

SINGAPORE **POLO CLUB**



**Atoms Polo League  
Season 4**

Black Hawks (Junior) & Red Dragons (Senior)  
Clinch Champion Title

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**CLUB NEWS**

SPC Outreach Polo Tournament  
& Carnival 2024

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**RIDING**

Riding with  
a Purpose

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**LIFESTYLE**

SPC's Got Talent

# Annual Christmas Light-up 2024

Dazzling lights and joyful sights! Embrace the sparkle of the season and let your heart shine bright.

Come witness our enchanting Christmas light-up ceremony that will transform our Club into a winter wonderland.

Friday, 6 December 2024  
4pm to 8.30pm  
Polo Bar & Verandah

Free  
Entry!



## HIGHLIGHTS

Candy Gifting by Santa Claus & Santarina  
Giant Log-Cake Cutting  
Christmas Bazaar  
Exciting Games  
Christmas Carols

For enquiries, email [events@singaporepoloclub.org](mailto:events@singaporepoloclub.org)



SINGAPORE  
POLO  
CLUB  
Established in 1886

Open  
to  
Public





### PATRONS

**K.C. Loh**

### COMMITTEE

**Lawrence Khong**  
President

**Rickard Hogberg**  
Vice President

**Satinder Garcha**  
Polo Captain

**Stephanie Masefield**  
Honorary Secretary

**Daniel Chua**  
Honorary Treasurer

**Peggy Yeo**  
Committee Member

**Federico Vescovi**  
Committee Member

**Leon Chu**  
Committee Member

**Lee Joo Bae**  
Committee Member

### MANAGEMENT

**Sylvan Braberry**  
General Manager  
Head, Atoms Polo Academy  
Head, SPC Riding Academy

**Wendy Tham**  
Secretary

**Johnny Wong**  
F&B & Events Manager

**Irene Seah**  
Events Manager

**MPS Rajan**  
Front Office & Club Rooms  
Manager

**Han Peck Hoe**  
Facilities & Maintenance  
Manager

**Kirby Khoo**  
Finance Manager

**Alinna Li**  
Human Resources Manager

**Sunny Oh**  
Polo Administration Manager

**Colonel Ravi Rathore**  
Atoms Lead Polo Professional

**Daniel Sitranen**  
Riding Academy Lead  
Instructor

### OPERATING HOURS

#### FRONT DESK

7.30am – 9.30pm (Sunday to Thursday)  
7.30am – 10.00pm (Friday & Saturday)

#### F&B OUTLETS

**The Paddock**  
8.00am – 10.30pm (daily)  
(Last order at 9.30pm)

**The Polo Bar**  
6.00pm – 10.30pm (daily)  
Closed on Mondays  
(Last order at 9.45pm)

**Coriander Leaf**  
**@ The Mountbatten Room**  
6.00pm – 10.30pm (weekdays)  
12.00pm – 3.00pm &  
6.00pm – 10.30pm (weekends)  
Closed on Mondays  
(Last order at 2.45pm & 9.45pm)

**The Verandah**  
8.00am – 11.00pm (daily)  
(Last order at 9.30pm)

#### FACILITIES

**Gym**  
7.00am – 9.00pm (weekdays)  
8.00am – 8.00pm (weekends)

**Swimming Pool**  
7.00am – 9.00pm (daily)

**Tennis Courts**  
7.00am – 11.00pm (daily)

**Atoms Polo Loft**  
10.00am – 6.00pm (weekdays)  
9.00am – 6.00pm (weekends)  
Closed on Mondays and Public Holidays

**The Wellness Studio**  
By appointment

### CONTACTS

**Committee** secretary@singaporepoloclub.org  
**Events** events@singaporepoloclub.org  
**Facilities & Grounds** facilities@singaporepoloclub.org  
**Finance** accounts@singaporepoloclub.org  
**Food & Beverage** info@corianderleaf.com  
**General Enquiries** enquiry@singaporepoloclub.org

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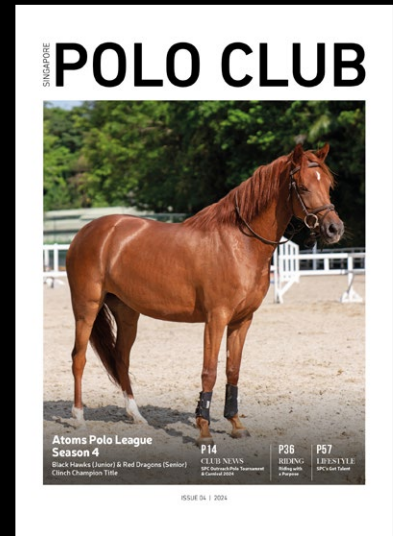
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## COVER IMAGE

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Be a part of the distinguished

# Lifestyle



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**SIGN UP FOR A COMPLIMENTARY CLUB TOUR**

For membership rates and enquiries, email  
[membership@singaporepoloclub.org](mailto:membership@singaporepoloclub.org)



Dear Members,

**I**t has been a joyous one and a half years helming the post of President, be it a challenging but yet an exciting and fruitful time. I would like to thank my Committee, Sub-Committees, Management and most importantly, all our members who have supported the various initiatives and events organised by the Club.

Come 2025, an exciting era awaits the Club and I would like to share some updates with you. We will be hosting the inaugural City Polo sometime in April and the sun-down event will focus on an evening of polo, music and the lifestyle surrounding this exhilarating sport. Ticket details will be announced soon, and I look forward to having everyone's support.

Our Academies will be gearing up with bigger and more exciting tournaments, riding and polo clinics, friendly chukkas and events. The positive camaraderie among members, polo players, and riders is essential in shaping and maintaining a healthy equestrian community at the Club. I take pride in seeing an increase in student enrolment at both our Academies and I am proud to say that we are the most prominent equestrian Club in Singapore under the astute leadership of Mr Sylvan Braberry, our General Manager and Head of Atoms Polo Academy and SPC Riding Academy. He has built and created a vibrant and positive Club for all its stakeholders. I am confident that our Club will continue to scale greater heights and success in the years to come.

This year's Annual Outreach Polo Tournament & Carnival on 15 September was the most successful ever in Club history! More than 3,000 Club members and members of the public came together to raise funds for the less privileged, where \$8,888 was awarded to each of the four selected beneficiaries - Children's Aid Society, Gateway Arts, Muscular Dystrophy Association Singapore and SWAMI Home. A big round of applause to everyone for your contribution. The Club also extends our heartfelt appreciation to our esteemed Guest-of-Honour, Mr Desmond Lee, Minister for National Development and Minister-in-charge of Social Services Integration, for accepting our invitation and gracing the event with his presence.

The Club's events team has planned an incredible festive light-up on 6 December at the Polo Bar. Members can look forward to a huge log cake cutting, Christmas carols, beautiful Christmas lights, and festive gifts from Santa! All members and their families are invited to participate in this annual event which is complimentary to all. Mark your calendars and we will see you there!

A bustling 2025 is what everyone at the Club is looking forward to. We will be sharing more updates as we go along. Again, a big thank you to everyone who has played a pivotal role in ensuring the Club's mission and goals are well met.

Here's wishing everyone a season filled with joy, laughter, and unforgettable moments with your loved ones. See you around the Club! ■

Warm Regards,

**Lawrence Khong**  
President



# Long Stay Offer

Stay a minimum of  
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Escape the ordinary and have your extended stay with us as you seek alternatives to house rental or explore temporary lodging while completing a home renovation.

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*Room stays are for members and their guests only.*



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Dear Members,

As we embrace the final quarter of the year, I am thrilled to share the highlights and exciting upcoming activities at the Club. Our recent SPC Outreach Polo Tournament & Carnival, held on 15 September, was a resounding success, attracting over 3,000 Club members and members of the public. It was heartwarming to see the community come together for such a worthy cause, and I want to extend my gratitude to everyone who participated and supported our four beneficiaries: Children's Aid Society, Gateway Arts, Muscular Dystrophy Association Singapore, and SWAMI Home.

Looking ahead, we are gearing up for the festive season with our annual Christmas Light-Up on 6 December. Join us as we usher in the holiday spirit with festive cheer, lights, and delightful activities for all. Additionally, we are excited to host a Christmas Overnight Camp for children from 7 to 8 December, followed by a Pony Camp from 10 to 12 December. These programmes promise fun-filled experiences for our younger members, nurturing their love for equestrian activities in a festive atmosphere.

We've been privileged to host and learn from some of the best visiting international polo players this quarter. The recently concluded Fall International Polo Tournament in September saw the participation of renowned polo players, Nico Roberts and Vieri Antinori. Global polo ambassador, Malcolm Borwick who holds a 6-goal handicap played in a one-day match along with our polo players

For the first time ever, Atoms Polo Academy will be hosting the inaugural Atoms Ladies Tournament on 13 October, and what a phenomenal event it will be watching our inspiring ladies take over the field with such skill, poise and grace. I am certain that there would be a great turnout of families, friends and polo players to cheer on the teams. The spirit of Atoms Polo Academy is not just about competition but a vibrant, friendly and fun environment filled with great sportsmanship.

As the Club continues its dedication to reach out to the community through Outreach, we will host more than 100 students from the Institute of Technical Education (ITE) East Campus and introduce them to the exciting world of equestrian and polo. I have been asked to present an overview of the Club, the club industry and how our Club can support students with internships or even make equestrian and polo an exciting career for the students.

Atoms Polo and SPC Riding Academies have fared exceptionally well with our student base increasing steadily over the years. Atoms has a current student strength of about 480 non-handicapped polo players and the Riding Academy has about 900 riders and will keep expanding as the Club continues its phenomenal growth in equestrian sports locally and in the region.

Look out for our lifestyle calendar which has been rejuvenated with live band performances from the likes of Max Surin & Linda Elizabeth and others. The F&B and Lifestyle team will bring you a host of activities and promotions to raise your festive spirits.

