
NOVEMBER 2021



THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

OUTPOST

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A MESSAGE FROM THE BRITISH AMBASSADOR

I am delighted to have started my role as British Ambassador to Thailand. I first visited Thailand as a student in the 1990s, which gave me a real passion for the country, its culture, history and beautiful scenery. Since then I have been back many times, not least because all of my overseas postings with the Foreign Office have been in this region (in China, Cambodia and Sri Lanka).

Although I only started my role three months ago, I've been in Thailand for a year already. I spend my first 8 months learning Thai at a language school in Bangkok (with short stints too in Chiang Mai and Khon Kaen). I found this interesting and enjoyable, and it gave me a useful insight into life in Thailand. I shall look forward to practising my Thai more and improving further now that I have started my role.

Having visited Thailand over nearly three decades, I have seen with my own eyes just how quickly the country has developed. This makes me excited about the opportunities ahead for the UK-Thailand relationship. We have a strong trade and economic relationship, a wide ranging political dialogue, and co-operation on security issues. There is also a close relationship between the people of Thailand and the people of the UK: many family ties, thousands of Thai students in the UK, and usually over a million UK visitors to Thailand each year.

Going forward I want to strengthen these ties further, especially in areas that will support our development in the future, such as in education, science and technology, healthcare, and digital. The UK and Thailand also need to work together to tackle the big global issues, such as climate changes, Covid-19, terrorism, organised crime and international security.

One high priority for me is our work to assist British people in Thailand. The Embassy provides assistance to British nationals in over 1,500 cases each year, on issues ranging from hospitalisation to imprisonment, child protection to mental health. We also deliver over 5,000 documentary and notarial services each year. During the pandemic, we have also worked hard to deliver access to vaccines and information about evolving restrictions.

Needless to say, it has been rather strange to start my job in July, with my first two months spent in lockdown navigating tough but necessary Covid restrictions. This has meant that I haven't been out and about as much as I would have liked. That said, one of the first things I did when restrictions eased a little in early September was visit the British Club for the first time. My husband Chris and I thoroughly enjoyed our lunch hosted by Paul and James, and we loved your wonderful green space and historic building in central Bangkok.

Now that restrictions look set to ease further, we are greatly looking forward to visiting the Club more regularly and to meeting your members in the months ahead.

Mark Gooding OBE | HM Ambassador to Thailand | British Embassy Bangkok

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Contents



Front Cover

The evening of Loy Krathong is one of the most picturesque festivals in Bangkok. We are looking forward to paying our respects to the goddess of water by releasing beautiful lotus-shaped rafts, decorated with candles, incense and flowers.

This Month

We introduce the British Ambassador, The Fry Group looks at retirement plans, Phase 2 completion gets event closer, Past Particle continues the Club story from 1919-23, A close look at the new fitness centre, London reciprocal clubs are paid a visit from one of our members, and all our sports section are back with their latest updates.



REPORTINGS

- 01 AMBASSADOR'S MESSAGE
- 04 CHAIRMAN'S MESSAGE
- 08 TEE TALK
- 32 MEMBERSHIP DEPARTMENT

HAPPENINGS

- 10 PHASE 2
- 12 ~~~PAST PARTICIPLE~~~
- 16 MEMBER FOCUS
- 18 WEST LONDON CLUB
- 20 CALENDAR

SPORTS

- 22 TENNIS
- 24 HARD BALLS
- 26 GOLF CLUB
- 28 PILATES
- 30 RUNNING TEAM

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Opinions expressed do not necessarily represent those of the Club. All events, dates and times are correct at the time of press.

Outpost welcomes contributions from Members, email outpost@britishclubbangkok.org

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REPORTINGS

REPORTINGS



James Crossley-Smith

Chairman's Message

Since 1st October we have kept our fingers crossed in the hope that we continue to see a steady increase in Members returning to the Club and that no interruptions change the direction. We are very pleased to see more Members using the Club. Squash is up and running again. Table tennis has moved back indoors and Members are training in the fitness centres.

We are happy to see you all, to catch up and bring a buzz back to the Club. May it continue!

The vaccination program in Thailand is now working very well, those with Sino pharm are receiving boosters and the great news is that the British Club staff have also had their second vaccinations. I do not like speaking too soon but we must look forward to and plan the next two months.

We were disappointed that the ban on alcohol will continue but we expect to be able to serve alcohol from the 1st December. Regardless of the alcohol we still have a great variety of dining experiences. Members enjoy the Churchill bar for a quiet coffee or lunch and to catch up on newspapers. Members can enjoy family dining or a gathering of friends for lunch or dinner in the Veranda. Poolside dining has picked up as people enjoy the outdoor space and the pools.

PressReader

Catching up with newspapers will be easier in November. We will introduce PressReader through a British Club Subscription. Many of the quarantine hotels advertise PressReader as a way to access thousands of newspapers and magazine from around the world. It is yet another App, but from my experience a quite incredible one. The variety of publications is a measure of our digital world. All our core countries are well covered – there are 630 publications from the UK, 429 from Canada, 331 from Australia and 129 from New Zealand.



▲ News and Magazines available on PressReader from England, Canada, Australia, New Zealand and France

The local papers are the Bangkok Post, the Daily News in Thai, Pattaya Mail, Phuket News and Khao Phuket. I am sure there are papers and magazines from every one of our Member countries. The largest number of publications is from the USA with 730, Spain is next with 709 and France is covered with 436.

Publications include daily and weekly newspapers and a huge number of magazines covering a very broad choice from home decoration and fashion to hobbies and sports.

We have subscribed for 20 users and will provide dedicated tablets for half of those log-ins. Please look out for the access details.



▲ "Clubhouse Lobby with Members services and reception moved to the room on the right"

Members Reception and Services

If you ever do need assistance whilst at the Club please head to the Members Reception. The Reception, which was based in the Clubhouse lobby has been moved to the Membership room on the right of the lobby at the bottom of the staircase. This is part of our steady progress in smartening up the Clubhouse. The next room on the list is the Silom Room and we are working to give that a more professional look suitable for all manner of meetings. A large TV will be situated there for presentations or to "zoom", a projector and whiteboard will assist with your meetings. The Clubhouse and grounds offer potential for breakout meetings or just to socializing after your meetings have ended.

Website Relaunch

In October we relaunched the Club's website. We have added a lot of pages and information, including histori-



An oasis in the heart of Bangkok

▲ "Website relaunch"

cal information. It is a good upgrade and will showcase the Club in a far better light. We will now start working on a booking system that will be primarily set up for court booking but will develop into a system to book events and make dining reservations.



