Lumpur, losing only to the eventual winners, Borneo Eagles, in the semi-final. See pages 29 - 32.

In other news, the Club held a very special celebration of its happy and long-standing relationship with Hong Kong. **The Hong Kong Supper** took place on Wednesday, 26th October at The Peasant in Clerkenwell, London. The event was a huge success and you will find more details - plus photographs from the evening - on page 38.

On a sadder note, on page 37 we say farewell to Doris Mason, wife of the late Tony Mason, co-founder of the Club.

The Club started a new initiative this summer called **Sponsor a Tour** - a fund raising event which proved to be very effective in financing the Indonesia/Malaysia coaching and playing tour in October and November. You can find more details of the initiative - and a list of our generous sponsors - on page 40.

You'll find all this and a great deal more inside, too - we hope you enjoy reading it all.

Coming coaching activities, fixtures and tours

◆ Wednesday 5th & Thursday 6th April 2017 - Hong Kong FC Tens, Happy Valley, Hong Kong (the Hong Kong Sevens take place on 7th, 8th & 9th April at the Hong Kong Stadium).

◆ The dates of next year's Cambridge University RUFC and Oxford University RFC matches are yet to be finalised. See the Penguins' website for more info. If you'd like to join the Penguins at the University matches please contact **Steve Hill** - steve8hill@googlemail.com

◆ **The St James, Caledonian and Penguin International Golfing Society Fixtures** (contact **Tony Carpenter** - tony@douglas-grove.co.uk for more information). Friday 30th June 2017, at The Berkshire Golf Club.

Please keep an eye on the Club website for up-to-date news as and when it happens: www.penguinrugby.com



HSBC sponsor the HSBC Penguin Coaching Academy. Going forward, in an agreement that includes World Rugby, HSBC Penguin coaches will be travelling the world to help develop our game through grass roots, development and coach education activities.

HSBC is a long-term investor in rugby around the world. Through key partnerships such as the HSBC Sevens World Series, the bank is helping to develop and grow rugby at all levels of the game.

At the heart of all of their partnerships is HSBC's commitment to helping develop the grassroots level of the game and the HSBC Penguins are a key part of this support. The Penguins are aligned with the bank's focus on encouraging youngsters around the world to play rugby, often for the first time, and create a legacy through Coach Education and the delivery of essential kit and equipment.



Grove Industries founded in 1983, operates apparel sourcing and manufacturing operations on an international scale. Its products are manufactured in China, Hong Kong and Macau. Other locations include Philippines, Indonesia, Mauritius, India and Sri Lanka.

www.groveind.com



A concept since 1998 and born in 2003, Tsunami Sport was established with the objective of providing a range of international quality sports apparel to athletes at club level in a variety of sports.

www.tsunami-sports.com



Specialising in spine care, Synapse Physiotherapy is the only private clinic in Malaysia to provide the integrated Spinal Core Stability (SCORES) programme. Synapse Physiotherapy continually defines modern day rehabilitation with the latest evidence-based physiotherapy practices available.

www.synapse.com.my

We are sure all members will join with us in expressing our thanks to HSBC, Grove Industries, Tsunami and Synapse for their ongoing support, interest and sponsorship of the Penguins.



HSBC PENGUIN INTERNATIONAL COACHING ACADEMY NEWS

HSBC Penguin Coaching Academy Player and Coach Development to Pingvin RFC March - September 2016

Penguins team up to help Pingvins!

HSBC Penguin Coaching Academy Coach and qualified World Rugby Educator Dave Cockburn is helping the Penguin Rugby Club in Trelleborg, Sweden, this season. Dave is assisting Mark Stacey, Head Coach, with the development of the Club's season plan, helping to develop the junior coaches and the playing structures and strategies to be implemented within the Club.

Dave met Mark and some of the Pingvins at Richmond FC in early March (as part of the ongoing relationship between the Penguins and the Pingvins, as two Pingvin players are invited annually to play for the Penguin International RFC v Oxford University RFC) and has visited Trelleborg once (mid-March). Further trips are planned over the next six months to cover the playing season in Sweden.



Dave Cockburn



Thanks to Penguins' Head of Coaching Steve Hill for hosting the Pingvins on their trip to the UK each year. As well as playing in the Oxford University RFC v Penguin International RFC match the Swedes also spend time training at Richmond FC (where Steve Hill is DoR).

For news about Pingvins' Founder, Wolfgang Osterling, see page 41.



Penguins/Pingvins - always close! Photographs from the 2012 Penguins/Pingvins Tour Matches, when the Pingvins celebrated their 50th Anniversary.





Penguin Coaching Academy Trip to Gibraltar World Rugby Level One Referee Course - August 2016

The Penguin Coaching Academy travelled to Gibraltar during August 2016 to deliver a World Rugby match officiating course. The Penguin coaches were Colin Brett and Colin George from the Scottish Rugby Union. Both are qualified World Rugby Match Official Educators.

The session was delivered to a core group of budding officials who are looking to contribute to Gibraltar rugby and progress the domestic competitions and league.

All participants were fully involved with lots of enthusiasm and rugby knowledge on display.

The session was delivered to a core group of budding officials



The course was held over two days, with day two offering plenty of time on the pitch for each referee to explore their new found talents with the whistle. The Gibraltar Rugby Union Director of Rugby, Mike Milward, has a vision to create a refereeing association that will work on growing the numbers of match officials along with supporting the growth of the game on The Rock.





HSBC Penguin Coaching Academy Grass Roots and Player/Coach Development to India, August 2016

Report by Lead Coach Lee Adamson



In August 2016 the HSBC Penguin Coaching Academy made a player and coach development tour to India. This visit focused on promoting the game in schools, clubs and universities in the cities of Delhi, Jaipur and Agra. Working closely with the Indian Rugby Union, the HSBC Penguin Coaching Academy coaches ran sessions for more than 2,000 players and coaches in nine days.

The trip to India began on Thursday 25th August 2016. Lead coach Lee Adamson met Katie Ball and Amanda Bennett at Heathrow. Katie and Amanda were on their first HSBC Penguin Coaching Academy trip. The three of us were flying direct to Delhi, where we were meeting up with the fourth HSBC Penguin Coaching Academy coach Deano Herewini, who was flying in from Hong Kong.

We were collected from the airport and made the short trip to our hotel where we had enough time to unpack and then off to our first coaching assignment at a local school mid-morning.

As part of the trip, the HSBC Penguin Coaching Academy had purchased 1,000 balls (sizes 4 and 5) to leave behind in the places coached. This was to ensure that the various schools and clubs had enough balls to continue training and playing rugby going forward, as many of the places visited had minimal or no equipment, including balls.

As part of the trip 
**the HSBC Penguin Coaching
Academy had purchased 1,000
balls to leave behind..**



Our first session was a real 'baptism of fire'. 500 plus students of various ages on a dusty school playground! The temperature was about 37°C. Working with ten local coaches and a whole bag of new HSBC Penguin Coaching Academy rugby balls, it was a real challenge to get everyone running, passing and having fun during their first introduction to rugby.

Saturday morning was an early start as we were coaching at a local club. They have to pre-book the pitch in a local park and demand is high, so the pitch booking was from 7am to 8am. We arrived at 6.45am and the place was buzzing with people playing all sorts of sports. The local rugby club had booked one football pitch for the entire club - seniors, juniors, women and men. The cricket nets were also packed and we were queuing waiting for the footballers to finish so we could get on the pitch. We split up for the session with Katie and Amanda coached the women, I coached the juniors and Deano coached the seniors.

***Our first session was
a real 'baptism of fire'.
500 plus students on a dusty
school playground!***



We were well received and the women bonded instantly with their women coaches. They were keen to learn as much as possible, as they were about to play their first-ever game later that week.

In the afternoon we ran a session for local schools in another park, and a family having a picnic provided the players with snacks during a break in play.





*Everyone you meet is friendly
and very humble.*



Our coaching on Sunday was limited to a morning session at the same place and time as Saturday, but we coached two clubs; the Delhi Hurricanes RFC and the Lions RFC. Rugby in India is so different to anything I have ever experienced. It is a new game for

so many players, so facilities and expectations are very different from other places I have been. Everyone you meet is friendly and very humble. They love the physical nature of rugby and have a real passion to learn. In schools and clubs everyone places learning as a privilege and every opportunity is something to treasure and make the most of.

Deano and myself were a lot bigger than your average Indian citizen, so every time we went out and about Deano and myself were often approached to pose for photographs. We always obliged, as we thought that's what visiting giants should do!



On Monday 29th August we travelled to Jaipur, which was a short flight away. Indian airports are so well organised. You aren't allowed into the airport without a flight ticket and we never experienced any queues or delays. On arrival in Jaipur we transferred to our hotel, then made a short journey to a local college campus where we coached a group of young people from a local club; the Rajasthan Club, which is the name of the local province.

We gave out many balls to the local rugby community whilst in Jaipur.

We stayed in Jaipur until the Wednesday, coaching mainly in schools. We also did a little sightseeing and saw an incredible palace in a lake in the center of Jaipur. Jaipur is known as the pink city and is famous for its white marble and its traditional cloths.





Wednesday evening was exciting. When we arrived at the airport and weren't allowed in, as we didn't have our tickets with us and had missed the meeting with our Indian Rugby Union guides. This was quickly resolved by Air India ground staff, who got us in and resolved our ticket issue.

*The school we coached at
made us very welcome.
We felt like royalty!*



Thursday was our train trip to Agra. Our driver was a bit late picking us up so we had an exciting drive to the train station through the morning traffic. The rest of the day went really smoothly. The school we coached at made us very welcome. We felt like royalty! Before we coached we attended a school assembly, where we were presented with flower garlands, a gold trophy each and were entertained by the school dance troop.

During the afternoon we had a guided tour of the Taj Mahal. Probably the most impressive thing I have seen on a rugby trip - and I can assure you I have seen some very impressive things on rugby trips in my short life!



During the course of the India trip, Lee, Deano, Katie Ball and Amanda Bennett coached no fewer than 2,191 12-17 year olds, 160 17+ year olds and 53 Rugby Coaches.





HSBC Penguin International Coaching Academy World Rugby Coach Education in Malaysia September 2016

Report by HSBC Penguin Coaching Academy Coach David Cockburn



The HSBC Penguin Coaching Academy, in conjunction with World Rugby and our partner COBRA Rugby Club in Kuala Lumpur, delivered a World Rugby Level Two coaching course at the COBRA Rugby Club from Tuesday 13th September - Friday 16th September 2016.

The course was set up by Craig Brown, CEO of the HSBC Penguin Coaching Academy, along with T.J. Tan, Vice President of the COBRA Rugby Club.

The course was facilitated by Mohammad Faiz Samsukhidir of the COBRA Rugby Club and delivered and assessed by HSBC Penguin Coaching Academy Coaches Dave Cockburn and Simon Burns and Malaysia Rugby Union Coach Educator Nik Safuan Ismade.

Seventeen participants undertook the course from a range of home bases through Malaysia including Sarawak, Selangor, Sabah, Pahang, Terengganu, Kelantan, Kuala Lumpur, Johor, Malaka, Negeri Sembilan and Pulau Pinang.

Sunday 11th November

After nearly 20 hours of flying, I met up with Simon (Si) for the first time in Kuala Lumpur International Airport and an obvious bond was initiated, as we are both props. We got picked up by Faiz and taken to our hotel and then subsequently Faiz took us to COBRA Rugby Club where we started to set up the classroom for the start of the course on Tuesday 13th September.

The HSBC Penguin Coaching Academy had provided a polo and T-shirt for all on the course so these we organised as well. The rest of Sunday was spent discussing the plan of action for the delivery of the course. It was decided that Si and Dave would do all the delivery in the classroom and that Nik would help with assessing session delivery by the participants. Nic would also help in looking at the six-week diaries and have input into writing up the course transcripts to determine if competency had been achieved.

Monday 12th September

National Holiday – R&R time for the Penguin coaches.

