

# DIARY: 2008

## JANUARY

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1 Tuesday

Run 28 min at only 8 km/h (not 30 min as set timer incorrectly)

2 Wednesday

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3 Thursday

Started proofreading the Singapore 5N Chemistry books.

4 Friday

Colder night. Run averaged about 9.3 km/h.

5 Saturday

Good conditions for run; good run though' not a record.

6 Sunday

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7 Monday

Man dies in Tuen Mun hospital from infection from blood transfer.

8 Tuesday

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9 Wednesday

Champion jockey George Moore dies. A Qantas B747 has a narrow escape after losing all electricity from its 4 generators and had to use its batteries which last just 1/2 hour!

10 Thursday

To dermatology clinic am; another change of doctor!

11 Friday

Two canoeists near end of Australia-NZ row. Sir Edmund Hillary dies.

12 Saturday

Very hot - 26 for run; in some places 28. Run tough - did and alternative to the last planned leg up Cloudy Hill.

13 Sunday

Cold front arrived. Watched (and recorded) TV documentary about climbing Everest (to honour Hillary).

14 Monday

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15 Tuesday

Major cleaning of suite pm.

16 Wednesday

US to get milk from cloned cows. Two DVDs from Gavin arrive.

17 Thursday

A BA B-777 loses all power and crash lands at Heathrow airport.

18 Friday

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19 Saturday

Cooler again for run. Was going to take a shortcut but eventually did the whole route - time the same as last year.

20 - 21 Sunday - Monday

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22 Tuesday

40th anniversary year of the ESF. State funeral today in NZ for Hillary.

23 Wednesday

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24 Thursday

Became much cooler.

25 Friday

36 HK deputies elected to the NPC.

26 Saturday

Cold day for a run - at 10 degrees, the coldest for several years. To TST pm.

27 Sunday

Former Indonesian President Suharto dies.

28 Monday

Heavy snow and cold weather causing chaos in China; 1/2 million stranded at Guangzhou railway station.

29 Tuesday

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30 Wednesday

Figure for number of stranded passengers at railway station now given as 800 000.  
Temperatures in NT less than 10 degrees today.

31 Thursday

Runs for this week: 8.5 kph and 10.75 kph. Watched 30 Minutes item of FBI agent who spent many months with Sadaam Hussein.

## **FEBRUARY**

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1 Friday

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2 Saturday

Very cold and wet for the run; at 7 degrees, the coldest since my records began (2000), but it did not feel this cold and the run was not bad - 5 minutes better than last time for this route, two years ago.

3 Sunday

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4 Monday

New England Patriots do not win the Super Bowl.

5 Tuesday

Ching Cheung released from prison in China. Had to do rowing instead of skipping - someone stolen the good skipping ropes.

6 Wednesday

50th anniversary of the Munich air disaster.

7 Thursday

First day of Chinese New Year holidays. Run 30 min at 11.4 km/h average. Prem gives me a skipping rope.

8 Friday

Somali woman injures pilots and tries to hijack aircraft in flight from Blenheim to Christchurch.

9 Saturday

Warmer and sunny. Run OK; saw new signs about WWII British trenches and Japanese caves near Tate's Cairn. Tired in afternoon - slept for 3 hours.

10 - 12 Sunday - Tuesday

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13 Wednesday

Australian PM delivers an apology to aborigines for perceived past injustices.

14 Thursday

Young French girl finds the name tag of a WWI NZ soldier while walking in fields in the Somme region.

15 Friday

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16 Saturday

Not a bad run Tai Mei Tuk to Luk Keng; at 2 hrs 48 mins, was 4 mins faster than 2 years ago. David Li resigns from the Executive Council as a result of his insider trading dealing.

17 Sunday

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18 Monday

Cold weather warning lifted after 24 days - compared with record of 27 days.

19 Tuesday

Lydia Shum dies, aged 62. Fidel Castro steps down.

20 Wednesday

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21 Thursday

US military missile intercepts and destroys an ailing satellite , thus preventing it from causing harm on its re-entry (or so they say).

22 Friday

Birthday.

23 Saturday

Run from CU up to Ma On Shan and back - a very slow run I would like to forget, which included a crash after slipping on the wet stones. The run ended a week of difficult aerobic exercise! A B-2 bomber crashes, the first since its launch in 1988; crew ejects to safety.

24 Sunday

Buses begin using the new bus terminal down below.

25 Monday

TV documentary on yellow fever included work by Walter Reed.

26 Tuesday

All day downloading Stage6 DivX videos as the site closes down in 2 days!

27 Wednesday

Annual budget presented - some of last year's big surplus distributed to the people.

28 Thursday

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29 Friday

Stage6 DivX video website cloes down today! Prince Harry's duty fighting in Afghanistan revealed by media. NZ man who killed his wife and abandoned his daughter in Australia captured in the US.

## **MARCh**

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1 Saturday

Terrible run - about 10% slower than the best for this route. In bed for 4 hours pm. Harry returned to the UK.

2 Sunday

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3 Monday

Air pollution above 150 in places!! All Blacks and Wallabys to play a Bledisloe Cup match in HK in November.

4 Tuesday

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5 Wednesday

Interesting TV documentary on Korean girl pianist with onlt 4 fingers.

