

JULY 2025



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OUTPOST

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BritishClub1903

Contents



Front Cover

British & Irish Lions Tour 2025 live at The British Club! Enjoy the matches on the big screen with great food, drinks, and a fun atmosphere. Come support the Lions and be part of the rugby spirit!

This Month

July is in full swing with our Summer Camp continuing to bring energy and excitement for the kids each week. The British & Irish Lions Tour matches will be shown live at the Club come cheer on your favourite team!

REPORTINGS

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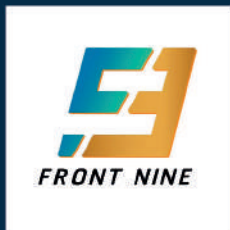
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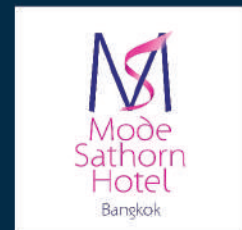
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Reservation via hotel's website

EXCLUSIVE OFFERS FROM OUR PARTNERS

Chairman's Message

We are halfway through the year and about to enter the traditionally quieter period at the Club as many Members pack their bags and prepare for summer holidays. To those embarking on local or international journeys I wish you safe travels and if you are staying in Bangkok, then do take time to visit the Club and enjoy the relaxed atmosphere whilst sampling your favourite F&B delights.

June was a very lively month for Thespian fans as the Bangkok Community Theatre (BCT) staged The Magic Flute in the Suriwongse Room, which received first class reviews and saw very lively after-show gatherings in the Churchill Bar. It is most encouraging to see the BCT returning to the Club and we look forward to more plays being put on for Members to enjoy.



Simon P. Davies



The new awning that was erected over Sails last year proved its worth as the June wine event, scheduled for the front lawn, was moved under cover at short notice due to adverse weather conditions. Sails provided a lovely atmosphere with live music, fine wines and good food being enjoyed by attendees.

Just as the dust had settled following the Tee Bale's departure, Tim Vongswang resigned his position after three and a half years as General Manager, and he left our employment last month. Tim oversaw many improvements within the Clubhouse and grounds, workshop facilities, internal upgrades of the kitchens, and enjoyed conducting his regular walkabouts to interface with Members. We wish Tim well as he enters the next chapter of his career in hospitality.

We have an excellent financial and administrative support team lead by Khun Premrudee whilst the various Functions and Events are in the good hands of Khun Metawee (Natt) who has already organised and promoted the Kids Summer Camp to a fully sold weekly series. Currently all Club services are running smoothly and the GC has decided to take time to assess

the future management structure that is best suited to, and aligned with, operational needs coupled with future Club developments. One clear improvement over recent times has been the enhancement of existing systems and the implementation of new software programs which have enabled a streamlined digital workflow thereby removing much of the antiquated manual processes and procedures, with more to follow !!

Apart from our wonderful facilities, a key contributor to the Club, financially and for Members enjoyment, are our food and beverage offerings and, with this in mind, the recruitment of a dedicated F&B Manager will be progressed.

The Club now has a record number of 1583 Members and those with an eye on financials will note that in May we achieved an operating profit of THB 2.9 million with a net cash contribution of THB 3.4 million after setting aside usual statutory liabilities, Section funds, and an allocation to the swimming pool fund which is now standing at THB 8.5 million.

Cheers
Simon



Metawee (Natt)

Operations Unknown



CPR Training at the British Club

In a joint effort to promote safety and preparedness, the British Club Bangkok and Bangkok Hospital organized a CPR training session for Club staff this May.

With Bangkok Hospital generously sponsoring the program, our team had the opportunity to learn essential life-saving techniques through professional, on-site instruction provided by medical experts.

This initiative reflects our continued commitment to maintaining a safe and responsible environment for all members and guests.



What Was the Training About?

The session was led by medical professionals from Bangkok Hospital and focused on life-saving techniques like:

- How to recognize a medical emergency
- Performing **CPR on adults**
- Using an **AED (Automated External Defibrillator)**
- Helping someone who is **choking**

This wasn't just a lecture – it was a very interactive, hands-on session. Staff members practiced CPR techniques on mannequins and took turns using a training AED, guided by Bangkok Hospital's experienced team.

A huge thank you to Bangkok Hospital for supporting this initiative and helping us put safety first.



UNLOCKING THE BENEFITS

Of the Temporary Repatriation Facility for non-doms



If, prior to 6 April 2025, you were a non-UK domiciled individual with offshore wealth and a history of using the remittance basis, the Temporary Repatriation Facility (TRF) is an opportunity you don't want to miss. HMRC's new TRF offers a timely opportunity for non-UK domiciled individuals who have historically claimed the remittance basis. For years, many non-UK domiciled have faced complex rules around bringing overseas income and gains into the UK, often deterred by the harsh tax consequences and intricate record keeping requirements. With the TRF, there's now a window to bring money into the UK at a much-reduced tax cost, and for many, this could be the perfect moment to tidy up long standing offshore accounts whilst benefitting from those funds in the UK.

The Temporary Repatriation Facility (TRF)

Under the TRF, individuals who have previously claimed the remittance basis can elect during the 2025/26, 2026/27 and 2027/28 tax years for foreign income and gains to be taxed in the UK at a flat tax rate. At 12% for 2025/26 or 2026/27 and 15% for 2027/28, this is significantly lower than the potential marginal rates of 45%.

What makes the TRF particularly appealing is its simplification of the notoriously complex mixed fund rules. Traditionally, where offshore accounts held a mix of income, gains and clean capital, any remittance to the UK would trigger the need for a mixed fund analysis, an often exhausting, forensic exercise in trying to determine exactly what portion of a transfer to the UK related to each type of income or gain. This has historically acted as a significant deterrent for many non-UK domiciled individual's, especially those with years of accumulated offshore income and gains.