▲ "Topping Off Ceremony"

Phase 2 Poolside Redevelopments

There are updates for Phase 2 in the following pages. In October we held a topping off ceremony to celebrate finishing the structure. We had a very optimistic construction schedule to complete the building work by the end of November. The construction workers have struggled with restrictions on worker movement and lost time due to vaccination programs. Somewhat predictably only part of the construction will be finished by the end of this month. However there is still an opportunity to open most of the ground floor facilities in December as suggested in previous articles. We expect all facilities to be completed by the end of December.

We feel we can now start planning for Christmas and in fact all December activities. We are taking bookings for dinners, gatherings and of course Christmas Day and New Year.



Retirement planning/ UK pension income

By Martin Wright, The Fry Group

Brits retiring overseas may have acquired some local 'pensions' and UK pension rights (personal, employment related, UK State Pension) which can be complicated and confusing in Thailand.

THAILAND PROVIDENT FUNDS (FOR LOCAL EMPLOYEES)

The Thailand Provident Fund is an investment related long-term savings arrangement voluntarily established by employers and employees (normally consisting of contributions from both parties).

For an employee there are local tax benefits for monthly contributions, and on retirement/termination of the arrangement, particularly after five years of service.

UK STATE PENSION

The current full State Pension is £179.60 pw (£9,339.20 pa), the Basic State Pension for pre-April 2016 retirees is £137.60 pw (£7,155.20 pa). You pay UK Income Tax if total taxable UK income (rent, private/company pensions and State Pension) exceeds the current UK personal allowance (£12,570). With the lack of social security agreement between the UK and Thailand, UK State Pensions in payment do not rise each year and generally remain payable at the original rate of payment for as long as you remain resident in Thailand.

UK COMPANY PENSION SCHEMES AND PERSONAL PENSION

UK pension income is normally paid after the deduction of 20% UK Income Tax at source, the final tax liability based on Self-Assessment Tax Returns and UK tax rates and allowances.

- Double Taxation Agreements (DTAs)

Double Taxation Agreements between the UK and other countries can mean gross pension income at source, taxed locally instead. The UK/Thailand Double Taxation Treaty (DTT) only covers UK government (Civil Service) Pensions which can only be taxed in Thailand if the pensioner is a local 'national' and resident.

- UK pensions paid for service outside the UK

There are special provisions for defined benefit occupational pensions which can exempt the pension from PAYE where the pension arises from employment carried out abroad (only for non-UK residents). The criteria is non-residence for a certain number of (complete) tax years as follows:

1.1 the last ten years' service in respect of which the pension is paid was abroad, or 1.2 the service carried out abroad amounted to half of the total pension service and 1.3 covered at least 10 of the last 20 years.

Although the pension may be outside the operation of Pay As You Earn (PAYE) it is important to note that the current UK/Thailand DTA could only exempt Civil Service Pensions this way, any other pensions will still be taxable in the UK via Self Assessment.

QUALIFYING RECOGNISED OVERSEAS PENSION SCHEMES (QROPS)

Between April 2006 and April 2017 many Brits living overseas transferred their UK pensions to QROPS (now called ROPS). Guernsey and then Gibraltar were historically popular options for Thailand residents because they generally offered favourable Income Tax treatment when compared to UK tax rules.

QROPS may not be a viable option for Thailand residents now with the change in UK rules in April 2017, as an onerous transfer charge of 25% would apply currently.

UK pension arrangements are quite complicated, particularly for those retiring overseas. Therefore, it is essential you seek professional advice, especially from a company with international and UK experience.



Martin Wright
Senior Financial Planner
The Fry Group (Singapore)

Webinar:

Educating children about money, investment market update and retirement planning and pension income

SPEAKERS

Martin Wright (Host)
Senior Financial Planner, The Fry Group

Max White
Director, Schroders Wealth Management

DATE

Thursday 02 December 2021
6.30pm – 7.30pm

RSVP

events@thefrygroup.co.uk

Join us for a webinar, hosted by Martin Wright, Senior Financial Planner at The Fry Group Singapore with guest speaker, Max White, Director at Schroders Wealth Management Asia.

This webinar will focus on key topics including:

- Educating children about money
- Retirement planning and pension income
- Investment market update

What you can expect to learn from this webinar:

- Some considerations and future planning ideas for children's investment and financial knowledge
- What to consider towards retirement and how to get the best from UK pensions in Thailand
- What is happening in the investment markets and some possible scenarios for the next phase

There will be plenty of opportunities for Q&A. RSVP to events@thefrygroup.co.uk to receive the link to join the webinar.

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" Tee Talk "



Tee Bale



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Finally, many of restrictions from the BMA for Covid-19 have been lifted and the Club continues to move back towards full operations. We, like many, are expecting all restrictions to be lifted by the 1st of December in time for the festive season and all our regular annual events. In the meantime, we are focusing on recruitment to build the required team to operate all our new facilities, various positions have already been recruited and will be joining the team throughout November.

Veranda has now launched the Executive lunch menu, this is available from Monday to Friday 11:00am – 4:00pm exclusively in Veranda, it showcases Chef Pete's talent to create delicious fast elegant dishes for you to enjoy either at your leisure or on your lunch break from the office. The menu is updated every two weeks and offers choices of appetisers, mains, and desserts.

The Club was pleased to announce the launch of its brand-new website last month, hosted on the same web address www.britishclubbangkok.org. You can now enjoy improved features and see up to date news and happenings on everything that takes place in the club, make sure you visit and bookmark the page. In addition to this we have now started work on the club's booking app, this is being designed to allow our members to book our sports facilities, events, restaurants, and delivery service with a simple to use interface from your mobile phone or tablet. Once launched the same

booking system will also be available on the Club's website, so you can use which ever platform suits you best to make your Club reservations.

The past 24 months have been a challenging time not just in Thailand but for the world, however in this time we have still managed to forge new relationships and partnerships with local companies and international clubs. This year we were able to add six new reciprocal clubs to our network taking us to 434 reciprocal clubs worldwide for our members to use. We also added five new membership partners which allow our members added benefits when showing their British Club membership card. All the details of the reciprocal clubs and membership partners can be found in the respective sections of our new website.

Families that have been struggling to find things to do with their little ones will be pleased to learn that we will soon be relaunching Bambi mornings for parents and their toddlers and the Shrewsbury Stars kids club on the weekends at the Silom Wing 'Kids Stop' play area. The official dates will be announced soon through our weekly newsletter, social media platforms, and website.

We look forward to seeing you at the Club soon.

The Executive Lunch

11:00am - 4:00pm @ The All New Veranda | Monday-Friday

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Phase 2: Poolside Redevelopment Project Update

by Jack Dunford MBE

It is still raining every day and we are still living with Covid restrictions ... but the work goes on.