6 Thursday

Finished preparation for Jakarta workshop.

7 Friday

Very, very tired. Did gym but only 5 min skipping + very light weights session.

8 Saturday

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9 Sunday

Off to Indonesia on 0930 Cathay flight. On arrival, driven with Pearson people to Banbang. Dinner in Javanese-style restaurant, with a waiter that reminder me of Gavin.

10 Monday

Workshops in the use of English in the teaching of Science.

11 Tuesday

Visited two schools and talked and taught a science class in each. Then another 3 hour drive to airport in Jakarta for 1450 flight back to HK.

12 Wednesday

Kindergartens and primary schools closed early for Easter holidays due to spread of flu in them and deaths of three young children.

13 - 14 Thursday - Friday

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15 Saturday

Went for a run - first exercise for over a week. Woman dies in POW Hospital following a CT scan.

16 Sunday

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17 Monday

Found that Mitsubishi DVD+R disks work on my optical drive so managed to get started recording Stage6 DivX videos. Went to gym again after a week off. A HK 'Jack the Ripper' at work; 7 prostitutes murdered in 3 days.

18 Tuesday

Clinic; given some antibiotic cream for scab on nose.

19 - 20 Wednesday - Thursday

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21 Friday

Good Friday. Watched a video of the All Blacks vs Barbarians in 1973 which included 'the greatest try ever'

22 Saturday

Cloudy and humid. Run actually not too bad - 15 min faster than last year (excluding time while lost in amusement park area). About 950 flights yesterday, most to Taipei. Watched a video of 'Allo Allo'.

23 Sunday

Sailors drowned in collision between Chinese vessel and Ukrainian tugboat off Tuen Mun.

24 - 25 Monday - Tuesday

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26 Wednesday

First bodies found in sunken tugboat.

27 Thursday

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28 Friday

Martin Lee, founder of the Democratic party, announces he will retire from Legco in July. HK Rugby 7s begin. Search for sailors on sunken crane abandoned.

29 Saturday

Warmer today. Shorter run.

30 Sunday

NZ beat SA 26-12 in final to win HK Rugby 7s Cup. Eric Rush present on bench assisting coach. Beautifully sung national anthems.

31 Monday

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## **APRIL**

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1 - 2 Tuesday - Wednesday

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3 Thursday

Service of remembrance held at Windsor Castle.

4 Friday



Ching Ming holiday; fewer hill fires as a bit damp.

5 Saturday

Run rather tough - warm and very humid. Finally finished - after a lot of trouble - converting all 74 'Allo 'Allo mp4 files into divx. Adelaide Rugby 7s on this weekend.

6 Sunday

SA beat NZ to win the Adelaide 7s and so break NZ's 7 successive tournament wins.

7 - 8 Monday - Tuesday

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9 Wednesday

Oasis Airlines gone bankrupt; ceased operations today.

10 Thursday

New park between the two hotel towers opens.

11 - 15 Friday - Tuesday

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16 Wednesday

Visit to hospital; focus of attention my nose lesion. Learnt that Professor Leung died (of colon cancer) and that his funeral was today!

17 Thursday

Typhoon signal 1 hoisted - the second earliest since WWII.

18 Friday

T3 raised - earliest since WWII.

19 Saturday

Bit cooler. Wet during run, but OK. No 8 signal raised in Macau though not in HK.

20 - 23 Sunday - Wednesday

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24 Thursday

First swim of the season; water temp 26. Skip 10 min + run 12 min + 1 km swim. During swim saw 'line' in left eye; in evening also flashes of light. On TV - Tasman Glacier melting in its own lake.

25 Friday

Anzac day.

26 Saturday

Last run for season. To go for a tour of the USS Kitty Hawk on Tuesday.

27 Sunday

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28 Monday

No exercise today. Used Skype to chat with Nadine.

29 Tuesday

Up early for tour of USS Kitty Hawk in morning. Tibetans sentenced for parts in recent riots.

30 Wednesday

Olympic flame arrives in HK amidst much hype (and political 'interference').

## **MAY**

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1 Thursday

Public holiday

May day. Terrible local tour bus crash in Sai Kung - 18 killed. Nadine's Psychology dept graduation.

2 Friday

Olympic torch relay in HK. Weather drizzly. Nadine's graduation day.

3 Saturday

No run - season finished. No exercise for the whole week.

4 Sunday

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5 Monday

Started exercise again: skip (10 min) + run (10 min) + swim (17 laps).

6 Tuesday

Call from Gavin, back in Boston, to say he won his case. TV - Air Canada Ft 143; the 767 that crashed due to fuel measured in lbs and not kg; plane still flying. Skip (10 min) + run (10 min) + wts.

7 Wednesday

HSBC loses server with data on about 160 000 customers during renovation at a branch. Exercise - same as Monday.

8 Thursday

Olympic torch on top of Mt Everest. Immigration Dept data this time appears on Internet. 60 minutes item on Dr Paul Farmer of Harvard MS ('Partners in Health'). Exercise - same as Tuesday.

9 Friday

Lunch and meeting with Hang Seng bank financial advisor. Exercise - same as Wednesday.

10 Saturday

More cases of children in HK and China getting Ev-71 (causing hand, foot and mouth disease).

