

SINGAPORE POLO CLUB



Inaugural SPC Polo League Season 1

Green Mambas Emerge Victorious
As SPC League & Final Champions

P04

CLUB NEWS

SPC Outreach Polo Tournament
& Carnival 2024 on 15 September

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RIDING

Equestrian League
Awards 2024

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LIFESTYLE

Songkran Water
Festival on 27 April

Be a part of the distinguished

Lifestyle



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Vice President

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Polo Captain

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Daniel Chua
Honorary Treasurer

Peggy Yeo
Committee Member

Federico Vescovi
Committee Member

Leon Chu
Committee Member

Lee Joo Bae
Committee Member

MANAGEMENT

Sylvan Braberry
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Head, Atoms Polo Academy
Head, SPC Riding Academy

Wendy Tham
Secretary

Johnny Wong
F&B & Events Manager

Irene Seah
Events Manager

MPS Rajan
Front Office & Club Rooms
Manager

Han Peck Hoe
Facilities & Maintenance
Manager

Kirby Khoo
Finance Manager

Alinna Li
Human Resources Manager

Ikram Zainy
Marketing Communications
& Lifestyle Manager

Sunny Oh
Polo Administration Manager

Daniel Sitranen
Riding School Manager

OPERATING HOURS

FRONT DESK

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

F&B OUTLETS

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

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

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

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

FACILITIES

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

Swimming Pool
7.00am – 9.00pm (daily)

Tennis Courts
7.00am – 11.00pm (daily)

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

The Wellness Studio
By appointment

CONTACTS

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Facilities & Grounds

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Food & Beverage

General Enquiries

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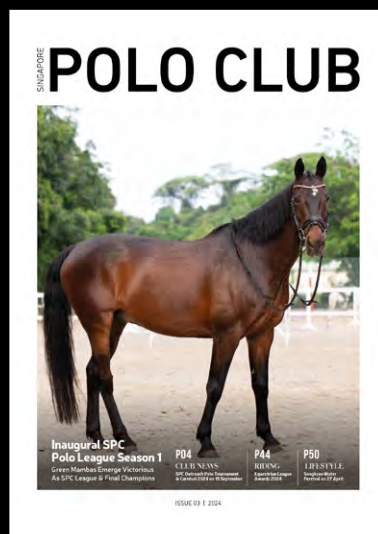


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ON THE COVER



COVER IMAGE

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Guest Of Honour:

Mr Desmond Lee, Minister for National Development,
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Highlights:

SPC's Outreach Polo Tournament
Atoms Polo Academy's Senior Tournament

SUNDAY, 15 SEPTEMBER 2024
10AM TO 6PM

CARNIVAL HIGHLIGHTS

Horse Feeding | Pony Rides | Train Rides | Food & Game Stalls
| Lifestyle Bazaar | Show Jumping | Tent Pegging and more

Proceeds go towards our SPC Outreach Fund

For enquiries and to purchase coupons, contact outreach@singaporepoloclub.org or 6854 3999





Dear Members,

The past three months have been absolutely exhilarating at our club, bursting with exciting activities, vibrant events and thrilling competitions. Our inaugural Songkran Water Festival in April was a resounding success, drawing a lively crowd who enjoyed water gun battles by the swimming pool and lively bouncy castle adventures at the tennis court. June brought a delightful Pottery Painting Workshop and a bustling Pop-up Market, adding to the festive spirit.

Our Polo Bar has come alive with monthly 'live' music sessions, providing a relaxing atmosphere for everyone to unwind to great tunes. Look forward to the upcoming performance by Max Surin and Linda Elizabeth from the renowned "Tokyo Square" from the 1980s on 29 August from 7pm to 10pm. Do bring your family and friends to the Polo Bar for an unforgettable night of music.

Our riders have achieved remarkable success, securing top positions at prestigious events such as the National Dressage Championships 2024 and the KRA Cup CSIJ-B in Seoul, Korea.

In April, we hosted a friendly two-day polo match with visiting players from the Roma Polo Club. It was an honour to have His Excellency Ambassador Dante Brandi from the Embassy of Italy in Singapore join us for the ceremonial throw-in.

May marked the launch of our inaugural SPC Polo League, Season 1, which has received overwhelming enthusiasm. The tournament exceeded expectations with teams signing up even after the closing date, resulting in an expanded league featuring 11 handicap and 11 higher level Atoms teams. Congratulations to the Green Mambas for clinching the double victory as the first SPC Polo League and League Cup Champions! Feedback from participants, including our Atoms Polo Academy and seasoned handicap players, has been incredibly positive. The creation of the SPC Polo League by our General Manager, Sylvan Braberry has injected new energy into our polo scene, and I eagerly anticipate more thrilling seasons ahead.

Atoms Summer Cup in June continue to draw a strong turnout of participants. Congratulations to Atoms White for winning the 2024 Atoms Summer Cup. I hear many are already eagerly anticipating Season 4 of the Atoms Polo League in August.

Our Club rooms remain a popular destination for staycations among members and their guests. With the Formula 1 Singapore Airlines Singapore Grand Prix 2024 approaching in September, we advise making early reservations due to expected high demand.

Looking ahead, please mark your calendars for the annual SPC Outreach Polo Tournament & Carnival on Sunday, 15 September 2024. We are thrilled to announce that Mr. Desmond Lee, Minister for National Development & Minister-in-Charge of Social Services Integration, will be joining us as our Guest-of-Honour. The day promises a vibrant atmosphere with activities for all ages, including horse-feeding, train rides, pony rides, and exciting polo tournaments featuring teams from the Atoms Polo Academy and our handicap polo players competing for the coveted *SPC Outreach Polo Tournament Cup 2024*.

Proceeds from coupon sales will contribute to the Club's Outreach funds, supporting various initiatives for the community and our IPC-status beneficiaries: Children's Aid Society, Gateway Arts, SWAMI Home, and Muscular Dystrophy Association (Singapore). Coupon booklets are conveniently available for purchase at the Reception, Riding & Polo Offices, and the Atoms Polo Loft. Stay tuned for more details, which will be announced soon.

I look forward to seeing you at the Club. ■

Warm Regards,

Lawrence Khong
President

ATOMS POLO LEAGUE SEASON 4



10 AUGUST TO 1 SEPTEMBER

Open to Atoms Level 3 to Elite & Atoms Alumni.
Registrations are open from 10TH to 25TH July 2024.
Interested applicants may register at atoms@singaporepoloclub.org or call 6854 3955.



Dear Members,

We swiftly enter the second half of the year and I am excited to announce that a line-up of equestrian and social activities await members and their families. Monthly evening live bands have become the new norm at the Club and members along with their families and friends have had an enjoyable time grooving to classics. My team looks forward to welcoming more members at the Polo Bar.

Both the SPC Riding Academy and Atoms Polo Academy has fared very well the last quarter. Atoms Polo Academy hosted its first Polo League of the year and the response was overwhelming. It truly warms my heart to see the participation of budding polo players not forgetting their supportive family members cheering them on. Season 4 of the league will commence on 10 August and everyone is welcome to come over to cheer the players on. The academies' host a variety of after-riding programmes and activities such as overnight camps, 3-day pony camps, art & craft workshops, movie nights and more regularly and members are encouraged to join the fun equestrian community that we've built. Speak to the friendly staff at the Academies for more details.

I am happy to announce that our very own rider, Yasmine Bonehill clinched the third place out of 21 riders in the individual 110cm class at the KRA Cup CSIJ-B Seoul, Korea held from 9 to 12 May at the KRA Racing Horse Park and did our country and Club proud. Well done Yasmine!

The local equestrian fraternity hosted the annual National Dressage Championship on 27 & 28 April and our riders Megan Ding, Caedan Paul and Lilly De Geytere emerged as overall champions. Riders Nikki Poh, Elly Poh, Lynly Fong, Edric Lee and Yasmine Bonehill clinched the overall championship title at the National Jumping Championship held from 24 to 26 May. Congratulations everyone!

The Club's annual SPC Outreach Polo Tournament & Carnival makes a comeback on 15 September and I am delighted to announce the four new beneficiaries, all of which are IPCs that we will be collaborating with – Children's Aid Society, Gateway Arts, Muscular Dystrophy Association Singapore and SWAMI Home. Members are welcome to head down to our Front Reception, Atoms Polo Loft, Riding and Polo offices to purchase your carnival coupons at \$50 a booklet. We are also seeking polo players to come forth to sign up for the evening polo match. We would like to request the generosity of all members towards this event as the funds head out for a good cause.

Meanwhile, the Club remains focus on human capital development by training our staff to be multi-skilled to increase their value and to cope with the changing labour landscape. Our very own Horse Care & QC Manager Sukumar Shetty will work closely with our full-time riding and polo professionals to expand the scope of their knowledge and to ensure our horses are well cared for. This will be complemented by a 25-module in-house certification program on stable management & horse care.

The management and staff are well focused to achieve the various strategies to achieve the Club's Vision & Mission statement which will strengthen the Club's position as a caring and inclusive Club that supports the equestrian and general community.

The next half of the year will see the Club bustling with activities, book a stay in our club rooms and experience the ultimate Polo lifestyle.