It is now for sure that not everything will be finished by 1st December as originally scheduled. Weapons Decoration, our main Contractor, has done a brilliant job getting the job to this point and we are still on budget. However there has been a shortage of labour for some of the specialist crafts and there have been delays.



▲ Glimpse of Sports Bar



▲ Kitchen ready for plastering



▲ The new Gym

There has been lots of progress however. There was a nice topping off ceremony on 4th October to commemorate completion of the main building structure, and good news is that some top line items like the air conditioners, lift and the dumb waiter have already been delivered. This means that we are not expecting any delays with supplies, which was a potential problem.

This is now underway and, once complete, other finishes and fitting out can start. We still hope that at least some of the facilities should be open in December, but all work should be complete by the New Year. That will still be just under 12 months since the hoardings started going up and demolition began last January, pretty good going considering all the challenges and uncertainties of 2021.

Almost all the walls, plumbing and electrical works are done and all services for the kitchen, bars, toilets and showers, massage rooms etc. are in place. The main delay has been plastering.

Members who have been stuck outside the country and annual visitors who have not been able to visit us for a while will hardly recognise the Club. We are all in for a treat and have lots to look forward to.



▲ Poolside reception



▲ Plastering



▲ Gym window position



▲ Sample wall colours



▲ Topping off



Paul Cheesman

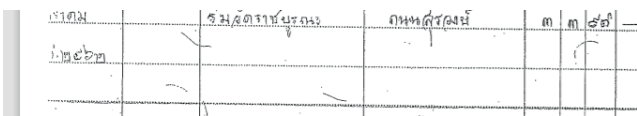
~ ~ ~ PAST PARTICIPLE ~ ~ ~ *Auspiciam Melioris Ævi*

We continue the story of the British Club Bangkok from 1919 to 1923

A New Footprint

On 14th January 1919, the Siam Electricity Company sold the Bangkok Lawn Tennis Club, across British Club Lane (now Soi 18), to the British Club. The land contained eight grass tennis courts, interspersed with 'little khlongs' (streams) for watering purposes and a small wooden clubhouse. The land size was 3 Rai, 3 Ngan and 97 Square Wah (0.639 hectares) or 7,642 square yards. In order to finance this purchase, a loan was taken out by the Club from the said Siam Electricity Company, at the same time.

On 26th June 1919, a Court Final Judgement confirmed the Club's legal use of the khlong (canal) and sluice gate, along the east side of the land (now Soi 16), leading to Khlong Silom. This khlong provided both irrigation and drainage for the grass tennis courts.

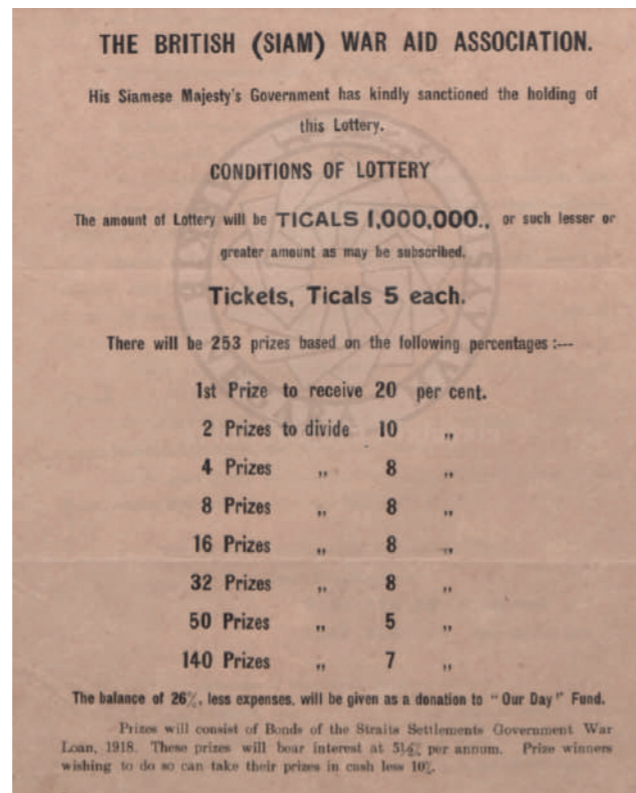


▲ "Land Purchase"

War Funding

Although the Great War had ended, the financial cost of the war continued to be to a burden. To this end, at the close of 1918, the "Our Day" War Loan 1,000,000 Tical Lottery was organised by the British (Siam) War Aid Association and authorised by the Royal Siamese Government. (A Tical was the old name for the Baht).

The Lottery was drawn on 15th February 1919, and the Winner of the 145,000 Tical first prize was a Dr. Nuan from Amphur Khlong San in Thonburi province, just across the Chao Phaya river. The organisers were Fred Kempton, of Kempton & Co, and Club Member Hamilton Price, Manager of the Bombay Burmah Trading Corporation. Tickets were sold by the Club, the Royal Bangkok Sports Club, the Bangkok United Club, and a few trading banks.



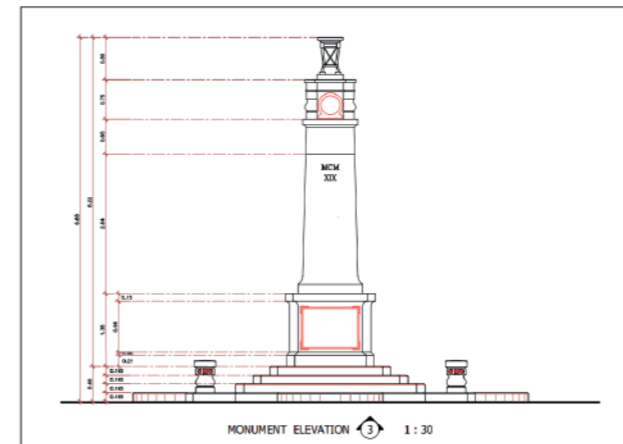
▲ "War Lottery"

Lest We Forget

To commemorate Siam's role in the Great War, His Majesty King Vajiravudh commissioned the World War Volunteers Memorial (Anusawari Thahan Asa) in Sannam Luang on 24th September 1919. This contained the ashes of the nineteen Siamese troops who volunteered for the Great War but did not return. The completed memorial was opened to the public on 22nd July 1921, four years to the day that the troops left Siam.

Hence in 1919, the British Legation established a committee to have built a War Memorial to the fallen British troops from Siam. At this time Brigadier General R.C.

Stevenson RA was the Military Attaché at the Legation but the post was abolished in April 1920 before the project was finished. By 1921, the British War Memorial, designed by Edward Healey in Siam, was being carved in Scotland by Sir James Taggart KBE. Edward Healey was well known for his buildings at Chulalongkorn University and the Devavesm Palace. Sir James, Lord Provost of Aberdeen from 1914 to 1919, owned a large Granite Works in Aberdeen, now part of Robertson Granite. On 30th January 1922 the British War Memorial, now complete, was shipped from Aberdeen in the United Kingdom to Siam



▲ "The War Memorial"

Club Life.