Tuesday 13th September

The course started at 8am with the introductions, review of the course and issuing of relevant course material and clothing. In particular the Coach Educators reviewed the pre-course work the coaches had to carry out. This included:

- Proof of having completed WR Rugby Ready and Laws of the Game
- Assess strengths, weaknesses and goals (Recorded on Post-it notes to reflect on later)
- Review of the coaching session

This broke the ice and we were ready to look at Module 1 which covers coaching styles and the coaching process. In particular:

- Identify needs and explain assessment protocols especially the need for proof of the six week diary
- Delivery of pre prepared coaching session
- Educators demonstration of range of styles
 - Coaching process - 'How to Coach'
 - Self-reflection and benchmarking





We were then ready to go out and get coaching. We split the group into two and all the coaches got 10-15 minutes to deliver their pre-prepared session. Essentially this was to see how they coached and to benchmark their delivery. The Coach Educators went through a REVIEW process with each coach and made sure that the key thing was to self-reflect on the session they delivered.

The sessions delivered by the local coaches were of a good standard and this was emphasised in the classroom, when we went back to deliver the rest of Module 1.

We finished day one at about 4pm having given the local coaches homework to read about the Long Term Player Development and to make sure that, if they had not done a diary, that they get started on it.

Nic, Si and Dave then met and discussed the day and how it went. The general feeling was positive and that we had a good group of coaches to work with.



Wednesday 14th September

We started at 8am by summarizing day one. We then started delivering Module 2. Module covers the following:



- Rugby's core values
- Role of the coach
- Developing a personal philosophy, including LTPD discussion
 - Applying the principles of attack and defence - video
 - Team strengths and weaknesses
 - Planning guidelines

We then went out to the field again and allowed the coaches to deliver the same session they had delivered on the previous day. Having benchmarked their performance, there was obvious progression from day one and they were buying into ideas being given in module 2.

We set the local coaches home work to plan their main coaching session based on the philosophy they have created by taking on board the principles of attack and defence.

The Coach Educators felt all coaches had made good progress and the feedback was again very positive.

Thursday 15th September

We started again at 8am by summarising day two. We then went out and got started on the big session delivery. This took longer, as the coaches got longer to deliver their sessions and the review was more intense. A lot of the work done in this session and would need to be transferred into their transcripts. This delivery was part of Module 3 and the key concepts in module 3 are:

- Planning and delivery
- Plan a practice in groups
- Deliver a session
- Review

In the afternoon we split into three groups and allowed the local coaches to develop the group practice. They then delivered the practice as a group with input from all participants. The level of work put into the sessions was extremely high from all groups, with excellent presentation skills from all.

We finished day three at about 4pm having set the homework to make sure the course participants had completed their diaries and to identify the key factors for a specific skill, which would be reviewed tomorrow.

The Coach Educators review was again very positive and we were all encouraged by how much progress had taken place over three days.



The level of work put into the sessions was extremely high from all groups...





Friday 16th September

This was the last day of the course and was very intense. We delivered Module 4 and Module 5 as well as going through the participant's transcripts, diaries and had our one to one sessions with each coach.

Module 4 comprises:

- Key factor analysis introduction and video work across two ranges of skill:
 - Pass, run, throw, jump, evasion
- Individual scrum shape, tackle, ball into contact, lineout lift etc
 - Player welfare
 - Planning and Practice
 - Educator demonstration

The participants were given an individual Key Factor and asked to develop a practice for this factor and presented it to the group. This was done in the classroom, as there was heavy rain outside. Once again the level of organization and presentation skills was extremely high.

The Coach Educators then delivered the final part of Module 4 looking at safe scrummage and how to build the scrum up. Simon demonstrated a very effective way for building up the scrum in ten minutes. Dave introduced some warm-up skills prior to the scrum. Player welfare, planning and practice were incorporated in this session.

Module 5 was delivered next and comprises the following:

- Functional role analysis introduction
 - Ruck and Maul
 - Selection
- Contemporary Law issues
 - Further information
- Diary and assessment using transcripts

Module 5 was delivered in the afternoon. Once this was completed the Coach Educators met and reviewed the individual assessments and the overall conclusion was that all participants had reached a competent level to become World Rugby Level 2 coaches.



Conclusion

Si and myself have to thank TJ, Faiz and Nic for all the help that was put into making this course the success it was. Also we have to thank COBRA Rugby Club for providing the course facilities. Also thanks to HSBC who sponsor the HSBC Penguin Coaching Academy and who paid for the most of the course.



HSBC Penguin International Coaching Academy Coach Education Courses in Gibraltar. 4th - 6th December 2015 & 13th - 15th October 2016

By Dave Cockburn

Over the course of two weekends, one in December 2015 and the second in October 2016, HSBC Penguin Academy Coaches Alun Harries (World Rugby Trainer) and Dave Cockburn (World Rugby Coach Educator) visited Gibraltar to deliver World Rugby - Rugby Ready, Coaches Level 1 and Coaches Level 2 courses to several Gibraltar Rugby Union coaches, on behalf of the Penguin International RFC.

Part One: 4th - 6th December 2015

Over the course of the Friday evening and Saturday, five candidates followed and successfully completed the World Rugby - Rugby Ready and Coach Level 1 coach education courses, with excellent interaction between all coaches and educators.

On the Sunday, another five candidates attended day one of the World Rugby Coach Level 2 course. It was a long day, with a lot of theory and practical sessions throughout, and all candidates contributed consistently well to make a very productive day. That was the easy bit! All the candidates were set two home study tasks to profile their teams and design sessions to improve their team performance or address weaknesses. This was a lot of work for them to do before Alun and Dave's revisit, for their session and home study assessments, hopefully leading to successful completion and achieving Coaching Level 2 status.

Facilities were very good and the support and hospitality received from Mike Milward (Director of Rugby) and everyone else at the Gibraltar Rugby Union was excellent - although it was a unique experience having to pause practical sessions due to plane landings and takeoffs, as the international airport runway was less than 100m away!



The passion and enthusiasm of all the candidates and Gibraltar Rugby Union for the game was quite infectious and we are certain this will help them achieve their objectives and an improvement in rugby on 'The Rock'.

Part Two: 13th - 15th October 2016

Alun and I met in Malaga Airport late Thursday evening to be transported by taxi to Gibraltar. On reaching 'The Rock' we had to walk about a mile to our hotel due to a rock fall blocking the road to our destination. We met our hosts the next day for a planning meeting after a scenic journey round Gibraltar, again due to the rock fall.

We met early on Saturday morning at the Army Base on 'The Rock'. The coaches were depleted by one because Luke Payas had moved to Australia. The coaches that took part were Chad Thomson, Paul Foster, Stephen Payas, and Nick Ramagge.

Chad and Nick took the first session of about 50 minutes and Paul and Stephen took the second session also lasting about 50 minutes. Alun and I both saw some really good content being delivered during both sessions.

Once these sessions were completed, we went back to the class room environment and had a debrief, where the Coach Educators expected to see evidence of the two home studies tasks set in December 2015.



WORLD RUGBY COACHES LEVEL 2 HOME STUDY TASKS

Home Study Task 1

- Watch the team you coach over 2-3 games
- Note the performance of your team and measure against the Principles of Play
- Use the templates to record your observations or use your own note taking system
- Discuss your observations with others who observed your team and/or coach with you
 - Agree a common team profile based on the Principles of Attack and Defense
 - Be ready to explain your profile on Day 2 of the course

Having profiled your team:

- Rank the priority areas your team needs to work on – this may be developing strengths or addressing weaknesses
 - These will be the priorities for the practice plan you will prepare and deliver on Day 2 of the course
- Using your observations, and agreed priorities, as home Study (and referring to the Planning section of the manual)
- Prepare a session to address the identified needs from your observations
 - Your session should demonstrate all aspects of good planning as described in the manual

Home Study Task 2

The tasks of this section are:

- To identify the functional roles that are the most important for each team position.
 - These may be static roles and/or dynamic roles.
- To identify the most important key factors for each role.
 - To select a team based on these criteria.

Playing position & Functional Roles

- List all playing positions
- Individually, for each playing position, list the 3 most important functional roles.
 - These should be a combination of static and dynamic roles

Key Factors

- For each role identify the three most important key factors for the successful performance of each of the roles.
 - Record the conclusion for each playing position

Team Selection

- Use the team lists of the four teams who play in the Gibraltar 4 competition to select the best team, based on functional roles and their key factors.
- After you name your team, explain the selection reasons using two sets of criteria - functional roles and key factors.

We then had 1:1's where the coaches had a chance to self-reflect on their coaching styles, content, philosophy etc. They were told during this session that they had achieved all the competencies apart from delivering an Action Plan and it was agreed that this would be sent to Alun and Dave.

We would like to reiterate what was said in the Part One report and that is: The passion and enthusiasm of all the candidates and Gibraltar Rugby Union for the game was quite infectious and we are certain this will help them achieve their objectives and an improvement in rugby on 'The Rock'.

Lastly thanks to Mike, Chad and Stephen for all the organisational help on this venture.

The passion and enthusiasm of all the candidates and Gibraltar RU for the game was quite infectious and we are certain this will help them achieve their objectives and an improvement in rugby on 'The Rock'





HSBC Penguin International Coaching Academy Grass Roots Coaching in Indonesia and Malaysia 28th October - 12th November 2016

Introduction

An integral part of the club's remit is to help grow and develop the sport of rugby around the world and this is carried out by the HSBC Penguin International Coaching Academy. The Academy organises structured rugby coaching programmes and coach-tutoring courses for coaches and young people in overseas countries where that expertise is not readily available locally. This helps young people to improve their skills and knowledge of rugby. It also encourages participation in the game of rugby which in turn, promotes sportsmanship, teamwork, camaraderie and traditional rugby values for which the HSBC Penguins are renowned.

Since formation in 2004, the Academy, made up of Penguins from all over the world, has travelled to many different destinations and coached thousands of children and adults. As well as introducing youngsters to the sport - many for the first time - through HSBC Rugby Festivals, special 'Coach Education' sessions are held with teachers and non-qualified coaches around the world to increase the number of World Rugby qualified coaches in order to ensure a lasting legacy remains.

This coaching trip began in Indonesia on the 28th October and was delivered by coaches from Australia, New Zealand, Scotland and England. The Academy Coaches were:

Rob Drinkwater, Australia
Ben Fisher, New Zealand
Hugh Campbell, Scotland
Peter Cook, England

Indonesia

The coaches (plus one Penguinette) arrived into typical Jakarta evening traffic on Friday 28th October and after getting to know each other commenced the final planning and logistics for the week in Indonesia.

After checking in with our hosts for the first weekend (Jakarta Komodos Junior Rugby Club) it was an early night to rest-up for the rigours of the week ahead.

Saturday morning saw an early check-out and departure for the hour drive to Jagorawi Golf Club and the venue for the Komodos Juniors Camp. Some 120 children aged between 8 and 16 (including 20 girls) were on hand to get stuck in to their first rugby clinic, Penguin style.

The late morning started with groups forming of around 20 - 40 children with a separate girls group and commenced with their usual club coaches leading the sessions. Whilst this was not new for the participants, it did provide the HSBC Penguin Coaches with the opportunity to observe the level and abilities of the playing groups as well as the process skills of the respective coaches.

After lunch, the groups rotated around a series of skill stations including scrum, tackle, handling, ruck and kicking. During these rotations, the HSBC Penguin coaches utilised some of the Komodos Juniors coaches (accredited by the Penguins in 2013) to assist with the delivery.

In addition to the coaching sessions taking place, World Rugby Accredited Educator, Ben Fisher, led a Coach Development session for 12 interested parents on hand in order to upskill them with some foundation coaching process skills.



Jakarta Komodo's Junior Rugby Camp



J.P. Koen, Jakarta Komodo's Head Coach, demonstrates a new way to utilise a tackle shield!

Whilst language and communicating was often challenging, the assistance of local and ex-pat coaches ensured that the HSBC Penguins were easily able to adjust and ensure that their key messages were delivered and well received. Unfortunately, torrential rain bucketed down on the camp in the late afternoon so much so that it forced the Komodos to abandon the scheduled evening activities of camping out. The ensuing water however provided great opportunity for young and old to make do and find new ways to utilise the tackle shields.

The sun was out again for the Sunday leg of the camp with 70 returning players. Following breakfast served at the club the players were back into the remaining skill rotations and the coaches from the coach development group continuing to practice their coaching process skills.