See you at the Club's Outreach Polo Tournament & Carnival. ■

Warm Regards,

Sylvan Braberry
General Manager

New Members

APRIL TO JUNE 2024

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

CHARTER

Burke Kathryn
Ken Chan Chien Wei
Dakshinamurthy Thiyagarajan
Su Jiangbo
Asok Kumar S/O Harbachan Singh
Tiemann Elizabeth Mei
Tan Jia Lin Kellyn
Matthew William Truman
Weng Jingle
Zhu Lingqi

REGULAR

Sambhav Agarwal
Oluwayomi Michael Idowu Benson
Mikhail Choo Wei Ming
Cheng Khor Wui
Debmalya Chatterjee
Muhammad Rafiq Durrani
Li Guoxiu
Ma Jicheng
Park Hyojung Jade
Marc Harifidy Rakotomalala
Lara Alison Truelove
Teh Keok Seng
Arjun Jacob Thomas
Tan Kwang Hwee
Wang Huijing
Wong Kwong Weng James
Yeo Shu Qian

TERM

Helene, Marie-Claude,
Ginette Berge ép. Rao
Katharina Beckmann
Denman Marigold Clare
Dong Zhen
Nicola Genovese
Hu Hongxiang
Matthew Robert Inglis
Kim Hyunjeong
Alexander David Knight
Lu Yaou
Long Jun
Jacqueline MacLennan
Xiao Ma
Neil Clive Shonhard
Christin Steinrode Tiller
Teo Zuan Qi Zoie
Von Rettig Polina
Wei Hang
Zai Lingyan

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Sjoberg Anders Fredrik
Kerekes Edit



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Calendar of Events

Polo

10 to 31 July

Field Closed

**10 August to
1 September**

Atoms Polo League
Season 2

24 to 25 August

Club Cup

5 to 8 September

Fall Tournament: Bronze Cup

12 to 15 September

Silver Cup: SPC Outreach Cup

26 to 29 September

Gold Cup

Atoms & Riding

7 to 8 September

Autumn Overnight Camp

Social

6 September

Riedel Wine Glass
Tasting Experience

7 September

Kid's Mid-Autumn

8 September

Orange Ball Match Play
Tennis Competition

15 September

SPC Outreach Polo
Tournament & Carnival



SAVE THE EARTH GO GREEN



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

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

Digital copies of our current and past magazines are available for your reading at www.singaporepoloclub.org

RECIPROCAL LISTING

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

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- Exclusive invites to networking events
- Ideal product launch platform
- Brand association with other high-profile companies

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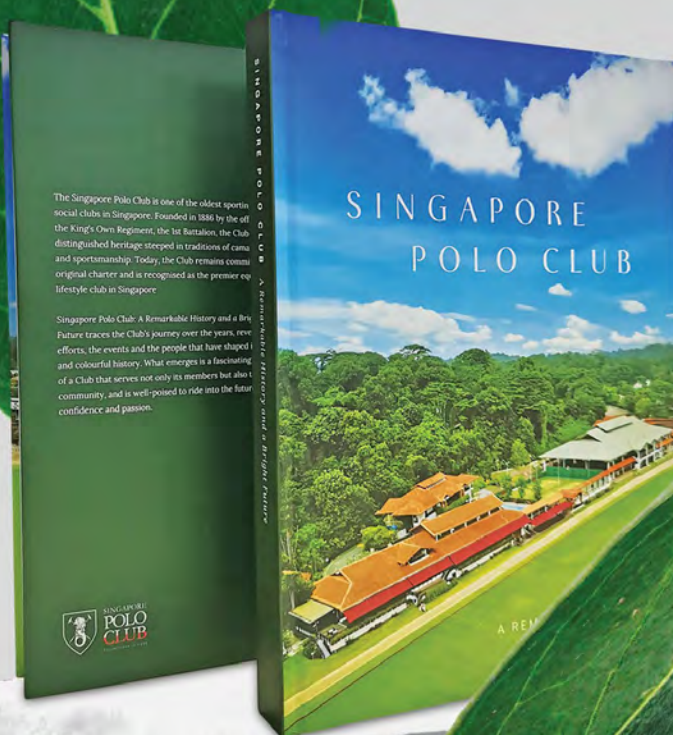
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SINGAPORE POLO CLUB COMMEMORATIVE BOOK

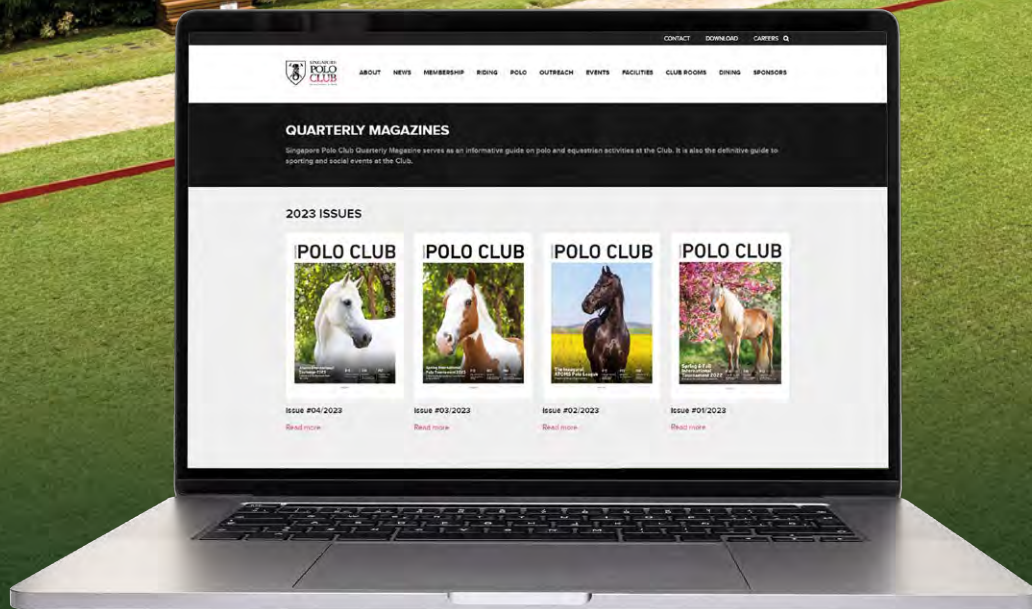
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- Bi-weekly e-newsletter • Quarterly magazines • Social media
- Digital display panels • Posters with flyers and more

Contact marketing@singaporepoloclub.org to view our media rate card and to book a spot.

Inaugural SPC Polo League Season 1

The Green Mambas sealed their double victory as the first-ever SPC Polo League and League Cup Champions! In an exciting season that ran from 11 May to 1 June, there were plenty of hits and misses amidst competitive moments on field.

It was not an easy feat for Green Mambas as they went up against formidable contenders during League matches and the Yellow Merlions who were worthy opponents in the League Cup Finals match.

Three cheers from the SPC League players and their loyal supporters echoed across the field as our Club's President, Mr Lawrence Khong, presented a heartfelt speech to thank the Polo Captain and the Atoms team for a job well done and also expressed his excitement for the future of Polo in the Club.

The tournament received overwhelming response with sign ups even after the closing date which resulted in more players and teams for the League. 11 handicap and 11 higher level Atoms faced off one another in the League. A job well done to all players for the exciting start of the SPC League season!



We wrapped Season 1 of the inaugural SPC Polo League in style



Moraleja ridden by Laxman Vaidya of Yellow Merlions

SPC LEAGUE & FINAL CHAMPIONS

Green Mambas

1st RUNNER UP

Yellow Merlions

2nd RUNNER UP

Grey Akaza

3rd RUNNER UP

Red Lions

4th RUNNER UP

Blue Bombers

SPC POLO LEAGUE CUP FINALS

(Winners of Finals match between the first and second placing of round robin matches)

GREEN MAMBAS

Ang Ban Tong (Team Captain)

Rajiv Menon

Tumshie Walpole

Alejandra Garcia

MVP

Lee Joo Bae of Yellow Merlions

TOP SCORER

Ang Ban Tong of Green Mambas

BEST PLAYING PONY

Moraleja ridden by Laxman Vaidya of Yellow Merlions

SPC POLO LEAGUE

(Round Robin Matches)

1st PLACE – GREEN MAMBAS

Ang Ban Tong (Team Captain)

Rajiv Menon

Tumshie Walpole

Alejandra Garcia

2nd PLACE – YELLOW MERLIONS

Lee Joo Bae (Team Captain)

Geoffrey Alcock

Laxman Vaidya

Jerome Guiral

3rd PLACE – GREY AKAZA

Sandy Deng (Team Captain)

Alex Haigh

Kwan Li Feng

Martin Landi

4th PLACE – RED LIONS

Daniel Chua (Team Captain)

Ivan Chua

Claire Graham

Yee Kai Pin

5th PLACE – BLUE BOMBERS

Lawrence Khong (Team Captain)

Federico Vescovi / Vittoria Vescovi

Tanya Alcock

Kate Burke



Champions: Green Mambas



1st runner up: Yellow Merlions



2nd runner up: Grey Akaza



3rd runner up: Red Lions



4th runner up: Blue Bombers



Our polo professionals with our President, Mr Lawrence Khong (in white) and General Manager, Head of Atoms Polo Academy and SPC Riding Academy, Mr Sylvan Braberry (in black)



Mr Khong cheering the players on post-match



The adrenaline rush of polo during the finals



Ang Ban Tong, Team Captain of Green Mambas face off Lee Joo Bae, Team Captain of Yellow Merlions on Match 3 of the league held on 12 May



Players from Grey Akaza and Red Lions vie for the ball with umpire Cody Williamson looking on



Laxman Vaidya from Yellow Merlions gives Tanya Alcock from Blue Bombers a chase downfield



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Atoms Summer Cup

Polo fever was in the air at the annual Atoms Summer Cup held on 22 and 23 June. Due to wet weather conditions, the first day of the tournament was held indoors at our Covered Arena and back on the field for the finals on 23 June.