The benefits

Under the TRF, a full mixed fund analysis is not required. Instead, individuals can nominate through self-assessment the amount they want to charge to tax under the facility, and that nominated amount is simply eligible for the 12% or 15% tax rate. There is no need to trace each individual transaction or build years' worth of spreadsheets. This pragmatic approach is a game-changer for those looking to bring funds into the UK for investment, property purchases, or personal spending.

Potential risks

However, the TRF is not without complexity, and there are risks in getting it wrong. Funds brought into the UK outside the TRF's scope, or after the window closes, could face full taxation and when making an election under TRF extreme care will be needed for any monies left behind in a non-UK account. Likewise, careful thought is needed around which accounts to use, what to nominate, and how to plan future remittances in light of the abolition of the remittance basis.

Seeking professional advice

Whether you're considering a large remittance, reorganising offshore accounts, or simply want clarity on what the TRF could mean for you, seek appropriate Professional Advice to navigate the intricacies of non-UK domicile tax planning, from strategy through to execution.



**MARTIN
WRIGHT**

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Find out
more here:



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UNDERSTANDING THE UK SPRING STATEMENT

UK Tax – Domicile & UK Inheritance Exposure Changes

UK Inheritance Tax being based on domicile has changed from 6 April 2025. Instead, whether an individual pays UK inheritance tax (IHT) will be based on residence.

What were the rules to 5th April 2025?

Where an individual was UK domiciled or deemed domiciled, they would have paid UK IHT on their worldwide assets. Domicile is a complex UK common law concept; a person born in the UK acquires a domicile of origin which is only lost, and a domicile of choice acquired, if that person has their permanent home in another country and severs all ties with the UK. Deemed domiciled is where an individual has been UK resident for at least 15 of the previous 20 tax years.

What has changed from 6 April 2025?

From 6 April 2025 whether an individual pays UK IHT will move from a domicile-based system to a residence-based system. The distinction between individuals who are UK domiciled or deemed domiciled and those who aren't, will be replaced by a distinction between those who qualify as LTRs and those who don't.

Who will be a long-term resident?

From 6 April 2025 an individual who has been resident in the UK for at least 10 out of the previous 20 tax years, will be classed as an LTR. For example, someone who has been resident in the UK for 11 years so is currently either domiciled or deemed domiciled. However, as he has been UK resident at least 10 out of the previous 20 tax years he will become a LTR from 6 April 2025 and therefore will pay IHT on his worldwide assets.

There are transitional rules for individuals who are neither UK resident nor UK-domiciled or deemed domicile in 2025/26. Those individuals will only be considered LTR

if they meet the existing deemed domiciled tests (UK resident for 15 out of the previous 20 tax years and UK resident in the current year or one of the three previous tax years ending with the relevant tax year).

If we take the example above, as this individual has only been resident in the UK for 11 years, if they leave the UK before 2025/26 and do not return, they would not be considered an LTR. However, if they returned to the UK, the new rules would apply and they would be subject to the 10 out of 20 years residence test, which would include the years of residence in the UK up to 2024/25.

What are the effects of being long-term resident?

An LTR will be subject to IHT on assets situated in both the UK and abroad. This effectively means that an individual moving to the UK has a 10-year period where they would only pay IHT on UK situated assets. If an individual becomes an LTR and subsequently leaves the UK, it will take between 3 and 10 years for them to be outside the scope of IHT (tail provision). Where the individual has been resident for 13 years or less, they will remain an LTR for three full tax years after leaving the UK. This 'tail' will increase by 1 year for every additional year of UK residency until the 10-year 'tail' is hit.

Having this 'tail' can mean that gifts made by LTRs may fall within the scope of IHT even if the individual, at the time of their death, is no longer an LTR.

The LTR test will reset where an individual has been non-resident for 10 consecutive years before returning to the UK.

Martin Wright,
Senior Financial Planner,
Progeny

Find out more



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Craigengower Cricket Club, Hong Kong

Visited in October 2023 by Paul Doust and Prasit Jangkamol (a.k.a. Jack)

The [Craigengower Cricket Club](#) was founded in 1894 when an English school headmaster converted a turfed piece of ground in the mid-levels area of Hong Kong into a cricket field. That site turned out to be inconvenient because it was hard to retrieve balls if they were hit over the boundary into the adjacent cemetery. After a few years a better site was found in the Happy Valley area, roughly 5 km east of the original cricket field, and the first brick clubhouse was built in 1922. These days the club is still in Happy Valley, with a membership of around 3,500 families. It's located on the north side of Sports Road, right next to the [Hong Kong Football Club](#) (reviewed in [Outpost June 2023](#)) which is on the south side of Sports Road.

The club has 3 main buildings with a lot of sports and food/beverage facilities. The main entrance is in the Centenary Building, where the Centenary Bar is located. However, the reception is on the ground floor of the Clubhouse Building, well inside the club's grounds. Also in the Clubhouse Building are two restaurants on the first floor (one Chinese), and there's a gym and a

covered bowls area on the upper floors. Finally there's the Sports Building with lots of sports facilities including an indoor cricket facility on the 2nd floor. The Sports Building also has the tennis courts, 2 covered and 6 on the roof, plus a pool/snooker room and a golf driving range. The squash courts are also in the Sports Building, but when I saw them they were set up with Table Tennis tables, which is the same thing that I saw in the Hong Kong Dynasty Club (reviewed in [Outpost June 2024](#)). Apart from all those facilities, there's also an outdoor swimming pool, open all year round, a family lounge and a children's play room. The club has no accommodation, and the dress code is relatively relaxed. It just specifies that people on club premises should always be appropriately and respectfully dressed, and that slippers or men wearing vests are not allowed.