A key element of the two days was interaction with the local coaches whereby the HSBC Penguin coaches introduced an activity and then this was handed over to the local coaches for them to continue with and further progress. The Penguin Coaches were always on hand to support and help develop the

activity hand in hand with the locals. The outcome of this approach produced greater awareness and understanding of both players and coaches.

The second day rounded out with modified games across differing age groups where the participants put some new learned skills into practice.

Despite the rain and its impact on the two days, the camp was seen as a rousing success by all involved. One parent of an eight year old player commented; 'my son has been quite good with his rugby but the past few months he was losing interest. We (the parents) had a good talking to him prior to the camp in the hope that it may resolve these issues. His level of skill and interest increased significantly over the two days and when asked why or how, it wasn't the talk from us (the parents) but the quality of coaching at the camp. The Penguin coaches really broke things down and made it easy to understand. Thank you Penguins'.

A further notable addition from the two days was the confidence and capability of the Komodos coaches whom had undertaken their World Rugby Level 1 accreditation back in 2013. Some of these coaches have really developed and are a core element into the success and growth of this club and rugby in Indonesia these past few years.

With the weekend behind them the HSBC Penguin coaches turned their attention to the week ahead and the various sessions planned around the capitol.

Monday saw the morning free then a coaching session in the afternoon with the Indonesian Rhino's (International Squad). As is generally the case in Jakarta, the hotel pick-up was two hours prior to the session to accommodate city traffic.

The national team had played a warm-up game a few days before and were heading off to Thailand a day later so the focus for the HSBC Penguins was on addressing their greatest short-term needs. Feedback from the players and coaches affirmed that these were patterns of play, line speed in defence and lineout.

Despite more torrential rain just prior to the session the HSBC Penguin coaches delivered in the mud to an enthusiastic group whose interest and energy grew as the session continued. Their eagerness and closeness increased and their apprehension ahead of their next match was far diminished by session close.

On the Tuesday 1st November, the scheduled annual visit to Mama Sayang orphanage was unfortunately cancelled due to inability to have the children out of classes. These visits in the past have been one of the highlights so it was with great disappointment that the coaches were not be able to deliver this session.

In the afternoon the HSBC Penguins visited UNJ (Jakarta State University) where 15 females and 40 male players were split and enjoyed a sevens specific session as part of their preparations for the University National Championships coming up.

The Penguin Coaches were always on hand to support and help develop the activity in hand with the locals.





UNJ (Jakarta State University) Women's 7s Team

A most lively club, the players all benefited from the Penguins experience and were warm in their praise and thanks at the conclusion.

Wednesday 2nd November saw the Penguins' last day in Jakarta and a session at the Jakarta Islamic School. 28 players worked on basic handling, foot-work and evasion, support running and ultimately moving into a sevens specific practice session.

Following this session the coaches checked-in to an airport hotel ahead of an early departure the next morning and the second stage of the Indonesian leg of the tour - Bali.



UNJ (Jakarta State University) Womens 7s Team

The Penguins arrived into Bali on Thursday 3rd November after early morning flights and were taken to the hotel to check-in. Phil Reid (Hotel manager - Hotel Mercure Bali Legian), warmly welcomed the HSBC Penguins and his enthusiastic support of Bali Rugby and rugby in general was duly noted.

Thursday evening involved a walk down to Kuta Beach and the weekly touch rugby games, this week with special guest players/coaches - the HSBC Penguins.

Bali Beach Rugby – Kuta Beach

Friday 4th November unfolded as the busiest (and by far the hottest) day in Bali with split sessions organised. Peter and Janet Cook were taken to Tabanan for introductory sessions with 18 pupils from two local schools. The session was joined by Kurt Lovell (Bali Chili's Rugby Club), Rendy Yusuf (Indonesian Rugby Development Officer) and two local coaches.

These students had never had the opportunity to engage with rugby before. Their sporting pursuits had previously consisted of martial arts and basketball however these students were not being earmarked for future success or development in these sports. As a result, they were being redirected into other Olympic sports of which rugby is receiving higher acclaim since Rio 2016.

The focus of the boys was noticeable and their attentiveness in the classroom was matched by their eagerness outside on the field



The students were shown footage of rugby in the Olympics

as well as enthusiastic talks by those managing Bali and Indonesian rugby. The focus of the boys was quite noticeable and their attentiveness in the classroom was matched by their eagerness outside on the field.

Tabanan - Introductory sessions

The other half of this split day consisted of Penguin coaches (Hugh and Ben) delivering a World Rugby Level I Coaching accreditation course for 18 local coaches. The numbers here are an illustration of the growth and increased interest in rugby over the past few years. Two years ago was far more challenging with only four coaches undertaking the course. This year was an enormous success and credit again to Kurt Lovell and Bali Rugby for their enthusiasm and ongoing commitment.

During the week after our return the coaches who had undertaken the accreditation course went up to Tabanan to run a further session for the boys. They turned up with the balls given out during our visit and were not deterred by the weather conditions.

Following a quiet night with the local rugby fraternity, Saturday was a long travel day encompassing flights from Bali to KL, then a four hour stop-over ahead of the two-and-a-half hour flight from KL to the island of Labuan and the next leg of the 2016 Tour - Malaysia.



MALAYSIA

Labuan

The first day in Labuan (Sunday 6th November) was a rest day for the coaches. Some sightseeing, shopping and taking in some local sights was a way for the HSBC Penguin coaches to recharge ahead of the second and busiest week of the tour. Labuan had never been visited by the HSBC Penguins before and their presence together with the delivery of some 500 rugby balls had the small island buzzing.

Monday (7th) saw the morning session at SMK Pantai School with 118 participants (of which 24 were female). Amongst very wet conditions (field) the basic core skills (handling, passing and running) were delivered to an enthusiastic bunch of students.

In the afternoon the HSBC Penguin coaches split in two with Peter and Hugh working with SM Sains Labuan and their 23 players whilst Rob and Ben joined KV Labuan and their 33 players for coaching and game preparation ahead of Wednesday's fixture between the two schools.

Tuesday (8th) saw another school - SMK Mutiara - and a further 90 participants. After what the coaches remarked as a challenging and slow start the previous day, all the HSBC Penguin coaches came away from this session far more positive and enthused for what they had achieved with each of their groups. The student's particularly relished the tackling components of the session.

In addition to the coaching sessions, the HSBC Penguin Academy Coaches were also fortunate enough to leave behind the rugby balls used in the sessions for each of the schools and their participants. These gifts, courtesy of HSBC, were very warmly received.

The HSBC Penguin Academy Coaches were able to leave behind the rugby balls... these gifts, courtesy of HSBC, were very warmly received.



Ball presentation to the participating schools

The Tuesday afternoon continued with match preparation by the split coaching group, this time with increased numbers of 29 and 38 participants respectively.

Wednesday (9th) saw the Penguin coaches working with 56 boys and 46 girls from SMK Mutiara School. The rain that arrived through the session did nothing to dampen the enthusiasm of the players nor coaches and in fact brought a softening to the temperatures of the day. The girls group working with Hugh and Peter were particularly enthusiastic and saw them employing the transfer of their skills from netball to rugby. The boys group worked on ball handling, presentation and tackling and were thoroughly engaged for the duration.

The final coaching session in Labuan culminated with a match between the two schools (SM Sains Labuan and KV Labuan) whom the HSBC Penguin coaches had been working with during the week. Concerns from the Penguins coaches about the disparity between the ages and abilities of the players were allayed when the Penguins delivered a group coaching session on scrum and kicking prior to the match.



The schools coaches also participated in these coaching workshops which helped to upskill the coaches as well as ensuring the key points and safety aspects would be continued after the HSBC Penguins had departed.

The match, whilst resulting in five tries to nil was a fiercely contested game with both teams displaying the character and core values of rugby (teamwork, respect, enjoyment, discipline). The ability to debrief with the schools coaches post-match was valuable in what areas to address and next progressions could be established with the support of the Penguins still on hand.

The schools coaches also experienced the feedback and questioning approach of the Penguins which established a far more collaborative style than is usually employed in these parts of the world.

Overall assessment from the time in Labuan was extremely positive. This was the first time such a quantity of balls (500) had been delivered to the island which allowed for almost every player to have a ball in their hands for the duration of the sessions. Some parents had offered back that some of the children actually slept with these balls in the evening, so much were they valued.

Whilst quantifying the outcomes of the tour is important and recognised for auditing and measurement purposes, the qualitative aspects including the legacy that is left for the communities visited cannot be underestimated.

One of the coaches commented on his development as a person and a coach from his time with the Penguins. Another (player) offered the experiences from her involvement in the game and learnings from her time with the Penguins as once in a lifetime opportunities.

The HSBC Penguins coaches had brought new experiences, coaching styles, enjoyment and in turn received loads of smiles from the Labuan experience.

Thursday 10th entailed a travel day for the Penguins as they journeyed back to KL for the remaining days of the tour. Settling back into KL and the COBRA Club, old acquaintances were renewed and debriefing of the Labuan leg took place.

Unfortunately, a severe electrical storm on the Friday afternoon curtailed the planned coaches' workshop for the COBRA Cobrat's (U6 – U12) coaches. This session had been delivered the year earlier but was an unfortunate miss due to weather.

The cancelled session however did not deter one Penguin (Peter) from an early start on the Saturday morning in order to deliver a clinic for one of the local KL Clubs - KL Saracens. Their thriving junior section gained much from the former internationals experience and coaching processes. Around 40 players were in attendance all of whom appreciated Peter's commitment.

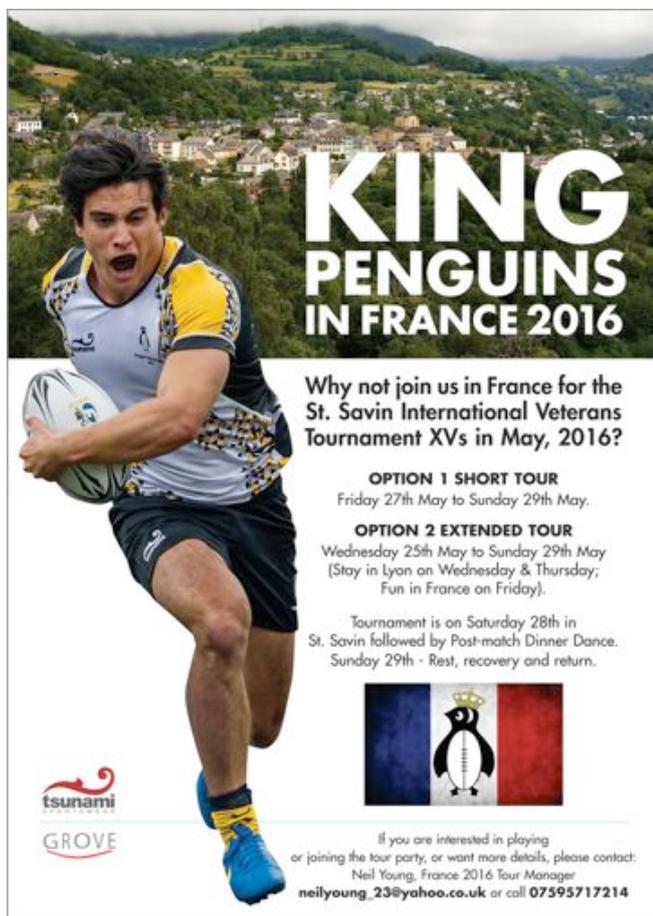
...parents offered back that some children actually slept with these HSBC balls in the evening, so much were they valued





PENGUIN INTERNATIONAL PLAYING NEWS

King Penguins at the St. Savin Vets Tournament St. Savin, France 26th - 30th May 2016



The King Penguins Tour flyer

On his maiden tour as Team Manager Youngey embarked on a mission to assemble a squad to enter the St. Savin Veterans Tournament in the Rhône Alpes region of France (writes Neil Young).

After some teething problems, the funniest being when Youngey shared the hotel details for the squad with Zimmo, who followed the link to make his own booking, and ended up cancelling everyone's bookings but did manage to book in himself - who said technology is wasted on the old !!!!!