11 Sunday

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12 Monday

A 7.9 earthquake in Sichuan.

13 Tuesday

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14 Wednesday

Gavin's birthday.

15 Thursday

TV documentary on dolphins saving life-savers in NZ from Great White shark attack.

16 Friday

65th anniversary of Dambusters raids. Exercise: skip 10 min (50 for week), run 12 min (1 hr for week), swim 21 laps (3.3 km for week).

17 - 18 Saturday - Sunday

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19 Monday

Wet. Government flags at half-mast. Took DVD Player in for servicing; first time to Langham Place. Skip 10 min + run 12 min + swim 20 lengths.

20 Tuesday

New Taiwan president sworn in.

21 - 22 Wednesday - Thursday

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23 Friday

Exercise for week: 5 x 10 min skip + 5 x 12 min run + 3 x 1.2 km swim + 2 weights sessions.

24 Saturday

To TST.

25 - 26 Sunday - Monday

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27 Tuesday

To dermatology clinic; did a cryotherapy treatment.

28 Wednesday

Nepal declared a republic after 240 years as a monarchy.

29 Thursday

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30 Friday

Peak tram 120th anniversary; fares today just 30 cents. Exercise: run 5 x 12 min + swim 2 x 1.2 km, 3 x weights.

31 Saturday

Crusaders win Super 14 title, beating the Warratahs 20-12, their 7th title.

## **JUNE**

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1 Sunday

Rally for June 4th, but few(er) people.

2 Monday

Exercise a bit tough - did skip and swim but not run.

3 Tuesday

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4 Wednesday

June 4th rally at Victoria Park - only 20000 this year. Announced that US Visa-free holders have to send in particulars before travel to there! Still no run, but swam 2 km.

5 Thursday

McAfee report than .hk URLs worst in world for spam, viruses, etc.

6 Friday

Won the regular lucky draw for bus tickets (prize is just 5 more tickets). Run (no skip) + swim (1.3 km, 4.5 km for week).

7 Saturday

Black rainstorm warning, thunderstorm warning, landslip warning in effect. Large disruptions.

8 Sunday

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9 Monday

Dragon Boat holiday.

10 Tuesday

Skip (12 min - yes, 12!) + run (10 min ) + swim 35 laps (2.1 km).

11 Wednesday

Skip 12 min + run 10 min + weights.

12 Thursday

Nadine's birthday. Ex: skip 11 min (at home!!) + run 11 min (gym) + swim (1.9 km - 4 km for week).

13 Friday

Heat wave in eastern US.

14 Saturday

AIG meeting in afternoon. Dinner at TST. Saw guy with mobile phone + normal phone hand piece.

15 Sunday

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16 Monday

Ex: 12 min skip + 10 min run + 2.1 km swim (with brief thunderstorm at mid-point).

17 Tuesday

More rain. Skip 12 min + run 10 min + swim 2.1 km.

18 Wednesday

Big problems with computer, eg, had to re-install Norton security. Skip 12 min + run 10 min + ROWING 25 min (no swim due to thunderstorm). Budget hotel closes without notice - guests offered accommodation in street sleepers hostel!!

19 Thursday

Fine - at last! Skip 12 min + run 10 min + swim 3.4 km.

20 Friday

Very fine day. Exercise: skip 12 min (1 h for week), run 10 min (50 min for wk), swim 2.4 km (10 km for week - perhaps a bit too much!).

21 Saturday

In Chch, ABs beat England 44-12 in second of two Rugby tests.

22 Sunday

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23 Monday

Skip 12 min + run 10 min + swim only 1.5 km (water very warm).

24 Tuesday

Clinic - another cryotherapy treatment on nose. Very hot outside. T3 raised late afternoon - just before my swim, but still got the swim. Skip 12 + run 10 + swim 42 lengths (2.52 km).

25 Wednesday

T8 raised very early; lowered at 11:15 am. No swim - pool closed. Skip 12 + run 10 + rowing 25 min @ 2:09.7/500 m. All unsold chickens in markets now must be culled at end of day and not remain overnight.

26 Thursday

Still wet. Skip 12 + run 10 + swim 2.1 km.

27 Friday

Skip 10 + run 12 + swim 1.9 km (8 km for week).

28 Saturday

Meeting 1 pm. Most of day and evening ripping TV DVD recordings.

29 Sunday

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30 Monday

Skip 10 + run + 1.2 km swim.

## **JULY**

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1 Tuesday

Holiday - anniversary of handover. About 42000 (according to organisers, 13000 to Police!) in regular democracy march. Ex: 10 + 12 + 1.2 km.

2 Wednesday

Skip 10 + run 13 min + weights. Chicken selling resumes in markets after 3 weeks.

3 Thursday

Most of day at HSBC talking about possible investments. Es: 12 + 13 + 1.6 km (4 for week).

4 Friday

Again to HSBC bank. Ex: skip 12 + row 10 + run 10 + weights.

5 Saturday

ABs beat SA 19-8 in first Tri-Nations match. Dinner at local Japanese restaurant; at one point, cleaner drags a large rubbish bin through the restaurant and out the front entrance!!

6 Sunday

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7 Monday

Reloaded Windows 95 onto old computer. Finally watched 'Flags of our Fathers' from DVD sent by Gavin. Ex: skip 12 + run 10! + swim 1.5 km.