As we move forward, I encourage all members to stay engaged and participate in the upcoming events. The Club is set to be vibrant with activities as we celebrate the holiday season and prepare for the New Year.

Thank you for your continued support, and I look forward to seeing you at the Club as we end the year in style. Wishing one and all a happy festive season filled with blessings of peace, goodwill and happiness for you and your loved ones. ■

Warm Regards,

**Sylvan Braberry**  
General Manager

# New Members

## JULY TO SEPTEMBER 2024

A warm welcome to the new members who have recently joined the Singapore Polo Club family. We look forward to seeing you at the Club!

### CHARTER

Huang Yating  
Alysha Chen Li-Shi Nair  
James Alexander Miles  
Lise-Anne Charlotte Stott  
Tay Xi Shin Raine  
Park Suyung  
Jiang Mengdi  
Tibbott Erika Fumiyo  
Tan Yong Yong  
Kang Hee Joo  
Chen Shu  
Diana Daud Abdul Wahab  
Lisa Ann Thompson  
Yang Jeehye  
Eva Marcos Amarin  
Jack Alfred Thomas Rolfe

### TERM

Tan Yongchen  
Mathews Simon Andrew  
Celine Marie Rowan  
Jose Flaviano Pires Faleiro  
Simon Leonard Chesney  
Ingrid Ervane Dubreuil

### HONORARY

Jamal Abdulla Mohammad  
Bin Abdulwahab Alsuwaidi

### REGULAR

Karanbir Singh Sandhu  
Oriana, Christine Martigny Ep. Le  
Marchand Guignard De Saint Priest  
Chua Hui Wen  
Emmanuel Triomphe  
Ross Logie  
Lam Lai Hung  
Mridhula Dharshini Pillay  
Jiang Jielian  
Cleopatra Rachel Goh  
Chowdhuri Sunita Deborah  
Liow Soon Tar (Liao Shunda)  
Zeng Shidi  
Foo Lee Lian  
Akiyama Riwa  
Kou Jinxiao  
Ou Yiwei  
Wendy Tan Chen Chen  
Sjoeberg Tristan Nenne  
Wong Yik Siang (Huang Yixiang)  
Jacques Jean Stephens Alexandre Henri  
Riviere  
Pathak Vivek Bal Krishan  
Edward William Shefki Bentley  
Harshid Patel  
Alicia Pang Li Si  
Jonathan Daniel Fein  
Cheong Boon Yew Edward  
Himani Tokas Dahiya  
Yeo Hiok Hyen



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# *Gift-a-Book*

This Christmas give the gift of memories  
with our beautiful commemorative book

**\$88**

(\$95.92 w/GST)



To purchase a copy, email  
[retail@singaporepoloclub.org](mailto:retail@singaporepoloclub.org)

# Upcoming Events



## Polo

**8 & 9 November**

Grooms Cup

**16 & 17 November**

Club Cup

**18 November to 31 December**

Field Closure

## Atoms & Riding

**9 & 10 November**

BTSC (Dressage)

**15 November**

Thanksgiving Crafts & Movie Night

**16 & 17 November**

NEC (FEI Dressage World Challenge)

**23 & 24 November**

Rider's Club (FEI JWC 2023 Leg 3)

**7 & 8 December**

BTSC (Jumping)

Christmas Overnight Camp

**10 to 12 December**

Pony Camp

## Social

**6 December**

Christmas Light-up  
and Logcake Cutting

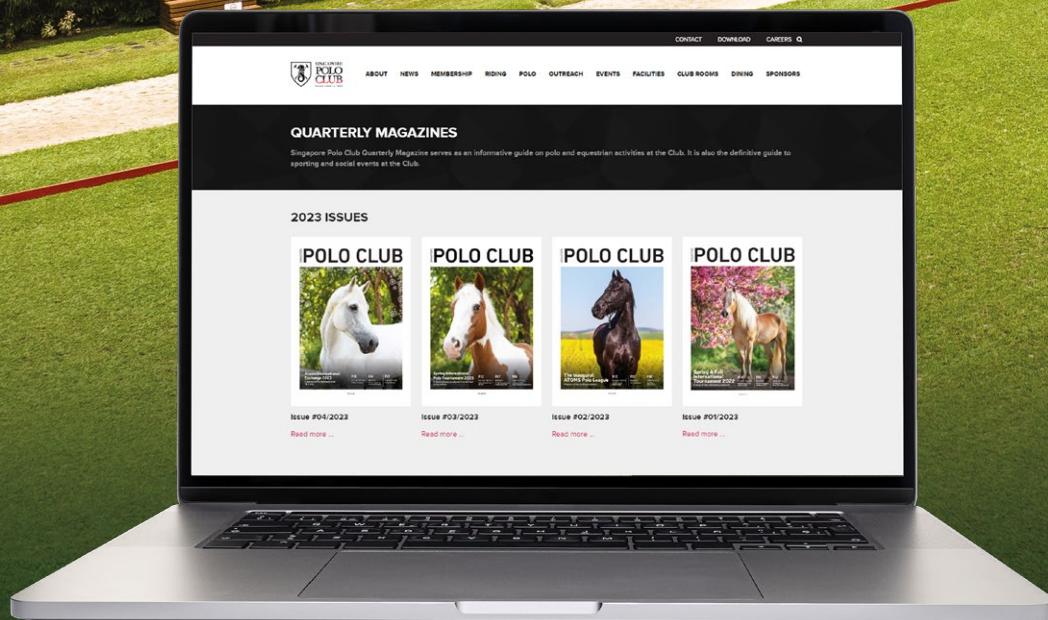
SPC's Got Talent

**16 to 18 December**

3-Day Fun with Aviation  
& Drones Programme



# ENGAGE YOUR AUDIENCE THROUGH OUR ADVERTISING MEDIUMS



We offer placements through the following:

- Bi-weekly e-newsletter
- Quarterly magazines
- Social media
- Digital display panels
- Posters with flyers  
and more

Contact [marketing@singaporepoloclub.org](mailto:marketing@singaporepoloclub.org) to view our media rate card and to book a spot.

# Visit by Personalities

*We had the honour of hosting some truly remarkable personalities who inspire us all. Their presence brought about so much energy and excitement!*



*Our General Manager and Head of Atoms Polo Academy & SPC Riding Academy, Mr Sylvan Braberry specially invited his very close friend, Award-winning celebrity chef, Mr Eric Teo to the Club in June for a visit.*



*Mr Brian Miller, our esteemed Charter Polo Playing member met his close friend, The Sultan of Pahang, Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah recently for a hearty chat.*



## Upgraded Ordering System

The Paddock Bistro and Coriander Leaf @ The Mountbatten Room now has an upgraded ordering system to deliver a seamless dining experience.

For information, email [info@corianderleaf.com](mailto:info@corianderleaf.com).

Scan the QR code for more details:



SAVE THE EARTH

GO  GREEN



Stay updated with recent Club happenings by subscribing to our bi-weekly e-newsletter.

The Club is also advocating a greener environment and would like to encourage members to go paperless by opting out of receiving a hard copy of our Club's quarterly magazine. Contact the Marketing team at [marketing@singaporepoloclub.org](mailto:marketing@singaporepoloclub.org) to indicate your interest.

Digital copies of our current and past magazines are available for your reading at [www.singaporepoloclub.org](http://www.singaporepoloclub.org)

# SPC Outreach Polo Tournament & Carnival 2024 A Resounding Success!

*More than 3,000 attendees enjoyed carnival games, pony rides and polo matches, raising more than \$35,000 for the less privileged.*



The Annual Outreach Polo Tournament & Carnival wrapped up with Team SPC Red clinching the championship trophy

On Sunday, 15 September, the Singapore Polo Club transformed into a vibrant hub of carnival activity and excitement as we hosted the much-anticipated SPC Outreach Polo Tournament & Carnival. This year's sophomore event was nothing short of spectacular, drawing an impressive attendance of over 3,000 enthusiastic Club members and members of the public—a remarkable leap from last year's 1,200 attendees. The palpable energy of the day was a testament to the community spirit that defines our Club.

The day kicked off with a thrilling polo tournament at 8.30am, featuring Senior players from the ATOMS Polo Academy, showcasing the extraordinary talents of our club's ATOMS polo players. Spectators were treated to a series of exhilarating matches that highlighted the skill, strategy, and camaraderie of the sport. The thrilling gameplay kept everyone on the edge of their seats, with cheers erupting as players executed stunning goals and tactical plays.

Dark clouds and heavy rain that started to come down on the carnival did not manage to dampen the mood of the 3,000-strong crowd as the Carnival came alive with a plethora of activities designed for all ages. Families and friends enjoyed an array of games, food stalls, and

entertainment options, creating a festive atmosphere. There was something for everyone, from the extremely popular pony rides and horse feeding to the creative carnival games and lifestyle bazaars selling local artisanal products. The air was filled with laughter, excitement, and the delightful aroma of food, enhancing the sense of community and celebration.

We were honoured to welcome our esteemed Guest-of-Honour, Mr Desmond Lee, Minister for National Development and Minister-in-charge of Social Services Integration, in the afternoon. His presence added a distinguished touch to the day, and his ceremonial throw-in signaled the official start of the SPC Outreach Polo Tournament Cup featuring the Club's seasoned players. The Champion's Trophy was subsequently awarded to Team SPC Red who won the match on Saturday and the penalty shootout on Sunday, leading them to be the Champions of the Outreach tournament.

The event managed to raise more than \$35,000 through sponsorship and ticket sales, and cheques valued at \$8,888 each were presented by Club President Lawrence Khong and Minister Lee to four beneficiaries - Children's Aid Society, Gateway Arts, Muscular Dystrophy Association (Singapore), and Sunshine Welfare Action Mission (SWAMI Home).





Photo moment with the players before the start of the chukka

In his welcome note, President Khong recognised the significance of the Outreach event as a platform for Club members, staff and the public to come together and make a meaningful impact on the communities around us.