30 men were assembled from the four corners of the Earth, well nearly – King Penguins from New Zealand, America, France, Scotland, England and not forgetting a small cohort of Pig Farmers from Redcar made it to France

A number of the squad arrived in Lyon on Wednesday and headed off on a tour of the Cities delights, headed up by our absolutely fantastic tour guide Darragh (Frank the Tank) who was only popping out for a few (days). Lyon was good to the boys and a number of them managed to make memories as early as day one, unfortunately we lost JK to his room for the remainder of the tour but what a night !!!!

Thursday was a far more sophisticated affair; in which the squad ventured to a local wine and cheese tasting afternoon, the youth of the King Penguins, Richie, lead-

ing the way with knowledge on the area and produce. Thursday evening was blessed with the arrival of the majority of others and 15 quickly became 25, so more pre-match preparation was in order.

We were all on the bus Friday morning for a two hour drive (no not to Castle Howard) to the absolute stunning views and surroundings of Lac Du Bourget, in which the boys were treated to a speed boat ride, a drive-by of the local nudist beach and some fantastic local wine and a gorgeous team meal by the lake, once again huge thanks to Darragh for his local knowledge and organizing skills.

We arrived in Bourgoin (10km from St. Savin) about 5:30pm and met our excellent host Bernard, who explained how the tournament worked and went through the rules.

The remaining tourists arrived and we were ready, so much so, that John McKittrick stood up at dinner and gave an outstanding speech, which rallied the troops and certainly had a few of the Pig Farmers in tears (too much onion in the soup according to Cookie), so with the quote of 'Leave your jersey in the best possible place for the next man to pick it up and wear it' everybody was set to play the next day. Jingles decided if he left his jersey in the hotel room neatly folded, the next player wouldn't have any washing issues, either that, or he sent his body double, who had never played rugby before in his life, on to the pitch Saturday morning.

...John McKittrick stood up at dinner and gave an outstanding speech which rallied the troops and certainly had a few of the 'pig farmers' in tears...





Saturday arrived and with an 8:30am start the boys headed to the tournament which included 13 French Teams one Italian and another English side not far from the Redcar boys, Darlington Mowden Park.

The King Penguins started the first game slowly but tried hard to adapt as they had not played together for a while. With the game finally poised Youngey picked up a loose ball and scored by the side of the posts, TP broke away out wide and got the second, before the opposition pulled one back. A great kick off steal by Brown set up Rob Bryce to finish the game off with a try in the corner and the boys were off to a flyer.

Game two, against another French team, was a better effort by the King Penguins – some of the rust from game one was gone. Some of the tactics employed by the opposition were questionable. TP got his name on the score sheet again and with nothing left on the clock and the scores tied Richie Young stepped up with a fantastic solo effort to win the game with the last play.

John Mckittrick gathered the boys together for the third game and explained that we just continue to play rugby and avoid all of the nonsense happening in and around us. This was possibly the strangest of all games as the KP's kicked off made the first hit followed by a counter ruck, turn over and a certain try on the cards only for the referee to pull the play back and explain that we could not contest the ruck at all? In another torrid affair the King Penguins ran out winners two tries to nil with touch downs by TP and Rob Bryce. The game ended with the KP's three from three.

The fourth game was against the tournament favourites who were also unbeaten and in what was the game of the tournament. Both teams played attacking rugby in a physical encounter, especially in the contact area, which made for a great game. The KP's were awarded two penalties, both which proved critical and mirrored each other perfectly. Richie Young kicked the ball 40m down field in to the corner, older brother Youngey caught the lineout and the forwards drove over the line for Neil Cook to bag both at the base. The KP's held out and remained the only unbeaten team in tournament with a final score line of one try to nil.

On to the final game against the hosts St. Savin, in front of a large crowd all singing the French National Anthem in chorus. It was a festival atmosphere.

The game was once again played at a great pace with some fantastic physical clashes, St. Savin took an early lead but the KP's were pressing and building up pressure just as the half time whistle blew, some inspirational words and the boys were set for the second half.

Unfortunately, the second half didn't begin well, the opposition seemingly being more intent on handbags rather than playing the game. The match had to be abandoned. And that was that!

So the end of a unique vet's tournament with five matches played (ten minutes each way for each match). In true vet's rugby style, the teams mingled together after the final matches, shared some refreshments and discussed the day's events.

Some of the tournament rules were still a mystery to the KP's but thanks to the organisers for putting on a good show!

The dinner dance later that evening was absolutely fantastic, and the hosts alongside a few of the other teams were an absolute joy, and extremely welcoming of all King Penguins. Adam told a lot of stories as well which kept everybody amused!

It was back to the hotel in the early hours and departures for a number of the squad with 17 hard core tourists remaining in Lyon for Sunday school, involving more fine food, fine wine and an extremely eventful game of Killer Pool.

Thank you to all King Penguins for a great weekend and looking forward to the next adventure in which I have heard rumoured is Baku, Azerbaijan.

In true vet's rugby style the teams mingled together after the final matches, shared some refreshments and discussed the day's events





Penguin International RFC Orkney Tour Orkney, Scotland, 19th - 21st August 2016



Penguin's-eye view, flying in to Orkney

It is hard to believe that ten years had passed since we last took a Penguin squad to the beautiful Archipelago of the North of Scotland, for the 40th Anniversary celebrations of Orkney Rugby Football club (writes Iain Sinclair - Penguin Tour Manager 2016). Such was the success of the trip last time out, that when the invitation to join them for their 50th year celebrations came through, it is fair to say that deliberations were brief. Brown: 'Sinky, Orkney for their 50th anniversary?' – Response: 'In'...

Whilst many things remained unchanged such as the outstanding hospitality, the sense of humour of our hosts and the world class kite-flying conditions, there was one noticeable difference this time out, and that was the standard of opposition. This is not to denigrate the efforts and capability of the Orkney class of 2007, but rather to pay tribute to the manner in which the club has embraced the way the modern game has developed, against a back drop of a finite playing pool and a challenging fixture card with seemingly endless road / air trips.

The assembled squad was a typically eclectic Penguin mix of no fewer than nine nationalities...



Orkney rugby is deservedly proud of its origins and heritage and to play a part in their 50th year celebrations was to be a truly memorable experience for all Penguins on parade.

Two waddles set off from Glasgow and Edinburgh Airports respectively on Friday 19th August, flying into Kirkwall Airport, Orkney. The assembled squad was a typically eclectic Penguin mix of no fewer than nine nationalities from the four home nations, Ireland, Belarus, Italy, Australia and Portugal. The squad was ably lead by Ulster and Ireland legend, Simon Best and a coaching squad that included current Scotland assistant forwards coach and British & Irish Lion, Nathan Hines.

On arrival we were met at the airport by Ian Carse from Orkney RFC along with our weekend hosts for the meet, greet and billeting plans before an impromptu Island site seeing bus tour, courtesy of ORFC's funny man on the bus mic, Penguin, Glen MacLellan. With a tough audience correcting Glen's factual inaccuracies via smart phones, we stopped at various places of interest, the longest stop being not unsurprisingly at the Orkney Brewery. Having discussed the weekend nutrition plan with Hinesy, it was with much relief that we learnt about Orkney Ale during the brewery tour consisted of 99% water, as management and players took time to "hydrate" ahead of the evening team run.

With management suitably hydrated, photo call with sponsors complete, we boarded the bus back to the ground for a team run. The bus trip back to the club was not without incident, as our driver seemingly forgot that he was the one in the driving seat and supposedly in charge of the steering wheel and brakes. Our bus took out a fully straw laden, hugely big John



All the PIRFC full cap internationals and the Brewery manager

Deere tractor and came to abrupt halt in the grass verge of the back roads of Orkney. No injuries were recorded and John Sinclair put all at ease on discovering that our recently procured, post match Orkney Ale bottles remained intact. Penguins waddled off the bus, directed traffic and cleared the road of hay bales before getting back on the now panel-bashed bus and returned to Pickaquooy clubhouse for the team run... one might be forgiven for thinking it was the distraction of the rapidly declining standard of tour guide Maclellan's microphone banter at work.



Penguins with the Orkney kids

coaching session, the kids then had the opportunity to get autographs, pictures and all left with a rugby ball and Penguin Coaching Academy kit courtesy of PIRFC kit sponsor Grove. After the children dispersed, the squad settled for pre-match meal followed by the jersey presentation.

As the players got changed and ready for the 2pm kick off, it was starting to become apparent that there was a very different feel to the impending match. I went out ahead of the squad to watch ORFC warm up and it was at that point, I noted the marked change in player physique and skill level to that encountered some ten years hence. The forwards looked physically dynamic in stature and the backs were running lines akin to a Scottish premiership side from the central belt. With Penguin team selection always being a challenge in matching capability, merit, age and fitness, it became evident that it was going to be a tough day at the office.

The game kicked off in front of an excited 350-strong crowd at the Pickaquoy sports field and Orkney made their presence felt early on with some creative running and decisive phases from the breakdown and early pressure paying off with two tries in quick succession from ORFC's Duncan Gray. The challenge for any Penguin side is the need to learn quickly and on your feet when playing with players you may never have taken the pitch with. The selection of Penguin veteran and former England 7's player, Howard Graham, proved key as he created structure and pivot from 10 to bring the PIRFC backs into play at every opportunity in the first 20 minutes. Robust defensive effort from ORFC, however, stymied Penguin endeavours and enthusiastic ORFC back row play, turned over loose Penguin rucking to repel hard-fought territory.

The early loss of Penguins mesmeric back row forward Stephen Wands proved telling for the visitors as they struggled to assert dominance in the loose in the first half. Despite early concerns of being overpowered in the set piece, it was a truly awesome performance from the veteran prop forward combination of Captain Best and his other cornerstone, in Scotland's finest, Barry Stewart. Their vast experience and technically superior capability was more than a match for the raw strength of their younger opponents and with their unrelenting competitive instincts perhaps even giving them the upper hand throughout the contested scrums (their words not mine!).

The set piece however wasn't just down to the two 'oldie' props but was in fact shored up with the (new found) bulk of former Scotland cap, Iain Fullerton in the second row and partner(s) Neil Young and Tim Gableko (Belarus trialist). After a rather brisk start to the match, Fully's pink flushed complexion on the five minute mark did not bode well for his lasting to the half hour mark let alone half time but testament to the man's grit and boyish enthusiasm in the loose, he dug in for what was a typically impressive jaunt on the rugby pitch after a few years of carbo loading...

In the evening the Penguins' coaching delegation (ably lead by Nathan Hines and rugby's weel-kent face, Bruce Aitchison supported by the enthusiastic Young brothers, Neil and Richie, former Orkney development officer Bruce Ruthven and Hamilton's finest Neil Chisholm and Richard Maxton) held a clinic for the Ladies team and the U18's. This was very well received and appreciated by all participants and observers at the club.

Saturday morning saw ALL penguins on parade as we took over 75 mini rugby children for a round robin coaching-style clinic. The Penguin players, coaches and management were all involved and this turned out to be a fantastic start to the special day of celebrations. After the

...it was starting to become apparent that there was a very different feel to the impending match...



Howard Graham's after-match Penguins selfie!



At half time our hosts were leading 19-5 with the Penguins yet to show much sign of turning the tables. Changes were made for some well-needed fresh legs. In the second half, PIRFC's hooker Connor McKay continued to impress with some excellent forays into opposition half and as tired legs on both sides saw play open up, McKay put in a performance meritorious of our man of the match closely followed by half back Grant Spence. Other notable performances came from Rugby Roma's front row replacement Francesco Longsurnameio and the squad's mongrel back row youngster from Kirkcaldy, Rhys Bonnar.

With the game opening up and with only 20 minutes left on the clock, Manager Sinclair was joined by Coach Hines as they took the pitch together for the first time in 15 years and it was Sinclair's first Penguins XV's match since the Germany and Argentina tour in 2001, and boy it showed! Hines made immediate impact with his trade mark

**The Orkney RFC
50th Anniversary Gala
Dinner was a fantastic and
memorable evening...**



unwelcome commentary to the referee, whilst Sinclair slotted in (hid) at number 8. The superior fitness of the opposition and their collective organisation paid off and despite a couple of late tries from the Penguins to restore some pride, Orkney finished deserved winners at 38-15 in what proved to be an entertaining match for the home support.