Heartiest congratulations to Atoms White for sealing their victory at this tournament! What a fabulous end to the Atoms tournament season and we can't wait to have everyone back on the field in August for Season 4 of the Atoms Polo League.

RESULTS

ATOMS WHITE (WINNERS)

Alex Haigh, Yee Kai Pin, Jessica Lee, Freya Yu

ATOMS BLACK (1ST RUNNER UP)

Nick Brocklebank, Jerome Guiral, Kate Burke

ATOMS RED (2ND RUNNER UP)

Corey Koh, Lucy Maskell-Pedersen, Louisa Cantley

MOST VALUABLE PLAYER

Alex Haigh

BEST PLAYING PONY

Club Horse, Filosa ridden by Alex Haigh



Post-match round-up



Atoms White were Champions of the evening (left) Celebratory champagne popping (right)



Alex Haigh (in white) was MVP of the tournament



1st runner up: Atoms Black



2nd runner up: Atoms Red



Club horse, Filosa played by Alex Haigh was awarded Best Playing Pony



Mr Sylvan Braberry, General Manager of SPC, Head of Atoms Polo Academy and SPC Riding Academy did the first throw-in to mark the start of the chukka



Mr Sylvan Braberry with the teams before the match



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3. Bookings made are non-refundable and may not be cancelled or amended.
4. Room stays are for members and their guests only.

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Friendly Match with Roma Polo Club

We welcomed visiting polo players from Roma Polo Club, Italy, for a friendly 4-chukka match on 27 and 28 April. It was also our utmost pleasure to host His Excellency Ambassador Dante Brandi from the Ambasciata d'Italia a Singapore for the ball throw-in at the first chukka on Day 1. Invited polo players and their guests from Italy were thereafter hosted by Club President, Mr Lawrence Khong along with our committee members and polo players for a welcome dinner after the chukkas.

Ahead of this match, the Club embraced a reciprocal arrangement with Roma Polo Club which oversees a long-standing partnership between both clubs. This way, we aim to foster a great lifestyle and

equestrian-centric relationship with our international reciprocal partners and look forward to strengthen our presence worldwide.

Day 2 saw Team Singapore Polo Club emerged as winners after a tough neck and neck match which showcased remarkable players scoring goal after goal in a thrilling, nail-biting match. Roma Polo Club's President, Mr Stefano Giansanti was awarded Most Valuable Player of the match and the Italian team finished as runners-up. We look forward to hosting many of such international games with polo clubs around the region.

For enquiries on polo related matters, email polo@singaporepoloclub.org.

SCORE OF MATCHES

SATURDAY 27 APRIL

Singapore Polo Club 4½ vs Roma Polo Club 5

Goals Scored:

Ivan Chua	2 goals	Federico Vescovi	3 goals
Lawrence Khong	1 goal	Stefano Giansanti	2 goals
Goal advantage	1½ goals		

SUNDAY 28 APRIL

Singapore Polo Club 5½ vs Roma Polo Club 4

Goals Scored:

Ivan Chua	3 goals	Federico Vescovi	3 goals
Lawrence Khong	1 goal	Stefano Giansanti	1 goal
Goal advantage	1½ goals		

Most Valuable Player: Stefano Giansanti

SINGAPORE POLO CLUB (WHITE)	ROMA POLO CLUB (RED)
Lawrence Khong (Captain)/ Ivan Chua 0	Stefano Giansanti (Captain) 1
Anna Lowndes/ Koh Pei Bei 0	Francesco Scardaccione 0
Tim Zee/ Sandy Deng -1	Gianluca Magini 0
Clarinda Tjia – Dharmadi/ Emma Gordon -1	Federico Vescovi -1



Team Roma Polo Club with Club President, Mr Lawrence Khong, His Excellency Ambassador Dante Brandi, Vice-President, Mr Rickard Hogberg and General Manager, Head of Atoms Polo Academy and SPC Riding Academy, Mr Sylvan Braberry



Post-polo picture of the teams with Polo Captain, Mr Satinder Garcha (in blue) and General Manager, Head of Atoms Polo Academy and SPC Riding Academy, Mr Sylvan Braberry (in black)



Mr Stefano Giansanti, President of Roma Polo Club and Mr Satinder Garcha, Polo Captain of Singapore Polo Club exchanging mementoes to mark the acceptance of the reciprocal arrangement between both clubs



From left to right: Mr Lawrence Khong, Mr Stefano Giansanti, Mr Sylvan Braberry and Mr Satinder Garcha



From left to right: Team Roma Polo Club, Team Singapore Polo Club, A mounted shot with His Excellency Ambassador Dante Brandi and Mr Rickard Hogberg



First throw-in by His Excellency Ambassador Dante Brandi



Welcome dinner hosted after Day 1's match by our President and committee for players and guests from Roma Polo Club



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- Casa Zappala -



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Casa Zappala e Hijos
SADDLERY TALABARTERIA

ATOMS
POLO ACADEMY

EXPERIENCES
SOME THINGS ARE WORTH



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Contact us at **6854 3980** or **riding@singaporepoloclub.org**



Atoms Polo Player: Kim Torguis

In this issue, we feature Kim Torguis, Atoms polo player. She shares about her equestrian journey, connection with polo and her affinity with Atoms Polo Academy.

When did you start playing polo?

3 years ago.

How supportive is your family in this sport?

They are very tolerant, having to put up with constant polo talk.

How did you get interested in polo?

Fresh out of school I travelled to the United Kingdom where I worked a season as a polo groom, which was an early introduction into the game. I started playing arena polo in Singapore before joining SPC in 2023.

What do you like about Atoms Polo Academy?

The camaraderie between a diverse group of people, the fierce competition on the field and the fun we have together off the field.

Other than polo lessons what do you enjoy most about the club?

The facilities are fantastic. The cage - our 'driving range' of polo, the pool and the gym of course.

I love watching my 8-year-old daughter, Sisi's confidence grow in her weekly riding lessons with Edric. The staff are exceptional – always super friendly and willing to help out.



Kim and Wanda

How does it feel to be part of Atoms?

Like I am connected to a unique tribe, a crazy bunch of people with a common passion.

Share with us your experience of the recent Atoms tournament:

A tournament always brings the Atoms crew together. Most of us have our set days to ride which means we don't always see each other. We enjoy such bonding moments within us. Due to rain, my last couple of Chukkas were played in the Atoms tournaments which resulted in a penalty shootout, so I feel like the 'queen of penalty shootouts'.

How was it like sharing the field with your fellow teammates? Any memorable moments?

It is great fun; a memorable moment is the 'Jerome Cup' which was a special way to send off two good friends as they leave Singapore to move back to France.

Did you face any challenges and how did you overcome them?

The rain and having to face the pressure of all eyes on you during a penalty shootout. A lot of time in the cage helps to have more confidence on an accurate shot.

About the Sport

Do you own a polo pony?

No, (not yet) but my favourite horse is Wanda. I absolutely love riding her and I feel more confident when playing matches on her.

Who do you take lessons with and what is your favourite lesson?

I ride on Tuesday mornings with Sani which is the best way to start my polo week and Fridays with Colonel Ravi which is a great way to start the weekend.



Her daughter, Sisi and Toby at a riding lesson



Her son, Miles at a riding lesson



Tuesday chukka session with fellow Atoms players



Out on a hack with Natalie

Chukkas take place regularly, have you watched?

Yes, mostly on a Thursday evening whilst Sisi has her swimming lesson. It is inspiring to watch the handicapped players and their horses in action.

Polo & Fitness

What is a typical day for you?

At the moment I am in-between jobs, so no two days are the same but generally I head to the club after the school run in the morning to exercise at the gym, pool or polo cage. So anyone who needs help exercising their horses, I am free.

How often do you train?

I train almost the whole of the week. I do polo and swimming twice a week, run thrice and gym once.

Have you been on any polo holidays?

Yes, to Malaysia and Thailand. I also had the opportunity to play in a low goal tournament in Thailand in March this year.

What would you like to say to anyone intending to take up polo?
Stretch!



At a low goal tournament in Thailand

Spring Equinox Jump Show @ BTSC

Huge congratulations to Team SPC for the fantastic riding at Bukit Timah Saddle Club's Jump Show on 23 and 24 March.



RESULTS FROM DAY 1

90CM ONE ROUND AGAINST THE CLOCK

2nd place:

Yasmine Bonehill on Oldtimer Van De Zuurhaege

100CM ONE ROUND AGAINST THE CLOCK

2nd place:

Caedan Paul on Faylista

110CM ONE ROUND AGAINST THE CLOCK

1st place:

Caedan Paul on Red

120CM ONE ROUND AGAINST THE CLOCK

1st place:

Yasmine Bonehill on Fontrice

RESULTS FROM DAY 2

100CM ONE ROUND WITH JUMP OFF

1st place:

Caedan Paul on Faylista

120CM ONE ROUND WITH JUMP OFF

1st place:

Yasmine Bonehill on Fontrice

2nd place:

Caedan Paul on Red



Team SPC riders with riding instructor Edric Lee

From left to right: Elly Poh, Nikki Poh, Caedan Paul and Yasmine Bonehill

PONY ACADEMY



- Weekly intakes
- Open to Members and Non-members
- Wholesome outdoor activities set in a safe and fun environment for children aged 6 to 12
- Classes are 45mins each and held on Tuesdays, Wednesdays, Fridays & Sundays
- Registration fee at \$125 w/GST per year and rally fees at \$88 w/GST per month*

ACADEMY

* Fees include a SPC T-Shirt and course materials.