In this immediate period after the Great War was fought, there were four committees which saw service by 23 Gentlemen, nine of whom had done service before. Amongst the 'new' guys were ...

Leonard Brewitt-Taylor, who was born in Fuzhou in China, and was the first son of Charles Henry Brewitt-Taylor, who later became the Commissioner to the Chinese Customs Service. His brother Raymond became a Captain in the Royal Army Medical Corp but was sadly killed in action in 1918. Leonard came to Bangkok in 1905 as a student interpreter but soon quit to join the Bombay Burmah Trading Company. In 1919 he married Margaret McGee, daughter of a Californian Lawyer. Leonard served on the committee five times, the last two occasions as Chairman. He died in Aldershot, Hampshire, UK at the age of 48.

The Bombay Burmah Trading Company was also the employer of three other committee members during this period: **E.J. Walton**, who served twice on the committee, once as chairman. Unfortunately we know very little else about this chairman other than it was an extremely good Squash player - he and partner having won the Chiangmai Cup in 1917, 1921, 1922 and 1924 - and that he was a linguist having translated

Chandra Khonthasen's book 'The Red Karens' for the Siam Society in 1923; **H. Gore-Browne**, who was BBTC manager in 1919, and served once as Club Chairman in 1921; and **Ernest Chapple** who was Honorary Secretary 1919-1920 the only time he stood for committee and he won the Chiangmai Cup in 1918 and 1919.

Bombay-Burmah Trading Corporation, . Ltd., The- Head Office: Bombay Branches: Rangoon, Moulmein; Teleph 286; Tel. Ad: Uomford Hamilton Price, manager H. Gore Browne, do. E. J. Walton, do. L. Brewitt-Taylor E. Chappie I W. R. H. Taylor

▲ "BBTC"

Service to the Club

William H. Gilmore was a twice serving Honorary Secretary who we ought to know more about as he visited the Club back in 1971. Mr. Gilmore was a Club Member from 1908 to 1932, worked for the Barrow Brown Company and on his 1971 visit told stories of "the Club before the present building had been built". Sadly no-one kept any record of these anecdotes. A committee member with nine terms of service was **Reginal Atkinson**, who was a solicitor in Tilleke & Gibbons, and **J.M. Lindsay**, worked for Asiatic Petroleum, the forerunner of the Shell Company of Thailand, serviced twice on the Committee, once as Chairman.

Bangkok Police Assistant Commissioner **Cecil Bedell Follett** served one year as Honorary Secretary in 1922-23, and retired in 1930 after serving 27 years in the police force: he was awarded the Third class (Commander) rank of the Most Noble Order of the Crown of Siam in 1925, having received the fourth class (Companion) rank in 1915. Mr. **Fred Campbell** served on the committee twice in this period, and four times overall, and was the Bangkok manager of the Nestlé & Anglo-Swiss Condensed Milk Company. Mentioned previously for his role in the Bangkok Lawn Tennis Club (see *Past Participle, September 2021*) was **Norman Maxwell**, Chief of the Statistical Office at the Siamese Customs & Excise Department, who served four times on the Club Committee.

One of the remaining 'new guys' was **Richard Dudley Craig** - his contribution will be told in the December edition of Past Participle.

Hot off the Press

On the 22nd of December 1921, Alfred Charles William Harmsworth, the 1st Viscount Northcliffe, owner of the Daily Mail and the Daily Mirror newspapers in the UK, was a guest at a dinner in his honour at the Club. He had dined with His Majesty King Vajiravudh the day before and had luncheon on that day with the newly arrived British Minister Robert Greg. Prior to his departure Viscount Northcliffe wrote a column on British business in Siam in a number of local and international newspapers.

Charming Siamese.

Lord Northcliffe, writing home from the British Club, Bangkok, says he has heard nothing but praise for the fair and friendly treatment Britishers had received at the hands of their Siamese hosts. Much of

▲ "Lord Northcliffe writes"

The New Library

The Bangkok Ladies' Library Association had moved in 1914 to the site adjacent to the Club at 195 Suriwongse Road (see *Past Participle*, October 2021). On 26th June 1922, a new building was opened. It was commissioned by Dr. Thomas Heywood Hays, a leading American physician in Siam and proprietor of the British Dispensary, in remembrance of his wife, Jennie Neilson Hays who had died of cholera in 1920.

The new building, still extant, was designed by famous Italian architect Mario Tamagno, who also designed Hua Lamphong Railway Station, and, with opening of the new building, the Bangkok Ladies' Library Association was renamed the Neilson Hays Library.



▲ "The Neilson Hays Library"

We will remember them

The hundred or more stones of the British War Memorial were landed in Siam in late 1922, and the monu-

ment assembled at the Ploenchit gate end of the driveway to the new British Legation which itself was 'under construction' on the corner of Ploenchit and Wireless Roads. The Memorial listed the names of the 25 men of British descent who left Siam to fight in the Great War but did not return. A small publication listing their mini-biographies can be found on the Club website under 'The Club - History - Club Official Documents & Photographs'.

On Wednesday, 10th January 1923, the Memorial was unveiled at a Service led by the Reverend R.J. Hitchcock, acting Chaplain of Christ Church, Convent Road, and attended by H.B.M. Minister Robert Greg with His Serene Highness Colonel Prince Amoradat Kritakara and Major-General Phya Pijajarnrit representing His Majesty King Vajiravudh.

They shall grow not old, as we that are left grow old:

Age shall not weary them, nor the years condemn.

At the going down of the sun, and in the morning,

We will remember them.



▲ "We will remember them"

Next month ...

A modern world

Paul Cheesman
Honorary Secretary

For Members interested in our Club's history, the timeline is updated each month end, and can be found on the Website under 'The Club - History'.