In the evening we were invited to attend the ORFC 50th Anniversary Gala Dinner in what turned out to be a fantastic and memorable evening with a sell out attendance of 600 people. Penguin Trustee, Andrew Thornhill and his wife Helen made the trip to join us at the match and in the evening. Also, despite being in some obvious discomfort with a back injury, Penguin stalwart Senior Vice President David Townsend made both the trip and the dinner and tie presentation to the new Penguins in Orkney. Well done and thanks, DTee.

Words of thanks were made by ORFC Club president Rodney Spence and in response Iain Sinclair said few words of thanks and presented the club with our 50th Anniversary book, club ties and a framed, specially commissioned PIRFC Orkney Rugby Jersey for hanging in their Club house. The dinner raised a marvellous £6,000 towards club funds and the evening was topped off with a debut performance of the clubs anthem that was composed and played by ORFC club legend, Ali Cant.

This was a truly memorable weekend for all in attendance and for those that asked me on arrival at Edinburgh Airport 'What's so special about Orkney?', all were left in no doubt as the squad dispersed on the Sunday



Penguin International RFC squad for Orkney Tour

Back row: John Sinclair (Glasgow, Operations Adviser), Luke Smith (Physio - 3 Olympic and 6 Commonwealth Games - 1 with Seychelles), Barry Stewart (Edinburgh Accies, Edinburgh, Sale, Northampton, Scotland), David McMaster (Heriots), Nathan Hines (Gala, Edinburgh, Leinster, Clermont, Scotland, British & Irish Lions), Grant Spence (North Berwick), Tim Gableko (HAC, Belarus), Neil Chisholm (Hamilton), Iain Fullerton (Kelso, Sale, Saracens, Scotland), Russel Holland (Sidcup), Charlie Butterworth (Lansdowne, Ulster), Rhys Bonnar (Kirkcaldy), Richard Maxton (Hamilton), Francesco Raimanova (Roma, Lazio Colts, Rome University), Neil Young (Redcar), Richard Young (Redcar, North England Colleges), Jamie Blackwood (Watsonians, Edinburgh, Scotland age groups & 7s), Iain Sinclair (Manager), David Townsend (Senior Vice President), Craig Brown (CEO).

Front row: Bruce Aitchison (Coach), Salvador da Cuhuna (C.F.O's Belenenses, Lisbon, Portugal XV's & 7s), Chris Jubb (Glasgow Accies), Andrew Wilson (Stewarts Melville FP, Cayman Is 7s), Bruce Ruthven (Melrose, Scotland Dev), Simon Best (Banbridge, Ulster, Ireland - Captain), Howard Graham (Harlequins, Army, England 7s), Connor McKay (Stewarts Melville FP), Gianluca Vella (Roma, Lazio Colts), Stephen Wands (Boroughmuir, Scotland U21), Dougie Roberts (Boroughmuir).



Special thanks must go to Glen Maclellan, Ian Carse and ORFC President Rodney Spence for all their hard work in making us feel so welcome and well looked after. Thanks also to Cosher and all the club's hosts for taking us to their homes and showing us such generosity and friendship.

The club would also like to thank our friends at Rugby Roma for releasing two players (and top blokes) Francesco and Gianluca. Also Salvador DaCahuna for taking care of the squad's post match rehydration and making the trip at late notice from Portugal.



The Penguins and the Orkney players mix after the match



Marvelous letter from our old friends at Rugby Roma concerning their two Roma Penguins, Gianluca and Francesco



Penguin International RFC at the Singapore Cricket Club Sevens Tournament The Padang, Singapore 4th - 6th November 2016



It was brilliant that James Farndon (England Sevens Coaching Panel) was available again to lead the coaching team and he was partnered with long-time Penguin player (captain of the 2013 Hong Kong Football Club Tens winning side) and now developing coach Reece Robinson (writes Craig Brown).

Our medical team was the same as 2015 with Sam Brennan stepping in as physio and Su Olovsson looking after massages and first aid. Craig Brown was manager again for the seventh consecutive year and was joined by Andi, Izzah and Gladys as our liaison team.

Many thanks to our sponsors Grove Industries, Tsunami, and the **Sponsor a Tour Day** members who helped financially to make this tour possible (for more information about this initiative, see page 40):

Day 1 – Richard Bennett

Day 2 – Iain MacLeod

Day 3 – Penguin founders Tony Mason and Alan Wright

Day 4 – Keith Knowles and Jim Watson

Day 5 – Jonathon Addis

Day 6 – Ian Warbrick

Day 7 – Vincent Bramhall

The team was fully assembled by Tuesday night and started training on Wednesday. Each day had two training sessions, except Friday, which was a light captains run.

Thanks to Crossfit Tanjong Pagar for hosting our gym session with lunch provided by Crossfit's food partner Jar'd. The team prepared well with a mixture of training at the Singapore Cricket Club and at Dempsey Field. The coaches were satisfied with the weeks work and looked forward to seeing the team in action. The only thing missing was a practise match as we have had in past years.





Thanks to Ian MacLeod who put on a dinner for the team at the Singapore Cricket Club on Wednesday night – a fun-filled occasion.



With only 16 teams in the tournament this year, the organisers threw up an interesting draw when they put the top six seeded teams all in two pools, with the top three from each group guaranteed to progress to the quarter finals. Our group included England and France Academies and the RAF Spitfires. An interesting point was three of the teams from our pool made it to the semi-finals.

In a repeat of the quarter-final in 2015, we drew England Academy in the first match...



In a repeat of the quarter-final in 2015, we drew England Academy in the first match on Friday night. With not much between the teams this was a close and exciting match. The play ebbed and flowed with great defence from both sides. The Penguins played a slightly more confrontational match and secured a deserved victory scoring three tries to two and a 19 to 12 victory.



Next up, for the first match on Saturday, was the RAF Spitfires. The Spitfires did not have the best of draws, and were a little off the standard of the other three teams in the pool but proved to be committed opposition. The coaches gave all players a good run out with the victory comfortable in the end.

Last game of the pool phase was against France Development. The Penguin team did not play as well as the first two games and were chasing the game for a bit. The score was always close and the Penguins came right back into the match and could have won but the French held on to win 19 to 12.



Top: Friendly faces! Above: Match action.



With the Penguins, France and England all losing once in pool play, it was points for and against that determined the standing. With our superior score over the RAF the Penguins went through as first qualifier, France second and England third.

On Sunday our first match, the quarter final, was against the Iskandar Raiders from Johor in Malaysia. Their team had eleven Fijians and all great at playing sevens! In a very close encounter, the Penguins got home 14 to 12. The half time lead was 14 to 0 but the second half belonged to the Malaysian team. Credit to the Penguin team who would not yield and defended brilliantly for long period, especially in the second half.

**Credit to England..
who played a fast game
with minimal contact**



So to the semi-final and our opponents, England. Credit to England who adjusted their style for this match and played a fast game with minimal contact. They moved the ball well and found gaps in the Penguin defence. England Academy ran out winners 24 to 5 and the Penguins headed off the field to reflect on another Singapore Cricket Club Sevens Tournament.

It was a great week with a special team. All looked forward to a relaxing on Sunday night and then on to the next mission in Malaysia the following week.

Recognition to the Singapore Cricket Club and its members for hosting us yet again – many thanks.

Thanks to everyone for their efforts in the week.

We said goodbye to some great men, the 'Sevens Only Guys', and turned our attention to meeting new team mates for the COBRA Tens and the next tournament.



Match and coaching action.



Singapore Cricket Club Sevens Results

Pool B Penguins 19 - 12 England Academy (ENG); Penguins 40 - 5 RAF Spitfires (ENG);

Penguins 12 - 19 France Development Team (FRA)

Quarter final Penguins 14 - 12 Iskanda Raiders (MAS)

Semi final Penguins 5 - 24 England Academy (ENG)

Points for: 90, Points Against: 72



Penguin International RFC squad for Singapore Cricket Club Sevens

Back row: Hapakuki Moala-Liava'a (Massey, North Harbour XV's & 7s, Blues Dev, NZ U20), Brad Tucker (Christchurch, Waikato, Canterbury B & 7s)

Middle Row: Reece Robinson (Asst Coach – Manawatu age group coach), Bill Calcraft (Senior Vice President), Su Olovsson (Masseur), Whiria Meltzer (North Shore, North Otago, Northland XV's & 7s and North Harbour 7s), Shannon Chase (Havelock North, Hawkes Bay XV's & 7s, Hurricanes Dev, NZ 7s Dev), Sam Christie (Fraser Tech, Waikato, Benetton Treviso, Western Force), Matt Matich (Dargaville, Northland, Auckland XV's & 7s, Blues Dev, NZ Schools 7s), Freedom Vaha'akolo (Ponsonby, Auckland Age Groups, Blues U18, NZ Schools), Craig Brown (Manager), James Farndon (Coach – England Students, Great Britain, England 7s)

Front row: Liam Steel (University, Auckland XV's & 7s, Blues Dev, NZ Dev 7s), Broc Hooper (College Rifles, Canterbury, Auckland B & 7s, NZ Schools & Universities), Gareth Bautz (West's, Brumbies 7s, Tribe 7s – Captain), Soseni Anesi (Timioara Saracens, Waikato, Chiefs, NZ 7s, NZ All Blacks – Vice Captain), Josh Kaifa (Manukau, Auckland XV's and 7s), Sam Brennan (Physio).

Inset: Guest player from Iskandar Raiders



Penguin International RFC at the COBRA Tens Padang Astaka MBPJ 12th & 13th November 2016



The team had a leisurely bus ride from Singapore to Kuala Lumpur via Johor (writes Craig Brown). The greatest excitement on the journey was when the Singapore bus driver got lost in Johor (when trying to find the bus that would take us to KL) and went up a narrow street and got stuck. It was a 123-point turn to get around a tight corner much to the amusement of the team and local onlookers. The 500m queue of traffic behind us was less amused!

...it was a 123-point turn to get around a tight corner... 

The plan for Kuala Lumpur was simple. Get the squad acclimatised to the hotel and KL, meet the incoming players, get on with our training sessions and have a little bit of time for some R&R. We had two injured players from Singapore in Soseni and Broc. Sos took up duties as trainer and Broc seamlessly fitted into the roll as assistant manager, and did a few hard yards behind the scenes, so thanks to both.

The team had a relaxing BBQ evening with Jon and Kelly Chivers and friends at Jon's housing complex. Manager Craig Brown thanked all those who had helped put on a great evening. Jon has been a long standing friend

of the Penguins and his evenings are now a feature and a must attend of our visits to KL!

The team also had a post-training pool session and a great meal at Out Of Africa - thanks to Dave Solomon for arranging.

The team travelled to the International School of Kuala Lumpur on Wednesday afternoon to train and run a coaching session for the children from the school. The Penguins focused on skills and team work and the players joined in in the games. Thanks to Ting, Zailene, Marc and staff for arranging our visit to the International School, and for kindly hosting the team at the annual Synapse dinner the Royal Selangor Golf Club afterwards.



The Penguins visit The International School of Kuala Lumpur

With the normal stadium for the COBRA Tens not being available because of refurbishment, the tournament was staged at the COBRA Fields at Padang Astaka MBPJ. This made logistics a little simpler and brought the crowd a lot closer to the action.

The team had a number of training sessions including one gym session at True Fitness #truefitnessjaya33. The coaches were delighted with the improvement over the sessions and the team was gelling nicely.



COBRA had carried out some work to get the field ready but the massive downpours each afternoon at about 4pm made the field soft underfoot. The rain during the final was something else with the match being abandoned – quite an experience for all concerned.

The Penguins made a good start to the tournament with three convincing wins on day one and in the process conceded no points. The coaches were satisfied with the day's work but they had not really been tested, so there was no need to get carried away.

The Penguins made a good start to the tournament with three convincing wins on day one...



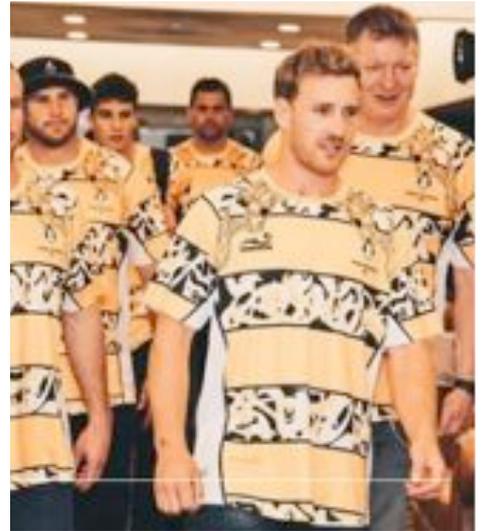
On day two, the quarter-final was against Charis Wolfpack Rugby from Australia, who had an international team as well. The defence from the opposition was good and although they did not have a lot of ball to start with, the Penguins had to work hard to find the space. In the end the Penguins won well by three tries to nil but had to work hard. The opposition had periods on attack in the second half, which tested the Penguin defence.