Sign up now at the riding office or email ponyclub@singaporepoloclub.org



Riders Club Dressage Competition 2024

Kudos to our riders for the incredible wins at Riders Club's Dressage Competition on 20 and 21 April! It's moments like these that make all the hard work and dedication worth it.

RESULTS

FEI PRIX ST. GEORGE

1st place:

Megan Ding and J'adore

FEI INTERMEDIATE FREESTYLE

1st place:

Megan Ding and J'adore

EA ADVANCE

1st place:

Caedan Paul and Red

EA ADVANCE FREESTYLE

2nd place:

Caedan Paul and Red

EA NOVICE 2.1

3rd place:

Averell Zee and Lor Duende

5th place:

Yasmine Bonehill and Fontrice

EA NOVICE FREESTYLE

4th place:

Averell Zee and Lor Duende

5th place:

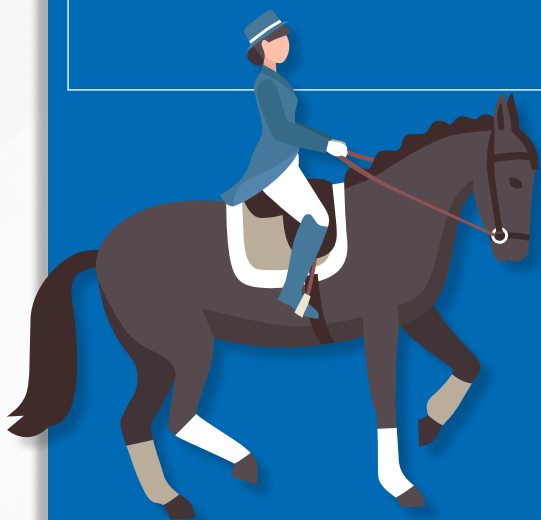
Yasmine Bonehill and Fontrice



Megan Ding with Edric Lee our riding instructor



Caedan Paul with Edric Lee our riding instructor



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Spring Pony Camp

Our young equestrians created unforgettable memories with our gentle four-legged friends at SPC Riding Academy and Atoms Polo Academy's 3-day Spring Pony Camp from 2 to 4 April 2024.

At the half-day sessions, our little riders learnt new equestrian skills such as grooming and tacking up a pony, riding styles such as bareback riding and also embarked on an exciting guided jungle trail.

Before wrapping up the session, the children were awarded with certificates in recognition for their participation at the camp. We welcome everyone to be a part of our camps and experience the joy of riding while fostering friendships and learning in a fun environment.

Pony Camps take place regularly at the Academy. To be on the waitlist or to find out more about the Academy and its lessons or activities, call 6854 3980 or email riding@singaporepoloclub.org.



All smiles on receiving the certificates



Eagerly awaiting their turn



Mr Sylvan Braberry, our General Manager and Head of Atoms Polo Academy and SPC Riding Academy presented the cheques to our young equestrians



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Summer Pony Camp

Sun, smiles, and ponies – what an unforgettable Summer camp! Our pony campers were such little troopers as they spent part of their break at our 3-day Summer Pony Camp from 25 to 27 June.

During the half day sessions, they learnt basic horsemanship skills such as grooming and tacking a pony, embarked on a thrilling trail ride and socialised with fellow campers over fun games and activities.

SPC Riding Academy and Atoms Polo Academy hold regular Pony Camps at the Club. Get in touch with the academies at riding@singaporepoloclub.org or atoms@singaporepoloclub.org to be part of the fun!



With their certificates at the end of the camp



Fun light hearted moments during the camp



Attendees learnt to groom and tack a pony



Embarking on their trail ride



P O N Y



CAMP

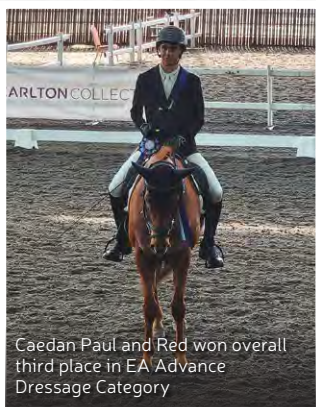
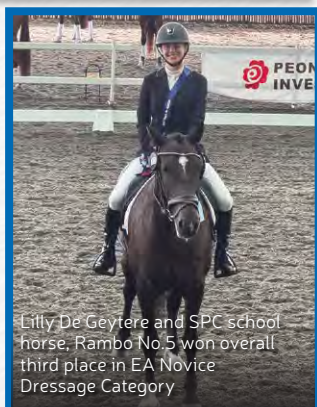
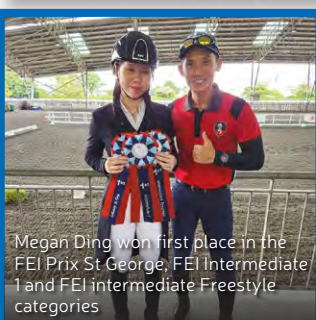
**Keep a look out for more
details coming your way**

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



National Dressage Championships 2024

Three cheers to our SPC Riding Academy riders for doing us proud at the National Dressage Championships 2024 organised by Singapore Turf Club Riding Centre on 27 and 28 April!



RESULTS

SMALL TOUR

1st place:

Megan Ding and J'adore

EA ADVANCED

3rd place:

Caedan Paul and Red

EA NOVICE

3rd place:

Lilly De Geytere and Rambo no.5

DAY 1

FEI PRIX ST. GEORGE

2nd place:

Caedan Paul and Red

EA ADVANCED 5.1

3rd place:

Caedan Paul and Red

EA NOVICE 2.1

3rd place:

Averell Zee and Lor Duende

DAY 2

FEI INTERMEDIATE 1

1st place:

Megan Ding and J'adore

EA ADVANCED 5.3

3rd place:

Caedan Paul and Red

EA NOVICE 2.3

3rd place:

Averell Zee and Lor Duende

4th place:

Elly Poh and Faylista

DAY 3

FEI INTERMEDIATE FREESTYLE

1st place:

Megan Ding and J'adore

EA ADVANCED FREESTYLE

4th place:

Caedan Paul and Red

EA NOVICE FREESTYLE

2nd place:

Lilly De Geytere and Rambo no.5

4th place:

Elly Poh and Faylista

KRA Cup, CSIJ-B Seoul 2024

Our riders, Yasmine Bonehill and Elly Poh were selected to represent our Club, Academy and their respective countries (Singapore and Malaysia) for the KRA Cup, CSIJ-B Seoul 2024 held at the KRA Racing Horse Park from 9 to 12 May.

Yasmine clinched the third placing out of 21 riders in the individual 110cm class at the end of the competition. The first, second and

fifth placings were awarded to host country, Korea and the fourth to United Arab Emirates. Though Elly Poh did not secure the top five positions in this competition, she gave it her all with such grace and resilience and we are so proud of her for that. Well-done ladies!

The Club and Academy would like to thank the Equestrian Federation of Singapore for the amazing opportunity.



Team Singapore flying our flag high



Yasmine with our riding academy instructor and Chef d'Equipe, Edric Lee



Our riders, Elly Poh (left) and Yasmine Bonehill (right)



Sarimah Bonehill, mother of Yasmine (in maroon) with Edric (in the middle) and Yasmine at the competition's opening ceremony in Seoul



Team coaches accepting a souvenir from the Korean Equestrian Federation

National Jumping Championships 2024

Way to go! Our riders galloped towards victory at this year's National Jumping Championships held from 24 to 26 May at Bukit Timah Saddle Club (BTSC). Our heartfelt appreciation to all staff, family, friends, grooms and the management teams from SPC and BTSC for the unwavering encouragement and support throughout the three days.



From left to right: Edric, Elly and Lynly



Nikki Poh with Edric Lee, riding instructor

DAY 1
90CM CHAMPIONSHIP CLASS
8th place: Nikki Poh and Oldtimer Van de Zuurhaege
100CM CHAMPIONSHIP CLASS
2nd place: Lynly Fong and Akita 104
3rd place: Elly Poh and Faylista
110CM CHAMPIONSHIP CLASS
3rd place: Edric Lee and Destiny
120CM CHAMPIONSHIP CLASS
1st place: Yasmine Bonehill and Fontrice
3rd place: Caedan Paul and Red
DAY 2
90CM CHAMPIONSHIP CLASS
3rd place: Nikki Poh and Oldtimer Van de Zuurhaege
100CM CHAMPIONSHIP CLASS
1st place: Elly Poh and Faylista
2nd place: Lynly Fong and Akita 104
110CM CHAMPIONSHIP CLASS
3rd place: Edric Lee and Destiny
120CM CHAMPIONSHIP CLASS
1st place: Yasmine Bonehill and Fontrice
3rd place: Caedan Paul and Red



Team SPC

DAY 3**90CM CHAMPIONSHIP CLASS****3rd place:**

Nikki Poh and Oldtimer Van de Zuurhaege

100CM CHAMPIONSHIP CLASS**2nd place:**

Lynly Fong and Akita 104

4th place:

Elly Poh and Faylista

110CM CHAMPIONSHIP CLASS**1st place:**

Edric Lee and Destiny

120CM CHAMPIONSHIP CLASS**1st place:**

Yasmine Bonehill and Fontrice

3rd place:

Caedan Paul and Red

OVERALL CHAMPIONSHIP RESULTS**90CM CHAMPIONSHIP CLASS****3rd place:** Nikki Poh**100CM CHAMPIONSHIP CLASS****1st place:** Lynly Fong**3rd place:** Elly Poh**110CM CHAMPIONSHIP CLASS****1st place:** Edric Lee**120CM CHAMPIONSHIP CLASS****1st place:** Yasmine Bonehill**NJC TEAM CHALLENGE CHAMPION
(COMPRISING TEAM SPC & TEAM BTSC)**

Elly Poh, Nikki Poh and Zhang Yiyun (BTSC Rider)



Our riders post-competition



Yasmine Bonehill clinched overall first place in the 120cm class



Caedan Paul clinched the third place in the 120cm class for all 3 days



Edric Lee clinched overall first place in the 110cm class



Elly Poh and Nikki Poh, winners of the team challenge



Nikki Poh clinched overall third place in the 90cm class



Elly Poh clinched overall third place in the 100cm class



Lynly Fong clinched overall first place in the 100cm class

SPC Young Rider Anders Tan

SPC Riding Academy's 9-year-old rider, Anders Tan, shares his riding experience with the Academy, his coaching journey with Lead Instructor, Daniel Sitranen and his overseas riding experience.