During my last visit to Hong Kong a couple of years ago, I popped into the Craigengower Cricket Club a couple of times. On my first visit, door security suggested that I sign in as a guest, but when I said that I was a reciprocal

member he just waved me through and told me to go to the reception in the Clubhouse Building. There I was told that to buy anything at the club, reciprocal members are required to buy non-refundable coupons, sold in multiples of HKD 100 and available from the club office. The club office is located in the Sports Building, and open from 9am until 10pm every day. The voucher system seemed slightly inconvenient, because it's hard to tell in advance how much one might end up spending, so in the end I didn't use any of the club's facilities. However, one good thing about this club is that there is no need to prove non-residency in Hong Kong, which is required at many of the other reciprocal clubs in Hong Kong.

In spite of the inconvenience of having to buy non-refundable coupons, the club has a lot of facilities. All the staff that I spoke to were very friendly too, and one of them gave me a tour of all the facilities. In summary, the [Craigengower Cricket Club](#) is a nice family-oriented club.



AVAILABLE NOW!

Some reciprocal clubs around the world require men to wear ties. British Club ties are now available to buy for \$400 from the Brit Shop or Reception

Coming Events

July 2025

(more details on the website)

- Summer Camps
- Quiz Night
- An Intimate Wine Night
- Table Tennis Tournament
- Winston Cup
- Wimbledon
- British & Irish Lion Tours (Rugby)

August 2025

(more details on the website)

- Summer Camps
- Quiz Night
- Thailand Mother's Day Sunday Brunch
- Table Tennis Tournament
- Winston Cup
- Tennis US Open
- Wine Tasting

September 2025

(more details on the website)

- New Member Night
- Quiz Night
- Back to Skool Challenge
- An Intimate Wine Night
- Table Tennis Tournament
- Winston Cup
- Battle of Britain
- Wine Tasting

Event & Activities 2025 July Highlights



An Intimate Wine Night

Discover the exquisite wines of New Zealand at an exclusive event hosted at Veranda Wine Corner. With only 13 seats available, you'll enjoy carefully paired wines and delicious food. It's the perfect evening for wine lovers seeking a truly special experience.



Wimbledon

On Sunday, July 13th, the Tennis Section will be hosting the Wimbledon Tournament at the club from 4:00 PM to 7:00 PM. Members who are interested can register by emailing bcts.bangkok@gmail.com. The entry fee is THB 500 per person, which includes refreshments and delicious fish & chips.



Rugby British & Irish Lion Tour

This summer, from June through July, witness the British & Irish Lions as they battle some of rugby's fiercest opponents in an epic tour.

Catch the match at Jubilee and the Pool Room throughout the tour. Enjoy the game with fellow fans in a lively atmosphere, complete with great company and even better rugby!

BC Bee Kid's Club!

Hi Bc Bee Kid Friends!

Summer is almost here and so is our Summer Camp, running from 30th June to 8th August!

During this time, please note that our regular Bc Bee Kid activities during the weekend will take a short summer break. That means no regular classes, workshops, or play sessions while the Summer Camp is in full swing.

But don't worry – BC Bee activities will return after 8th August, bringing back all the fun you know and love, plus some exciting new activities too!



Metawee (Natt)





Table Tennis Tournament 24/05/25

The tournament kicked off with excited kids picking up paddles and jumping into the action! With both children and adults joining in, the tournament was full of fun, fast-paced matches, and lots of laughter.



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The Winston Cup

24/05/25

What a fun night at The Winston Cup, After some great games and plenty of friendly competition, Bimal came out on top as our May winner – big congrats!

The Winston Cup is a regular event, and every members welcome to join. Whether you're in it to win or just for the fun, come along next time and be part of the action!



July 2025

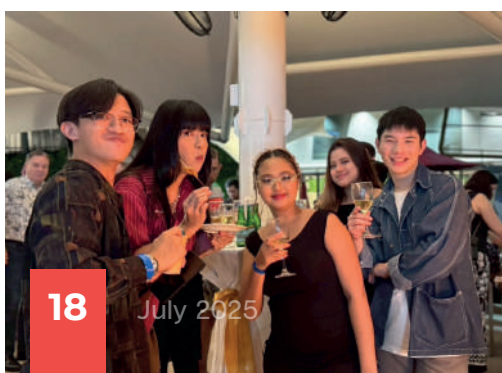
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Wine on the Lawn

31/05/25

Rain or shine, Wine on the Lawn to Sail was a hit! Thanks to everyone who came out and made it such a chill and fun night. With smooth live tunes from Napak and an impressive lineup from four top wine suppliers, it was an evening to remember.