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WELCOME NEW MEMBERS

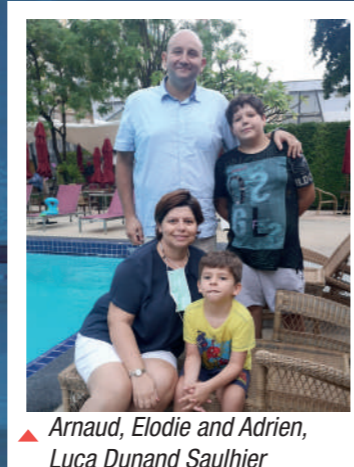
Each month we like to introduce some of the New Members who have recently joined the Club. These are some of the Members who joined during the last few months



▲ Viktoria, Nicolas and Polina Sofia Bordry



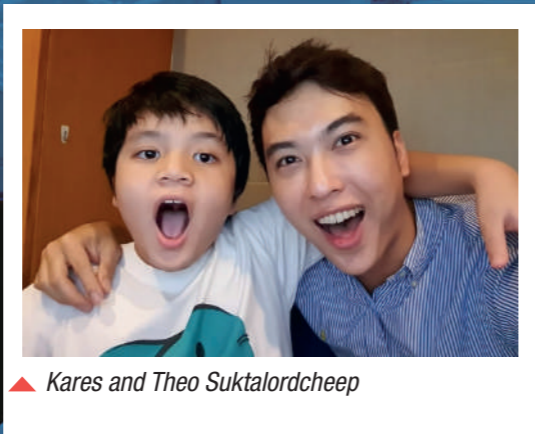
▲ Frederic, Emilie and Louis, Tim Bichet



▲ Arnaud, Elodie and Adrien, Luca Dunand Saulhier



▲ Jiraporn, Korrapak and Natapat, Jiratouch Wangtanaphat



▲ Kares and Theo Suktalordcheep



1903
THE BRITISH CLUB
BANGKOK

Phase 2 Fitness Centre by James Crossley-Smith



The new fitness centre will be situated on the 1st floor of the new development. It will sit above the changing rooms and look out over the main swimming pool towards the Clubhouse. It can be accessed by the staircase behind the Sala at the Tennis court end of the main swimming pool. Next to this staircase is also a lift. There is also an entrance from the Silom Wing side along the walkway that goes passed the Squash court viewing gallery on the 1st floor.

At about 40 metres long and 10 metres at its widest it is a big space. The size means it can be divided into work out zones.

There are 3 zones for different workouts. The main zone is for cardio and strength where the main cardio workout equipment is positioned to look out of the large glass façade towards the clubhouse.

The central zone is for functional training and the third zone for free weights

The centre will have smart card access and will be run in a similar way to other sports sections with nominal fees to cover running costs. We will develop a program to provide full time personal trainers and coaches.



▲ "Artist impression only"



West London Reciprocal Clubs: The Hurlingham Club, and the Winchester House Club

Paul Doust



The British Club Bangkok has two reciprocal clubs in West London. They're within 15 minutes' walk of each other, and on Sunday 12th September 2021 we had time to visit both.

The Winchester House Club

This club was founded in 1892, and consists of a house that dates back to the 17th Century plus a garden which overlooks the river Thames. The club has a bar which serves food, and on our visit there was a barbecue in the garden and we were able to sit in the garden for a nice lunch. There's no dining room or restaurant, and no accommodation either, but there's a snooker room with 3 snooker tables and also a library. The garden makes it a perfect spot to watch the start of the annual Oxbridge boat race every spring. The dress code is smart casual.

The Hurlingham Club

This club was founded in 1869 and in some ways, out of all the reciprocal clubs in London, this club is the most similar to the British Club Bangkok. The clubhouse is in the middle of the club's large grounds, which has lots of sports facilities including an outdoor swimming pool. The club is also very family-oriented. However, it's also very exclusive because the club's website says that "membership is not currently being offered and the waiting list is now closed". The clubhouse has lots of grand rooms, including a fine dining restaurant, but also more informal rooms including a cafeteria style restaurant and a bar. Open weekdays and weekends. When we visited in 2019 it was a relaxed and elegant place. However, our recent visit turned out to be on "Hurlingham Sunday" with a serious tennis competition and also lots of activities for families with children, so it was packed. The dress code is smart casual, but that includes smart sports clothes for playing e.g. tennis or croquet.



Obituary

Robert Russell Thomas 1948-2021



Rab, as everyone knew him by, was a true Scottish gentleman. Always in fine spirits and part of every event including all the Loyal Societies events and Annual Balls. He was also ever present as a full supporter and member of the British Club Bangkok.

Rab worked in banking and lived in several countries including the U.A.E. and Indonesia, finally settling in Bangkok before his retirement. Rab had a passion for motor racing, Formula 1 in particular, and would hold F1 race curry lunches at his Condominium overlooking the Chao Phraya River.

As a member of the Bangkok St Andrew's Society, Rab held many official positions but was mainly recognised for being the Honorary Treasurer before becoming Chieftain in 2013/14. He particularly enjoyed being Chieftain at his annual ball as it was attended by his close family from Scotland, America, and Australia.

For his many years on the St Andrew's Society committee, Rab was awarded the Loyalty Award in 2017 and after that an Honorary Committee Membership.

At the Kiddies Highland Games, held annually at the British Club Bangkok, Rab will be especially remembered for donning his tartan cap with ginger locks and being the finest MC come rain or shine.


After a little spoken of, long fight with cancer he past comfortably and peacefully in hospital Wednesday 22nd of September with his partner Yommie at his side.

Prayers were held on Monday September 27th 18:30 at Wat Sawetachat temple, Thanon Charoen Nakhon Road Khlong San, Bangkok 10600. The cremation was held at 15:00 on Tuesday the 28th followed by a wake at Bistro 33, Bangkok.

The Royal British Legion Remembrance Day Service will be held on Sunday 14.11.2021 at the Club. However owing to the Covid-19 restrictions, the event will not be open to members, or to the public, as in previous years. However, a guard will be in position at the War Memorial all the Sunday afternoon for Members individually, or in small groups, to make their own private act of remembrance.