8 Tuesday

Watched 'Letters from Iwo Jima.' Ex: 10 + 12 + 1.5 km.

9 Wednesday

To bank again am. Ex: skip 10 + row 10 @ 2:6.9 + run 10 + weights.

10 Thursday

Ex: 12 + 13 + 2 km (5 km for week).

11 Friday

Ex: skip 10 + row 10 @2:5.6 + weights.

12 Saturday

SA beat NZ 30-28 in Dunedin - and with only 14 men; their first win against NZ at that ground.

13 Sunday

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14 Monday

Room cleaners pm. Ex: 12 + 13 + 1.5 km swim.



15 Tuesday

Ex: 10 + 13 + 1.5 km.

16 Wednesday

BOC selling special Olympics commemorative \$20 banknotes. Ex: 10 skip + 10 row @ 2:04.8 + 10 run + weights. Government to spend \$11 billion to relieve problems of people in the poorest sector of HK.

17 Thursday

O off to China.

18 Friday

Fine day. Ex: skip 10 + row 10 @ 2:3.2 + run 10 + weights.

19 Saturday

Finished reading 'Nineteen eighty-four'. Wallabies beat Springboks in Perth.

20 Sunday

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21 Monday

Ex: skip 10 + row 5 + run 10 + swim 1.5 km. Karadzic arrested.

22 Tuesday

Another hot day. Ex: skip 10 + row 5 + run 10 + swim 1.5 km - board said water temp 36 degrees.

23 Wednesday

Todd Blackadder to coach the Crusaders. Ex: 10 + row 10 @ 2:02.7 + 10 + weights. Injured my lower back (?holding a small weight for sit-ups).

24 Thursday

No exercise - perhaps OK as I have been feeling tired. Harder to get to sleep though.

25 Friday

Explosion on a Qantas 747 from HK to Melbourne blows a large hole in the he cabin floor and fuselage of the cargo hold just in front of the wing; plane lands safely in Manila.

26 Saturday

Wallabies beat ABs 34-19.

27 Sunday

Borrowed a book from the library by Arthur C Clarke.

28 Monday

Air pollution index highest it has ever been - 202 at Tap Mun.

29 Tuesday

Woken at 7:30 am because of a false room fire alarm. Alarm had to be changed. Visit to dermatology clinic.

30 Wednesday

To bank pm. Then another library book by Arthur C Clarke. Call from Dell later to help with computer problem.

31 Thursday

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## **AUGUST**

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1 Friday

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2 Saturday

Invested in a fund to provide a fixed income. Met new HSBC Personal Relationship Manager. Watched ABs v Wallabies on TV; ABs won 39-10.

3 Sunday

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4 Monday

Leonie's birthday. (Also start of WWI.) Began exercise again: skip 10, row 5, run 10, swim 10 + 15 (with a few minutes 'thunderstorm break').

5 Tuesday

Ex: 10 + 5 + 10 + 1.5 km. T3 hoisted later.

6 Wednesday

No 8 signal raised early morning and in place for most of the day. Ex: 10 + 10 + 10 + weights.

7 Thursday

Ex: 10 + [0] + 10 + 1.5 (4.5 km for week).

8 Friday

Ex: 10 + 10 (@ 2:02.6) + 10 + weights. In evening, watched the opening ceremony of the 2008 Olympic Games, starting at 8 pm.

9 Saturday

Continued to read 'Treasure Island.' Springboks beat Argentina 63-9.

10 Sunday

Two firemen killed in a 5th alarm fire in a building in Mongkok.

11 Monday

Ex: 10 + 5 + 10 + 1.5 km swim. Read article in SCMP on origin of H.H. Harriers in KL in 1938; also T8 HHH in HK who run when T8 or higher raised.

12 Tuesday

Paris Olympics, 1900 - prizes, no medals, one runner-up gets an umbrella!! Ex: 10 + 5 + 10 + 1.5 km.

13 Wednesday

To gym am. To hospital pm; decided on more observation of nose rather than plastic surgery. Picked up reserved library book 'Rama revealed.'

14 Thursday

Ex: 10 + 5 + 10 + 1.5 km (4.5 for week); pool water hot.

15 Friday

Ex: 10 + 10 (slow, paused 3 times) + 10 + weights.

16 Saturday

NZ gets 2 gold medals. In Cape Town, ABs beat Springboks 19-0.

17 Sunday

Michael Phelps wins his 8th gold medal.

18 Monday

Liu Xiang withdraws from 110 m hurdles due to an Achilles injury. Ex: 10 + 5 + 10 + 1.5 km (water hot).

19 Tuesday

Hot again. Ex: 10 + 5 + 10 + 1.5 km (1/2 of swim had pool to myself, then only a few).

20 Wednesday

Ex: 10 + 10 + 10 + weights. Hua Guofeng, who became chairman of the Communist party on Mao's death, dies.

21 Thursday

T1 up am then T3 in evening. Did swimming earlier in case pool closed. Ex: 10 + 5 (@ 2:02.5) + 10 + 2 km (5 km for week). Horses banned from equestrian events due to being doped.

22 Friday

T8 up and later T9 and direct hit. Ex: 10 + 10 + 10 + weights. In evening, actually watched Olympic games on TV.