The Penguin semi-final was between the best two teams in the tournament, and it is probably true that everyone at the tournament was thinking that whoever won this premier match between Penguins and Borneo would win the tournament.



The Penguins had more possession and territory in the first half but the Borneo defence could not be breached. It was a classic game of attack, desperate defence, turnover and counter attack from both sides. Borneo had the upper hand in the first phase but the Penguins were winning turnovers and attacking the space well. Milford K went on a few scathing runs but could not link with the support and was nailed in good tackles and opportunities went missing.

Borneo scored late in the first half as the Penguin defenders ran out of numbers. Although the Penguins attacked for large parts of the second half they could not find the score to draw level despite a number of attempts. Chasing the match towards the end, with the score 5 - 0 the Penguins made a mistake which got Borneo down to within touching distance of the Penguin line. From a lineout, drive and maul Borneo got over to score and win the match 10 – 0.



Once again, a big thanks to the Club members who participated in the **Sponsor a Tour Day**, and are listed below, who helped us get to the tournament (once again, for more about this initiative, see page 40):

- Day 8 – Jon Chivers
- Day 9 – Ian McMorrine and Gordon Johnstone
- Day 10 – Tom and Penny Wacker
- Day 11 – David Jenner
- Day 12 – John Grove
- Day 13 – Louis Triay QC
- Day 14 – Bill Calcraft

Once again, a big thanks to the Club members who participated in the ‘Sponsor a Tour Day’ initiative...



Thanks to all of the squad that contributed to a great week and fortnight. Also special thanks to the players who left it all on the field, the coaches who guided them and the medical team of Sam (Singapore Cricket Club Sevens), Marc (COBRA Tens) and Sue who played a blinder. Thanks also to our trusty LOs who make the world go round!

Again, many thanks to COBRA for their support and the invite to participate in the 49th COBRA Tens. It is one of the highlights of the Penguin calendar.



COBRA Tens Results

Pool A Penguins 36 - 0 SSTMI Eagles; Penguins 52 - 0 Duka Old Boys; Penguins 34 - 0 Eden RFC

Quarter final Penguins 21 - 0 Charis Wolfpack Rugby

Semi final Penguins 0 - 10 ERC Borneo Eagles

Points for: 143, Points Against: 10



Penguin International RFC squad for the COBRA Tens

Back row: Back row: Marc Daniel (Physio), Hapakuki Moala-Liava'a (Massey, North Harbour XV's & 7s, Blues Dev, NZ U20), Su Olovsson (Masseur), Adrian Smith (Massey, North Harbour, Blues Dev), Reece Robinson (Asst Coach – Manawatu age group coach), Victor Tuungafasi (Grammar TEC, Blues U18, Auckland Age group), Brad Tucker (Christchurch, Waikato, Canterbury B & 7s), Matt Match (Dargaville, Northland, Auckland XV's & 7s, Blues Dev, NZ Schools 7s – Vice Captain), Howard Sililoto (Old Boys Marist, Northland, Blues Dev), Toby Morland (Te Kawau, Otago, Manawatu, Highlanders, Chiefs, Munster), Soseni Anesi (Timioara Saracens, Trainer), Tony Hanks (Coach – Waikato, Wasps, Blues)

Front Row: Craig Brown (Manager), Josh Kaifa (Manukau, Auckland XV's and 7s), Liam Steel (University, Auckland XV's & 7s, Blues Dev, NZ Dev 7s), Freedom Vaha'akolo (Ponsonby, Auckland Age Groups, Blues U18, NZ Schools), Shannon Chase (Havelock North, Hawkes Bay XV's & 7s, Hurricanes Dev, NZ 7s Dev), Sam Christie (Fraser Tech, Waikato, Benetton Treviso, Western Force - Captain), Milford Keresoma (University, Canterbury XV's & 7s, Crusaders Dev, NZ U20 & 7s), Broc Hooper (College Rifles, Asst Manager), Harrison Levien (Marist, Waikato, NZ U20).

Congratulations to Adrian Smith and Hapakuki Moala-Liava'a who both made Super Rugby squads on return from Malaysia based on their efforts - well done and enjoy the season.





Cambridge University RUFC v Penguin International RFC Wednesday 1st February 2017 at Grange Road, Cambridge

The Penguins' first game of 2017 was their traditional visit to Grange Road for the annual encounter with the students of Cambridge University, who were buoyed by their Varsity Match success at Twickenham back in December 2016.

Whilst the conditions overhead were warm and dry, the pitch was a little 'tired' having hosted a local school 1st XV game the night before and the Cambridge women that afternoon. However, from the first whistle both teams laid out their stall to try and play with ball in hand, the "Penguins' way" as Steve Hill stressed in the visitors changing rooms prior to kick-off! Indeed it was the visitors who scored first

...from the first whistle both teams laid out their stall to try to play with ball in hand, the "Penguins' way"...



after just three minutes, attacking from deep in their own half, they were eventually held up just short of the line, but from the ensuing ruck tight-head prop Joe Sproston forced his way over

from all of one metre, the assistant referee confirming he had grounded the ball correctly. Fly-half Sam Evans added the straight forward conversion. Within five minutes the Cambridge students hit back when flanker Brian Du Toit, a Penguin in Heidelberg 2015, raced through a hole in the Penguins defence and ran in under the posts. Fly-half Mike Phillips added the extras to tie the scores. With half-time approaching, the home side attacked down the left hand side, winger Ed Loftus getting stopped just short, but livewire scrum-half Chris Bell was on hand to nip over the in the corner, Phillips could not add the conversion this time. Thus an even first half ended 12 points to 7 in favour of the men in Light Blue.



After the interval it was the students who came out firing, with Du Toit again showing remarkable pace to leave at least two Penguin defenders floundering in his wake as he added his second try just one minute into the second period. This was quickly followed just two minutes later with winger Henry King scoring Cambridge's fourth try, Phillips converting both. Stern words under the posts from Captain Matt Price, saw the invitational side respond as one would expect of a club with a proud tradition of success, and indeed it was Price himself who scored the next points when he was driven over from short range. As with Cambridge, the Penguins added their fourth just minutes later when impressive second row forward Myles Tucker powered his way over for a try out wide, full-back Rhodri Adamson converting both tries. With just five points between the sides, the next points were always going to prove crucial in the final outcome and it was the home side, playing with the confidence of a team who enjoyed Varsity success just eight weeks previously, who took the game by the scruff of the neck and added a further try from Freshman winger Matthew Watson to put the win out of the Penguins reach with just two minutes left to play. The Penguins did however have the last word when young replacement winger Elias Cavens showed great footwork and pace to notch the final try, Adamson adding the straight forward conversion to make the final score Cambridge 31 points, Penguins 28.

Open-side flanker Olly Povoas was nominated the Penguin International RFC Man of the Match for a fine all round performance.





Penguin International RFC squad v Cambridge University RUFC

Penguins Starting XV:

1 Will Goodridge-Clarke (Oxford Brookes University) 2 Matt Price (Coventry) Captain 3 Joe Sproston (Doncaster) 4 Harry Innis (Richmond)
5 Myles Tucker (Natal Sharks Academy) 6 Tom George (Towcestrians) 7 Olly Povoas (Rosslyn Park) 8 Fraser Morrison (Currie)
9 Alex Gliksten (Saracens) 10 Sam Evans (Richmond) 11 Ryan Hutler (Bedford) 12 Ollie Clough * (Imperial Medics)
13 Andrew Bulumakau (Doncaster) 14 Ali Taylor (Richmond) 15 Rhodri Adamson (Coventry)

Replacements:

16 Iginio Corradi (Piacenza) 17 Sam Curran (Richmond) 18 Jake Byrne (Coventry) 19 Tom Orton (Bedford Athletic) 20 Carl Jeffs (Cambridge)
21 Luke Outhwaite (Richmond) 22 Howard Graham (Harlequins) 23 Elias Cavens (Bristol) 24 Aaron Carpenter # (Doncaster)
25 Greg White (Cambridge)

Denotes International

*Denotes Blue

Penguins Management:

Head Coach – Steve Hill (Richmond), Team Manager – Tim Stevens (Oxford University)



Result:

Cambridge University RUFC 31 - 28 Penguin International RFC

Scorers:

Cambridge University RUFC - Brian Du Toit (2T), Chris Bell (T), Henry King (T), Matthew Watson (T),
Mike Phillips (3C)

Penguin International RFC - Joe Sproston (T), Matt Price (T), Myles Tucker (T), Elias Cavens (T), Sam Evans (C),
Rhodri Adamson (3C)



Oxford University RFC v Penguin International RFC Wednesday 22nd February 2017 at Iffley Road, Oxford

The annual encounter between Oxford University and the Penguins at Iffley Road on Wednesday night proved to be another compelling contest between two sides committed to keeping the ball alive and playing an expansive game.

Conditions were good with a firm pitch and the afternoon's gale having passed over and the rain staying away, so the large vocal crowd who had come to see the University's last game of the 2016/17 season were rewarded with a highly entertaining match, which saw the Penguins eventually victorious for the first time since 2014 by 24 points to 21.

The evening saw the return to Iffley Road of a number of familiar faces - former OURFC Director of Rugby Steve Hill was in charge of the strong Penguins squad, which included Blues fly-half Ross Swanson (2008/09), whilst the man with the whistle was Gloucester record appearance holder Nick Wood, who gained a 'Red' when he appeared for Oxford in three consecutive U21 Varsity Matches 2001/02/03.

It was the Penguins who came out of the blocks the fastest and were soon rewarded for their attacking policy, when the aforementioned Swanson ghosted through a narrow gap to slide over out wide after just six minutes, full-back Rhodri Adamson was off target with the conversion. The Penguins continued to press for a second score for the remainder of the first quarter, before the home side found their feet. The second

quarter was a reverse of the first, as Oxford dominated territory and possession, the scrum being a particular area of strength which eventually lead to Wood yellow carding Jake Byrne the Penguins loose-head prop. The Blues took the lead on 21 minutes, when 2016 Captain and leader on the night, Fergus Taylor, forced his way over from short range, No 8 Will Wilson, who enjoyed a good evening off the tee added the conversion from out wide.

With half-time approaching and just two points between the teams, Oxford extended their lead when Wilson was the beneficiary of a push-over try from five metres out, he duly added the extras. On the stroke of half-time, the Blues gifted the Penguins seven points, when a loose pass in midfield was pounced upon by left wing James Murdoch

to race in unopposed, Adamson this time converting from under the posts to make the score at the interval 14 points to 12 in the home side's favour.

The second half was almost a mirror image of the first with the home side dominating the third quarter, then the Penguins hitting back in the fourth, before a frantic finish with the final result going down to the wire. Blues flanker James Beauflis who put in another strong performance in both attack and defence, caught the Penguins defence napping when he took a quick tap penalty and raced in untouched to dot down under the posts, Wilson was once again on target to extend Oxford's lead to nine points.



OURFC on the charge

Then, with just ten minutes left, when it looked as though the Blues had done enough to close out a victory, the Penguins had other ideas and suddenly burst into a flurry of attacking action to score two late tries. First replacement wing Ali Taylor was put into space by his inside backs and finished off in fine style in the corner, replacement fly-half Howard Graham missed the difficult conversion. Soon after, flanker Nathan Thomas burst through a dog-legged Oxford defence to stride in under the posts, this time Graham was on target to take the Penguins out to a three point lead.

It was the Penguins who came out of the blocks the fastest...





The final minutes of the game saw Oxford hammer away at the Penguins line, spurning simple penalty opportunities to draw the game, and on several occasions it appeared they had breached the defensive line, only for a Penguin defender to appear at the last minute to repel the attack. With the stadium clock showing 84 minutes, Wood eventually blew the final whistle with the Penguins victorious by just three points.