NOVEMBER 2021

	SUN	MON	TUE	WED	THU	FRI	SAT
		1 Yoga Flow Vinyasa 8.00am - 9.00am Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	2 Pilates 10.30am - 11.30am Football 7.00pm - 9.00pm	3 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm	4 Swimming Lesson Tony 7.00am - 8.00am Yoga Flow Streching 8.00am - 9.00am Cricket team practice 6.30pm - 8.30pm	5 Senior Cricket 5.00pm - 6.00pm Tennis mixed-in 6.00pm - 10.00pm	6 Yoga Flow Energy 10.00am - 11.00am Junior Squash 1.30pm - 6.45pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Praticce 2.30pm - 6.00pm
	7 Junior Cricket 9.00am - 10.00am Swimming Coaching 9.00am - 12.00pm Tennis Men Doubles Team practice 9.00am - 1.00pm Sunday Brunch 9.30am - 3.00pm Squash Mix-in 10.30am - 12.00pm Tennis Mix-in 4.00pm - 7.00pm	8 Yoga Flow Vinyasa 8.00am - 9.00am Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	9 Pilates 10.30am - 11.30am Football 7.00pm - 9.00pm	10 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm	11 Swimming Lesson Tony 7.00am - 8.00am Yoga Flow Streching 8.00am - 9.00am Cricket team practice 6.30pm - 8.30pm	12 Tennis mixed-in 6.00pm - 10.00pm	13 Yoga Flow Energy 10.00am - 11.00am Junior Squash 1.30pm - 6.45pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Praticce 2.30pm - 6.00pm
	14 Swimming Coaching 9.00am - 12.00pm Tennis Men Doubles Team practice 9.00am - 1.00pm Sunday Brunch 9.30am - 3.00pm Squash Mix-in 10.30am - 12.00pm Tennis Mix-in 4.00pm - 7.00pm	15 Yoga Flow Vinyasa 8.00am - 9.00am Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	16 Pilates 10.30am - 11.30am Football 7.00pm - 9.00pm	17 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm	18 Swimming Lesson Tony 7.00am - 8.00am Yoga Flow Streching 8.00am - 9.00am Cricket team practice 6.30pm - 8.30pm	19 Senior Cricket 5.00pm - 6.00pm Tennis mixed-in 6.00pm - 10.00pm	20 Yoga Flow Energy 10.00am - 11.00am Junior Squash 1.30pm - 6.45pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Praticce 2.30pm - 6.00pm
	21 Junior Cricket 9.00am - 10.00am Swimming Coaching 9.00am - 12.00pm Tennis Men Doubles Team practice 9.00am - 1.00pm Sunday Brunch 9.30am - 3.00pm Squash Mix-in 10.30am - 12.00pm Tennis Mix-in 4.00pm - 7.00pm	22 Yoga Flow Vinyasa 8.00am - 9.00am Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	23 Pilates 10.30am - 11.30am Football 7.00pm - 9.00pm	24 Squash Mix-in 4.30pm - 8.15pm Balut 6.00pm - 8.00pm Tennis mixed-In 6.00pm - 10.00pm	25 Swimming Lesson Tony 7.00am - 8.00am Yoga Flow Streching 8.00am - 9.00am Cricket team practice 6.30pm - 8.30pm	26 Senior Cricket 5.00pm - 6.00pm Tennis mixed-in 6.00pm - 10.00pm	27 Yoga Flow Energy 10.00am - 11.00am Junior Squash 1.30pm - 6.45pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Praticce 2.30pm - 6.00pm
	28 Junior Cricket 9.00am - 10.00am Swimming Coaching 9.00am - 12.00pm Tennis Men Doubles Team practice 9.00am - 1.00pm Sunday Brunch 9.30am - 3.00pm Squash Mix-in 10.30am - 12.00pm Tennis Mix-in 4.00pm - 7.00pm	29 Yoga Flow Vinyasa 8.00am - 9.00am Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	30 Pilates 10.30am - 11.30am Football 7.00pm - 9.00pm				

SPORTS

SPORTS



Graham Johnston

TENNIS



▲ Pisamai Fund donation



▲ Welcome to the fold Barry

Dear Fuzzy-Ball-Chasers

I trust everyone is enjoying being back on our wonderful courts at the British Club!

In this month's edition I'll be updating you on our donation to the Pisamai Fund and our decision on annual section membership fees, welcoming our newest member to the section, and wishing happy birthday to our 'most experienced' one.

Just last week I was able to hand over 46,300 THB to the Club's in-house Pisamai Fund which helps to pay for the education of the children of the British Club staff. The money was raised through members participation in the 2020 Bruce Gordon Cup. Thanks to all who played on the day, and to Anjelica, Nattaya, and Harold for your help with the organizing. I'm very hopeful we will be able to squeeze in the 2021 edition before the end of the year. Updates on that will be emailed out and posted to our Facebook group.

While I'm on 'money matters', I would like confirm with members that as were unable to hold any of our usual events from March 2021, the Tennis Section Committee took the decision not to charge an annual fee for 2021.



▲ Happy Birthday Chris Watt



▲ No fee for 2021



▲ Coming soon!

We look forward to a having full fixture list in 2022. 😊

The tennis section continues to grow and it was great to see one young lady in particular make her 'Mix In' debut this month. Welcome to the fold Miss Barry Mollin! It was pretty clear on that night that the tennis bug has bitten as her enthusiasm and excitement was matched only by that of her father's. 😊

Tennis is truly a game for life and on the very same night that Barry debuted at 'Mix In', we helped to celebrate the birthday of one of our more experienced members! Congratulations Chris Watt, the backbone of the tennis section, for another successful orbit round the sun.

Finally, for a little taster of what is to come, take a look at the view from the top of the new phase 2 development. The future is bright, the future is yellow and fuzzy!

Graham Johnston
British Club Tennis Section Chairman

HARD BALLS



Ben Eastwell

50 years of BC Cricket

Cricket is back! Restrictions are easing up, the nets are busy again and by the time this has been printed, the AGM will have been concluded and we can start looking forward to a busy 2021/22 season which will mark the 50th anniversary of the BC cricket section. The section was formed in 1972 for the inaugural season of the Thailand Cricket League, though the first recorded match was in 1904 where The British Club lost by 30 runs to the United Club according to records meticulously compiled by Paul Cheesman earlier this year.

In addition to training, intrasquad games, tournaments, awards nights, and socials, here is a look at what is already in store for the milestone season as the section continues to create history.

Phuket Tour - November 2021

The first official game of the new season will be played on tour down in Phuket on what will be the 10th successive annual visit. The British Club have ventured down to play at the Alan Cooke Ground on the island to play against a variety of Phuket based teams and 'The Village CC' who have always welcomed the section with enthusiasm and made it one of the most anticipated weekends of the year.



▲ Phuket Tour 2012



▲ Phuket 2020

BCL: November 21 - April 22

The British Club will continue their run in the Bangkok Cricket League B Division for the 7th season in a row, looking for a deserved top table finish and promotion to the A division after a string of well fought campaigns. The league will commence from November and typically runs through until early April.

Previous League Results

- 2015/16: 10th of 11 (1w 7l 1d)
- 2016/17: 4th of 5 (4w 4l 0d)
- 2017/18: 5th of 10 (4w 3l 2d)
- 2018/19: 5th of 12 (7w 4l 0d)
- 2019/20: 6th of 9 (4w 6l 0d)
- 2020/21: 8th of 11 (4w 6l 0d)

Dunford Philbrook Trophy

BC and Pattaya CC's chairmen coined the Dunford Philbrook Trophy to commemorate the annual series of matches between the two sides which dates back to 2010. The recently opened ground at Pattana Sports Resort will provide new opportunities to fulfil matches with Pattaya CC, who are a great social side with some impressive talent to keep BC on their toes.



▲ Dunford Philbrook trophy

Marshall Trophy

In amongst a season of milestones, 'The Marshall Trophy' will be competed for this season - 60 years on from when it was donated by British Club Chairman, Mr John H.W. in 1962. The Marshall Trophy is an annual cup match played between BC and RBSC at one of their fantastic grounds within walking distance from the club.