23 Saturday

Aus beat SA in Durban. Again watched Olympic Games on TV in evening.

24 Sunday

Watched the Olympics closing ceremony.

25 Monday

Ex: 10 + 5 + 10 + 2 km swim.

26 Tuesday

Fine and hot. Ex: 10 + 5 + 10 + 2 km swim.

27 Wednesday

Ex - same as for last Wed.

28 Thursday

Ex: 10 + 5 + 10 + 2 km swim (first at deep end) (6 km for week). O back late.

29 Friday

Ex: 10 + 10 + 10 + weights.

30 Saturday

Some Chinese medal winners perform in HK. Finished reading Pride and Prejudice.

Springboks thrash Wallabies 53-8 in Johannesburg.

31 Sunday

Read the first 1/3 or so of Oliver North's book.

## **SEPTEMBER**

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1 Monday

Japanese PM resigns. Ex: 7 + 5 + 10 + 2 km swim.

2 Tuesday

Ex: 7 + 5 + 10 + 2 km swim (better because slightly cooler and few people).

3 Wednesday

Ex: 7 + 10 + 10 + weights.

4 Thursday

Ex: 7 + 5 + 10 + 2 km (6 km for week).

5 Friday

Funeral of one of two fireman killed in fire . Ex: 7+ 10 + 10 + weights. 20/20 and 'juicy campus' website misery.

6 Saturday

Some kind of workers' demonstration at nearby building site. In evening, watched opening ceremony for Para-Olympics.

7 Sunday

Legco elections. The candidate I voted for was not successful.

8 Monday

Olympics: 24(?) Stanford students - 25 medals - 8 gold, 13 silver, 4 bronze; cf. their 21 medals in 1924. (Total now 218 medals) Ex: 7+5+10+1.5 km swim.

9 Tuesday

Ex: 7+5+10+1.5 km.

10 Wednesday

Preliminary 'big bang' experiment with CERN accelerator. Ex: 7+10+10+weights.

11 Thursday

Second fireman buried.

12 Friday

Met H.S. Choi when returning from bank. Ex: 7 + 5 + 10 + 1.5 km swim (managed this though they closed pool after thunderstorm had passed). Mid-autumn festival poolside party in evening - not as good as in previous years.

13 Saturday

NZ beat Australia 28-24 in pulsating match to take their 4th consecutive tri-nations title and a 2-1 lead in the Bledisloe Cup (final game in HK Nov 1).

14 Sunday

Revealed that NZ diary company that has a 43% share in Chinese milk company knew 6 weeks ago that baby milk formula was contaminated and said to recall but this was ignored; 1 baby dead and 430 developed kidney stones.

15 Monday

Mid-autumn festival holiday. Hottest festival time for 13 years. In China, now 2 deaths and nearly 600 sick. Ex: 7 + 7 + 10 + weights (took it slightly easier).

16 Tuesday

Ex: 7 + 5 + 10 + 1.2 km (water hot - 35).

17 Wednesday

Ex: 7 + 7 + 10 + weights (little less). Watched closing ceremony of Paralympic games. Now more than 6000 children in China affected by tainted milk.

18 Thursday

Milk in HK from China tainted! It, with some yogurts, ice-creams, ice-blocks, recalled. Ex: 10 + 7 + 8 + 1.5 km swim.

19 Friday

Call from Gavin to tell about settlement. Ex: 10 + 10 + 10 + weights. ABC TV - NZ research linking paracetamol with asthma in babies and young people.

20 Saturday

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21 Sunday

From 1000 patrons, 44 killed, including 5 from HK, in blaze and stampede in illegal Shenzhen nightclub.

22 Monday

Very hot. T1 hoisted. Ex: 8 + 5 + 10 + 1.2 km. Two children in HK now with kidney stones; in China now well over 50000. Injured my lower back - probably carrying heavy load back from supermarket.

23 Tuesday

Ex: 8 + 10 + 10 + weights. T8 raised at 6 pm.

24 Wednesday

Sent (second) letter to TOWER. No exercise - felt very tired and lower back still painful. Run on BEA.

25 Thursday

People queue overnight outside BEA branches. Bank run over. Broadband connection broken again! Went for swim only; doesn't affect back; 2.5 km. USS George Washington now at Japan base. China launches third manned spacecraft.

26 Friday

Orang-utans in China being tested for kidney stones. Washington Mutual Bank sold. Didn't feel like exercise but ended up swimming 3.3 km (7 km for week). More foods using tainted milk withdrawn, including 'white rabbit' sweets.

27 Saturday

Fusion man (Rocket man) flies across the English channel. Hutchison technicians come - 2 hours late! - to fix the broadband connection.

28 Sunday

Paul Newman dies at 83. In Singapore, first F-1 night race held.

29 Monday

Ex: Just swimming - 3 km.

30 Tuesday

US Lower House rejects financial rescue package. Swim only, 2.5 km.

## **OCTOBER**

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1 Wednesday

National Day holiday. Swam 3 km.

2 Thursday

Ex: 4 km swim!! Post 1997 Ghurkhas win right to live in the UK.

3 Friday

Swim 2.4 km (15 km for week - most ever?) T1 raised. Report that in China, Skype text communications monitored.