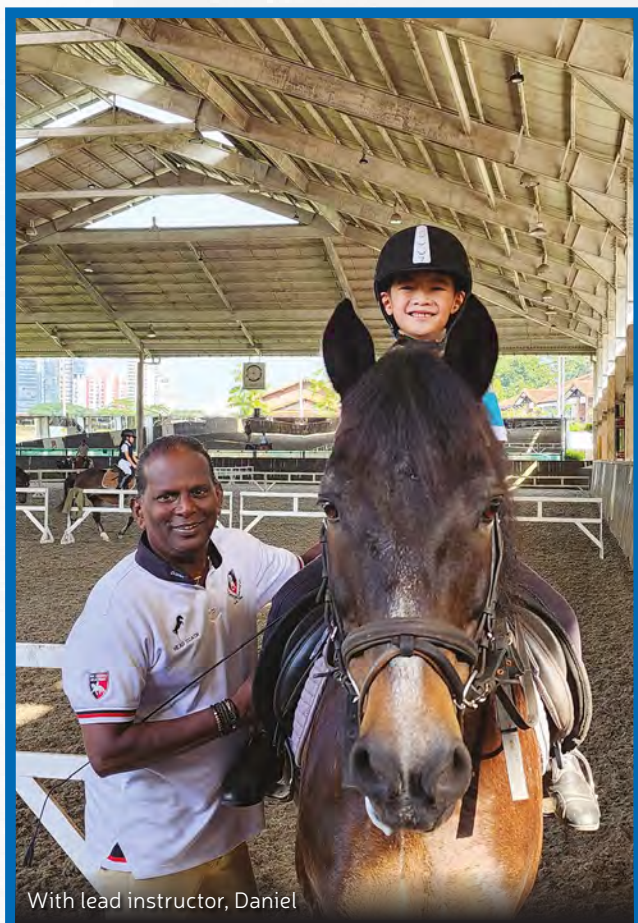
When did you start riding, and how old were you?

I started riding when I was 8 years old. Previously, I tried a couple of polo lessons but now, I am taking riding lessons from Daniel at the Club's Riding Academy.

When did you join SPC and what do you like about the club?

My family joined SPC in 2022 because my elder brother wanted to learn to ride. I followed him shortly after and have been taking riding lessons once a week. I love all the people I meet at the Club because they are very kind to me. From Krysten and Cess at the reception, to Binu and Capton who help me with my horse, and of course my favourite coach Daniel! I look forward to seeing them every week, and I share with them about my school and life.

The Club also organises many activities which I enjoy taking part in. Some of these include overnight camps, laser tag games, Mid-autumn festival and my favourite, Halloween! During the overnight camps, I get to play lots of games with SPC staff, Krysten, Cess, Amelia and Melissa. They take care of me, my brother and friends during the camp and we have so much fun roasting smores, chilling out at a movie night and playing catch on the field!



With lead instructor, Daniel



With Binu

How long do you train / How many days do you train in a week?

I train once a week with Daniel for 45 minutes. I hope to do more classes in the future as I get older.

How do you find time to juggle between school and riding?

My given tasks and homework are always the first priority (although I secretly wish for less homework). I always ensure that I finish these on time so that I will have more time to spend at the Club.

Any interesting experience?

Daniel always presents me with new challenges when riding. For example, reaching out to the sky with my arms high up during trot. It can be very difficult but it helps with my balance. Recently, my latest challenge from Daniel is trotting and cantering without stir ups. I was scared initially but I took it as a challenge.

After I did it, I felt very proud of myself! My riding classes with Daniel is always very special because he has a cantering song. I love music! His cantering song keeps me and Tiptoe in rhythm while cantering.



Special memories while on holiday

Do you ride on your own horse, or is there a favourite horse you're comfortable riding?

Brownie was my first horse at the Riding Academy but now I am mostly on Tiptoe. He is sometimes cheeky but I have learnt to control him and Daniel always reminds me that I should always be in charge since I am the rider.

Who is your idol in terms of riding?

My idol is Daniel. I want to be able to ride like him one day and be able to handle the horses well by myself.



Have you participated in any training shows, interclub shows, Nationals or World Championships?

Not at the moment, I'm still trying to improve myself on riding and cantering well. Perhaps if one day I am ready, I will work with my coach to try participating in a training show.

Have you visited any riding clubs overseas or engaged in any riding activities?

My parents brought me to riding clubs in Dubai, Japan and United Kingdom. Recently, we visited different parts of United Kingdom and I went hacking to Hampshire and New Forest with my mother and brother.

The forests were beautiful and it was an amazing experience riding uphill and downhill. Halfway through our ride, it started raining and the winds were quite strong, I learnt that horses don't like facing the rain and they will turn away from the rain and stand still! Even though I didn't want to be in the rain, I had to wait with my horse till the wind calmed down a little. Now I learnt a new thing about horses!

What's your advice for someone intending to take up riding?

Like horses, be brave and trust your coach!

What are your future plans and ambitions, where do you see yourself?

I want to be able to ride like my mother and brother, and perhaps try jumping or winning my brother in a game of polo!



During a lesson at the covered arena

Equestrian SG League Awards Night



What a proud moment for the Club and entire team of SPC Riding Academy! Our riders and grooms were honoured as winners for the 2023 competition season on 14 April at Carlton Hotel Singapore during the Equestrian Singapore League Awards Night.



WINNERS OF THE EFS DRESSAGE LEAGUE 2023



Megan Ding and her horse, J'Adore were winners of the Advanced Category



Tess Baker and her horse, Hilkins No Kidding were winners of the Elementary Category

ADVANCE CATEGORY

Megan Ding and J'adore

ELEMENTARY CATEGORY

Tess Baker and Hilkins No Kidding

NOVICE CATEGORY

Elly Poh and Faylista

PRELIMINARY CATEGORY

Nikki Poh and Oldtimer Van De Zuurhaege

DRESSAGE JUNIOR RIDER OF THE YEAR

Megan Ding



Elly Poh and her horse, Faylista were winners of the Novice category



Nikki Poh and her horse, Oldtimer Van De Zuurhaege were winners of the Preliminary category



Dressage Junior Rider of the Year: Megan Ding



WINNERS OF THE EFS SHOWJUMPING LEAGUE 2023

110CM CATEGORY

Yasmine Bonehill and Fontrice

90CM CATEGORY

Elly Poh and Faylista



Yasmine Bonehill and her horse, Fontrice were winners of the 110cm category



Elly Poh and her horse, Faylista were winners of the 90cm category

CERTIFICATE OF EXCELLENCE

ELEMENTARY

Elly Poh

PRELIMINARY OPEN

Alessandro Caldana

120CM AND 110CM

Caedan Paul



Caedan Paul was awarded the Certificate of Excellence for the 120cm and 110cm categories



BEST GROOM AWARD

NATIONALS ELEMENTARY CATEGORY

Kanis

NATIONALS 110CM CATEGORY

Kanis

NATIONALS 90CM CATEGORY

Illangkumeran

WORLD CHALLENGE CATEGORY C

Kanis



Kumeran was awarded Best Groom for the Nationals 90cm showjumping category

From left to right: Kanis was awarded Best Groom for the Dressage Elementary category, Nationals 110cm showjumping category and World Challenge Showjumping category C