At the end of the match Penguins' captain Howard Graham was presented the Alan Wright Cup by OURFC Past President Peter Bridges.

Many thanks to our 'Man In Both Camps', Tim Stevens, OURFC's General Manager and Penguin International RFC Team Manager/VP for all his efforts before, during and after the match and also for writing the match report.



Penguin International RFC squad v Oxford University RFC

Penguins Starting XV:

1 Jake Byrne (Coventry) 2 Alex Post (Richmond) 3 Johnny Borja # (Pocklington) 4 Myles Tucker (Darlington Mowlem Park) 5 Dave Nolan (Doncaster Knights) 6 Ed Falkingham (Doncaster Knights) 7 Sam Harry (Coventry) 8 Matt Young (Nottingham University) 9 Sam Edgerley (Doncaster Knights) 10 Ross Swanson (Kew Occasionals) 11 James Murdoch (Nottingham University) 12 James Swan (Sydney University) 13 Ollie Clough (Imperial Medics) 14 Max Trimble (Coventry) 15 Rhodri Adamson (Coventry)

Replacements:

16 Iginio Corradi (Piacenza RFC) 17 Ali Lyon (Richmond) 18 Will Goodriche-Clarke (Oxford Brookes University) 19 Harry Innis (Richmond) 20 Nathan Thomas (Rosslyn Park) 21 Oscar Larrsen (Penguins, Sweden) 22 Alex Gliksten (Saracens) 23 Tom Orton (Bedford Athletic) 24 Howard Graham (Harlequins) 25 Sam Moorby (Imperial College) 26 Nick Carpenter (Bristol) 27 Rob Knox (Coventry) 28 Ali Taylor (Richmond) .

Penguins Management:

Head Coach – Steve Hill (Richmond).

Result:

Oxford University RFC 21 - 24 Penguin International RFC



PENGUIN INTERNATIONAL RFC NEWS

Doris Mason

1920 - 2016

We are very sad to record the death in 2016 of Doris Mason, the wife of Tony Mason, Co-Founder of the Club.

Doris met Tony in 1938 when she was helping to prepare rugby teas and suppers at Sidcup RFC. Tony was 20 years old and in the 1st XV, and Doris only 18 at that time. Doris married Tony in 1942 and they lived very close to Sidcup Rugby Club, perhaps only 150 yards away. They had two children, a daughter, Penny, and a son, Michael - an excellent player, who played stand-off for Old Elthamians, Clifton and Kent County XV.

Doris was a great help at all times to Tony and for 40 years accompanied him on most of the Club tours. Doris was popular with the players, both as a friend and as a ministering angel to the walking wounded. Alan Wright declared her to be the Club's 'First Lady' and she will be greatly missed by young players from many nations.

Alan remembers the only time he held hands with Doris. This was when the pilot of a French plane, flying over the Sahara Desert at 2am in the morning, announced that the plane was running out of fuel and that he hoped to make a landing somewhere soon! Everyone else was fast asleep.

Doris and Tony's homes were veritable shrines to the Penguins, full of photos, ornaments and Penguin memorabilia from every country visited. They made lasting and true friends from all over the world.

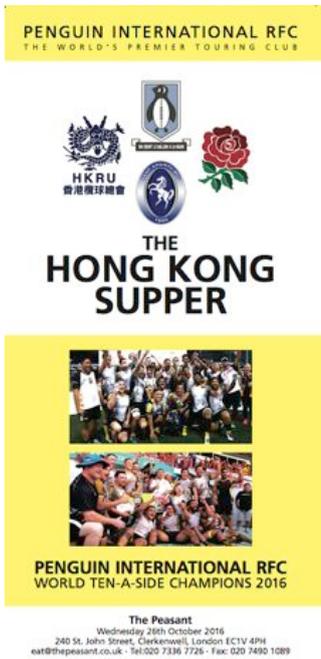
In conclusion, Doris was a great asset to the Club and a tremendous help to Tony at all times. Rugby ladies like her are few and far between in these times.



Tony and Doris Mason on tour with the Penguins in Kenya, 1983



The Hong Kong Supper Wednesday 26th October 2016 at The Peasant, Clerkenwell, London



Nigh-on 40 Penguins got together at The Peasant, 240 St. John Street, Clerkenwell on the evening of Wednesday 26th October 2016 to celebrate the happy relationship and the special connections the Club enjoys with Hong Kong and the Hong Kong Rugby Union. The Supper was hosted by the Wright family - Patrick (PIRFC VP) and Alan (PIRFC Founder and Life President). The event was a huge success.

The speakers on the night were: **Alan Wright** (PIRFC Founder & Life President) 'Welcome'; **Brian Stevenson** (President Hong Kong Rugby Union 2001 - 2016, Chairman Hong Kong Jockey Club 2010 - 2014, VP PIRFC) 'Hong Kong/Penguins - The Beginning'; **Paul Selway-Swift** (Hong Kong FC, Bath RFC, Hong Kong National XV, VP PIRFC) 'Hong Kong Amateur Rugby 1960 - 1990, Red Letter Day 08.09.1996'; **Craig Brown** (London Scottish FC, Watsonians FC, Waikato, NZ Maoris, Chief Executive Officer PIRFC, Director of HSBC PIRFC Coaching Academy) 'Hong Kong Tours 1992 - 2016, 2016 World Ten-a-Sides Champions'; **Vincent Bramhall** (University of Sheffield RFC, Shirley Wanderers RFC, Hong Kong FC, Hon. Club Secretary PIRFC) 'Hong Kong Penguin Friendship 2003 - 2016', **Sean Fitzpatrick** (Auckland, Blues, New Zealand All Blacks) 'Pride in the Jersey' and **Derek Harris** (Sidcup RFC, Blackheath RFC, Trustee, PIRF Trust, VP PIRFC) 'Fare Ye Well'.



Above; The Speakers, left to right - Alan Wright, Brian Stevenson, Paul Selway-Swift, Craig Brown, Vincent Bramhall, Sean Fitzpatrick Below: The Penguins!





A Letter from Alan Rowan (Sidcup RFC & Penguin player, 1967)

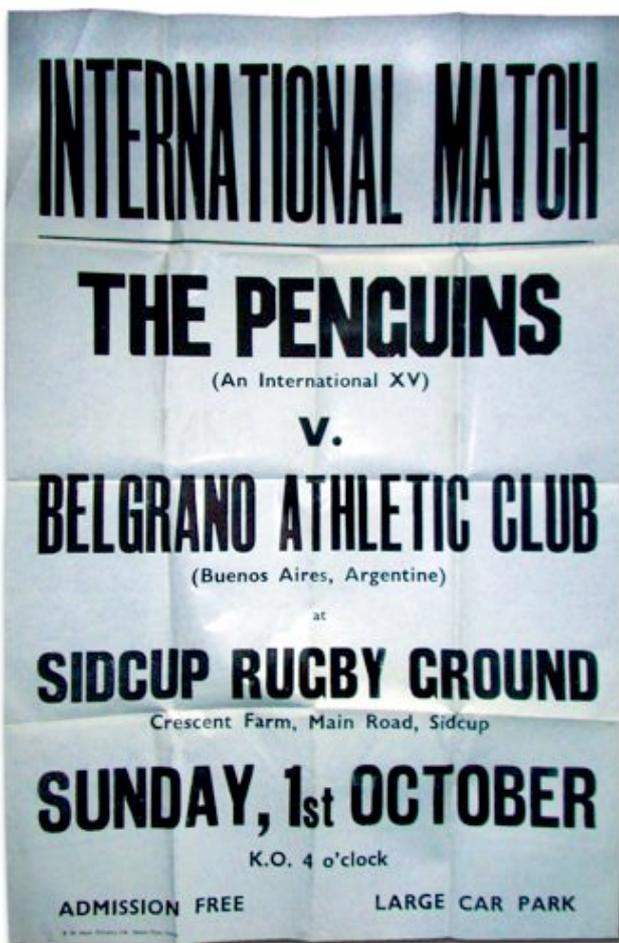
For my 70th birthday, my stepson bought from you a Penguins' tie. I had told him of my involvement with the club and as a surprise the tie was given. From his wife's e.mail account (Pauline Gannon) I believe you asked for some old information from way back as your records of those days were lacking.

I played at Sidcup RFC from 1964 for about four years before moving away to West Wales. At Sidcup, I played in the early days with both Tony Mason and Alan Wright before going through the ranks and reaching 1st XV status. My captain at the time was Keith Wilson, who had been my rugby master at the local grammar school.

I was chosen to play for the Penguins at Sidcup against Belgrano, which I believe was one of the initial fixtures. I played tight head prop and can remember that the hooker was the then Welsh hooker, but his name escapes me. The loose head prop was? Powell of Northampton, who happened to be the English captain at the time. The fly half was Billy Raybould, the Welsh International. There were a few other top class players as well, but my memory can not recall their names. Several other Sidcup players were included in the team, including, I think, Keith Wilson, Brian Bennett and Keith Morris.

I hope this is of some help. Many of my village friends have commented on the tie !!!!!

Regards
Alan Rowan



The Penguins v Belgrano match poster

I would like to thank Alan for filling in a few interesting details about the Penguins' earliest days in the letter above.

The match Alan is referring to took place on Sunday, 1st October 1967 at Crescent Farm, Kent, which is still the home of Sidcup RFC.

I can fill in two of the names that Alan has forgotten - Brian Rees was the Welsh hooker in question, and it was David 'Piggy' Powell who played at prop for Northampton and England. The other Penguin players included such high profile names as A. M. Davis (Harlequins & England), J. Taylor (London Welsh and Wales) and W.B. Wrench (Harlequins & England).

The final score of the match was Penguins 23 - Belgrano 26. It must be added that, with only four minutes left to play, the Penguins were awarded a penalty in front of the posts which, had they taken it, would have drawn the game. They declined to do this in favour of a short kick in an attempt to score the try that would win the game outright. But in a desperate final two minutes Belgrano managed to keep their line intact to win.

The local newspaper wrote: *This was probably the most thrilling match that will be seen this year at Crescent Farm. The whole game was played at a fast pace and in a fine spirit. The Penguins never closed the game up at any time, even when they had a large lead, and this no doubt very much contributed to the success of the afternoon.*

Dick Tyson (PIRFC Historian & Info Secretary).



The Penguin International RFC Sponsor a Tour Initiative

Last November our Club undertook a major tour in South East Asia, this being our last tour for 2016. Both the playing side and the HSBC Penguin Coaching Academy were in Asia at the same time. Just before the tour we launched, for the first time, our **SPONSOR A PENGUIN TOUR DAY** programme seeking the direct support for this tour from Club members around the world.

The initiative was an outstanding success, with the 14 day program fully subscribed in just two weeks by members from the UK, US,, Jersey, Switzerland, Australia, Singapore, Malaysia, Gibraltar and Hong Kong.

The £5000 in Day Sponsorship was donated directly to the Club touring account specifically to support this tour.

At the discretion of the tour manager and Club CEO Craig Brown, the funds were available to help with any of the ancillary, and in many cases unpredictable, expenses associated with a coaching and playing tour of this size and ambition. We are still an amateur club and do not pay players.

Day 1	Richard Bennett	Nov 1: Academy to Jagorawi, Indonesia and team arrives in Singapore
Day 2	Iain McLeod	Nov 2: Sevens training, players Dinner at SCC, Academy to Bandung
Day 3	Founders Day – Tony Mason & Alan Wright	Nov 3: Academy in Bali, 7s team coaching local school children
Day 4	Keith Knowles & Jim Watson	Nov 4: Academy in Bali, 7s team Captains run Singapore and first match
Day 5	Jonathan Addis	Nov 5: Singapore Sevens Day two and Academy team travelling to Labuan for first ever Penguin visit
Day 6	Ian Warbrick	Nov 6: SCC 7s final day
Day 7	Vincent Bramhall	Nov 7: Penguins coach for the first time in Labuan. Playing team heads for Kuala Lumpur
Day 8	Jon Chivers	Nov 8: Training for the COBRA Tens, dinner with Jon Chivers and further academy activities in Labuan
Day 9	Iain McMorine & Gordon Johnston	Nov 9: Playing side coaching at local schools in Kuala Lumpur, Synapse dinner and the under 18 match in Labuan – teams coached by the Academy coaches
Day 10	Tom & Penny Wacker	Nov 10: Training and tactics day
Day 11	David Jenner	Nov 11: Academy running coaching session and season planning with COBRA coaches. Team captain's run and tournament finalisation
Day 12	John Grove	Nov 12: Day one COBRA Tens
Day 13	Louis Tray QC	Nov 13: Finals day COBRA Tens
Day 14	Bill Calcraft	Nov 14: say the thank yous, pack up and travel home day

A huge THANKYOU to all the Penguins who Sponsored a Tour Day!