4 - 5 Saturday - Sunday

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6 Monday

Swam 5 km (I think)!!! taking about 2 hr 20 min.

7 Tuesday

Chung Yuen holiday. Cooler. Swam 4 km.

8 Wednesday

Again overcast all day. Swam another 4 km.

9 Thursday

Fine day. Swam 4.2 km.



10 Friday

Swam 2.8 km to make 20 km for the (5-day) week - probably a PB that will not be bettered.

11 - 12 Saturday - Sunday

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13 Monday

To gym again after nearly 3 weeks. Back OK. Ex: 5 + 5 + 10 + weights.

14 Tuesday

Ex: 7 + 8 + 10 + 1.5 km swim.

15 Wednesday

CE gives annual policy address, including a universal minimum wage and a (probably means tested) increased old-age allowance. Saw on bush fire at Camp Pendleton.

16 Thursday

Ex: 7 + 7 + 10 + 1.5 km swim.

17 Friday

Ex: 7 + 8 + 10 + weights. Rather tired.

18 - 19 Saturday - Sunday

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20 Monday

Ex: 7 + 8 + 10 + 1.5 km swim.

21 Tuesday

To dermatology clinic; new person, the previous one having gone into private practice. Ex: 8 + 10 + 10 + weights.

22 Wednesday

Ex: 8 + 8 + 10 + 1.5 km swim. Tired.

23 Thursday

Ex: 8 + 10 + 10 + weights.

24 Friday

Ex: 8 + 8 + 10 + 1.5 km swim - style felt smoother.

25 Saturday

To TST - first time for several months.

26 Sunday

Now its eggs and possibly chickens, pork and offal that are tainted.

27 Monday

Ex: 8 + 8 + 10 + weights (little less).

28 Tuesday

Ex: 8 + 8 + 10 + 1.5 km. Nadine sends me a CNN video showing how I caused Obama to lose the election!

29 Wednesday

Ex: 8 + 8 + 10 + weights. BBC presenters resign over lewd comments about 'Manuel's' (waiter from Fawlty Towers) granddaughter.

30 Thursday

Ex: 8 + 10 (run) + 8 (row) + 1.5 km swim.

31 Friday

Ex: 8 + 10 + 10 + weights.

## **NOVEMBER**

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1 Saturday

Final Bledisloe Cup match between NZ and Australia played in HK today; NZ win 19-14 after a very 'rusty' first half.

2 Sunday

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3 Monday

Lewis Hamilton becomes youngest F1 world champion. Chris Patten has been in HK for several days, promoting his latest book; seems to think Obama is OK. Ex: 5 - 5 - 10 + 1.2 km swim (only 80% of normal).

4 Tuesday

Ex: 5 + 5 + 10 + weights (lighter).

5 Wednesday

Obama wins US presidential election; celebrations around the world, e.g. Kenya. Indonesia, Obama in Japan. Ex: 5 + 5 + 10 + 1.2 km swim.

6 Thursday

Ex: 5 + 5 + 10 + 1.2 km. 90th anniversary of end of WWI next Tuesday; BBC showing clips of famous battle sites, beginning with Verdun.

7 Friday

Ex: 5 + 5 + 10 + 1.2 km - final swim for season.

8 Saturday

NZ election today.

9 Sunday

Three Bali bombers executed. Yesterday, a second-string ABs beat Scotland 32-6. Conference all with Ivan and Indonesian team in afternoon.

10 Monday

Finishing off preparation for the trip but still took the whole day.

11 Tuesday

1030 SIA flight to Singapore (many more vacant seats than website indicated). Taxi to Swissotel - poor room, next to street and very noisy. Went for a walk along the river; looked at part of the F1 circuit. Met and had Japanese food with Ivan and Melissa.

12 Wednesday

Ras takes me to the office. Meeting with the Indonesian team and then the Singapore schools team. Taxi to airport alone. SIA to Jakarta. Queue for visa very short this time. Met by Meri who took me to the Ritz-Carlton hotel after having dinner in a mall with her and Ricky.

13 Thursday

Early 0530 rise. Managed to get a little breakfast. Then with Ricky to first Global Islamic primary school. Taught the Grade 3 class science lessons in English then had a chat with

about 40 teachers! After lunch, Ricky took me to a government primary school for more G3 lessons and brief talk with Alimah and other teachers. Given Indonesian cakes which I ate later at hotel as 'dinner'. On return, went for a 1 km swim + warm jaccusi + soursop juice!

#### 14 Friday

Another early rise. With Ricky to Al Azhar school for more G3 lessons - girl students covered from head to toe! Lunch at a street side restaurant then on to Santa Laurensia school for G3 lessons and talk with several teachers. (These lessons were the most difficult, due to poor discipline of pupils.) Then to Pearson's house office and box dinner.

#### 15 Saturday

Free in morning. Went for another 1 km swim, etc. In afternoon to office again for talk with Jean and Alimah about the primary science syllabus. Later, Yenny took me for dinner with a friend who turned out to be Chua HongKoon.

#### 16 Sunday

Free all day. Worked on presentations. Went for another 1 km swim. 'Dinner' in room with food collected at breakfast time.