QuizNight

8th July 2025 | 7:15pm @Churchill Bar

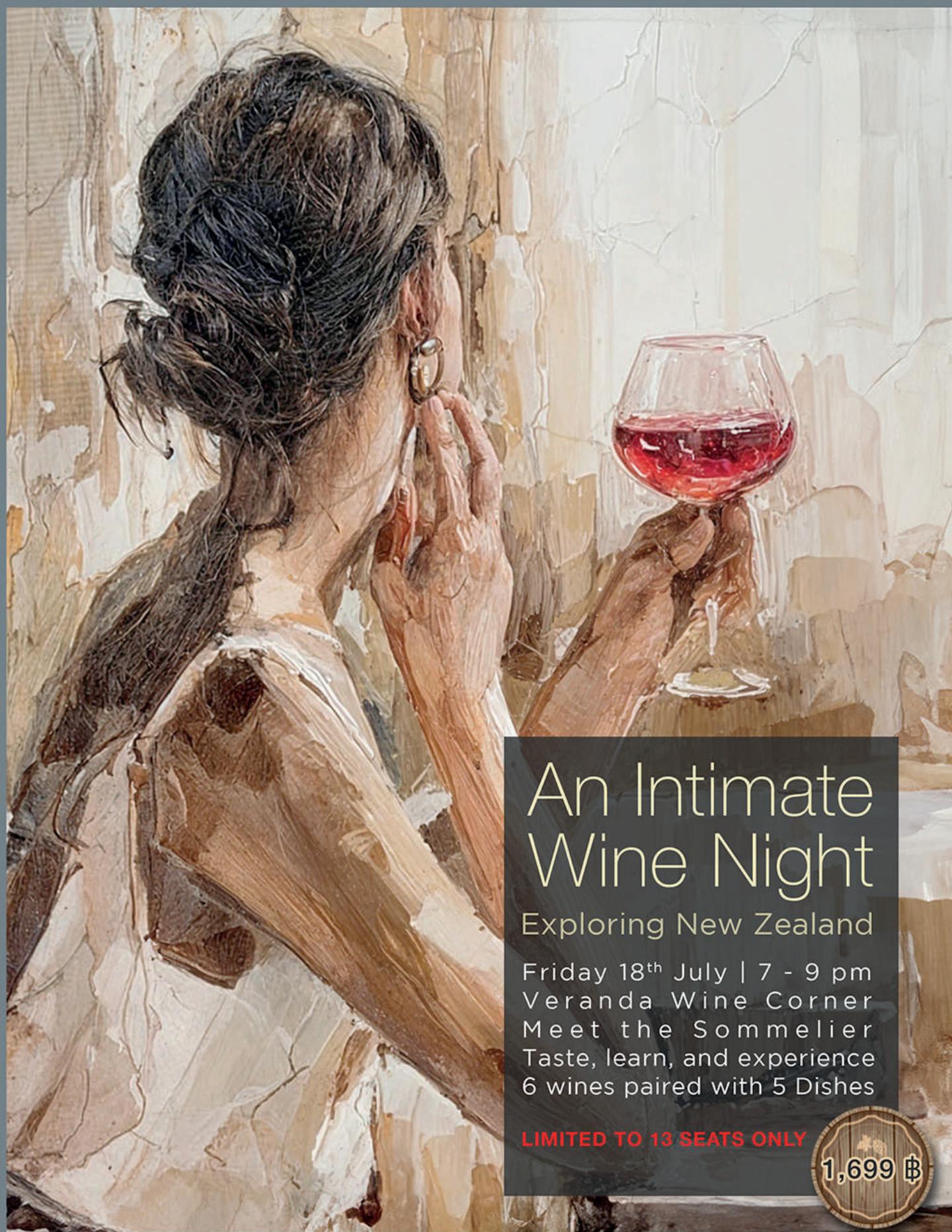
TEAMS OF 6 OR LESS
Members 150 Baht | Guests 200 Baht



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1903
THE BRITISH CLUB
BANGKOK



An Intimate Wine Night

Exploring New Zealand

Friday 18th July | 7 - 9 pm

Veranda Wine Corner

Meet the Sommelier

Taste, learn, and experience

6 wines paired with 5 Dishes

LIMITED TO 13 SEATS ONLY

1,699 ฿



Bookings & Info Via: The British Club Line Official

Add LINE ID @britishclubbkk

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BANGKOK



Quiz Night 10/06/25

Scumbag College won the night, but the fresh team The Black Sheep gave them a strong challenge, finishing second. It was a fun quiz with some of new faces and good vibes all around!



July 2025

21



UK Father's Day Sunday Brunch

15/06/25

Father's Day at Veranda, families enjoyed a special Sunday Brunch filled with quality time together, while dads relaxed with a glass of refreshing drink. Guests also took home a photo frame souvenir to remember the day.





New Members' Night

17/06/25

A warm welcome to all the new members who recently joined the club! New members gathered with the GC and section heads for an evening of mingling, conversations, and connection. It was a great night full of good company.



MON

TUE

WED



1 **Football**
6.30pm - 8.30pm

2 **Squash Mix-in**
5.30pm - 7.45pm
Balut
6.00pm - 8.00pm
Tennis mixed-In
6.00pm - 10.00pm



7 **Squash Mix-in**
5.30pm - 7.45pm

8 **Football**
6.30pm - 8.30pm
Quiz Night
7.15pm - 9.30pm

9 **Squash Mix-in**
5.30pm - 7.45pm
Balut
6.00pm - 8.00pm
Tennis mixed-In
6.00pm - 10.00pm



14 **Squash Mix-in**
5.30pm - 7.45pm

15 **Football**
6.30pm - 8.30pm

16 **Squash Mix-in**
5.30pm - 7.45pm
Balut
6.00pm - 8.00pm
Tennis mixed-In
6.00pm - 10.00pm



21 **Squash Mix-in**
5.30pm - 7.45pm

22 **Football**
6.30pm - 8.30pm

23 **Squash Mix-in**
5.30pm - 7.45pm
Balut
6.00pm - 8.00pm
Tennis mixed-In
6.00pm - 10.00pm



28 **Squash Mix-in**
5.30pm - 7.45pm

29 **Football**
6.30pm - 8.30pm

30 **Squash Mix-in**
5.30pm - 7.45pm
Balut
6.00pm - 8.00pm
Tennis mixed-In
6.00pm - 10.00pm

JULY 2025

THU

FRI

SAT

SUN

3

Yoga
6.00pm - 7.00pm
Cricket team practice
6.30pm - 8.00pm

4

Tennis mixed-in
8.00am - 11.00am
Tennis mixed-in
6.00pm - 10.00pm

5

Squash Kids Academy
10.00am - 12.15pm
Squash Mixed-in
1.00pm - 4.45pm
Cricket Team Practice
2.30pm - 6.00pm