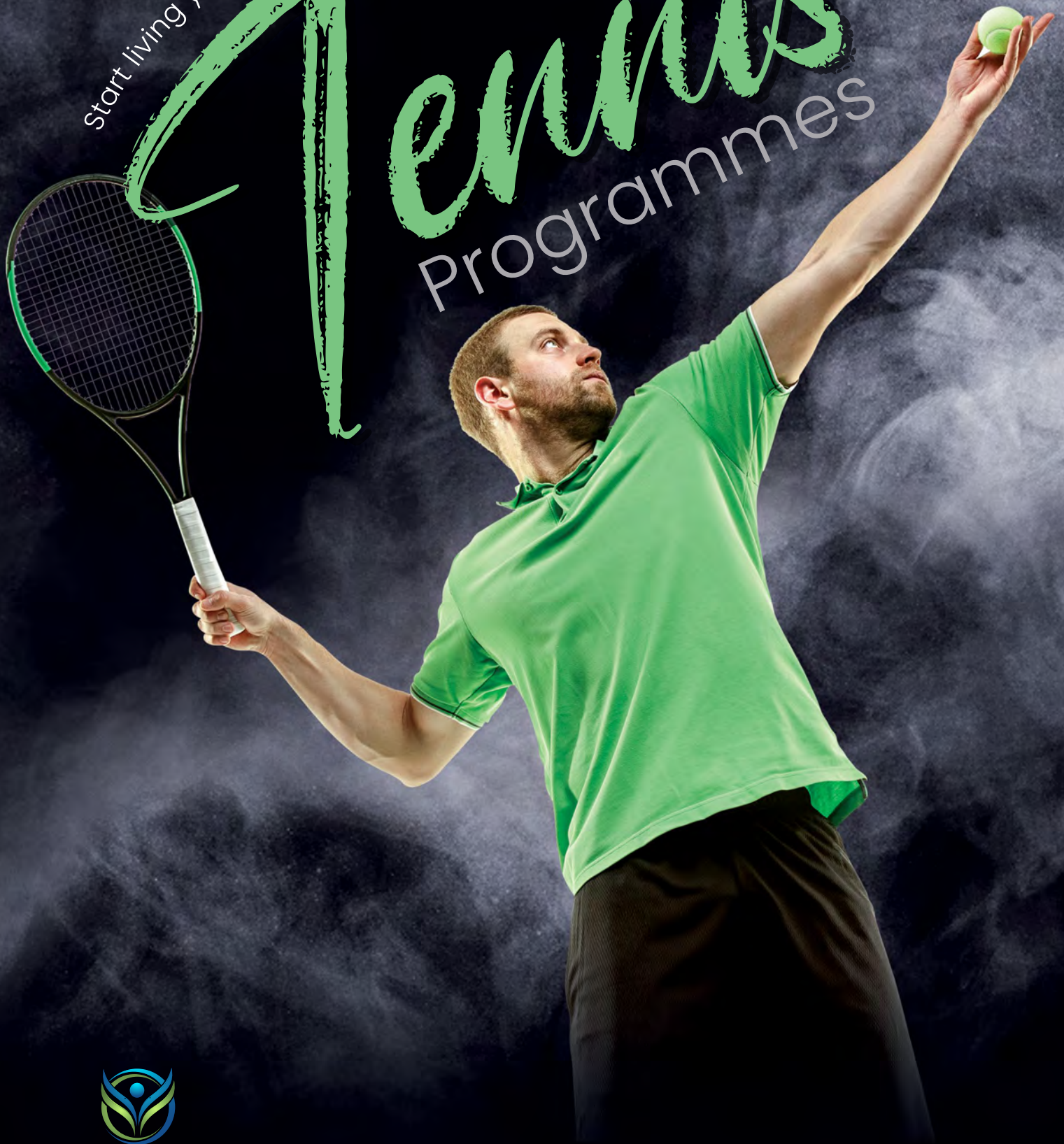


Team SPC at the awards night

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Junior Academy Programme

LESSONS ON MONDAYS & FRIDAYS

5 to 14 years
4.00pm – 6.00pm

LESSONS ON SATURDAYS

5 to 14 years
9.00am – 12.00pm



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

Essential Oil Workshop by doTERRA

Our members indulged in an olfactory experience like no other at our 1-day essential oil workshop by renowned essential oil company, doTERRA.

Held at the Polo Gallery on 13 April, attendees learnt aromatherapy techniques for managing head tension and shoulder ache along with self-care tips to reduce stress, manage pain, boost mood and have an effective digestive system. They also tried their hands at blending essential oils which helped target sleep, tension, breathing and digestive issues and brought home their very own 10ml roller blend bottle.

To find out about upcoming events and workshops, email events@singaporepoloclub.org



Happy attendees with their blends



Learning to blend essential oils



Getting to know all about essential oils, their uses and benefits



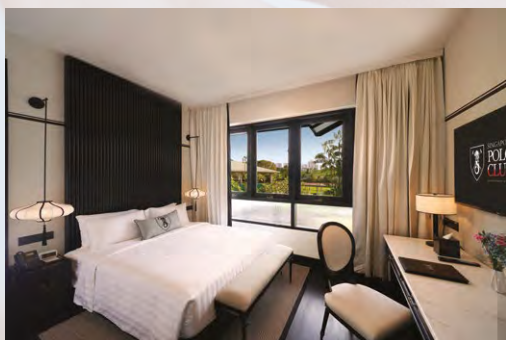
DAYCATION

at Singapore Polo Club

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

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

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



Deluxe Room

1 Queen Bed

SGD100+



Loft Room

1 Queen & 1 Double Bed

SGD120+



15% Off

F&B purchase

20% Off

Massages and treatments at
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Includes Access to:

- Swimming Pool
- Gym
- Tennis Courts (at a fee)
- WIFI

For room reservations, contact
reception@singaporepoloclub.org or call **6854 3999**

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



SINGAPORE
**POLO
CLUB**
Established in 1886

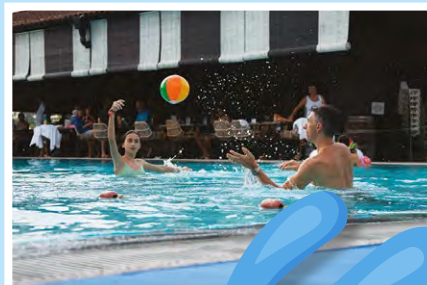
Songkran Water Festival 2024

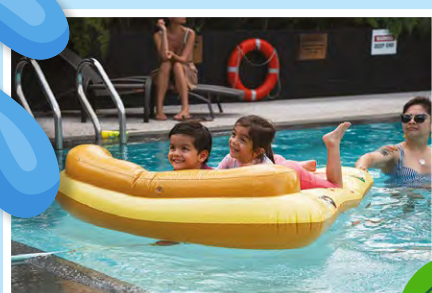
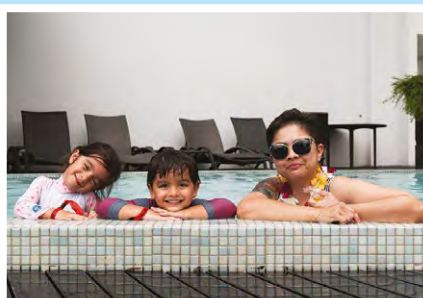
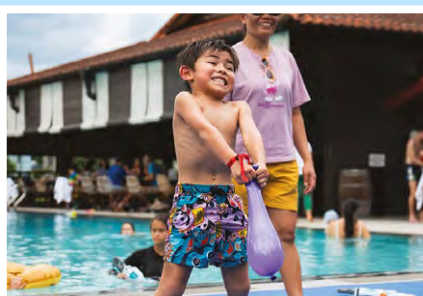
Let the water fights begin! Our members along with their family and friends embraced the spirit of Songkran at our first-ever Songkran Water Festival on 27 April.

Playful vibes, laughter and not forgetting the highlight of the day – water gun battle took centre stage as the swimming pool transformed into an exciting water play area for families. It was a fun sight to behold as children frolicked in the swimming

pool on giant floats, participated in heart-racing games with their friends and challenged one another for a jump on the huge bouncy castle. A huge thank you to everyone for making this inaugural event a success. We look forward to hosting more of such thrilling activities for you!

Email events@singaporepoloclub.org to sign up for the upcoming workshops and events.







CORIANDER LEAF
— SINGAPORE POLO CLUB —

NEW DISHES EVERY MONTH!



Jhol Momo
Exploring Nepal



Japchae Noodles
Exploring Korea



Our new range of
condiments

#ADDICTIVELYASIAN

Experience the best of Asia's cultures and flavors with our modern yet authentic dishes. From age-old techniques to contemporary twists, we're redefining traditional Asian cuisine into shareable delights that tell a flavorful story.

Visit corianderleaf.com to join our mailing list for special offers and events or to inquire about us hosting your celebrations.



Our spacious restaurant can accommodate cosy dates or private celebrations with 100 of your best friends. A takeaway catering menu is also available.

COME AND SAVOR THE GOOD TIMES!

LUNCH SERVICE

Saturday - Sunday: 12PM - 3PM

DINNER SERVICE

Tuesday - Sunday: 6PM - 11PM

**Scan to book
a table!**



Pottery Painting Workshop

Members got to experience painting their very own pottery at our first-ever Pottery Painting Workshop on 8 June. Check out the beautiful masterpieces below!

Dive into a world of excitement and fun with our workshops. Email events@singaporepoloclub.org to find out about our upcoming events and activities.



Members and their art pieces



Creative thoughts being put into their beautiful pottery pieces



A preview of the completed potteries



JUNGLE TRAIL TRAIN RIDE



Come chug along with us

\$10 per person for one round of fun

All On Board!

Saturdays and Sundays: 11.00am to 11.30am

Book your slot at **6854 3980** or email **riding@singaporepoloclub.org**

Train rides will be cancelled in case of bad weather.



Knead to Relax

Exploring the Joyful World of **Massage Therapy**

Unraveling Knots: The Joyful Release of Massage

Massage is not only about alleviating physical pain; there's calmness and joy found in it! Each session stimulates the release of endorphins — the body's natural mood lifters — which offers a mental getaway as much as a physical one. This dual benefits make each massage a chance to recharge both body and mind.

Symphony of Health Benefits

Beyond relaxation, massage therapy delivers significant health benefits. It reduces stress, helps manage bodily pains, and boosts the immune system. For those who lead sporty and active lives, regular massages can reduce muscle stiffness and

enhance overall athletic performance. It's a valuable addition to any fitness regimen!

Be Glowing: The Magic of Face Spas

Face spas are a delightful way to rejuvenate the skin and facial muscles. These treatments help stimulate circulation, reduce puffiness, and promote collagen production. Regular facial massages can help delay the onset of wrinkles and leave your skin glowing with health. Additionally, the calming techniques used in face spas can greatly reduce stress and tension.

Did You Know?

The history of massage is as deep and varied as the techniques themselves! Originating over 5,000 years ago, with

documented practices in ancient civilizations, massage has evolved into a global therapy with over 80 different styles.