British Club vs Royal Bangkok Sports Club for the Marshall and Charles Stewart Trophies, The Polo Club, 14th February 1988

▲ Marshall Trophy 1988



▲ Marshall 2011 edition

Dick Wood Cup - Chiang Mai Tour - Feb 2022

Yes - another anniversary match. This season will mark 40 years since the first British Club tour to Chiang Mai in 1982. Cricket and squash sections both attended the Gymkhana Club over the weekend where both sections continue to visit annually and compete for their respective trophies. Tennis have also joined in recent years and there has been whispers of the golf section joining in for this one.



▲ Chiang Mai rabble 2007



▲ Dick Wood Cup 2020

Koh Chang - August 2022

Unfortunately the Koh Chang Beach cricket tournament could not go ahead this year due to travel restrictions, but the section will be planning to make up for the lost year in the beach tour this season, which has been growing steadily to 12 teams since it was initiated by Jack Dunford and Steve Perry back in 2015.

The next international tour is also long overdue, as with international travel on pause for the last couple of years - BC's last overseas trip was to Vietnam in 2019. Similarly, the section would hope to be able to welcome touring international clubs again in 2022. Watch this space for more to come, and you can keep up to date on the new British Club Cricket page on the club website.



▲ 1st Koh Chang in 2015

BRITISH CLUB GOLF



▲ Peter Clark, winner of October Stableford



▲ Martin Finn, runner-up of October Stableford

With the lifting of the Covid restrictions, the golf section is active once more.

The monthly medal at Royal was back on at the end of September, and saw Graham "Taliban" Johnston winning Flight A, with a net 70, four strokes ahead of David Marsh in second place on a count-back from Mark Adderley in third. Penny Booth won flight B with a scorching net 67, 10 strokes ahead of Stephen Taylor in second place and Gareth Knight third one stroke behind.

The October Stableford was back at Sub-hapruek. Problems with everyone's Navis took drivers down a road which then petered out in a lake and led to a series of panicked emails on the Society's What's App site: the club apparently knew about this but did nothing to warn us of it, leading to some choice expressions of irritation to the club. Perhaps also a lesson that we should not rely on technology too much! The situation was handled by the Treasurer in his usual unflappable manner, and 12 players eventually made it to the course and started a few minutes late, on what was otherwise a pleasant and not too hot day. Peter Lucas was the winner, with 36 points, followed closely by Martin (3 birdies) Finn, on 34 points. Two players, Graham Hill and Rick Apichairuk, were not competing as they were still in the course of getting a club handicap, but Rick at least did well on the technicals (see photo), as did Penny Booth.



▲ Rick Apichairuk



▲ Graham "Taliban" Johnston

SPORTS

PILATES AND WELL-BEING



Karen Dawber

Back Pain

Back pain can be debilitating, frustrating and depressing. It is probably the most common complaint among adults, certainly in the UK where at least 7 out of 10 people suffer from some period of back pain during their life. It also accounts for the most days of sick leave in the UK. This has not been helped with the pandemic causing many people to switch their working environment from the office to their homes, where desks and chairs may not be as suitable for working at, playing havoc with our backs and our overall postures.

Thankfully most back pain will resolve within 8 weeks, however some 20% of people with back pain go on to develop chronic persistent back pain, lasting 12 weeks or more.

Our backs are complex structures with many parts.

Primarily we may think of our spine, the upright column of 24 individual vertebrae which are divided into 4 sections:

- 7 cervical vertebrae in the neck which are the most mobile.
- 12 thoracic vertebrae which are attached to the ribs, together they protect the internal organs.
- 5 more weight bearing lumbar vertebrae, forming the lower back.
- Then the fused vertebrae of the sacral coccyx region.

Additionally, between each vertebrae are the cushioning intervertebral discs. Many nerves run through the central spinal cord and nerve roots reach out from the spine to other parts of the body. Multiple muscles attach to each vertebrae. Unlike the muscles of our limbs which are often distinguishable individually, the deep intrinsic spinal muscles are composed of numerous bands of densely

interwoven fibers that make it difficult to isolate a particular portion of muscle. These smaller intrinsic muscles provide huge support and stability to the vertebrae as we move. Furthermore there are bigger extrinsic muscles (latissimus dorsi, rhomboids, trapezius and levator scapulae) which are more superficially positioned on our backs and control our movements.

With all of these various structures comprising parts of our back it is perhaps easier to appreciate why back pain is both complex, common and sometimes hard to really pinpoint it's exact cause. We have also not yet mentioned how our abdominal muscles also play a synergistic role in supporting our backs, but from the front of our bodies.

There are many pathologies of back pain and as a Pilates Instructor I am not qualified to enter into trying to diagnose someone's exact cause of pain, I highly recommend you seek professional medical advice for that. However, the current thinking for relieving most back pain is now actually movement. Gone are the days where the advice was to lie flat on the floor for hours to rest, we now know mindful movement and strengthening are much more effective. So if you experience bouts of back pain or want to prevent back pain occurring here are a few of my go to exercises/stretches to try to help keep you pain free:

Hip rolls - Lie on your back with your knees bent and your feet hip width apart, arms long by your side with the palm facing down. Using your abdominal muscles first tip your pelvis in towards the rib cage and feel the spine come down towards the mat. Keep rolling your pelvis in so that the tailbone lifts off the floor, now start to push through your feet and roll up through the spine to come up into a bridge position resting between the shoulder blades. Reach your knees away from you stretching your body long from the shoulders to the knees, then roll slowly back down replacing your spine onto the mat from the back of the shoulders, to the back of your ribs, to your lumbar spine and the back of the pelvis reaching your tailbone towards your heels. Repeat 6 times.



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Spinal Rotation - Lie on your back with your legs in a table top position (you can squeeze a small ball/yoga block/cushion between the knees to help keep alignment). Take your arms out into a T position on the floor, now lower your legs towards the floor on the right hand side, keeping the back of the shoulders heavy on the mat. Take a breath, then using your abdominals draw the legs back up to table top. Repeat to the left hand side. If you find this too much, you can keep the feet on the floor and only take the knees to the side. Repeat to each side 3 times.



Knees to chest - lie on your back, hug your knees into your chest, allow your spine to sink into the floor beneath you, reaching your tailbone down towards the mat. Hold for a few breaths. This could also be done one leg at a time, keeping the other leg bent with the foot flat on the floor.