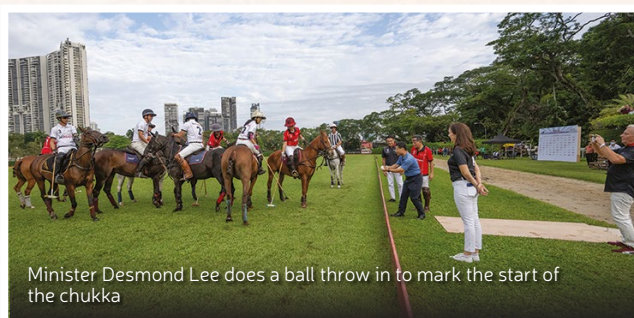
As the sun set, the crowd was treated to a captivating showjumping demonstration by the Riding Team showcasing our equine stars' remarkable agility and athleticism. As skilled riders guided their horses through a series of increasingly higher showjumping poles, the crowd gasped in awe at the horses' ability to clear each obstacle with grace and precision. This exciting display was followed by a thrilling tent-pegging performance by Atoms Lead Polo Professional Colonel Ravi Rathore, who rode into the arena on his horse adorned with twinkling fairy lights.

Under the night sky, he skillfully demonstrated his ability to pierce burning targets with precision and speed, mesmerising the audience. These breathtaking display of horsemanship highlighted the excitement of equestrian sports and left spectators in awe of the incredible bond between rider and horse.

The carnival concluded with electrifying performances by Max Surin and Linda Elizabeth, formerly of the iconic group Tokyo Square. Their music brought the day to a joyous close, leaving attendees with memories that will last long after the final note.

The success of the Outreach Polo Tournament & Carnival would not have been possible without the hard work and dedication of our members, staff, and sponsors. Their commitment to creating an unforgettable experience truly shone through, ensuring every detail was taken care of and every guest felt welcome.

As we reflect on this extraordinary day, we are reminded of the power of community engagement and the joy that comes from coming together for a noble cause. We look forward to continuing this tradition in the years to come, building on our success and further strengthening the bond within our Club and the wider community.



Minister Desmond Lee does a ball throw in to mark the start of the chukka



Showjumping showcase by the SPC Riding Academy left everyone spellbound by the speed and precision of our horses



This year's Guest-of-Honour, Mr Desmond Lee, Minister for National Development and Minister-in-charge of Social Services Integration (in blue) along with Mr Sylvan Braberry, General Manager & Head of Atoms Polo Academy & SPC Riding Academy (left), Mr Lawrence Khong, President of SPC (right), Mrs Stephanie Masefield, Honorary Treasurer of SPC (2nd row, left) and Mr Rickard Hogberg, Vice-President of SPC (2nd row, right)

### Our four beneficiaries receiving the cheques for the day



From left to right: Children's Aid Society, Gateway Arts, Muscular Dystrophy Association (Singapore) and SWAMI Home

### The camaraderie of polo



### Fun games at the carnival



### Happy families meeting our horses at the covered arena





A pop-up food stall selling Ramly Burger



What's a carnival without some classic popcorn and candy floss!

Children enjoyed feeding our horses carrots



Photo moment with the superheroes



Pony rides and horse interaction were popular activities enjoyed by all



# RECIPROCAL LISTING

COUNTRY	CITY	CLUB	CONTACT (WEBSITE)
<b>AFRICA</b>	South Africa	Inanda Polo Club	<a href="http://www.inandaclub.co.za">www.inandaclub.co.za</a>
<b>ARGENTINA</b>	Pilar	Pilara	<a href="http://www.pilara.com.ar">www.pilara.com.ar</a>
<b>AUSTRALIA</b>	Canberra New South Wales Perth	Canberra Club Sydney Polo Club The Western Australian Club	<a href="http://www.canberraclub.com.au">www.canberraclub.com.au</a> <a href="http://www.sydneypolo.com">www.sydneypolo.com</a> <a href="http://www.waclub.com.au">www.waclub.com.au</a>
<b>CANADA</b>	Calgary Vancouver Toronto	The Ranchmen's Club Terminal City Club The Boulevard Club	<a href="http://www.ranchmensclub.com">www.ranchmensclub.com</a> <a href="http://www.tcclub.com">www.tcclub.com</a> <a href="http://www.boulevardclub.com">www.boulevardclub.com</a>
<b>CHINA</b>	Beijing Beijing Shanghai Tianjin	Beijing Riviera Country Club The Tang Polo Club Nine Dragons Hill Polo Club Tianjin Goldin Metropolitan Polo Club	<a href="http://www.bjriviera.com">www.bjriviera.com</a> <a href="http://www.tangpolo.com">www.tangpolo.com</a> <a href="http://www.ndhpolo.com">www.ndhpolo.com</a> <a href="http://www.goldinmetropolitanhotel.com">www.goldinmetropolitanhotel.com</a>
<b>FRANCE</b>	Paris France	Saint James Paris Polo Club du Domaine de Chantilly	<a href="http://www.saint-james-paris.com">www.saint-james-paris.com</a> <a href="http://www.poloclubchantilly.com">www.poloclubchantilly.com</a>
<b>HONG KONG</b>	Kowloon Lung Ha Wan Road	Kowloon Cricket Club Clearwater Bay Equestrian & Education Centre	<a href="http://www.kcc.org.hk">www.kcc.org.hk</a> <a href="http://www.ceec.hk">www.ceec.hk</a>
<b>INDIA</b>	Jaipur Kolkata Mumbai Mumbai	Jaipur Riding & Polo Club Calcutta Polo Club Golden Swan Country Club Mumbai Cricket Association Recreation Centre	<a href="http://www.jaipurpolo.com">www.jaipurpolo.com</a> <a href="http://www.calcuttapolo.com">www.calcuttapolo.com</a> <a href="http://www.goldenswan.com/countryclub">www.goldenswan.com/countryclub</a> <a href="http://www.mcarecreationcentre.com">www.mcarecreationcentre.com</a>
<b>INDONESIA</b>	Jakarta	Mercantile Athletic Club	<a href="http://www.macjakarta.com">www.macjakarta.com</a>
<b>ITALY</b>	Rome	Roma Polo Club	<a href="http://www.romapoloclub.it">www.romapoloclub.it</a>
<b>JAPAN</b>	Yokohama	Yokohama Country & Athletic Club	<a href="http://ycac.or.jp/wp">ycac.or.jp/wp</a>
<b>KOREA</b>	Seoul	Seoul Club	<a href="http://www.seoulclub.org">www.seoulclub.org</a>
<b>LUXEMBOURG</b>	Luxembourg	Cercle Munster	<a href="http://www.munster.lu">www.munster.lu</a>
<b>MALAYSIA</b>	Ipoh Kuala Lumpur Kuala Lumpur Kuala Lumpur	Iskandar Polo Club Sunway Lagoon Club Royal Lake Club Bukit Kiara Equestrian & Country Resort	Nil <a href="http://www.sunway.com.my/club">www.sunway.com.my/club</a> <a href="http://www.royallakeclub.org.my">www.royallakeclub.org.my</a> <a href="http://www.berjayaclubs.com">www.berjayaclubs.com</a>
<b>PHILIPPINES</b>	Cebu Makati	Cebu Polo Club Manila Polo Club	<a href="http://www.cebupoloclub.com">www.cebupoloclub.com</a> <a href="http://www.manilapolo.com.ph">www.manilapolo.com.ph</a>
<b>SRI LANKA</b>	Colombo	Colombo Swimming Club	<a href="http://www.colomboswimmingclub.org">www.colomboswimmingclub.org</a>
<b>THAILAND</b>	Pattaya	Thai Polo Equestrian Club	<a href="http://www.thai-polo-club.com">www.thai-polo-club.com</a>
<b>UNITED STATES OF AMERICA</b>	Connecticut Denver Honolulu, Hawaii Houston Iowa Mexico New York San Francisco Washington Washington	The Hartford Club The Denver Athletic Club The Plaza Club Honolulu The Houston Club Des Moines Embassy Club The University Club of Mexico The Explorers Club The University Club of San Francisco Capitol Hill Club Bellevue Club	<a href="http://www.hartfordclub.com">www.hartfordclub.com</a> <a href="http://www.denverathleticclub.org">www.denverathleticclub.org</a> <a href="http://www.theplazaclub.com">www.theplazaclub.com</a> <a href="http://www.clubcorp.com/Clubs/The-Houston-Club">www.clubcorp.com/Clubs/The-Houston-Club</a> <a href="http://www.embassyclub.com">www.embassyclub.com</a> <a href="http://www.universityclub.com.mx">www.universityclub.com.mx</a> <a href="http://www.explorers.org">www.explorers.org</a> <a href="http://www.uclubsf.org">www.uclubsf.org</a> <a href="http://www.capitolhillclub.org">www.capitolhillclub.org</a> <a href="http://www.bellevueclub.com">www.bellevueclub.com</a>
<b>UNITED KINGDOM</b>	London London London London Egham, Surrey Midhurst	St James's Hotel & Club Royal Over-Seas League Cavalry & Guards Club The Eccentric Club Guards Polo Club Cowdray Park Polo Club	<a href="http://www.stjamesshotelandclub.com">www.stjamesshotelandclub.com</a> <a href="http://www.rosl.org.uk">www.rosl.org.uk</a> <a href="http://www.cavgdsclub.co.uk">www.cavgdsclub.co.uk</a> <a href="http://www.eccentricclub.co.uk">www.eccentricclub.co.uk</a> <a href="http://www.guardspoloclub.com">www.guardspoloclub.com</a> <a href="http://www.cowdraypolo.co.uk">www.cowdraypolo.co.uk</a>



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# Singapore Red Cross Visit



On 2 August, we had the incredible opportunity to connect with our wider community through one of our Outreach programmes. Eager residents and staff from the Singapore Red Cross Home for the Disabled swung by on a breezy afternoon to interact with our horses.