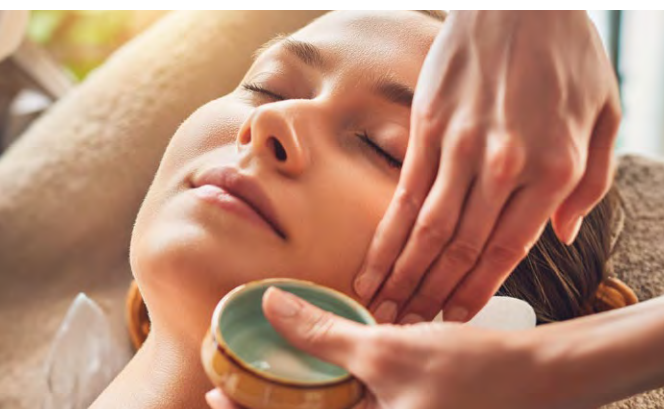
Welcome to Your New Healthy Habit

Making massage a regular part of your health routine is easier than ever! Whether it's a short weekly session or a longer one for deep tissue work, the flexibility of massages makes it accessible. Not just a luxury, massages help maintain overall health and vitality. Many find that regular massages alleviate their mental focus and physical strength, making it a worthwhile investment in their overall quality of life.



Time to *De-stress*

be pampered and re-energised



Face Spa

Reveal your radiance!

Enjoy the cleansing and rejuvenating effects of our facial treatment, designed to help enhance your skin's natural glow.

Price:

30 min – \$60



WIN a **FREE** Face Spa!

Stand a chance to win a 30-minute face spa!

All you have to do is:

- Follow our Spartys® Instagram (@spartys_)
- Like our face spa giveaway post
- Tag 2 friends in the comments

We will pick a winner each month from **July** to **September 2024**. So keep your eyes peeled on our Instagram page to see if you've won!

OPEN FROM 10 AM to 9 PM

Tuesday to Sunday, **by appointment only**

Contact us

Email: enquiries@spartys.co

Phone: **9338 3080**

Our location

80 Mount Pleasant Rd,
Singapore 298334

Want to Prevent Myopia in Your Child? Get Your Child to Play Outdoors!

Just a few hours of play outdoors can help prevent or delay the onset of myopia in children, advises the Paediatric Ophthalmology & Adult Strabismus Department from Singapore National Eye Centre (SNEC).

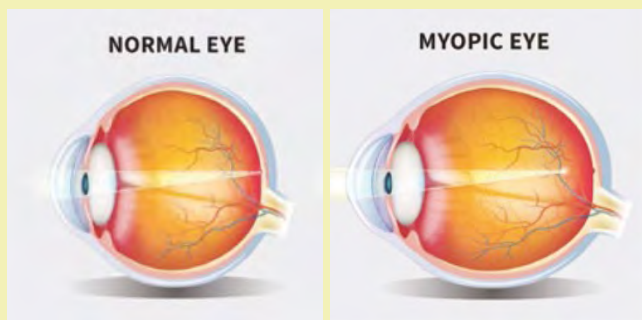


Encourage your child to spend time outdoors as this can help prevent or delay the onset of myopia

In this day of computers and digital devices where children spend virtually all their time indoors, playing outdoors has become even more important. Why?

Outdoor play delays onset of myopia

According to the Paediatric Ophthalmology & Adult Strabismus Department from Singapore National Eye Centre (SNEC), playing outdoors can help prevent or delay the onset of myopia. SNEC is a member of the SingHealth group.



Spending time outdoors also reduces children's risk of developing high myopia (500 degrees or more) in later years.

High myopia in adults can lead to pathological myopia, in which the eyeball elongates (above, right), and other conditions such as myopic macular degeneration, cataract, and glaucoma, all of which can cause irreversible blindness.

How being outdoors can help prevent myopia is bright outdoor light stimulates the release of dopamine in the retina, which prevents elongation of the eye, thus helping to keep myopia at bay.

But when outdoors, don't forget about sun protection!

When your child is outdoors, be sure to keep him/her protected from the sun by putting on sunscreen, a wide-brimmed hat and wrap-around sunglasses, and ensure he/she drinks plenty of water to avoid dehydration.

In Singapore, it is best to go out early in the morning or later in the evening because often, it gets too hot between 10am and 4pm.



If my child already has myopia, what can I do?

For a child with myopia, the Paediatric Ophthalmology & Adult Strabismus Department suggests the following to manage the condition:

- 1** See an eye care professional so that the child's myopia progression rate can be monitored and treatment can be considered.
- 2** Moderate your child's time spent on near work such as reading and writing; using the computer, or playing handheld games should be moderated.
- 3** Encourage your child to take frequent eye breaks.
- 4** For children who developed myopia at an early age, the most effective way to slow the progression of myopia is atropine eye drops. But this is recommended on a case-by-case basis.

As a child grows up, myopia progresses at a slower pace and treatment can then include special daily disposable contact lenses. There are ongoing clinical trials in many countries, including Singapore, to test their safety and efficacy.

Study on myopia conducted by Singapore Eye Research Institute (SERI) and NUS

The study, which studied 1,979 seven- to nine-year-olds, found that 69.1 per cent of participants aged 11 to 18 had myopia; 12.6 per cent had high myopia.

It also found that the best way to predict whether a child would develop high myopia is to look at when he or she first became short-sighted.

The earlier a child develops myopia, the more likely he/she is likely to develop high myopia in later life, because there is more time for the myopia to progress, until about 20 to 25 years of age when the condition stabilises.

According to the study, the mean age at which Singaporean children start having myopia is eight and a half.

For every year earlier than this, the final degree increases by 100. Progression is also highest in the first three years after the onset of myopia, so the earlier treatment starts, the better.

Singapore: The Myopia Capital of the World

According to MOH, the prevalence of myopia in Singapore is among the highest in the world, with 65 percent of our children being myopic by Primary 6, and 83 percent of young adults being myopic. As such, Singapore is often labelled as the "Myopia Capital of the World".

By 2050, it is projected that 80 to 90 per cent of all Singaporean adults above 18 years old will be myopic and 15 to 25 per cent of these individuals may have high myopia.

8 BENEFITS OF RUNNING WITH A WEIGHTED VEST

Benefits of Running with a Weighted Vest

Those who run with weight vests to make fitness gains are on to something. There are several benefits to running with more than just your body weight:

1. Increase the intensity of your runs
2. Build speed with the extra weight
3. Make strength gains while running
4. Running with a weighted vest improves form
5. Challenge yourself on a group run
6. Prepare for distance events
7. Save time working out
8. Improve bone density and connective tissue strength

How to Run Safely with a Weighted Vest

Weighted running has a lot of benefits, but make sure you do it safely to avoid injuries and repetitive strain. Keep these considerations in mind as you get started:

- Find an adjustable weighted vest that fits you properly. You don't have to spend a lot. Look for a used vest in an online running group, for instance. As long as it fits, you can use it safely. It should be snug to your body so that it doesn't shift much when you move.
- When adding weights to the vest, start small. Use the vest alone at first to get the feel for it, then add a minimal amount of weight.
- Start with just one weighted run per week and add more as you get used to the vest and build strength.
- Distribute the weights evenly on the vest to stay balanced.
- Make sure the weights are secure in the vest before you start running.
- It's a good idea to talk to your doctor before using a weighted running vest. There may be reasons it's not a good idea for you based on your medical history.
- If anything hurts while running with a weighted vest, take it off and run without it.



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SAT/SUN & PH : 8AM TO 8PM**

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Established in 1886

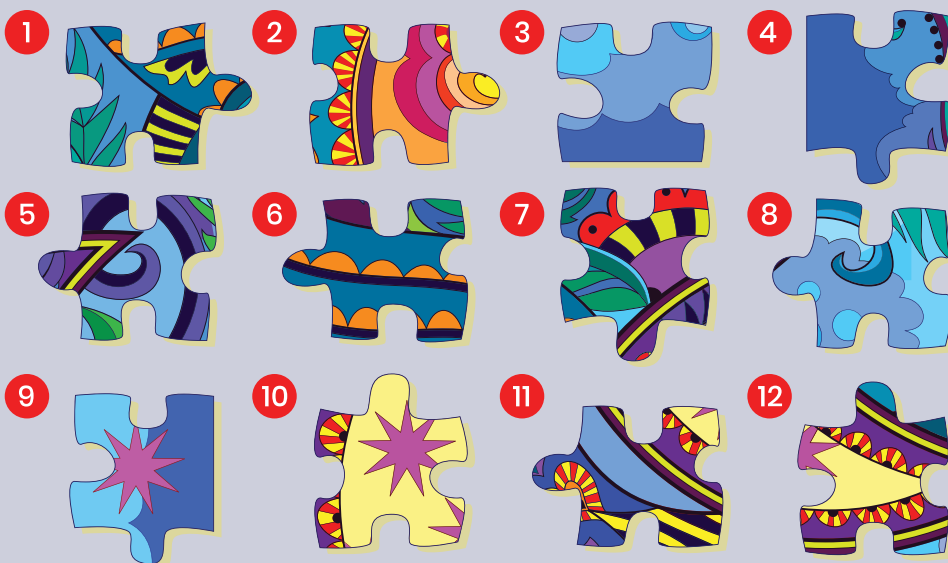


UNDERWATER MYSTERY

Are you ready to unveil this enchanting marine life? Match the missing puzzle pieces and you stand to win a notebook featuring popular hawker delicacies.



Can you find pieces of puzzle that fell out of the picture?