6

Tennis Men Doubles
Team practice
10.00am - 1.00pm
Sunday Brunch
11.00am - 4.00pm
Tennis Mix-in
4.00pm - 7.00pm

10

Yoga
6.00pm - 7.00pm
Cricket team practice
6.30pm - 8.00pm

11

Tennis mixed-in
8.00am - 11.00am
Tennis mixed-in
6.00pm - 10.00pm

12

Squash Kids Academy
10.00am - 12.15pm
Squash Mixed-in
1.00pm - 4.45pm
Cricket Team Practice
2.30pm - 6.00pm

13

Tennis Men Doubles
Team practice
10.00am - 1.00pm
Sunday Brunch
11.00am - 4.00pm
Tennis Mix-in
4.00pm - 7.00pm

17

Yoga
6.00pm - 7.00pm
Cricket team practice
6.30pm - 8.00pm

18

Tennis mixed-in
8.00am - 11.00am
Tennis mixed-in
6.00pm - 10.00pm
Intimate Wine Night
7.00pm - 9.00pm

19

Squash Kids Academy
10.00am - 12.15pm
Squash Mixed-in
1.00pm - 4.45pm
Cricket Team Practice
2.30pm - 6.00pm

20

Tennis Men Doubles
Team practice
10.00am - 1.00pm
Sunday Brunch
11.00am - 4.00pm
Tennis Mix-in
4.00pm - 7.00pm

24

Yoga
6.00pm - 7.00pm
Cricket team practice
6.30pm - 8.00pm

25

Tennis mixed-in
8.00am - 11.00am
Tennis mixed-in
6.00pm - 10.00pm

26

Squash Kids Academy
10.00am - 12.15pm
Squash Mixed-in
1.00pm - 4.45pm
Table Tennis
Tournament
12.30pm - 5.00pm
Cricket Team Practice
2.30pm - 6.00pm
Winston Cup
6.00pm - 9.30pm

27

Tennis Men Doubles
Team practice
10.00am - 1.00pm
Sunday Brunch
11.00am - 4.00pm
Tennis Mix-in
4.00pm - 7.00pm

31

Yoga
6.00pm - 7.00pm
Cricket team practice
6.30pm - 8.00pm



TABLE TENNIS

Tournament

Handicap System

Saturday, 26th July | starts 1:00pm | register 12:30pm

16 players to enter a straight knockout
tournament top 2 winners receive prizes

Handicap rating system introduced to make
all level compete with a chance to win

FREE TO ENTER

HANDICAP LUCKY DRAW IS BACK



Bookings & Info Via: The British Club Line Official
Add LINE ID @britishclubbkk
by attending you agree to the Club P.D.P.A



1903
THE BRITISH CLUB
BANGKOK

PIPE BAND

The British Pipe Band in Kanchanaburi on ANZAC Day 2025 110th Anniversary of the Gallipoli Landings



▲ *Pipers at Hellfire Pass*



▲ *Pee, Matthew, Muffin & Oonie*



▲ *Hellfire Pass War Memorial*

25th April is a very special day for Australians and New Zealanders, for it was on that day, 110 years ago, in 1915 that the Australian and New Zealand Army Corps (ANZAC) was landed at Gallipoli at the start of the British High Command's ill-fated campaign to capture Constantinople, the capital of the Ottoman Empire. Since then ANZAC Day has been commemorated annually by Australians and New Zealanders and, since the Second World War, it has become a day to commemorate all Australian and New Zealand service men and women who have lost their lives in the service of their countries.

In Thailand there are two commemorative events in Kanchanaburi Province on ANZAC Day: the dawn service at Hellfire Pass, the railway cutting that was hewn from the solid rock by allied prisoners of the Japanese in the Second World War; and, later in the morning a veterans' parade that starts from the Commonwealth War Graves Commission Cemetery in Kanchanaburi Town. The British Club Pipe Band was again honoured to be invited to perform at both of these events.

This year our band comprised a majority of Thai players, since we were joined by four of Pipe Major Keith Walker's talented, young Thai piping students, Matthew, Pee, Oonie and Muffin who are now playing at an very high level.

by George Morgan



▲ *Band at Kanchanaburi Cemetery*



Terry Adams

BRITISH CLUB
ACTIVE LIVING SECTION

Active Living Section

SECTION UPDATE:

Active Living Section Membership is open to ALL Club Members and their Spouses/ Partners. Come along to your first Active Living Section event: we are confident that having done so, you will then be attending others.

We continue working to provide two events each month, with events already at various stages of progression and finalisation to November 2025 and beyond.



Click here:

- For information on the Section and our previous Events
- To join the Section by completing your application.

Or visit the Active Living Section website at:

[www.britishclubbangkok.org/
active-living-section/](http://www.britishclubbangkok.org/active-living-section/)

(Just keep clicking on the posters to delve deeper for information, photographs, and more)

Section Future Events:

A DAY TRIP TO AYUTTHAYA'S Must-See Attractions

Wat Niwet Thammaparanwat (Cable car in - out)

Golden Treasure Exhibition

Lunch at Riverside Restaurant

"All About Khon" Exhibition

Date: Wednesday, 9th July 2025
Depart: 8.00 am (Breakfast/Coffee in Sala from 7.00 am)
Charges: Section Members Bht 1,500 Club Members Bht 1,550 Guests Bht 1,600
 Notes: Excludes entrance charges:
 Golden Treasure Exhibition: Bht 30 for Thai, Bht 150 for Foreigner
 "All about Khon" Exhibition: Bht 150 for 60 or under, Bht 75 for over 60, any nationality