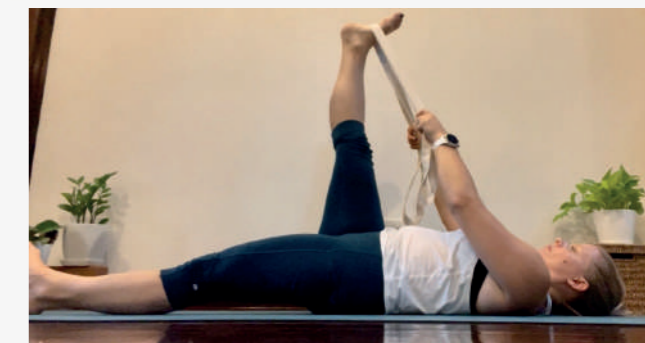


Swimming prep: Be on your hands and knees looking down at the mat with your spine long (you are like a table). Imagine a bowl of water resting on your lower back, now reach one arm forward and the opposite leg back behind you, stretch the fingertips and toes long away from each other and draw in on the lower abdominals. Then lower that arm and leg and switch to

the other side, trying to do it without spilling the imaginary bowl of water resting on your lower back. Repeat 6 times.



Hamstring and lower back stretch using belt/flex band - lie on your back, place a belt over the sole of your right foot keeping hold of the ends of the belt in both hands, lengthen your left leg long along the mat, make it heavy on the mat. Now straighten your right leg up towards the ceiling pushing the foot into the belt. Reach your tailbone towards the mat, and keep the hips level. Hold for a few breaths, feel the thigh bone sinking into the hip socket and the back relaxing onto the mat. Repeat with the left leg.



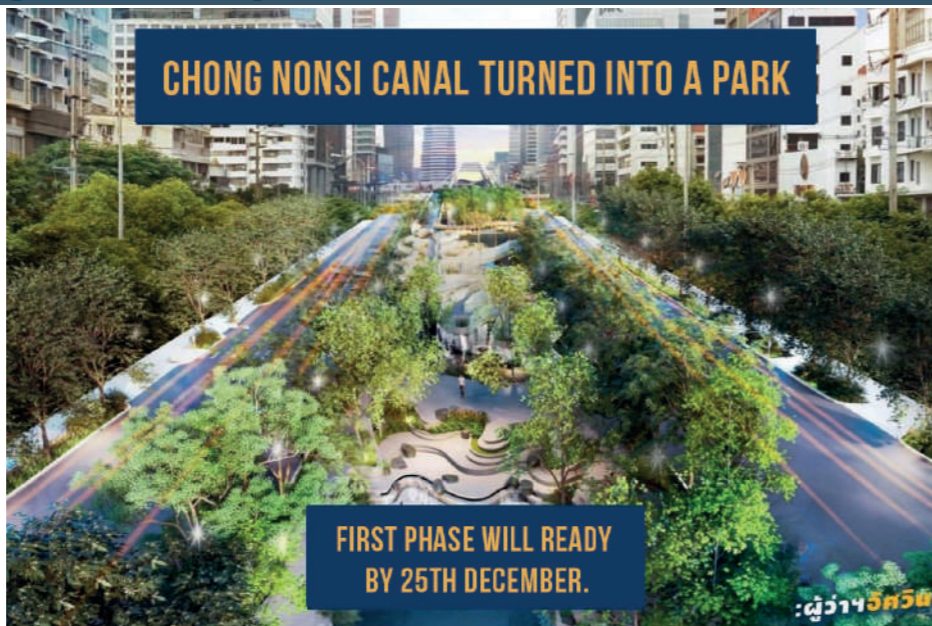
Assuming that there is no underlying medical condition, then gentle and regular movement is generally more beneficial to a stiff or painful back, than no movement or limited movement. Whilst it might seem counterintuitive initially, trying the exercises above may help. Alternatively, even simple walking is a great option for people with back pain because it's non load bearing and easily accessible. As well as checking your posture regularly too. Are you sitting or standing tall, or are you slouching? Even small self corrections on your posture to lengthen your spine and not slouch over time will strengthen your muscles and hopefully create new positive postural habits to keep your back pain free.



SPORTS

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RUNNING TEAM



RESTORING CANAL SYSTEM BACK TO NATURE



Into the month of November and more restrictions have been lifted, this is now allowing more and more opportunity's to be able to exercise and more importantly get some runs in. The BC Running team has recently started a Sunday morning meet at Lumpini park main gate 1, the team meets at 7:00am for a group selfie or two and then splits into a few groups, some take a causal jog at a relaxed social pace and others in the team that like to go faster head off at a higher pace. New runners are more than welcome to join at whatever pace you enjoy.

UNDER CONSTRUCTION



In September the section had some standout consistent runners, the best of which easily goes to Khun Pilai, she has gone from 3-4km a day to consistently running 10km most days and her times are getting better week by week, well done keep it up! All our sections statistics, photo galleries, and race events can be found on the British Club new website under sports and running.

be getting a new park to enjoy some runs in, this will be the Khlong Chong Nonsi Park Project from Sathorn Road to Soi Narathiwat Ratchanakarin 7. A 200-metre stretch is expected to open on 25th December. Once finished, the project will be a total of 4.5km.

Below are a few of the potential event that we would like to attend, fingers crossed they all finally get to go ahead.

For those that might not be aware later this year we will



MEMBERSHIP DEPARTMENT

MEMBERSHIP PARTNERS

GET MORE INFORMATIONS SCAN HERE:



Ammy Aphinya

Hello Members!

We are very happy that The British Club is fully open again, but unfortunately we still have to wait a bit longer before we can really get back to normal. We are still not allowed to serve alcohol, and we cannot yet launch our events programme. Hopefully these restrictions will soon be lifted because this usually such an exciting time of year with Christmas and New Year coming soon.

I look forward to seeing you at the Club soon. We have recently added some new offers from our Membership Partners like exclusive 20% discounts from FBT, 15% discount at Nikanti golf club, one free tray of golf ball/s visit, 4 times a month at Rama3 driving range, 18% off for F&B at Sripanwa.

As usual, I would like to finish by introducing you to two new member families.



▲ Norman and Susan Jones

Member Review:

The BC is a great escape for Sue and I from the busy-ness of the vicarage and the constant demands of being 'on duty'.

We have really missed popping into the Club with friends for good food and great facilities, and of course the bar for a nice pint!!



▲ Kares and Theo Suktalordcheep

Member Review:

Home away from home. Remind me so much about the food in Australia. Really like the facilities here. Atmosphere is top quality. Staff are super friendly. Our family enjoy the club so far. We can't wait to experience the events next year at the club.



- Additional 10% discount off room rates
- 10% discount for F&B



- Additional 10% discount off room rates
- 10% discount from food menu of babble & rum restaurant.
- 20% discount off Afternoon Tea.



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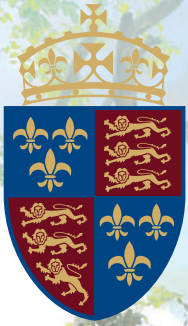
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