#### 17 Monday

Early rise again and, after breakfast, to convention centre for the secondary science presentations. Opening sessions together, then science sessions morning and afternoon. Evening buffet dinner at hotel with group.

#### 18 Tuesday

A similar day but for the primary science group. First half of the morning session combined with Maths group as many teachers teach both subjects. Later, a meeting with the primary science project team. Group dinner at hotel together with Itje.

#### 19 Wednesday

Free morning so went another swim. Checkout at 1 pm then to airport for Garuda flight to Padang in an older B737. (Enjoyed the 'Just for laughs' video on the ceiling screens. Then to the hotel - a level down from the Ritz!! and no non-smoking rooms! Indonesian dinner at a nearby local restaurant.

#### 20 Thursday

To another hotel for conference. Arranged this time by local MOE and organisation was terrible with many handouts missing, many teachers turning up at the last minute, several

subject groups in the one large room, people walking in and out. After, many photos taken with teachers. In evening, had a brief tour of the town and dinner at a beachside restaurant followed by a visit to a local biscuit shop. Quite a good sleep that evening.

21 Friday

Again up at 0530 with a quick breakfast and drive to the airport. Garuda flight (with same video!) to Jakarta. Lunch with June and Swee Fong then checked out the HSBC Premier lounge and had more to eat for free! Afternoon flight to Singapore then last SIA flight to HK. I had misplaced my passport and thought I had lost it but found it in my bag after going back to the plane. In this one day, had 6 meals! Got the midnight hotel bus back from the airport.

22 Saturday

NZ team beats Australia to become Rugby League world champions. All Blacks beat Wales 29-9.

23 Sunday

—

24 Monday

Ex: 7 (skip) + 30 (run) + 5 (row).

25 Tuesday

Ex: 5 (skip difficult!) + 15 (run) + 5 (row) + weights.

26 Wednesday

Ex: 6 + 35 + 6. Terrorist attack at hotel and other sites in Mumbai - about 200 killed.

27 Thursday

Ex: 6 + 10 (run) + 6 + weights.

28 Friday

No exercise - rest prior to run tomorrow. Mumbai death toll now over 140. Air NZ Airbus A320 crashes into sea in France, following test run; just one day before 29th anniversary of DC-10 crash into Mt Erebus in the Antarctic.

29 Saturday

Cool and dry; down to 3 degrees at Ta Kwu Ling. First run for season - surprisingly good at 1:53, just 3 minutes below best; conditions helped. NZ beat England 32-6 to get a grand slam.

Wales beat Australia 21-18. In Dubai, England win the first iRB 7s after defeating NZ in semi-finals.

30 Sunday

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## DECEMBER

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1 Monday

Legs sore after run on Saturday. Ex: 7 + 35 + 8 (row).

2 Tuesday

Ex: 7 + 12 + 7 + weights. Venus, Jupiter and the crescent moon arranged now as a smiley face!

3 Wednesday

Ex: 9 + 33 + 8 (row).

4 Thursday

Ex: 7 + 10 + 7 + weights.

5 Friday

After breakfast, to toilet 9 times; also tried to vomit though nothing came out. Quarterly cleaning in afternoon. China's most recent astronauts arrive in HK for a visit. One Japanese climber rescued, one dead after a week stranded on Mt Cook. There have been 150 deaths since it was first climbed in 1894.

6 Saturday

Run felt good but a few minutes slower than last year; quite cool. SA beats NZ in final of second round of iRB 7s in SA.

7 Sunday

—

8 Monday

Ex: 8 + 35 + 7.

9 Tuesday

Ex: 7 + 15 + 8 + weights. Chickens in HK infected with H5 bird flu virus and die.

10 Wednesday

Exercise midday: 8 + 30 + 7. Then to hospital for nose check-up.

11 Thursday

Ex: 7 + 10 + 8 + weights.

12 Friday

No exercise.

13 Saturday

Run quite tough - 7 minutes slower than last year, though conditions good. Breathing and running tough; legs felt like lead.

14 Sunday

—

15 Monday

Ex: 8 + 10 + 7 + weights. Iraqi reporter throws two shoes at Bush during a press conference in Baghdad.

16 Tuesday

Ex: 7 + 30 + 8.

17 Wednesday

Ex: 8 + - (no run) + 8 + weights.

18 Thursday

Ex: 7 + 30 + 0 (no row).

19 Friday

—

20 Saturday

Run better than last week. A faster time than last year but not fastest. Men (aged 55 or over), women (50+) in China told to retire.

21 Sunday

Caritas hospital refused to help a man across the road who had had a heart attack; son told to dial 999; man died before arrival.

22 Monday

Ex: 8 + 0 (no run) + 8 + weights.

23 Tuesday

Cooler. Ex: 7 + 8 (row) + 30.

24 Wednesday

Ex: 8 + 8 (row) + weights. Nadine arrives from NY on CX 831 1905; dep for Sydney CX 161 2125. To airport to see her. Yes, everybody, except NZ passport holders, needs a visa for Australia.

25 Thursday

Ex: 7 + 30 + 8. A 60-min item on US airport security.

26 Friday

–

27 Saturday

Run OK; time - 1 min off last year, 5 min off best.

28 Sunday

To TST. Bought 'The Priests' CD.

29 Monday

Ex: 8 + 8 + weights.