Submit your completed entries to marketing@singaporepoloclub.org or drop them off at our Reception before **31 August 2024**. Remember to include your name, membership number, email and telephone number.



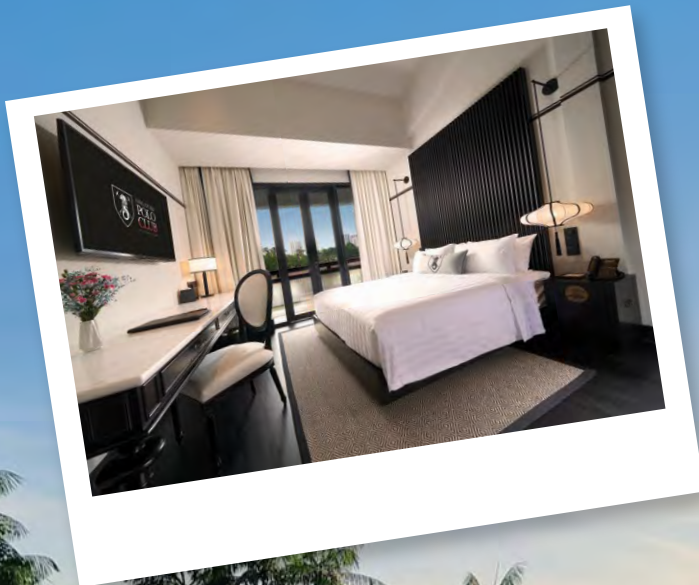


SINGAPORE
POLO
CLUB
Established in 1886

3D2N WEEKEND ESCAPADE

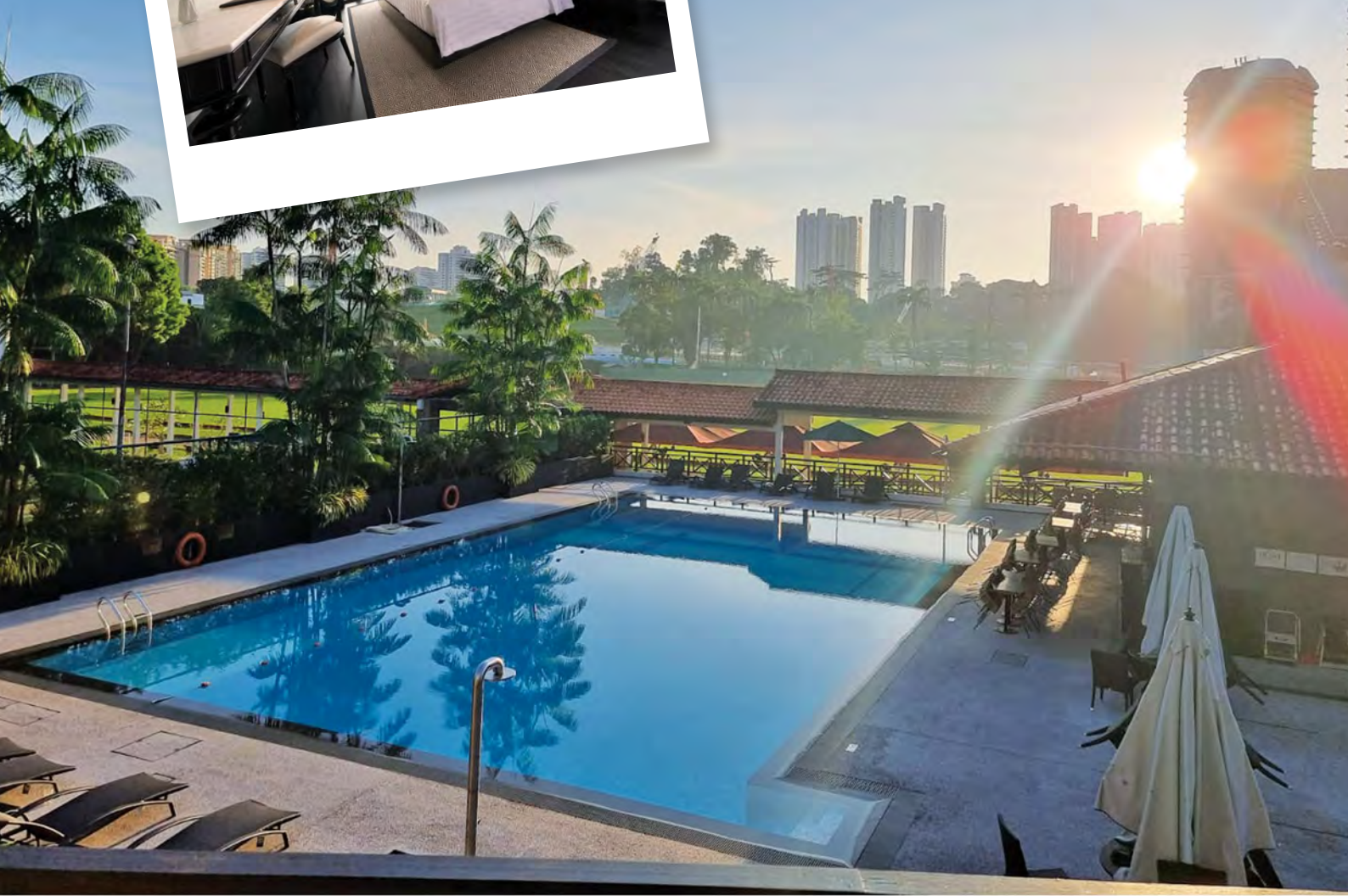
\$300 nett

Enjoy a slow and breezy perk-me-up stay in our chic Deluxe Room.



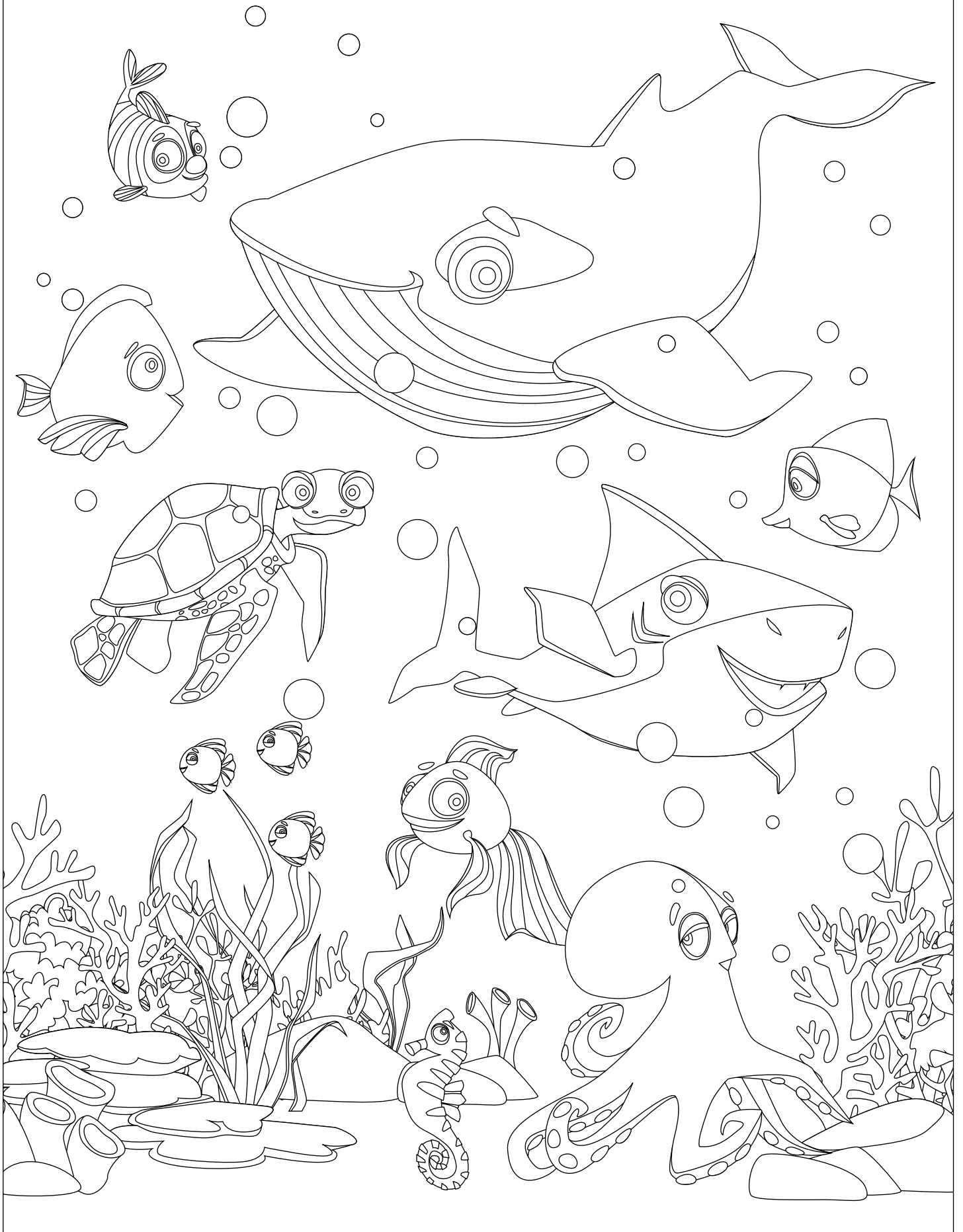
For room reservations, contact
reception@singaporepoloclub.org
or call **6854 3999**

Room stays are for members and their guests only.



Unleash the Artist in You

Explore the depths of creativity with this underwater colouring fun!





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FROM AGES

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A POLO PLAYER OF YOU!**