These visits come as part of their multi-sensory therapy programme where residents get to exercise their hand and eye coordination while building their self-confidence through such outings.

During this visit, the participants visited the stables and viewed our facilities such as the feed room, rolling box, horse walker and interacted with our resident horses through feeding and photography sessions. Dayang, our riding instructor, showed them how a horse should be groomed and brushed using the various brushes and tools. Our groomer also demonstrated how a horse should be showered at the shower bay.

Thereafter, a couple of residents even got to experience hands-on cleaning the hooves of Mimo, our riding academy horse. What a fulfilling day with the Red Cross team!

To learn more about our Outreach initiatives, email [outreach@singaporepoloclub.org](mailto:outreach@singaporepoloclub.org).



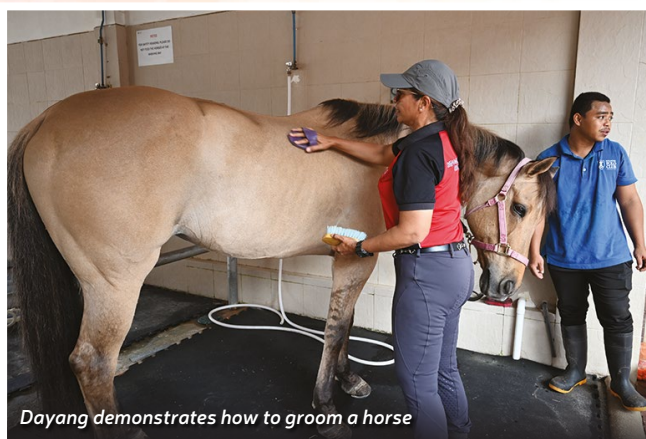
Residents and staff of Red Cross seen with our groomers and pony, Bandit



Interacting with our resident horse



Cleaning a horse's hoof



Dayang demonstrates how to groom a horse



A groomer shows how a horse is usually showered

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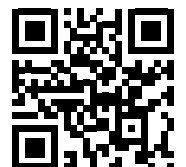


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# Atoms Polo League Season 4, 10 August to 1 September

The Atoms Polo League stepped into yet another promising season. The competition this time round was even fiercer and the excitement was palpable. The month-long tournament was filled with plenty of hits and misses amidst skill, strategy, stunning play and not forgetting camaraderie amongst players, families and friends.

Huge congratulations to Black Hawks (Junior) and Red Dragons (Senior) for clinching the champion title and well done to the other teams for the hard fight and team spirit.

Check out the results below:

<b>CHAMPIONS</b>	<b>MVP</b>
Black Hawks (Junior) & Red Dragons (Senior)	Zac Bonehill of Black Hawks (Junior) & Kwan Li Feng of Red Dragons (Senior) & Tumshie Walpole of Blue Daredevils (Senior)
<b>1<sup>ST</sup> RUNNERS UP</b>	<b>MOST PROMISING PLAYER</b>
Pink Tornadoes (Junior) & Blue Daredevils (Senior)	Mira Menon of Pink Tornadoes (Junior) & Lucy Maskell-Pedersen of Red Dragons (Senior)
<b>2<sup>ND</sup> RUNNERS UP</b>	<b>FAIR PLAYING TEAM</b>
Grey Hounds (Junior) & White Falcons (Senior)	Grey Hounds (Junior) & Green Gladiators (Senior)
<b>3<sup>RD</sup> RUNNERS UP</b>	<b>BEST PLAYING PONY</b>
Yellow Jaguars (Senior)	Cumbia ridden by Declan Tay of Pink Tornadoes (Junior) & Espina ridden by Tumshie Walpole of Blue Daredevils (Senior)
<b>4<sup>TH</sup> RUNNERS UP</b>	
Green Gladiators (Senior)	

## TEAMS

JUNIORS		SENIORS	
Black Hawks	James Clark, Georgie Lowndes-Cox & Zac Bonehill	Red Dragons	Eva Marcos, Lucy Maskell-Pedersen, Kwan Li Feng & Tanya Alcock
Pink Tornadoes	Vyom Balan, Declan Tay, Eilidh Drummond & Mira Menon	Blue Daredevils	Diana Watson, Kate Burke & Tumshie Walpole
Grey Hounds	Alexia Fon Sing, Niamh Gordon, Averell Zee & Veer Bajaaj	White Falcons	Raymond Ker, Jessica Lee & Alex Haigh
		Yellow Jaguars	Michael Power, Matt Wilson & Yee Kai Pin
		Green Gladiators	Sharmini Winslow, Laura Zhao & Nick Brocklebank



Black Hawks (Junior)

Red Dragons (Senior)





Pink Tornados (Junior)



Blue Daredevils (Senior)



Zac Bonehill of Black Hawks (Junior)



Tumshie Walpole of Blue Daredevils (Senior) & Kwan Li Feng of Red Dragons (Senior)



Mira Menon of Pink Tornados (Junior)



Lucy Maskell-Pedersen of Red Dragons (Senior)



Grey Hounds (Junior)



Green Gladiators (Senior)



Cumbia ridden by Declan Tay of Pink Tornados (Junior)



Espina ridden by Tumshie Walpole of Blue Daredevils (Senior)



One happy family – three cheers to Atoms!



Taking a moment to recognise the hardworking people behind the scenes. Kudos to all of them!



Atoms Polo Academy's polo professionals, Cody Williamson, Colonel Ravi Rathore and Sanallah Khan with Mr Sylvan Braberry, General Manager and Head of Atoms Polo Academy & SPC Riding Academy

Some action-packed moments from the chukkas



# Myra Cup

The Myra Cup held on 24 and 25 August, was about every galloping moment on the field, every strategic play, and the unbreakable bond that unites everyone as a team!

The weekend tournament had the teams scoring a total of 10 goals in adrenaline pumping fast paced four-chukka matches with Team SPC Red clinching the Myra Cup trophy.

A truly remarkable moment on and off field as all players, families and friends got together to share their love for the sport.

## SCORE OF MATCHES

**SATURDAY 24 AUGUST**  
SPC Red 5 vs. SPC White 2

**Winners: Team SPC Red**

SPC RED		SPC WHITE	
Col Ravi Rathore (Capt.)	3	Cody Williamson (Capt.)	3
Lawrence Khong / Rajiv Menon	0	Daniel Chua / Corey Koh	0
Chua Boon Lai / Sandy Deng	-1	Tim Zee	-1
William Peacock / Geoffrey Alcock	-1	Purvish Shah / Sarah-Jane Clark	-1

**Most Valuable Player: Rajiv Menon**





**Team SPC Red – Champions of Myra Cup!**

**From left to right:** Colonel Ravi Rathore, Geoffrey Alcock, Rajiv Menon, William Peacock, Lawrence Khong, Chua Boon Lai, Sandy Deng with Mr Satinder Garcha, Polo Captain



**Team SPC White**

**From left to right:** Daniel Chua, Sarah-Jane Clark, Corey Koh, Tim Zee, Cody Williamson with Mr Satinder Garcha, Polo Captain (in blue) and Mr Sylvan Braberry, General Manager and Head of Atoms Polo Academy and SPC Riding Academy (in black)



Rajiv Menon was awarded Most Valuable Player of the Match



Polo Captain, Mr Satinder Garcha starts the chukka off with a ball throw-in



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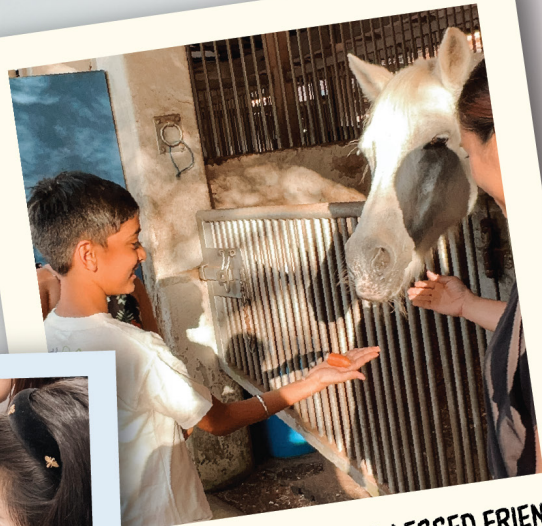
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# Macdougall Cup 2024

Polo, passion, and a perfect three days of game play! The Macdougall Cup was played during the annual Fall International Polo Tournament over a three-day course of 12 chukkas. The match between Team SPC Red and Team SPC White was an absolute nail biter game which

brought about fierce competition, swift swings and enthralling moments. Team SPC White captained by international visiting polo professional Vieri Antinori emerged as Champions after a hard-fought battle with their opponent. Well played everyone!

### Goals Scored:

Nico Roberts	6 goals	Vieri Antinori	8 goals
Ollie Clark	4 goals	Cody Williamson	6 goals
Ravi Rathore	1 goal	Sanallah Khan	2 goals
Goal Advantage over 3 days	4 goals	Will Peacock	1 goal

### SCORE OF MATCH

Team SPC Red 15 vs Team SPC White 17

Winners: Team SPC White

Most Valuable Player (Amateur): Ollie Clark

SPC RED		SPC WHITE (WINNERS)	
Nico Roberts (Capt.)	4	Vieri Antinori (Capt.)	4
Col Ravi Rathore	3	Cody Williamson	3
Lawrence Khong	0	Sanallah Khan	2
Ollie Clark / Alex Phang	-1	Ali Mirza / Will Peacock	-1



Three cheers to the Macdougall Cup



**Team SPC Red**  
**From left to right:** Ollie Clark, Alex Phang, Nico Roberts, Lawrence Khong and Colonel Ravi Rathore



**Team SPC White**  
**From left to right:** Will Peacock, Ali Mirza, Cody Williamson, Vieri Antinori and Sanaulah Khan



Winners of the Macdougall Cup, Team SPC White



Team SPC Red were runners-up of the match



A little appreciation heading out to our umpires Mr Rickard Hogberg and Mr Daniel Chua



Our heartfelt appreciation to husband-wife pair Mr Kevin Wilkinson and Mrs Ann Wilkinson who were the commentator and scorer at the tournament



Vieri Antinori, Captain of Team SPC White charges forward for the ball with Alex Phang from Team SPC Red giving chase swiftly



Intensity builds up as Colonel Ravi Rathore takes a shot



Vieri Antinori (in white) and Ollie Clark (in red) vying for the ball



Visiting polo professionals Nico Roberts (in red) and Vieri Antinori (in white) in action

**Exciting moments on the field between both teams**



**The ultimate lifestyle and camaraderie of polo**



# SEA Games Exhibition Match

Our friendly four-chukka SEA games exhibition match on 29 September was nothing short of spectacular! Nine goals were scored that evening with Team SPC White having a goal advantage.