30 Tuesday

To dermatology clinic am - MO gets an SMO for his opinion. Ex: 8 + 30 + 8. Injured an Achilles tendon near end of run. Felt terrible later - could only eat half my dinner.

31 Wednesday

Ex: skipping v difficult - could not do more than 30 s w/o a rest. Then did only a lighter weights session. Tired so to bed at 9:30 pm.



## Hikes: 2008 - 2009

### 2008

|   |       |      |   |      |
|---|-------|------|---|------|
| 1 | 29/11 | 18°C | Tai Po V → lead mine pass (37) → loop to Grassy Hill/Rd [Stage 7] (1.11) → forest → Tai Po  | 1:53 |
| 2 | 6/12  | 16°C | TT → road/track → reservoir (35) → Stage 10 track → road (1.14) → forest track t.o. (1.26) → TT Rd (1.41) → TT                                  | 2:03 |
| 3 | 13/12 | 22°C | TT gate → reservoir (29) → road to dam (1.08) → Stage 10 track t.o. (1.38) → small reservoir (1.58) → TT bus terminus                           | 2:13 |
| 4 | 20/12 | 23°C | TT gate → reservoir (28) → forest track → road (54) → road → TLT Y-junction (1.10) → track → road (1.21) → top of reservoir (1.37) → tunnel bus | 2:09 |
| 5 | 27/12 | 20°C | Tai Po V → lead mine pass (37) → Tai Mo Shan (1.40) → Twisk (2.00) → Kap Lung trail → Sek Kong  | 2:38 |

### 2009

|    |      |      |  |      |
|----|------|------|--|------|
| –  | 3/1  |      | [No run - heel injury]   |      |
| 6  | 10/1 | 13°C | TT → road only → reservoir (33) → Stage 10 road → Stage 9 sign/park (1.02) → track + road loop → Stage 10 rd (1.29) → top of reservoir (1.43) → tunnel bus | 2:25 |
| –  | 17/1 |      | –  |      |
| 7  | 24/1 | 9°C  | TT gate → reservoir (30) → TLC trail → tunnel bus  | 1:44 |
| 8  | 31/1 | 18°C | TT → end of road (28) → Stage 10 track → reservoir (54) → Yuen Tun trail → shortcut/steps → road → top of reservoir (1.38) → tunnel bus                    | 2:12 |
| 9  | 7/2  | 20°C | Tai Wo → Cloudy Hill (45) → first reservoir ( 1.12) → Cloudy Hill (1.53) → park  | 2:28 |
| 10 | 14/2 | 23°C | Tai Po V → lead mine pass (39) → top of reservoir (53) → pineapple track → main dam (1.23) → road (not via Grassy Hill) → lead mine pass (2.36) → Tai Po V | 3:10 |
| 11 | 21/2 | 19°C | CU → ridge [4] (54) → Pyramid Peak (1.22) → park → Ma On Shan town roundabout (2.06) → CU  | 2:36 |
| 12 | 28/2 | 20°C | CU → ridge [4] (53) → Kowloon Peak (2.07) → Shatin river (2.41)  | 2:41 |

|    |      |      |  |      |
|----|------|------|--|------|
| 13 | 7/3  | 12°C | TT gate → reservoir (28) → forest track → road (53) → Stage 10 road (1.02) → top of reservoir (1.15) → TLC trail → tunnel bus  | 2:21 |
| 14 | 14/3 | 17°C | Tai Mei Tuk → Pat Sin Leng (38) → Hok Tau t.o. (1.56) → Sha Lo Tung → Ting Kok Rd (2.35) → Tao Po Station  | 2:51 |
| 15 | 21/3 | 21°C | Tai Mei Tuk → Brides pool (49) → Wu Kau Tung 91.00 → Sam A Chung → Sam A Tsuen (1.39) → Wu Kau Tung (2.20) → Brides pool road → road to Tai Mei Tuk bus stop   | 2:55 |
| 16 | 28/3 | 21°C | TT → amusement park → reservoir (33) → Ho Pui reservoir (1.08) → family walk loop (1.23) → hill/steps → Y-junction (??) → tunnel bus   | 2:08 |
| 17 | 4/4  | 22°C | Plover cove dam → grave (1.01) → ridge (1.40) → stream (2.25) → Brides Pool bus stop   | 2:55 |
| 18 | 11/4 | 22°C | TT → road/nature trail/track → road again → end of road (29) → Stage 10 track → reservoir (55) → Ho Pui reservoir (1.30) → Sek Kong Rd (1.35) → dam (1.50) → Sek Kong (2.15) → Sek Kong roundabout   | 2:19 |
| 19 | 18/4 | 23°C | Tai Po V → lead mine pass (36) → Tai Mo Shan (1.38) → Twisk (2.00) → Tai Lam Chung (2.59) → tunnel bus   | 3:35 |
| 20 | 25/4 | 25°C | TT → rd/nature trail/track → reservoir (34) → Stage 10 track → road (1.16) → forest track t.o. (1.28) → small reservoir (1.37) → across dam → end of road & return (2.06?) → Yuen Long highway (2.42) → Scenic Garden/Yuen Long roundabout | 2:55 |

Average time (20 runs) 2 hours 30.6 minutes