For Reservation: Contact Terry Adams at terry.adamsbkk@gmail.com

From Thailand's Kra Canal to Land Bridge: A 350-year Journey of Vision and Ambition

Phnom Penh

William Mellor
Foreign Correspondent
Bloomberg News, Time Magazine, Nikkei Asia

Date: Thursday 24th July 2025
Time: 1800 Socialising for 1830 Dinner
Cost: 400B (Section Members), 450B (BC members), 500B (Guests) includes two course dinner and coffee

Come and join us!
 Contact Terry Adams
terry.adamsbkk@gmail.com

EVENT REPORT:

"Better Balance – Better Life: Core and Wellness for Healthy Ageing": 6th June 2025

Section Chair Terry Adams welcomed a small but very enthusiastic and highly engaged audience to what turned out to be an outstanding and truly inspiring presentation by Kru Ning Tiyada—a registered and widely respected Yoga and Pilates Instructor and Movement Therapist. She was ably supported on the day by Khun Prair, her son's fiancée and herself a qualified Yoga and Pilates Instructor.

Founder of *Enjoy Yoga Studio* in Bangkok, Kru Ning specialises in balance, core strength, and pelvic floor health – topics that could not be more relevant to our Active Living audience.

Opening her talk, Kru Ning explained the crucial role our core plays in overall wellness, then moved on to why our ability to *balance* tends to deteriorate with age.





With a confident yet gentle teaching style, she introduced what she called “*The 7 Pillars of Wellness*”, using clear and visually engaging slides to walk us through each Pillar – what it supports in the body and why it matters to healthy ageing.

To keep us moving, each Pillar was paired with a simple, gentle exercise that the audience gamely tried to follow – with varying (and occasionally hilarious) results that added to the fun and made for a thoroughly engaging session.

Turning to the topic of *pelvic floor health*, Kru Ning introduced us to this often-overlooked group of muscles, explaining their function, importance, and connection to balance and well-being. Citing a Harvard/BMJ study noting that “*balance training can reduce fall injuries by 43%*”, she demonstrated how to perform the “Kegel” exercise – simple but vital in maintaining pelvic strength and control.

Wrapping up her impressive session, Kru Ning shared five practical recommendations for staying strong, stable, and well balanced, closing with two memorable affirmations:

“You’re never too old and it’s never too late” and

“Progress starts with one breath ... one movement ... one step at a time.”

The lively Q&A that followed showed just how much her presentation had struck a chord. All questions were answered with clarity, care, and deep knowledge.

Finally, Terry presented Kru Ning with small gifts from the Section as a token of our appreciation for what had been a truly meaningful and motivational session.



Sunil Mehra

TENNIS

Is there a better way for a better life on the courts?

I started writing this in the countryside in England where some of the greatest hedgerows and old stone walls separate one flock of sheep from another – and these really define the contours of the English countryside; apart from the everlasting pubs in every nook and cranny of the undulating hills in Cumbria. To get to the point past the undulating meanings – it is quite amazing how well the sheep behave within their own boundaries and respect the barriers, hedgerows or small stone walls, that naturally restrain their instincts. We, as tennis players, could learn a thing or two from the sheep of Cumbria on how to restrain our innate behaviours and by reading some essentials of tennis *etiquette*¹ to make it the noble game it is.

Tennis Etiquette

Tennis etiquette has become of concern in the tennis hierarchy everywhere recently; partly because of the high level of competitiveness; and no less so at the British Club as some concerns have reached the higher echelons of our BC Tennis Section and my ears, even of my own behaviour. Appropriate behaviour on and around the tennis courts occasionally needs a reminder to assure that all players have an enjoyable environment to enjoy

our heavenly sport. To get us all the track, let's start with *Tennis Etiquette Part One*. I realise many of you would say of course I know all this; but just knowing is not good enough – practice makes perfect! At the same time some may be surprised by what is expected of them. First, to define *tennis etiquette*, which is a gentlemanly and gentlewomanly set of rules and customs that help to make tennis enjoyable for all players, at all levels and of all ages. These 'unwritten' rules cover respect or fair play covering line calls, respecting opponents and partners, and enhancing smooth play and enjoyment for all. Let's start with the first five.



Thanks Chris for posters of two fun-filled exciting tournaments. The Womble Cup is held to celebrate Wimbledon final day. Bruce Gordon Cup is played in memory of one of the great contributors to the Tennis at our British Club.

1. *Honour System*: In our mostly informal matches, players should apply the "honour system" for line calls. This means you call only the lines on your side of the net and your 'quarter' of the court for doubles. You need to call lines immediately and clearly so you can be heard. Most importantly, if you are unsure, you should call the ball "in". *Always, Give Benefit of the Doubt*: You should give your friends across the net the benefit of the doubt on close calls. That simply means make the call in their favour, not yours.

2. *Be respectful*: Speak politely to your partner (in doubles) and to your opponents. Avoid loud comments, criticisms or offensive language. Instead, encourage and cajole and avoid criticizing your partner or opponents. Also note: Partners' disagreement on calls. If one partner calls the ball out and the other partner sees the ball good, they shall call it good. This is more respectful to the game.

¹ A French word meaning accepted social conventions and norms of behaviour, that deserves equal respect from the English-speaking world!

Sign up now!

The BRUCE GORDON CUP

Sunday 27 July

4:00-7:00pm

Doubles Format
either Men's, Ladies
or Mixed with a
combined age of
100yrs+

THB500

followed by dinner



3. *Crossing Courts:* When you need to cross a court, wait until the points has ended and cross quickly and quietly. Do not run across if the point is starting; wait for a go-ahead from the players on court. Most importantly, do not walk behind courts when points are being played. Be patient and quiet.

4. *Social Tennis at the British Club:* Social Tennis is for players to socialise and all levels of players are welcome to play to improve their game – that is why they are called Mix-ins and courts are provided for this purpose. They are not meant for cliques and groups. Kindly respect and follow the order system for sign-in and play. Mix-In and enjoy – that is the main purpose.

5. *Reduce Distractions:* While waiting or watching please keep your voice down and do not make comments during points. Avoid using mobile phones near the court. That goes for players on the court as well.

End of Part One, Tennis Etiquette

The Art of Giving

by Raymonde & Raquel



We can finally share that all the funds raised at the Pink Tennis Tournament, the big cheque with a total of B265,563.68, was delivered to the right place and persons to continue their excellent work in our communities, helping women who need care and support. A big thank you to all our sponsors and everyone who took part. Your support made this event a success and helps to continue the important work of the Queen Sirikit Centre for Breast Cancer (QSCBC) Foundation, which provides treatment for the underprivileged. Thank you everyone.

2025 Tennis Calendar

June 30-Jul 13	Wimbledon Championships	Nov 1-8	WTA Finals
July 13	BCB Womble Cup	Nov 8-17	Nitto ATP Finals
July 27	BCB Bruce Gordon Cup	Nov 16-22	Next Gen ATP Finals
Aug 25-Sep 7	US Open	Nov 23-27	Davis Cup Finals
Sept 7	BCB The Great Wide Open		



SQUASHY BITS



Following on from the highlight last month on our burgeoning squash academy and a feature on Coach Terry Cheetham this month, we want to turn the spotlight on one of our brightest prospects in the Junior section – Benjamin McCosh!

Ben joins almost every Junior training session held by Coach Terry on a Saturday morning. The group is ever growing as the kids spread their enthusiasm by word of mouth to their mates and other members. It was great to have recently hosted Maraleina Koh Samui Junior squash team at the Club which will act as a springboard for other events from the broader kids squash community around Thailand.

Ben, who is currently 9 years old, has taken to the sport like a duck to water! He is currently the strongest of an improving bunch which showed up when he came 4th in the PTTOR boys U11 and 2nd in the Shrewsbury school juniors tournament! Also we can't forget to mention Harry and Ella who have also made fantastic progress and we fully anticipate them being up on the podiums picking up medals and prizes in the near future.



So why did Ben take to squash so readily?! Well, I guess like most young boys he looked up to his dad (John) who had also taken a liking to the sport in recent years. John used to be an occasional player and had a single style of playing - ferocious hard hitting and every other shot being a 'boast' regardless of where he was standing. However, his game has improved with subtlety and a greater range of shots being played coupled with the fact he is one of the fastest players we have on court. However, his progress isn't as fast as Ben's who started out just swinging the racquet and trying to get the ball back off the front wall but has now really progressed to having a real mix of shots from all over the court and is much more consistent in his lines getting the balls back in the corners on a regular basis.

When asked why Ben enjoyed the game so much he said he wanted to get to the level of other players he saw, and once he started playing he realised he was quite good at it and could make leaps forward in his performance if he put his mind to it!

We wish Ben and all the Juniors all the best as they progress in the sport. We hope they keep at it - keep on improving and keep the 'squash bug' for years to come! With the emergence of Padel globally we need more younger players to come into the sport and with Squash finally at the Olympics perhaps Ben or one of our Juniors players may one day play at the greatest sporting event in the world in the future??

Who knows??





Peter Gale



Juniors and Seniors All the Winners ▲

BRITISH CLUB GOLF

British Club Annual Seniors and Juniors

While this event is nominally titled Seniors and Juniors, it realistically should probably be Seniors and Middle Aged as the cut-off point this year was 60 years old with the youngest player probably in their 40's...

Anyway, as we drove down to Green Valley Golf Course on the morning of the 24th May, things were looking far from bright and the outlook did not bode well for us being able to have a rain-free weekend of golf. But at the British Club we are always optimistic and hoped for the best as we prepared for our 2nd major of the year.

The competition is split into two formats; on Day 1 we play Bogey Golf, basically matchplay against the course who scores a net par on each hole, with Day 2 reverting to a more usual Stableford competition with the scores from both days being combined to work out the overall winner.

Day 1 we played at Green Valley Rayong, a challenging but eminently playable course. As predicted, the course played far more consistently than the vast majority, well actually all, of our players... Only 2 players came close to beating the course, both from the more mature half of the field, with long-term returning player Jeremy Watson leading the way with a very respectable 1 down. He was closely followed by Gordon Milne with a resolute 2 down. Jeremy could have scored better but on one hole managed to achieve a rare 6-putt when he putted into his foot at his first attempt – not really sure how he managed to achieve this but he did!



▲ Gordon and Lynn - The Champions



▲ Day 1 Winner Jeremy



▲ Day1 Winner Kotoku

Among the younger players the leader was John Virtue on 4 down followed by Lynn Munday and Kotoku Nakauchi on 6 down. A few of our players were less fortunate losing 14 and 15 down... as promised to Neil and Martin I won't actually mention their names.

That evening we enjoyed a nice meal at the Golf Course restaurant with appropriate amounts of alcohol to prepare us for the next day's challenge of playing one of the hardest courses we have played, St. Andrews 2000 – with its intimidating par 6's and tough to hit elevated greens...

Day 2 started out with rain in the air but fairly soon it stopped and we were fortunate to be able to play most of the round in pleasant cloudy conditions. For some players that was probably the highlight of our day as the course proved as difficult as expected.

I had the pleasure of nearly hitting a couple of greens in regulation to then witness the ball stop on the edge before rolling 60 yards back down the hill. Particularly frustrating when I proceeded to thin one of them into the water at the back of the green with my next shot...

The average score on Day 2 was only 25 Stableford points, 11 over handicap, with the best scores on the day coming from 3 of the 'Juniors' – Lynn scored 30 points followed by Martin and Bally with 29. The best score from the elderly players was Gordon Milne with 28.

The overall winner of the Seniors was not surprisingly Gordon after his two strong showings with a total score of 27 followed by Peter Clark, while Lynn deservedly won the Juniors with a 2 day score of 24 to just beat John Virtue by 1 point. It was again a very enjoyable weekend despite the challenges of the golf courses..

May Medal

The May medal was contested by a very small field of only 8 players, I think the May rain may have deterred some of our less hardy players. We ended up being lucky though and were able to play a dry round. We also were happy to welcome a new member Sharon Nakouchi.

The winner in Division 1 was Varghese with a net 76 beating Frank by 4 shots, while David Burton played the round of the day with a net 69 to comfortably win Division 2 ahead of Carole Ann.



▲ Monthly Medal winner David



Ben Eastwell

HARD BALLS

The Laos Return

Awards Night

With the league season done, and only the Marshall Trophy Cup match and Koh Chang Beach Tournament left on the calendar before the new season begins in October, the Section gathered on home turf for a Fireball Doubles tournament under the watchful eye of Chairman Jack. Despite a heavy downpour, the evening drifted into an awards ceremony on the back lawn to close out May, where tales and triumphs from the past two seasons were revisited. A full rundown of the twelve trophies and individual honours will follow in a later report.



▲ -

Vientiane 8s Tournament

The Vientiane tournament provided a welcome weekend of cricket, as the British Club (BC) assembled for the second edition of the newly established tournament. Twelve players and supporters flew out to Laos to sample the local lager and take part in the showdown featuring seven 8-a-side teams from Thailand and local clubs. Sticky fingers and riverside rums took centre stage on Friday evening, as the hosts welcomed all teams for the return of what had been a fantastic inaugural event in 2024.

Matches were played on a cleared field behind the Laos tobacco factory, shaded by eucalyptus. The format was 7 overs per innings, with a retirement at 35 runs. Every player, except for the wicketkeeper, was required to bowl one over. Wides were worth three runs and not re-bowled, encouraging a fast-paced game.

BC's tournament began early Saturday morning against defending champions Lamphun. Stacked with national players and young talent - not without their fair share of hangovers - the all-Thai side posted a par score of 88,



▲ Like a gazelle



▲ Onions keeps Lamphun quiet



▲ Uncle V castled



▲ --



▲ Safe hands Sagar



▲ Did anyone see that shot



▲ Chef gets his man

which proved enough when coupled with their disciplined fielding. A long break followed, providing a welcome chance to recover – and quietly replaced the Beerlao lost to the morning's exertions.

The second game drew the Laos Elephants who charged their way to 90/2 courtesy of some heavy hitting and a few looseners from the visitors. But a well-timed meditation break seemed to do the trick for Avi, who returned to smash 39 from 15 balls. The game went into the final over with 13 needed and Uncle V at the crease to steady the ship – 2, 1, 4, and 6 sealed the win, with Ben finishing strongly for the cameras, while Chairman Jack was spotted in the bushes at a well-chosen vantage point, lens ready and timing perfect – only without any batteries.

BC's final Saturday fixture was against old rivals Pattaya CC, who had won their first two games and looked poised for a third after restricting BC to 71 despite some pinch-hitting efforts from Pramodh. However, two key catches from Sagar and a pair of late wickets from Chef turned the match in BC's favour in an exciting finish to the day. A quiet steak dinner and a bottle of Arran's finest closed out the evening, with everyone managing an early night after a packed opening day.

Sunday began with a match against the hosts' premier side, where Avi blasted his fastest knock of the weekend – 40 off just 11 balls. Rob, who hasn't stopped talking about that six since, added his own maximum, while Chef contributed a brisk 32* to push BC to their highest total of the tournament at 108. Laos Lions got off to a positive start, but BC's mammoth total kept them on top of the match through to the end.



▲ *Winners are gridders*



▲ *Chairman catching a snooze*



▲ *Vientiane 8s Plate winners 2025*



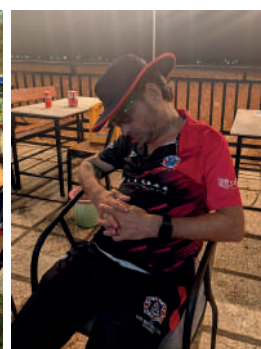
▲ *Beautiful setting*



▲ *Pre tournament feast*



▲ *Fines session in flow*



▲ *And goodnight*

With a late start and time against them, organisers pushed through a last-minute restructure to condense the finals. Despite beating both teams above them, BC were dumped into the Plate final thanks to a bonus point system nobody really understood. Still, it meant a match-up with Phuket and familiar faces from tours past. Avi delivered another clinic to seal batsman of the tournament, laying the platform for BC's highest total yet and Captain Denz added muscle at the back end, pushing the score to 115. Phuket's openers made a decent start, even taking an otherwise faultless Dilip for a third of the runs he conceded across five games, but Chef broke through to derail the chase, and the team closed it out from there. Presentations were made, the bar cleared, and the rain arrived - just after Lamphun wrapped up a second straight title with a win over Pattaya in the cup final.

The Winston Cup BCB Monthly Pool Competition

Saturday 26th July - Starts 6:00pm

Straight Knock out 16 players
Every Player gets 1 free drink
and Free to Enter

All levels welcome

REGISTER NOW



Bookings & Info Via: The British Club Line Official
Add LINE ID @britishclubbkk
by attending you agree to the Club P.D.P.A



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