Here are some highlights of the thrilling game.

## SCORE OF MATCH

Team SPC Red 3 vs Team SPC White 6 ½

Winners: Team SPC White

### Goals Scored:

Team SPC Red		Team SPC White (with a ½ goal advantage)	
Waqas Khan	2 goals	Ang Roon Kai	5 goals
Nico Roberts	1 goal	Vieri Antinori	1 goal

SPC RED		SPC WHITE (WINNERS)	
Nico Roberts (Capt.)	4	Vieri Antinori (Capt.)	4
Waqas Khan	2	Ang Roon Kai	1
Daniel Chua / Ivan Chua	0	Rajiv Menon / Jane Drummond	0
Sandy Deng / Alex Phang	-1	Tim Zee / Chua Boon Lai	-1



Rajiv Menon from the White team takes the lead for his team



International visiting polo professionals Nico Roberts (in red) and Vieri Antinori (in white)



Alex Phang (in red) defending a shot by Vieri Antinori (in white)



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# Inaugural Atoms Ladies Tournament

The Atoms ladies took over the field on 13 October for the inaugural ladies' tournament. It was a morning filled with elegance and excitement as the ladies played with much grace and gusto! Atoms Red comprising team members Lucy Maskell-Pedersen, Kate Burke, Tumshie Walpole and our polo professional, Cody Williamson, were crowned as champions

of this first-ever match at the Academy! A huge shoutout to Atoms White as well for coming in as runners-up. The energy, style and the incredible talent on display were simply unmatched at this one-day match. Here's to strong women and thrilling games! We would also like to extend a huge thank you to our member, Mr Rajiv Menon, for umpiring this tournament.

## Winners: Team Atoms Red

### Team List:

Atoms White	Atoms Red
Louisa Cantley	Lucy Maskell-Pedersen
Alejandra Garcia	Kate Burke
Claire Graham	Tumshie Walpole
Pro – Colonel Ravi Rathore	Pro – Cody Williamson



Team Atoms White and Red with Mr Sylvan Braberry, General Manager and Head of Atoms Polo Academy & SPC Riding Academy



Three cheers for Team Atoms!



Atoms Red with the championship trophy!



Mr Sylvan Braberry awards Mr Rajiv Menon with a token of appreciation for umpiring the tournament



Lucy Maskell-Pedersen with a swift swing while taking the lead for her team



Mr Sylvan Braberry does the throw-in to mark the start of the chukka

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# Riding with a Purpose

*Alana and Sasha Thorburn's UWCSEA education was a catalyst for their passion for service and sustainability both in and out of the arena.*

It was a family tradition when Alana Thorburn first started riding horses at the tender age of six in Hong Kong. Her mother, Katinka, and father, Neil, were lifelong riders. It was a path carved for her and twin sister Sasha, where they spent countless afternoons training together with their ponies. To Alana, riding was something she was born into—closely watching Katinka's mastery of dressage as she skilfully guided each precise movement of her horse.

In 2012, Alana and her family moved to Singapore. The sisters enrolled in UWC South East Asia, a leading K-12 international school, and the Thorburns began riding at the Singapore Polo Club. While Katinka worked as an instructor at the club, the twins forayed into the world of competitive riding, and thrived, both in and out of the arena.

Today, eight years after graduating, Alana reflects on her time in Singapore, at UWCSEA, and the Singapore Polo Club, crediting the values she learned as a student and a rider for influencing her choice of career as a sustainability expert with a deep interest in animal conservation.

"I was handling animals from a young age and spent a lot of time with them. That's a real privilege to have. Being at UWCSEA is part of the reason I'm passionate about sustainability and my time around horses has made me passionate about animals. I was given a lot of clarity learning things at the College that I might not have had elsewhere," Alana, who later pursued a Law LLB at the University of Exeter and then a Master of Laws in Global Environmental Law at the University of Strathclyde, says.

"Not horses, but still large and four-legged, I chose to do my Extended Essay for the IB at UWCSEA about rhinos and poaching. And I wrote about the same thing for my university Masters. At school I was introduced to the importance of sustainability and environmental protection for all life on this planet, and have carried that forward in my career," she continues.

The UWC Movement's mission of making education a force to unite people, nations, and cultures for a more peaceful and sustainable future is central to UWCSEA's concept-



Alana Thorburn is a rider and UWCSEA alumna with a passion for sustainability

based curriculum. As Alana has experienced, learning at the College is focused on skills and knowledge that make a positive impact on the university life of students and their future careers. And that goes beyond traditional, academic learning—a UWCSEA education also extends into Activities, Service, Outdoor Education, and Personal and Social Education.

### Inspiring service to others through riding

When asked who inspired their journeys, Alana and Sasha credited Jackie Price, a former rider at the Polo Club and Teacher of Humanities at UWCSEA.

*“Horse riding is not a sport of immediate gratification. You have to work on your craft every day and have a growth mindset. You often need to push yourself out of your comfort zone to excel.”*

“Jackie was someone who advocated for us. She was a mentor, and when we would do well in international competitions, she always championed for it to be recognised in school,” Alana says.

Jackie, who still teaches at UWCSEA’s East Campus, says the sisters were tenacious—something they carried with them at school and beyond. Jackie had taught Sasha in the College’s IB Diploma Programme and remembers how much she and her sister persevered in everything they put their minds to academically and in their riding.

“The elements of the UWC learner profile include commitment, collaboration, and self-management and these were clearly seen in the twins and how they interacted with horses and the equestrian community. We were on the competition circuit together, and I found them building rapport and trust with their horses, becoming role models or fellow young riders who also competed in dressage and show jumping,” Jackie says.

“Our approach at UWCSEA would be very much similar to riding. Horse riding is not a sport of immediate gratification. You have to work on your craft every day and have a growth mindset. You often need to push yourself out of your comfort zone to excel,” she adds.



UWCSEA alumni Sasha Thorburn (left) and Nicola Hammond placed first in the CSIY-B in 2014

Photo Credit: Sara Currie



Alana (left) and Sasha Thorburn embody the UWC Mission in and out of the arena

Photo Credit: Katinka Thorburn

### Lifelong commitment to service and sustainable development

Sasha remembers how she had the opportunity to combine her love for horses with making a difference in other people’s lives through the Service element of UWCSEA’s holistic learning programme. Alongside Katinka and Jackie, Sasha volunteered with Riding for the Disabled, where she and fellow UWCSEA students built connections with people with disabilities—and helped them safely interact and bond with horses.

“When I think about UWCSEA, I strive for excellence—and that includes service. I credit horse riding with helping me to stay focused and grounded as a kid, and I don’t think I would have been as successful without it. Seeing how it helps other kids, I think it’s really important,” she says.

As for Alana, her mission and service to others continue in her advocacy for a more sustainable future. She spent the last two years working on sustainability initiatives at a school in England. There, she decided to further her expertise in the discipline and pursue a Master’s in Sustainability and Environmental Management.

Alana aspires to make a difference in the environment around us by working on solutions for integrating more sustainable systems at all levels, from big corporations to youth in school.

“It was an amazing experience being able to work with the kids. I had the opportunity to build hope in young students in their understanding of the climate system and sustainability for the future. Instead of climate anxiety, it turned into hope,” Alana says.

“I believe in taking the opportunities that we have. It was the experience of having sustainability around you at UWCSEA, and my natural love for animals and the outdoors that has shaped my understanding,” she adds.

# SPC Riding Academy Is Now on Instagram!

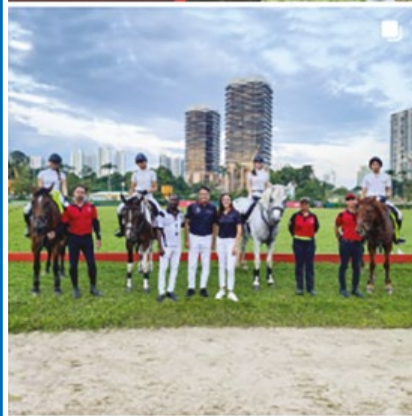
It's time to gallop into our world! Our Riding Academy is now on Instagram, bringing you all the equestrian magic. From lessons, competition news to lovely horses, there's so much to explore and learn. Follow us for a little glimpse into our riding community!



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# SPC Training Show in August

We wrapped up our Academy's training show on 17 and 18 August. Our riders aced through the showjumping and dressage categories, clinching several top spots. Congratulations to everyone for the hard work!

Here are the results.



## SHOWJUMPING CATEGORY

### 40 TO 50CM CLEAR ROUND

Gia Piparaiya and Tyrion  
Celyn Beverly Khiezt and Venice  
Sofie Peiwen van Osch and Venice  
Grace Toal and Rascal

### 60 TO 70CM CLEAR ROUND

Sophie Grotowski and General Lee  
Gia Piparaiya and Tyrion  
Julian Clark and Venice  
Grace Toal and Rascal

### 90CM (1 ROUND WITH JUMP OFF)

**1<sup>st</sup> place:**  
Lilly De Geytere and Dandy  
**2<sup>nd</sup> place:**  
Lilly De Geytere and Rambo No.5

### 100CM (1 ROUND WITH JUMP OFF)

**1<sup>st</sup> place:**  
Lynly Fong and Akita  
**2<sup>nd</sup> place:**  
Olivia de Boer and Zhu Ge Liang (Zeus)

### 110CM (1 ROUND WITH JUMP OFF)

**1<sup>st</sup> place:**  
Lynly Fong and Akita  
**2<sup>nd</sup> place:**  
Yasmine Bonehill and Fontrice

## DRESSAGE CATEGORY

### FEI PSG

**1<sup>st</sup> place:**  
Megan Ding and J'adore  
**2<sup>nd</sup> place:**  
Gina Lim and Heathrow Q

### EA ADVANCED 5.1

**1<sup>st</sup> place:**  
Yeo Sui Lyn and Luke

### EA MEDIUM 4.1

**1<sup>st</sup> place:**  
Lise – Anne Dunn and Let's Be Special M

### EA ELEMENTARY 3.2

**1<sup>st</sup> place:**  
Averell Zee and Duende

### EA ELEMENTARY 3.1

**1<sup>st</sup> place:**  
Lilly De Geytere and Rambo No.5  
**1<sup>st</sup> place:**  
Clara Kong and Neque III  
**2<sup>nd</sup> place:**  
Priya Selvam and I'm Incredible

**EA NOVICE 2.2****1<sup>st</sup> place:**

Yasmine Bonehill and Fontrice

**EA NOVICE 2.1****1<sup>st</sup> place:**

Mey Yen Schagen and Gaudi

**2<sup>nd</sup> place:**

Reka Tozsa on Ferro

**EA PRELIMINARY 1.2****1<sup>st</sup> place:**

Corinne Williams and Rambo

**2<sup>nd</sup> place:**

Julian Clark and Venice

**3<sup>rd</sup> place:**

Sophie Growtowski and Magic Coco

**EA PRELIMINARY 1.1 20 X 60 ARENA****1<sup>st</sup> place:**

Li Wen Toh and Zhu Ge Liang (Zeus)

**2<sup>nd</sup> place:**

Julian Clark and Venice

**3<sup>rd</sup> place:**

Indrani Murugason and Halifax

**EA PRELIMINARY 1.1 (SENIOR) 20 X 40 ARENA****1<sup>st</sup> place:**

Gia Piparaiya and Tyrion

**1<sup>st</sup> place:**

Mai Singh and Sidan

**2<sup>nd</sup> place:**

Leyla Duque and Catharina

**3<sup>rd</sup> place:**

Celyne Beverly Khiezt and Maverick

**4<sup>th</sup> place:**

Macie Douglas and Dimples

**5<sup>th</sup> place:**

Javier O'Reilly and Lady

**EA PRELIMINARY 1.1 (JUNIOR) 20 X 40 ARENA****1<sup>st</sup> place:**

Alexandra Tuomola and Guinness

**2<sup>nd</sup> place:**

Victoria Shaw and MC. Kenny

**EA PREP 1 (SENIOR) 20 X 40 ARENA****1<sup>st</sup> place:**

Sara Mahajan and Sharpy

**2<sup>nd</sup> place:**

Kate Salise and Sharpy

**3<sup>rd</sup> place:**

Marsha Ghosh and Dandy

**4<sup>th</sup> place:**

Freyja Nagarajan and Magic Coco

**5<sup>th</sup> place:**

Deandra Zhu and Keepsake

**EA PREP 1 (JUNIOR) 20 X 40 ARENA****1<sup>st</sup> place:**

Rei Quek and Star

**2<sup>nd</sup> place:**

Aria Guha and Sir James

**3<sup>rd</sup> place:**

Morgan Tay Jing Ling and Sir James

**4<sup>th</sup> place:**

Clara Boaventura and Lily

**5<sup>th</sup> place:**

Abigail Hsu and Shadow

**6<sup>th</sup> place:**

Rhea Sahoo and Toby

**Checks and prep work underway by the hardworking riding team**



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*Because we care*



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Andrea, Livery member SPC

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Contact us at **6854 3980** or [riding@singaporepoloclub.org](mailto:riding@singaporepoloclub.org)



# NEC September Jumping Extravaganza

Team SPC Riding Academy had a successful show on 21 and 22 September at NEC's Jumping Extravaganza. Congratulations to our showjumpers who clinched significant standings at the two-day competition.

RESULTS	
<b>120CM CLASS ON SUNDAY</b>	
<b>1<sup>st</sup> place:</b>	Caedan Paul & Red
<b>110CM CLASS ON SATURDAY</b>	
<b>1<sup>st</sup> place:</b>	Lynly Fong & Akita
<b>2<sup>nd</sup> place:</b>	Yasmine Bonehill & Fontrice
<b>110CM CLASS ON SUNDAY</b>	
<b>1<sup>st</sup> place:</b>	Lynly Fong & Akita
<b>1M CLASS ON SATURDAY</b>	
<b>3<sup>rd</sup> place:</b>	Lynly Fong & Akita



Caedan Paul & Red and Lynly Fong & Akita with our Riding Instructor, Edric



GIDDY UP WITH

# PONY CAMP

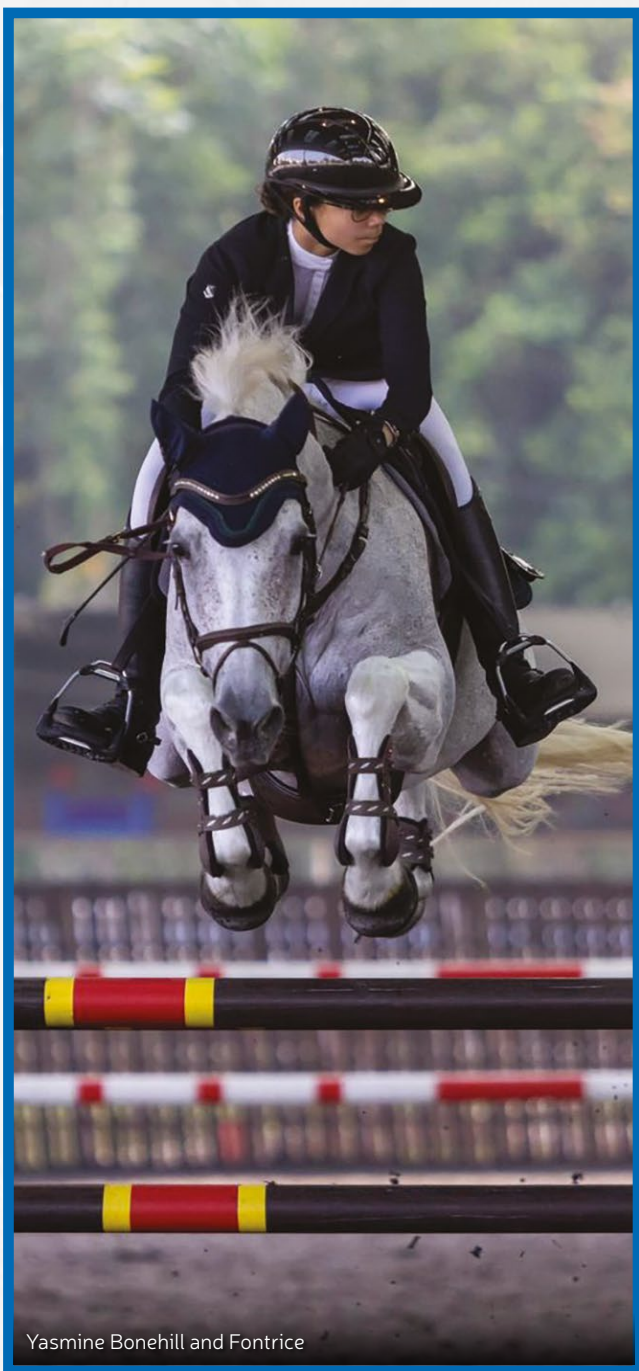
**Keep a look out for more details coming your way**

Get up close and personal with our horses and enjoy fun-filled activities guided by our dedicated professionals at SPC Riding Academy. Great for kids 6 years old & above.



# FEI Jumping World Challenge Leg 1

Singapore Turf Club & Riding Centre hosted the first leg of the FEI Jumping World Challenge on 28 and 29 September 2024. Our SPC Riding Academy riders aced through the categories and clinched significant placings.



RESULTS	
<b>110 CM ONE ROUND AGAINST THE CLOCK</b>	
<b>2<sup>nd</sup> place:</b> Caedan Paul & Red	
<b>120CM ONE ROUND AGAINST THE CLOCK</b>	
<b>1<sup>st</sup> place:</b> Yasmine Bonehill & Fontrice	
<b>JUMPING WORLD CHALLENGE CATEGORY B 120CM CLASS</b>	
<b>1<sup>st</sup> place:</b> Caedan Paul & Red	
<b>3<sup>rd</sup> place:</b> Yasmine Bonehill & Fontrice	







# July's Pony Camp

At our three-day Pony Camp, every ride is a new story and every moment is filled with laughter. Coming up close and interacting with our friendly riding horses, our pony camp kids learnt the ropes of riding and caring for the adorable ponies through various hands-on experiences. Showering, grooming and tacking a horse, mucking out their stables were

some interesting activities that were conducted in small groups to ensure enhanced learning.

Ready for some hoof-tastic fun? Join us at the next Pony Camp! Email [riding@singaporepoloclub.org](mailto:riding@singaporepoloclub.org) to be on the wait list for their upcoming camps and activities.



A wrap to July's Pony Camp – each participant received a certificate of participation



A goofy moment with our riding horse, Dandy



Interacting with our riding horse, Lady, at the covered arena



Some hands-on attempt at showering a horse

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\$10 per person for one round of fun

**All on Board**

Saturdays and Sundays: 11.00am to 11.30am

Book your slot at **6854 3980** or email [riding@singaporepoloclub.org](mailto:riding@singaporepoloclub.org)

Train rides will be cancelled in case of bad weather.



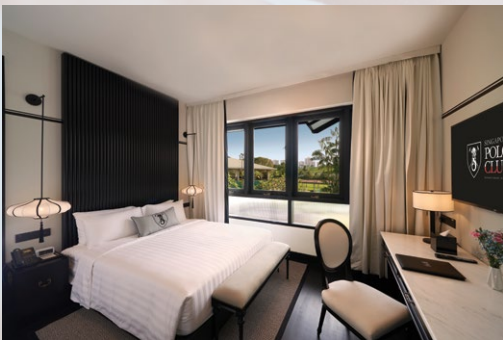
# DAYCATION

at Singapore Polo Club

Need a break but don't want to stay overnight? Our day use Club Rooms offer the perfect solution for a quick escape!

Treat yourself to a day of relaxation and rejuvenation in a tranquil setting

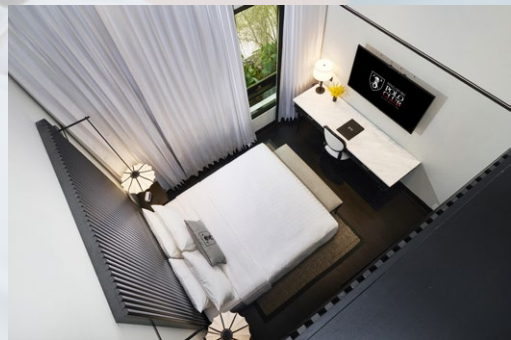
Check-in at 10am and check-out at 6pm



## Deluxe Room

1 Queen Bed

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## Loft Room

1 Queen & 1 Double Bed

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For room reservations, contact  
[reception@singaporepoloclub.org](mailto:reception@singaporepoloclub.org) or call **6854 3999**

*Room stays are for members and their guests only and is  
subject to availability.*



# Summer Pop-Up Market 2024

Members and guests were treated to a weekend summer shopping experience at the Polo Bar on 8 June 2024. From scrumptious snacks to trendy t-shirts, local artisans exhibited their fabulous hand-made products at this one-day event. Members were treated to an interactive experience at the venue as they were able to elevate their

senses via perfume samplings and food tastings at the fruit and snack booths.

Interested to be part of our upcoming events and activities? Email [events@singaporepoloclub.org](mailto:events@singaporepoloclub.org) for more details.



# Junior Academy Programme

## **LESSONS ON MONDAYS & FRIDAYS**

5 to 14 years  
4.00pm – 6.00pm

## **LESSONS ON SATURDAYS**

5 to 14 years  
9.00am – 12.00pm



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For further information and registration, contact Simon at **Vantage Tennis**  
on tel **+65 9144 5223** or email **simon@vantagesportsgroup.com**

# SMMA Launch Party 2024

Singapore Polo Club was the venue partner for the launch party of Singapore Media Marketing Awards 2024 on 24 July.

A proud initiative by the Association of Advertising and Marketing Singapore (AAMS), the awards ceremony commemorated the resilience of the industry and its commitment to fostering synergy among brands, agencies,

and partners through the convergence of technologies, connections and collaboration.

The Singapore Polo Club is proud to have been part of this significant event. Guests for the day had plenty of photo moments and interactions with our lovely riding ponies and watched a tent-pegging demonstration up-close, a first for all of them.



Team Publicis Groupe Singapore and Digitas Singapore at the activation launch



Elaine Poh, Publicis Media and Jay Santos, Haleon Chairpersons of Singapore Media Marketing Awards 2024



A fun photo moment with our riding horse, Lady



Geoff Tan, Director of Events & Partnerships at AAMS

## Guests for the evening





## *Embrace the vibrant spirit of Tahitian dance!*

A mesmerizing whirlwind of power and grace,  
A celebration of femininity that evokes the raw beauty of the  
islands,  
Where every movement is a testament to the evocative and  
empowering essence of femininity,  
An awakening of the inner goddess in every woman.

Through its evocative rhythms and movements, this vibrant  
expression of culture and identity not only celebrates the  
beauty and power of the female form but also ignites a  
profound sense of freedom and self-discovery.

With every sway of hips and beat of the drums, every woman is  
emboldened to express their deepest selves and find her own  
unique goddess, ready to emerge and shine.

It's not just a dance form.

It's a statement of strength, grace, cultural pride, and  
connection to the Tahitian culture, inviting all to discover their  
inner strength, femininity, and radiance.

Come join our tribe!

Get ready to  
learn the art of  
Tahitian dance  
with our  
experienced  
instructor.  
All levels  
welcome!  
Bring your friends  
to experience the  
culture and  
beauty of the  
islands.

**Sundays  
5 - 6:30 pm**

**\$160 monthly  
\$45 drop-in**

**Evonne** has been a dancer her whole life and is a seasoned performer and teacher. Decades after dabbling in multiple dance genres (ballet, street jazz, hip-hop, modern and contemporary dance, traditional and Latin ballroom, flamenco, tap, bellydance, even traditional Balinese), she fell in love with 'ori tahiti (Tahitian dance)—that was 10 years ago and she hasn't looked back since. She has taken multiple intensive workshops with 11 'ori teachers from all over the world, and has travelled to Tahiti to learn more. Her teaching journey began in 2017 when she was tasked to teach at a school here in Singapore. That school has since closed, but she started her own group, **Te Here 'Ori Tahiti**, and is still teaching and performing to this day. She is looking to share her love of 'ori tahiti and grow a tribe of 'ori tahiti dancers in Singapore. Reach out to her on Instagram (@tehereoritahiti) to chat with her!



*Your 'Ori Instructor*



# Horseshoe Decorating Workshop

Members and their guests came together on 24 August to decorate horseshoes in support of a meaningful cause in a two-hour interactive workshop. At this fun-filled session, they unleashed their creativity as each horseshoe was transformed into stunning pieces of art.

The decorated pieces were sold at our Annual Outreach Polo Tournament & Carnival held on 15 September, with all proceeds from the sale going to our Outreach funds.

Did you know that horseshoes symbolise good luck, protection and love?

Beautifully decorated horseshoes



Children putting their creativity to the test at the workshop



# SPC's got Talent



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**FRIDAY, 6 DECEMBER 2024**

*In conjunction with Christmas Light-up*

**5.30PM**

**\$12 Participation Fee**

Send audition clips with at least two performances  
to [events@singaporepoloclub.org](mailto:events@singaporepoloclub.org)  
by **Tuesday, 12 November 2024**

\* Prizes for top 3 performances



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CLUB**  
Established in 1886

# Durians: 8 Myths and Facts About the King of Fruits

*Get the nutritional facts right from Changi General Hospital's Dietetics and Food Services department.*

**S**ingaporeans get whipped up into a frenzy when during durian season, but is there such a thing as TOO MUCH durian? And is durian and alcohol a lethal combination?

Dietitians from the Department of Dietetic & Food Services at Changi General Hospital (CGH), a member of the SingHealth group, shares more on the myths and facts about durians.

Contrary to popular belief, you will not have a big spike in your cholesterol level after eating a durian. In fact,

this king of fruits has good monounsaturated fats that can actually lower your harmful cholesterol levels and moderate your high blood pressure.

But feasting on this highly nutritious fruit will certainly not benefit your waistline. A durian can have anywhere from 885 calories to 1,500 calories depending on its size.

Durians may be a very good source of nutrients, but they are also high in calories and carbohydrates and thus must be consumed with moderation.



*Durians are high in calories, but they have good monounsaturated fats as well*

## 8 Durian facts and myths

### ✓ Fact - Durian can cause weight gain

With an average 1 kg sized durian having close to 1,350 calories, eating one durian can rack up as much as 68 per cent per cent of the daily 2,000 calories recommended for an average adult! One seed durian (about 40g) has 54 calories.

### ✓ Fact - Durian is rich in nutrients

Durian is naturally rich in potassium, dietary fibre, iron, vitamin C, and vitamin B complex. The king of fruits is thus excellent for improving muscle strength and blood pressure, bowel movements and skin health. It also supports the nervous and immune systems, and enhances red blood cell formation.

Nutritional composition of one small durian (602g)		Dietitian's Comments
Calories	885	
Total fat	32.1g (mostly monounsaturated fats)	That's nearly 50% of the daily nutritional requirement
Cholesterol	NIL	
Sodium	13mg	Low sodium
Total carbohydrates	163.1g	That's over 50% of the daily nutritional requirement
Dietary fibre	22.9g	Good. That's 92% of the daily nutritional requirement.
Protein	8.8g	

Percentage of daily nutritional requirements	
Vitamin C	198%
Iron	14%
Vitamin A	5%
Calcium	4%

### ✓ Fact - People with diabetes must limit their durian intake

If you have diabetes and must count your carbs, you cannot feast on durians because of the fruit's high sugar content. Durians contain simple sugars – sucrose, fructose and glucose.

### ✓ Fact - Durian is an instant energiser

Because of their high carbohydrate content, durians can help replenish low energy levels quickly (in healthy individuals). The fruit's high potassium content can also help reduce fatigue and relieve mental stress and anxiety.

### ✗ Myth - Durian is loaded with cholesterol

Not true. Durians have zero cholesterol. Cholesterol is found in foods containing saturated fats such as red meats, seafood and dairy products. Durians have heart-healthy monounsaturated fats which help to lower your levels of bad LDL cholesterol.

### ✗ Myth - Mangosteen must be eaten with durian to reduce heatiness

According to conventional Chinese wisdom, a mangosteen, being a cooling fruit, will reduce the heatiness associated with durians. However, there is no scientific research to support this. The habit of eating durians and mangosteens together probably stems from the fact that the two fruits are harvested at about the same time.

### ✗ Myth - Eating durian and drinking beer at the same time may kill you

There is no scientific evidence to show that this is a lethal combination. It is more likely to cause bloating, indigestion and discomfort as your liver has to work extra hard to metabolise both fats and sugars in the durians and the alcohol, especially if you have consumed both in excessive amounts.

### ✗ Myth - Eating durian can boost your libido

The heatiness in the durian may cause your body temperature to rise, but this does not make the fruit an aphrodisiac.

Despite the myths associated with the durian, it remains a highly prized fruit.

### Final message from our dietitians:

The durian is a highly nutritious fruit which, when eaten in moderation, will provide the body with many minerals, vitamins and good fats. Eating two to three seeds of durian at one sitting is sufficient, but because durians can become so addictive, people tend to eat more than they should.



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studio.



## REVIVE & THRIVE

## The Chic Guide to Wellness Through Massage

### **Beat the Burnout: Restoring Balance Through Massage**

In our fast-paced world, burnout sneaks up on even the best of us. Massage therapy offers a chic solution to reset and restore balance—physically, mentally, and emotionally. Tension melts away, and energy is rejuvenated, helping you return to your most vibrant self.

### **The Stress Detox: Unlocking Calm with the Power of Touch**

In our stressful environment, massage is your go-to detox! The magic of touch activates your body's relaxation mode, reducing cortisol levels and making stress a thing of the past. It's like a mini-vacation for your mind and body, melt-

ing away pressure and leaving you feeling effortlessly calm. Combining massage and facials keeps you thriving, even in the busiest of times. You're not just surviving—you're thriving, even under the weight of modern life.

Massage gives you a radiant glow from the inside out.

### **Clear Mind, Light Heart: Massage for Wellness**

Regular massage doesn't just ease physical tension—it also lifts your mood by boosting serotonin and dopamine. Say

goodbye to mental fog and overwhelmed emotions—massage offers a fresh start, giving you the mental clarity and emotional lightness to take on anything with grace and ease.

### **Glow from Within: Physical Benefits Beyond Relaxation**

Beyond relaxation, massage improves circulation and boosts lymphatic drainage, giving you a radiant glow from the inside out. When combined with facials, it's an investment in long-term wellness, ensuring you look and feel fabulous today and for the long haul.



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Tensions,  
**Calm Your  
Senses**



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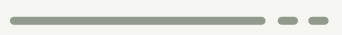
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# WHY AM I SO SORE AFTER HORSE RIDING?

Horse riding is an extremely physical activity and you'll use muscles you didn't even know you had. If you do go for a ride and forget to do your post ride stretches then you may well find yourself extremely stiff and sore in the following days after.

Although mainly on the outside of the hip, the discomfort can extend to both the front or back. Regardless of your riding style, the constant shortening of the tensor fascia latae and gluteus medius muscles due to an unnatural position is the primary culprit behind the discomfort.

Even a few hours in the saddle can leave your body tired and aching – the leg muscles work hard, the lower back can ache if your core isn't working correctly and if you have a strong horse you can end up feeling like you have wrestled a rhino by the time you get back to the yard

## 5 Stretches for the Equestrian (Pre-and-Post Ride)



### Chest-Opener Stretch

This technique stretches your pectoral muscles and the front of your shoulder. Find a door frame or vertical pillar, raise your arm and create a 90-degree angle at your elbow. Gently press your raised forearm against the wall. Think "shoulders back" as you lean forward slightly to increase the stretch. Turn your head and look away from the wall to stretch your neck simultaneously.



### Overhead Shoulder Stretch

For this technique, you can stretch in the same doorway (if you are tall enough!) or use a wooden fence. Place your fingertips at the top of the doorframe for the doorway variation and lean forward. For the fence variation, stand a foot away from the fence and place your palms flat on the top of the rail. Bending at the waist, allow your head to drop between your raised arms and keep your back flat. Don't drop or hunch your shoulders. Relax and breathe into the stretch.



### Standing Crossed-Leg Stretch

Your hamstrings and calves get very tight from the heels-down riding position. While standing, cross one leg in front of the other. Then, bending at the waist, reach towards the ground. Complete this stretch for both legs. This will stretch your hamstrings, calves, and lower back. You can easily do this stretch while standing at the barn, in a store, or while waiting for dinner to cook.



### Child's Pose

This classic yoga pose has tons of benefits for horseback riders. From all fours, shift your hips back towards your heels, stretching your arms in front of you. Breathe deeply and relax downward. This stretches your back, sides, and shoulders. Over time, it can help reduce lower back pain. If your upper back and shoulders feel very stiff, you can move your clasped hands behind your head instead of in front of you.



### Cat-Cow

This yoga stretch can be done seated or in a tabletop position. Start with a flat back. As you inhale, arch your back, drop your stomach toward the floor, and lift your face and tailbone toward the ceiling. As you exhale, reverse your position. Round your back, drop your tailbone and your head. Continue in this pattern for a few rounds, following the cadence of your breathing. This stretch increases flexibility in the abdominals and the lower and mid-back.

Stretching must be part of a long-term routine to see results. An occasional stretch every once in a while will feel good but won't have the same results as consistent stretching. Add these stretches into your daily routine, and you'll be amazed at the results in as little as a month.

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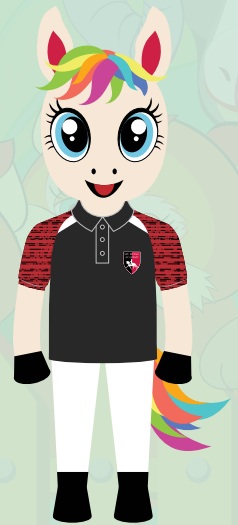
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# FESTIVE JIGSAW CHALLENGE

Join our festive season jigsaw competition and show off your puzzle skills. A Smiggle Pencil and Eraser Set awaits the best four puzzlers! Are you up for the challenge?



Find the correct places for remaining details.

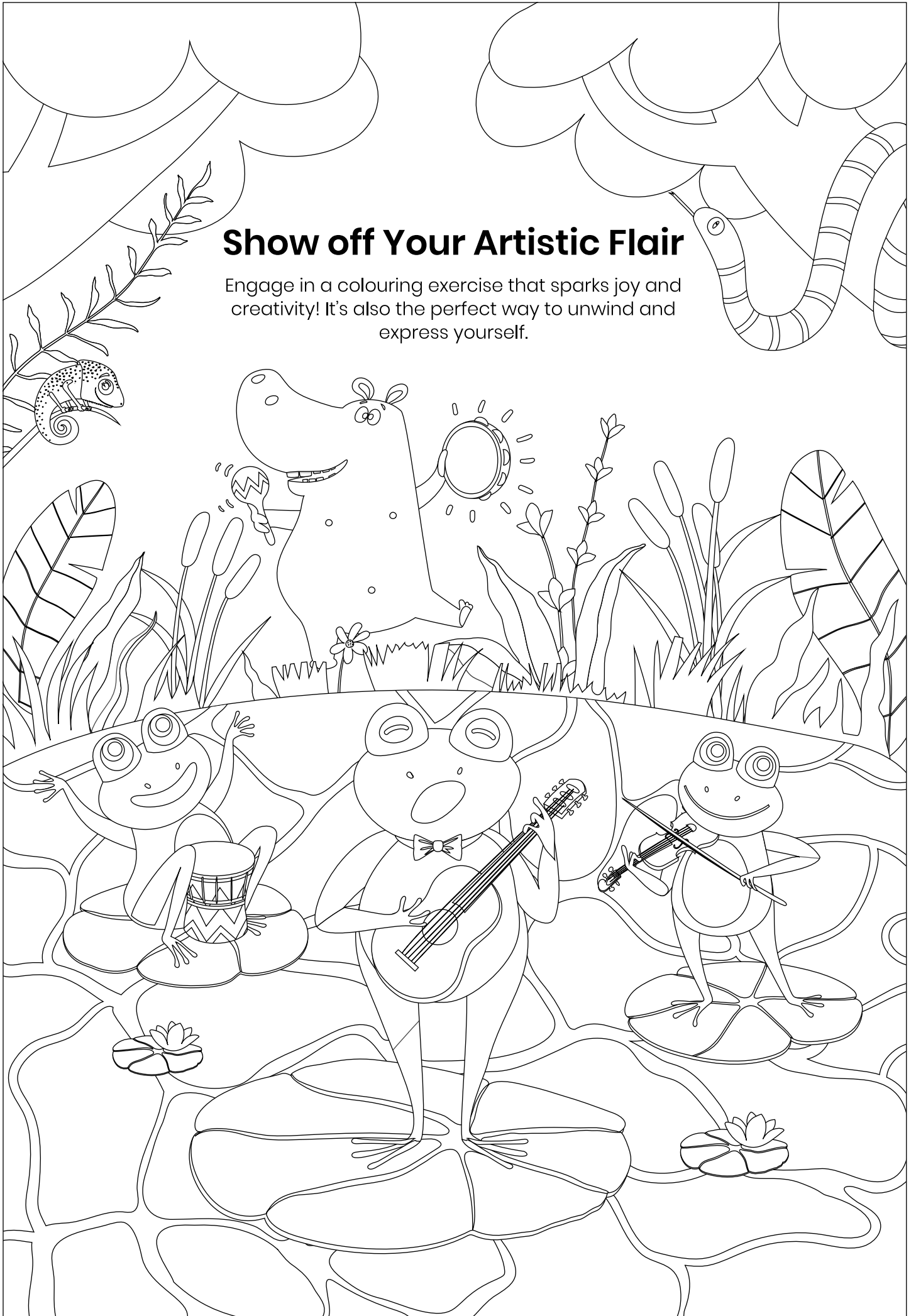


Submit your completed entries to [marketing@singaporepoloclub.org](mailto:marketing@singaporepoloclub.org) or drop them off at our Reception before **22 November 2024**. Remember to include your name, membership number, email and telephone number.



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A POLO PLAYER OF YOU!**