The Tour

Our playing side competed at the SCC 7s (see pages 22-25), trying to go one better than last year when they lost the final to a crack South African side, and then a week later ran out in Kuala Lumpur to defend the title won in November 2015, at the COBRA Tens (see pages 26-29).

The HSBC Penguin Coaching Academy travelled to Indonesia and Malaysia (see pages 11-15). They undertook a programme of coach and player development, working with local youth, coaches and union coaching development officers. The academy coaches introduced hundreds of new players to the game, visited universities where rugby is developing and worked with coaches to develop their session and season plans in particular. They visited Jakarta, Bandung and Bali in Indonesia and Labuan and Kuala Lumpur in Malaysia.

Thank You

The Club thanks the Academy sponsor HSBC and we continue to work in partnership with HSBC and World Rugby to run a varied programme of events to help rugby grow and develop in minor rugby nations.

On the playing side, we thank our existing and long term sponsors Grove Industries, Tsunami-Sports and Synapse Physiotherapy.

We are pleased to announce (above) the names of Club members, who made this initiative a great success and fully subscribed to the 14 Penguin Tour Days.





News of the founder of the Penguins Rugby Club - Penguins' 'chick club' in Sweden

For old times' sake I thought you might like to see this (writes Alan Wright, Penguins' Co-founder and Life President).

You may remember that Wolfgang Osterling is one of the founders of the Swedish Penguins and I suppose I have known him for some 55 or 56 years. He sent me a birthday card together with this leaflet (below) where he points out that he is the man in the front row of the choir - and the only person wearing black shoes!

Söndagskonsert

2 APRIL KL 16.00, LIMHAMNS FOLKETS HUS



DIRIGENT JAN EK

VÄLKOMNA ATT LYSSNA PÅ OCH SJUNGA MED TILL EVERT TAUBES VISOR M.FL.



DIRIGENT MICHAEL SIDERIDIS

**SAMARRANGEMANG MELLAN TAUBEKÖREN I SKÅNE
OCH MALMÖ UNDERHÅLLNINGSORKESTER**

ENTRÉ: 100 KR INKL. PROGRAM
(KONSERTEN BERÄKNAS PÅGÅ CA 1 TIM 30 MIN.)

Välkommen



Penguins' CEO Craig Brown ties the knot!

The entire Penguin Colony would like to congratulate Craig Brown (our CEO), who recently tied the knot with his long term partner (and fellow Penguin), Abby Wills. The big day took place between Christmas and New Year in Tamhere, New Zealand, on what was a beautiful summers day. The party went on long into the night!

Craig has big plans for their honeymoon, suggesting Hong Kong in April followed by Malaysia and Singapore on Oct/Nov (Strange that!).





Hong Kong Tens 2017 Article from The South China Morning Post

We recently came across the South China Morning Post article below featuring PIRFC CEO Craig Brown reflecting on team changes and discussing the Penguins' chances of retaining our 2016 Hong Kong Football Club 10s Champions Title in 2017. See page 44 for the HK10s flyer featuring details of how to support the Penguins at the wonderful Hong Kong Football Club.



Sport / Rugby

Penguins out to defend Hong Kong Tens title without Super Rugby trio

Kylem O'Donnell, Solomon Alaimolo and Jackson Garden-Bachop secure professional contracts after playing in this year's event



Reigning HKFC Tens champions the Penguins will have to defend their title with a new-look side after a host of players from this year's successful campaign have gone on to bigger and better things.

2016 stars Kylem O'Donnell, Solomon Alaimolo and Jackson Garden-Bachop have all secured Super Rugby contracts for next year, while co-coach Scott Waldrom and co-captain Antonio Kiri Kiri have been contracted by the New Zealand Sevens.

"I'll be looking at last year's team to see who is available, but O'Donnell, Alaimolo and Garden-Bachop have Super Rugby contracts so I expect a big turnover," said manager Craig Brown, who has managed the Penguins tours since 1999 including every visit to Hong Kong.

"Also, Scott Waldrom is not available as he's now coaching New Zealand Sevens. We'll obviously be trying to win the Cup again and we've already started speaking to players to determine their availability.

"We haven't ruled out using co-coaches and co-captains again as that worked well for us last year."

O'Donnell, who co-captained this year's side with Kiri Kiri, has joined 2016 Super Rugby champions Hurricanes, where the scrum half will play with All Blacks Beauden Barrett and Nehe Milner-Skudder, who represented the Penguins at the HKFC Tens in 2010 and 2013 respectively.

Alaimolo has signed with Chiefs, while Garden-Bachop – nephew of legendary All Blacks scrum half Graeme Bachop – has signed a two-year deal with Australia's Melbourne Rebels.

It will be the Penguins 11th successive campaign in Hong Kong, where the historic UK-based touring club will target a third title in five years at the Hong Kong Football Club from April 5-6.

After securing their first Tens title in 2013 with a last-minute winner against Samurai, the Penguins won this year's final by beating the same opponents 5-0 with a try in the second five-minute period of extra time.





PENGUINS IN HONG KONG APRIL 2017

**Why not join us
in Hong Kong
to help us defend our
HKFC10s Champions title
and also to see the fabulous
HK7s in April, 2017?**

VENUES

Hong Kong Football Club, Happy Valley (10s),
Hong Kong Stadium (7s).

ITINERARY

Hong Kong Football Club 10s Tournament
Wednesday 5th & Thursday 6th April.

Hong Kong 7s International Tournament
Friday 7th, Saturday 8th & Sunday 9th April.

Penguins HK Dinner Wednesday 5th April.

As always, Penguins supporters should feel free
to join in as many of the activities as they choose!



ON COURT LE BALLON A LA MAIN



If you are interested joining us on tour, please contact:
craig.brown@penguinrugby.com



As usual, a few odds-and-ends to finish...

Snap shots of Penguins in far-flung places (keep on sending them in!)



Top left: Richard Bennett spotted this waddle in Lyon. **Top right:** Vincent Bramhall (freezing to death apparently) in Port Stanley. **Above left & centre:** Dick Tyson found this chain of ice cream outlets in Gran Canaria. **Above right:** Cocktail shaker in Stockholm - RB again!

Thinking quickly

A man went in to a greengrocers in London and asked to buy half a head of lettuce. The boy told him that they only sold whole heads of lettuce, but the man replied that he did not need a whole head, but only a half head. The boy said he would go and ask his manager about the matter. The boy walked into the back room and said, 'There's some idiot out there who wants to buy only a half head of lettuce.' As he was finishing saying this he turned around to find the man standing right behind him, so he added, 'and this gentleman wants to buy the other half.' The manager okayed the deal and the man went on his way.

Later the manager called the boy in and said, 'You almost got yourself in a lot of trouble earlier, but I must say I was impressed with the way you got yourself out of it. You think on your feet and we like that around here. Where are you from, son?' The boy replied, 'New Zealand sir.' 'You're joking! Why did you leave New Zealand?' asked the manager. The boy replied, 'They're all just whores and rugby players over there.'

The manager shouted, 'My wife is from New Zealand!!' The boy replied, 'Really! What team did she play for?'



Finally, a few (very) early Christmas present ideas. You'll find them on EBay!

Until the next issue, have a great time supporting the Penguins. *Dick Tyson - PIRFC Information Secretary*

WHAT THEY'VE SAID ABOUT THE HISTORY OF THE PENGUINS

Book of the Month!

Rugby World Magazine

"Beautifully produced"

TouchLines Magazine

"A splendid book"

Bob Reeves - RFU Past President

"A magnificent contribution to our game"

Willie John McBride -

Ulster, Ireland and the British & Irish Lions

"The Penguin book is awesome!!!"

Reece Robinson - Waikato Chiefs

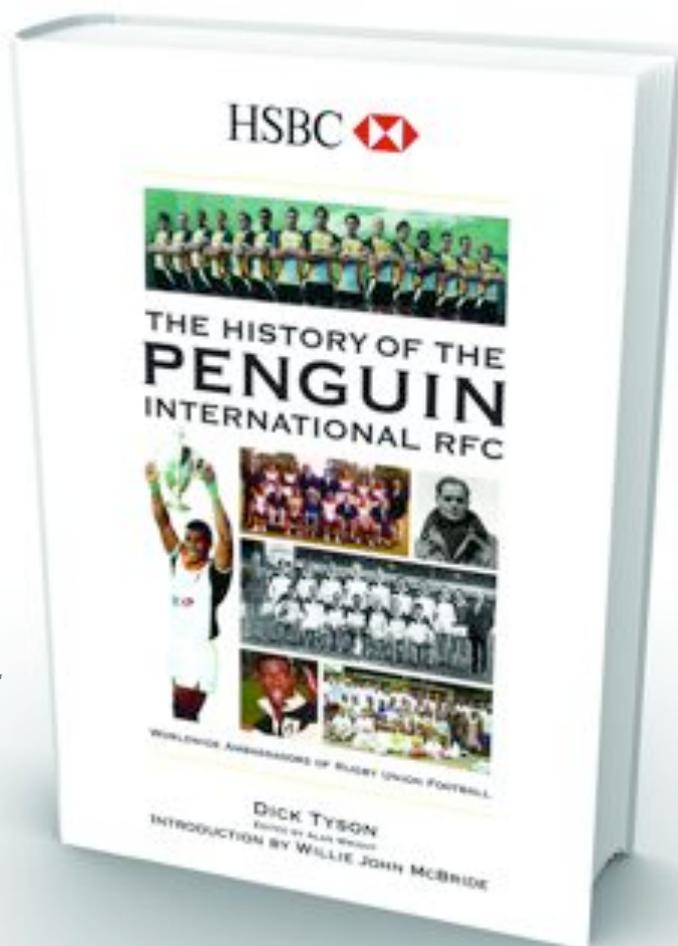
& New Zealand Maori

"Excellence, sportsmanship and fun - it is an ethos that comes through on every page of this book"

Hong Kong Football Club Magazine

"You have every reason to be proud"

Rt. Hon. Lord Butler of Brockwell, KG GCB CVO



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The book costs £40 (plus £6 P&P - total £46) - but remember, it can also be collected post-free from the Club's headquarters at Little St. James's House, 11 Little St. James's Street, London SW1A 1DP.

To order, or for more information, please contact the author at: dicktysonrugby@gmail.com or call: 01992 730 823.

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The Penguin International RFC is, of course, an amateur club, and proceeds from this book will be used for playing and coaching rugby football.

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Penguin International Rugby Football Club Membership Information Update Form

Please use this form to update your personal details so that we can remain in contact with you.

Name:	Membership no. (if known):
Address:	
Home Phone:	
Mobile Phone:	
Work Phone:	
Email:	
Alternative Email:	
Contact preference - email or post:	

Signed:

Date:

Please email to:

membership@penguinrugby.com

Alternatively you can go online at the Club's website and fill out the on line form.



Penguin International Rugby Football Club Nomination Form For New Member

Please use this form to nominate new club members. The information requested is used to update the membership database so we can remain in contact with all members.

Any club member can nominate new members and will need the support of one General Committee Member. Any General Committee Member can nominate any new member outright.

If you complete this form by hand, please write clearly in capitals.

When the form is completed it should be sent to the Club Secretary who will process the nomination. Members of the Club are automatically designated as Vice Presidents.

Name:		
Address:		
Email:		
Phone Numbers:		
Date of Birth:	Country: <small>Choose which country you would prefer to be listed under. This can be your country of origin, country of residence or other - your choice</small>	
Brief Professional CV:		
Brief Rugby CV:		
Contact Preference (tick one):	EMAIL	POST
Name and Signed Proposer:		Date:
Name and Signed Seconder:		Date: