

DIARY: 2005

JANUARY

1 Saturday

Coollest New Year's day for about 40 years. Almost walked straight past Nadine at 902 stop in Sheung Shui as she was coming back and I was going for a run. Very good run; fastest time for this route.

2 Sunday

Nadine leaves for airport at 9 am for midday departure. I did not go as she would be hanging out with her friends.

3 Monday

Had a slight cold in the evening and overnight!

4 Tuesday

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5 Wednesday

Did a much lighter workout today -- lighter weights and no rowing.

6 - 7 Thursday - Friday

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8 Saturday

Another good run; again broke a 3 hour 'barrier.'

9 Sunday

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10 Monday

B260 TMA5 deadline.

11 Tuesday

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12 Wednesday

Tung gives his budget address for the year; very contrite after the 'ticking off' by the PM 3 weeks ago.

13 Thursday

B 210 TMA6 deadline. Colder again today. A '60 minutes' report on research into the use of dogs to detect cancers by smell.

14 Friday

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15 Saturday

Colder but sunny. Short run. Non-stop flights for one month between China and Taiwan to take place -- but, must pass through HK air space!

16 Sunday

Zhao Ziyang still in a coma in a Beijing hospital, according to Xinhua.

17 Monday

Zhao Ziyang dies, aged 85. Two mainland security officials who were arrested last year for acting suspiciously and possessing handcuffs not to be prosecuted!

18 Tuesday

Airbus A-380 unveiled.

19 Wednesday

Legco meeting aborted in chaos as 25 pro-democracy members observe an unapproved 1 minute of silence for Zhao Ziyang and pro-Beijing members walk in and do not return.

20 Thursday

Second MOE meeting for Chemistry books takes place but still not the final one! Bush sworn in for a second term -- groan!

21 Friday

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22 Saturday

Another good run; Pat Sin Leng area; 3 hr 6 min, 11 min faster than last time (3 years ago).

23 Sunday

Canadian PM in HK; attends a ceremony at Sai Wan Ho for Canadians who died defending HK in WWII.

24 Monday

Explanation given as to why plants from many farms nb Guangdong not being sent to HK; seems they have (South America?) red ants.

25 Tuesday

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26 Wednesday

Red fire ants found in nearby wetland park; probably come from China. 31 Marines killed in a helicopter crash in West Iraq.

27 Thursday

60th anniversary of the liberation of Auschwitz concentration camp; watch some of the ceremony on BBC TV. Red ants now found in Yuen Long.

28 Friday

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29 Saturday

After a lousy week, a shorter but surprisingly good run in Tai Lam Chung area. Very humid though. Collected the calendar photo of L, G, and N. Zhao Ziyang's funeral today; government will not allow him to be buried in the official cemetery for high officials. First non-stop flights between China and Taiwan begin today.

30 Sunday

Note for Leonie from a newspaper article - can't have it all. Elections in Iraq today.

31 Monday

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FEBRUARY

1 - 2 Tuesday - Wednesday

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3 Thursday

Hong Kong's most wanted man sentenced to 17 years in jail. More bird flu cases in Vietnam; 14 deaths in Vietnam and Thailand in past year. Man shot dead at Oi Man Estate while eating at a cooked food stall. In the gym, used a pulse meter to measure heart rate during running.

4 Friday

China Airlines crash report released; pilot mainly responsible.

5 Saturday

Very misty and humid. Run good, but 3 minutes outside best set 6 years ago. First games of the 6-nations series begins.

6 Sunday

Thai PM re-elected to office in a landslide victory! New England Patriots again win the US Super bowl.

7 Monday

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8 Tuesday

From e-mail: Prediction of something bad happening in HK today! (Also, a tsunami in Japan and Korea in 2005.) But, it didn't happen! Ceasefire announced between Israelis and Palestinians. Ellen MacArthur wins round-the-world single-handed yacht race in record time of just over 71 days.

9 Wednesday

Lunar New Year's day -- Year of the Rooster! Soccer match between Brazil (minus Ronaldo) and HK, Brazil winning 7 to 1.

10 Thursday

Engagement of Prince Charles to the Parker-Bowles woman announced.

11 Friday

Dam breaks in Pakistan sweeping away several villages. Many visitors to Che Kung temple on this, the 3rd day of the lunar new year. HK tourists killed and injured in another bus crash, near Guilin in China.

12 Saturday

Arthur Miller dies. No hike today; treadmill run instead. Branch from the 'Wishing tree' near Tai Po breaks off due to excess weight from 'wishes' and injures several.

13 Sunday

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14 Monday

NZ win LA Rugby 7s (Sunday, US time). Wishing tree dying because of all the oranges thrown at it!

15 Tuesday

Another coalmine disaster in China; gas explosion kills more than 200 workers.

16 Wednesday

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17 Thursday

Catamaran ferry collides with larger vessel in fog. Decided to skip treadmill run today. Second of two exams.

18 Friday

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19 Saturday

Good long run but feel as though I am getting to my physical limits for such runs. Foods containing a carcinogenic red dye withdrawn by Park'nShop after food scare in Britain.

20 Sunday

Seven containers stolen from a barged moored at a terminal in Tuen Mun!

21 Monday

Chief Secretary urges people to have 3 children per couple to help reverse HK's population decrease. Edward passes through airport on way to Beijing to study Mandarin for six months. Received e-mail from Leonie telling of the first baby she delivered.

22 Tuesday

Birthday girl today. Clinton in HK (to promote his book) following his visit to see the tsunami-stricken region of Aceh in Indonesia.

23 Wednesday

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24 Thursday

Government to legislate against spam. Ferries to China couldn't make it because of fog, with one waiting in sea for 6 hours before returning to HK.

25 Friday

Decided not to purchase computer as could only get a 19 inch screen (changes from earlier in week when desired 17 inch screens also offered).

26 Saturday

Very good run - 10 minutes faster than last year. Temperature 16 degrees but humid.

27 Sunday

HK Marathon this morning; about 31 000 take part. Early evening. to TST to look at the art exhibition of the French Impressionists.

28 Monday

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MARCH

1 Tuesday

Send e--mail to Stanford to remind them to send Dickens package for 'Hard Times'.

2 Wednesday

Rumours abound that Tung Chee-hua is about to resign.

3 Thursday

Computer causing BIG problems - crashed 6 times before I could do anything! All because I downloaded an anti-virus program which would not load properly and which would not uninstall!

4 Friday

First solo non-stop flight around the Earth without refuelling completed in about 67 hours.

5 Saturday

A very good run again. Cool, fine conditions. Time of 2 hr 37 mins was 12 minutes faster than last year (adjusted a little because of starting at Tai Tong 'Village' rather than at the end of Tai Tong Road).

6 Sunday

Readings in latest TIME about Lt. Pantano of 2/2 Easy Company being held on charges of murdering two Iraqis.

7 Monday

Very interesting TV programme on use of adult stem cells for use with spinal injuries.

8 Tuesday

Green light given for construction of bridge linking HK to Macau and China. New computer arrives - delivered late!

9 Wednesday

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10 Thursday

Tung Chee-hua announces his resignation -- finally!! Worked until 8:30 pm transferring files from old computer to new and setting it up.

11 Friday

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12 Saturday

Cool and drizzly for the run from Tai Po to Lead Mine Pass (to Tai Mo Shan) to Ng Tung Chai to Kadoorie Farm to Fanling. Leg from K Farm to Fanling atrocious -- very strong wind, drizzle like bullets and very dark at times. Yet, off the hill, no wind! Tung Chee-hua's resignation accepted in Beijing.

13 Sunday

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14 Monday

Technician supposed to come in evening to install broadband but rang late to say there was an 'engineering problem' and he would not be coming. Not too happy about that!!

15 Tuesday

Finally got broadband installed!

16 Wednesday

Financial Secretary delivers his annual budget. Most of the day spent on the computer.

17 Thursday

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18 Friday

World Cup Rugby 7s begins in HK today.

19 Saturday

Rugby 7s World Cup continues. In UK, Wales beats Ireland to win 6-Nations title, triple crown and grand slam. Good, fast run up Ma On Shan and back. Felt good and easy. However, a nasty spill about 20 minutes from end spoilt things.

20 Sunday

Lovely day. Fiji beat NZ 29-19 to become the IRB 7s world champions. I didn't actually watch the final live!

21 Sunday

Difficult to exercise in the gym because of my badly bruised left hand and wrist. Managed to do a slow 15-minute run.

22 - 23 Monday - Tuesday

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24 Thursday

Arthur Li denies that he is interested in becoming the CE and is surprised that no-one believes him!

25 Friday

Good Friday.

26 Saturday

Went for a walk/hike instead of a run. Hand still sore. Got birthday e-cards from Leonie and Nadine. Had dinner in a non-smoking Shanghaiese 'high-class tai pai dong.'

27 Sunday

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28 Monday

Easter Monday. Humid. Foggy at sea - minor catamaran collision. Hand and hip still not back to normal.

29 - 30 Tuesday - Wednesday

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31 Thursday

Terri Schiavo, the 41-year old brain-damaged woman died, 13 days after a court order to remove her feeding tube (US time).

APRIL

1 Friday

KMT delegation returns to Taiwan after a 5-day visit to China. Cathay Pacific to pay staff back pay after losing a court case for breach of contract.

2 Saturday

A good run in spite of the hip injury. But, kept mainly to the roads so that I wouldn't trip. Time of 2 hr 35 min. Tired after getting home.

3 Sunday

Pope John Paul II dies Saturday evening (Italian time); early this morning (HK time).

4 Monday

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5 Tuesday

Ching Ming holiday; again, quite a number of hill fires.

6 Wednesday

Prince Rainier of Monaco dies, aged 81. Government to introduce a bill to allow NPC to interpret Basic Law regarding CE's term.

7 Thursday

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8 Friday

Warm again. Pope's funeral and interment today in crypt of St Peter's.

9 Saturday

Run quite fast but not as interesting; 3 hr 28 min. Windy again on Tai Mo Shan, very humid and for the last leg very hot. Prince Charles gets married to Camilla Parker-Bowles.

10 Sunday

More protests - officially sanctioned of course - in China against Japanese textbooks that downplay atrocities during the war.

11 Monday

Started swimming - 10 laps following gym.

12 - 13 Tuesday - Wednesday

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14 Thursday

WORD again crashes and only recovers old files and not recently-saved files. Really pisses me off as this is the second time I have lost several hours work!

15 Friday

WORD crashes again! Got a package of mail from CUHK - mostly junk but also 2 letters to Gavin from about 2 years ago.

16 Saturday

Good run around Shing Mun reservoir - 2 hr 8 min, taking 5 min off previous time. Some cramp during the last leg probably cost another minute. Rumour that hotel to start charging for gym and pool and perhaps house cleaning.

17 Sunday

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18 Monday

WORD froze again but recovered a more recent file this time.

19 Tuesday

IOC considering request for HK to host 2008 Olympic equestrian events.

20 Wednesday

New pope, the German Cardinal Ratzinger, chosen.

21 Thursday

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22 Friday

Japanese PM apologises for WWII actions in an attempt to appease the Chinese.

23 Saturday

Tired and not so motivated for run. Ended up doing the shortest of 3 possible routes at just 1 hr 48 min, the shortest time for the whole season. Shakespeare's birthday!

24 Sunday

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25 Monday

ANZAC Day. Queenie, of the EAP department at CUHK died this morning. No gym today; will rest the whole week.

26 Tuesday

KMT leader in Taiwan off to China for an eight-day visit, the first by a KMT leader since 1949.

27 Wednesday

Maiden flight of the Airbus 380.

28 Thursday

Read in the paper that a private in the British army in Iraq received the VC -- the first to do so for 23 years.

29 Friday

The 30th year since the end of the Vietnam war.

30 Saturday

No run today. Worked most of the day instead!

MAY

1 Sunday

60th anniversary of the liberation of the Dachau concentration camp. Large increase in toll fees at Eastern Harbour Crossing.

2 Monday

Public holiday. Congestion at Harbour Tunnel as drivers switch from Eastern Harbour Crossing.

3 - 4 Tuesday - Wednesday

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5 Thursday

Conviction overturned of Falun Gong practitioners for being a public nuisance during a protest outside the Beijing Liaison office in HK. Leader of Taiwan's second largest opposition party arrives in China for a visit!

6 Friday

In the UK, Labour re-elected for an historic third term but with a greatly reduced majority.

7 Saturday

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8 Sunday

VE Day 60 years ago today. Heavy rain early this morning in Northern NT.

9 Monday

Thunderstorms. Sudden hurricane-force gust topples containers at wharf crushing truck and killing driver, and injuring others. IT also caused the computer to switch off and Hutchison cable to go dead for most of the day.

10 Tuesday

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11 Wednesday

Women from mainland who come to HK to give birth in public holidays to be charged full amount.

12 Thursday

Speck of dirt on bathroom mirror finally cleaned off by housekeeper after about a year!

13 Friday

Gavin calls about 7 am. In the evening, watch 'Lawrence of Arabia' -- didn't finish until 2 AM!!

14 Saturday

Gavin's birthday.

15 Sunday

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16 Monday

Loaded Word XP.

17 - 19 Tuesday - Thursday

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20 Friday

Watched the final of the first 'American Princess' TV show.

21 Saturday

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22 Sunday

Started reading 'Hard Times' by Dickens, in the serialised version reproduced by Stanford University.

23 Monday

Churchill TV documentary continues.

24 Tuesday

Watched first episode of Michael Palin's new series 'Himalaya'.

25 Wednesday

Donald Tsang resigns in order to 'run' for CE. The shop that Chris Patten said makes the best daan tarts in the world closes due to a big rent hike.

26 Thursday

Liverpool win first European Cup for 21 years, beating Milan 5-3 after 3-3 at full and extra time. Watched replay in the evening.

27 Friday

Lions arrive in NZ for their 7-week tour. In evening, puddle of blood on bathroom floor from foot wound and scab.

28 Saturday

Canterbury Crusaders beat NSW Waratahs 35 - 25 in Christchurch to win the final of the Super 12 competition for the fifth time in 10 years.

29 Sunday

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30 Monday

Sunny. Started swimming again after gym - just 10 laps. Handed in lease for another 18 months. French electorate votes 'Non' in a referendum on adopting the draft EU constitution. Two elderly patients given wrong medicine by a private doctor, die.

31 Tuesday

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JUNE

1 - 3 Wednesday - Friday

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4 Saturday

Jonah plays in a game in London. London 7s this weekend. 16th anniversary of Tiananmen Square massacre; 45 000 at HK candlelight vigil.

5 Sunday

In London, NZ secure their sixth overall IRB Sevens crown in as many years, but lost to South Africa in the semi-finals.

6 Monday

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7 Tuesday

BBC Horizon documentary on dangers of taking large doses of vitamins.

8 Wednesday

First full session of rowing in gym -- 25 min, 5979 m, av 2:05.4 min.

9 Thursday

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10 Friday

Swan 1 km doing 4 km for week. All Blacks hammer Fiji 91 - 0.

11 Saturday

Hotel gives the suite a 'major' clean today. Maori win the 'fourth test' against the Lions 19-13.

12 Sunday

Nadine's birthday. Privately-owned R-44 crashes when lifting off in Sai Kung.

13 Monday

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14 Tuesday

Michael Jackson found NOT guilty on charges of child abuse. Really!! Pool becoming sensible -- remain open when thunderstorm warning issued but storm is still far away. Did 24 laps.

15 Wednesday

Thunderstorms and heavy rains today. Still got my swim -- 1 km. Also did rowing: 25 min, 6046 m, average 2:04.05 per 500 m.

16 Thursday

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17 Friday

Slightly better weather today. Breathing still a nuisance. Swam 12 laps to complete 5 km for week.

18 Saturday

Fine day! Breathing problems. Spent most of the night on the sofa which seemed to make breathing easier.

19 Sunday

Not a good day! Breathing problems, tired, and in evening another bout of painful diarrhoea.

20 Monday

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21 Tuesday

No swim! Pool closed even though condition are much better than on previous occasions! A 95-year old Japanese man sets a world record for the 100 m for the 95-100 age group with a time of 22.04 s, nearly 2 seconds faster than previous record.

22 Wednesday

Weather became better in afternoon. Rowing: 25 min at 2 min 3.66 s per 500 m.

23 Thursday

Swam 41 laps; just short of 2.5 km as had to leave pool due to very close thunder and lightning on lap 41. Donald Tsang to Beijing to be sworn in a CE tomorrow.

24 Friday

Swam another 1 km for make 6 km, 100 laps, for the week.

25 Saturday

ABs beat Lions 21 - 3 in first test in Christchurch.

26 - 28 Sunday - Tuesday

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29 Wednesday

Took rowing easier today, doing the 25 min at an average of 2:05.9 per 500 m. Then swam 17 laps

30 Thursday

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JULY

1 Friday

Public holiday for the handover 8 years ago. Swan 15 lengths to make 4.5 km for the week. Pro democracy rally attracts fewer this year (45 000 according to organisers; 17 000 according to Police).

2 Saturday

Windows still falling from flats to streets below! Second Rugby test, in Wellington: NZ beat Lions 48 - 18, with Carter scoring 33 of those points.

3 Sunday

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4 Monday

NASA manages to crash its vehicle in the head of a comet. Not feeling well after exercise. Fosset crosses Atlantic in a replica Vickers Vimy to re-create the journey by Alcock and Brown in 1919.

5 Tuesday

Swam 1 km but no run. TV documentaries on retrieving Hurricane engine from under Buckingham Palace Rd in London, and on hang gliding over Mt Everest.

6 Wednesday

London surprisingly beats Paris for the right to host the 2012 Olympic Games.

7 Thursday

Got my swim in just before the only thunderstorm of the day. Piling outside begins! Terrorist bombs go off around London.

8 Friday

5 km swimming for the week. Announces that equestrian events for 2008 Olympics to be held in HK.

9 Saturday

Worked just half the day. NZ beat Lions 38 - 19 (5 tries to 1) in their Rugby test, in Auckland.

10 Sunday

60th anniversary of the end of WWII (guess that means VE).

11 Monday

Diarrhoea again after evening dinner.

12 Tuesday

Photocopied a page from CHEM2000 - \$1 for the page (but managed to get out of the 30c 'copyright fee'). Horizon programme on nf (neuro fibromatosis) or large, often benign tumours.

13 Wednesday

Shorter rowing session -- 15 min at an average of 2:02.25 min per 500 m. On news: author of book on terrorist attack on London had, 6 months ago, planned a big launch on the day of the attack last week.

14 Thursday

A 2-min silence observed around London and UK to remember victims of last Thursday's bombings. TV documentary on a human virus Ad-36 that is believed to cause obesity in a many people.

15 Friday

Fine for fifth day in a row. Swam 1 km making 5 km for the week.

16 Saturday

Very little work. Felt tired.

17 Sunday

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18 Monday

Hottest day so far this year; 34+degrees at observatory, higher in other areas. Water temperature in pool was 34 degrees!! Former UK Prime Minister Edward Heath dies at age 89.

19 Tuesday

Temperature of over 37 degrees in Tuen Mun and probably here too!

20 Wednesday

Rowing a bit slower at 2 min 3.4 s per 500 m for 15 minutes.

21 Thursday

Big thunderstorm outside last night. Observatory recorded 10 000 lightning strikes in 2 hours. Four minor explosions in London on underground and a bus. RMB revaluated upwards by about 2%.

22 Friday

6 km swimming for the week.

23 Saturday

Terrorist bomb explosions in Sharm el-Sheikh in Egypt. Manchester United soccer team in HK. Played the HK team, winning by 2 - 0.

24 Sunday

Set up the TV program on the computer. Eventually got it to work, with little help from manual.

25 Monday

Lance Armstrong wins 7th consecutive Tour de France. Great, if he is clean!

26 Tuesday

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27 Wednesday

Increased rowing to 18 min; averaged 2 min 3.5 s per 500 m.

28 Thursday

Second 'smoke-free' day in suite. Hope that the chain smoker in the other suite, whose smoke comes here through the bathroom ventilation duct, has left.

29 Friday

Got my swim in; 6.3 km for week.

30 Saturday

Hair coloured today.

31 Sunday

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AUGUST

1 Monday

Many lifeguards on strike over outsourcing of work. Disneyland rain link opens.

Unfortunately, the smoker is back; he hadn't left!

2 Tuesday

Same of pork from Sichuan banned in HK following the deaths of pig farmers who caught a staphylococcal viral infection from pigs.

3 Wednesday

Gavin calls early from Boston -- announces that he has got **married!** He also tells me of an Air France A-340 that crashes on landing in a thunderstorm at Toronto, of viewing the remains of his helicopter, of meeting Frank Robinson and the (slow) progress with his lawyers.

4 Thursday

Leonie's birthday. In HK, an American lady confesses to murdering her husband.

5 Friday

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6 Saturday

Anniversary of dropping of A-bomb on Hiroshima. ABs beaten by SA 22-16 in Cape Town.

7 Sunday

Many feral dogs still a problem at Disneyland. 10 hikers helicoptered to hospital for heat exhaustion; 1 died last week. 7 submariners from Russian mini-sub rescued.

8 Monday

100 coal miners trapped in Guangdong. Peter Jennings dies of lung cancer, aged 67. And a second coal mine disaster in another part of China!

9 Tuesday

Space Shuttle Discovery returns safely to Earth, landing at Edwards Air Force Base in California instead of Florida due to poor weather at latter.

10 Wednesday

Big pile-up at Shatin entrance to Shing Mun tunnel; 80 injured. Did a reasonably slow row: 25 mins at an average of 2 min 5.3 sec.

11 Thursday

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12 Friday

First tropical storm signal for the year raised. Mess up in English HKCEE grades; one student re-graded from F to B!

13 Saturday

ABs beat Wallabies 30-13 in Sydney after being 13-0 down after just 12 minutes. Heaving rain in the evening - tail end of the tropical storm probably.

14 Sunday

David Lange, former NZ Prime Minister, dies aged 63, of a kidney problem. World champion eater in HK for a competition; wins final eating 102 cha siu baus (pork buns) in 12 minutes.

15 Monday

Watched 'The other final' on TV (soccer match between the two worst national sides in FIFA's list) and a documentary on the hunt for Germany's scientists near the end of the war.

16 Tuesday

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17 Wednesday

Rowing: 25 min @ 2 min 3.31 s / 500 m.

18 Thursday

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19 Friday

Cancer compounds found in eels brought into HK from China. Lifeguards on a half-day strike.

20 Saturday

Very heavy rain in parts of the territory. Tri-nations Rugby: SA just beat Australia 22-19 in Perth.

21 - 23 Sunday - Tuesday

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24 Wednesday

Could only manage 2 min 6.8 s for the 25 minute rowing; this using the 'slower' machine.

25 Thursday

Spoke to Gavin for 30 mins using the newly set up internet telephone.

26 Friday

Good treadmill run. Broke 8 mph for the 30-min run, first for a long time. [Average 13.125 kph = 8.2 mph] 7-year-old boy stabbed and chopped, not fatally; believed to be due to debts of father/parents.

27 Saturday

ABs just beat SA 31-27 in Dunedin with a converted try in the last 5 minutes.

28 Sunday

Watched the first part of 'Lord of the Rings.' Rather disappointed, and bored!

29 Monday

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30 Tuesday

30-min treadmill run average = 12.9 kph.

31 Wednesday

25-min row (on 'fast' machine) only averaged 2 min 4.2s. Probably because of having only 6 hours sleep last night. Paid for air tickets. The list of registered mainland freshwater fish farms provided to HK turns out to be all wrong, e.g. many don't actually send fish to HK,

other are actually sea water farms! Nearly 1000 killed resulting from a stampede during a Shiite festival in Baghdad.

SEPTEMBER

1 Thursday

Arrests in the case of the stabbing of the 7-year old boy, including his stepmother. Schools re-open for the new school year. American woman found guilty of murdering her husband.

2 Friday

Run about 13.2 kph; accidentally set time for only 29 mins so had to do 1 minute more!!

3 Saturday

In Auckland, NZ beat Australia 34-24 and take the Tri-Nations Rugby title. Latest in the chaotic queuing during the handing out of free rice to celebrate the hungry ghost festival.

4 Sunday

Disney charity day -- 29 000 attend.

5 Monday

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6 Tuesday

To CU clinic for medicine refills plus vaccinations -- Typhoid and Hepatitis A. Another 2 on Friday.

7 Wednesday

First visit to Egyptian Consulate for visa. Tired, so decided to do a slow rowing session (on 'slow' machine). Didn't look at speed until finished; average = 2:08.4.

8 Thursday

In afternoon, picked up passport with visa. Feeling tired.

9 Friday

Got 2 more vaccinations -- tetanus booster and meningococcal meningitis. Later, had lunch with Dr Yip at the Jockey Club. Disney in trouble again -- food poisoning at one of its restaurants and then asking health enforcement officials to remove hats and badges!

10 Saturday

Air pollution bad today. Didn't do any exercise in lieu of doing none yesterday. Chinese deputy president arrives in HK.

11 Sunday

API in Tung Chung reaches 173!!!

12 Monday

Disneyland officially opened amid much fanfare and much air pollution!

13 Tuesday

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14 Wednesday

Now its Disneyland hotels, with up to 2 hours to check out and mosquitoes and fleas in rooms! Also oysters -- 10% infected with some kind of virus. ESF teachers to get up to 10% reduction in overall package and loss of travel allowance.

15 Thursday

No work. Most of the day reading up on Egypt.

16 Friday

Nina Wang wins the case to get her late husband's fortune in a unanimous Court of Final Appeal decision. Poolside buffet in the evening.

17 Saturday

Left for Egypt late afternoon.

18 - 30 Sunday - Friday

[Holiday in Egypt]

Trip to Egypt

September 17-18 Saturday-Sunday

Check in at Hong Kong all right. Flight on a Finnair MD-11. Departure delayed nearly 40 minutes for 'clearance'. Took 2 hr 15 min to get to Bangkok as it had to skirt a tropical storm that had developed. Finnair OK, nothing special; stewardesses looked like guards at a concentration camp! On arrival at Bangkok, told to go to Transfer Desk 2 about 700 m away only to find it should have been Transfer Desk 1 so all the way back! EgyptAir flight left about 45 minutes late but arrived in Cairo on time. Airline not about to win the "World's most

popular airline” award. Immigration easy but then no luggage! Had to go through all the hassle of lost luggage report then to many banks before being able to cash travellers' cheques. No 'GoBus' representative at airport as promised so had to make a phone call to them and then sit and wait. (Paid US\$1 to a guy to use his mobile phone.)

Alladin the rep, arrived at 9.15 am. By taxi to downtown Cairo. The taxi broke down, or at least has a flat tyre; taxi very old and dilapidated. To the 'New Garden Palace Hotel' in Garden City. Met Narella ('GoBus' organiser) and made arrangements for the rest of the trip. Then to the room for a rest.

About noon, off for a look. Lost at first trying to find the Nile. so backtracked and went another way. Passed the heavily guarded British Embassy. Trying to cross the road was *very* difficult - much worse than in Hong Kong. Met a street stall artist who showed his gallery, including papyrus paintings and later his mate. While sitting on a bench on the Corniche-el-Nile, a policeman approached and said “No sitting”. A local next to me said “Chairs are for sitting”. Found out later it was probably for security reasons as the bench was across the road from the UK Embassy! Continued along to the Egyptian Museum, through the Sadat Metro station and back to the hotel.

After another rest, off to look for food. Headed in the wrong direction, going as far down as Cairo University Hospital. Returned to Sadat Metro area. Had dinner at Pizza Hut - small pizza, potato wedges and spaghetti bolongaise. Talked for a while with a primary school sports teacher who spoke very good English.

In the hotel, needed to replace the electricity key as the electricity kept cutting off. Plenty of hot water. Room air-conditioned.

19 Monday

Had a group tour meeting together with breakfast at 7 am. Breakfast was bread rolls, butter, jam, cheese, egg and tea. Left the hotel at 9 am. Waited for the bus on the corner of the street then headed for the Egyptian Museum. Tamar, the group leader, gave us a good tour of the museum and the history of Egypt. Many interesting items in the museum from Tutankhamen's tomb on display. Didn't go to see the royal mummies. Got the meeting time (back at the bus) mixed up so arrived back at 12 noon instead of 11.45 am. Then off to Giza to look at the pyramids.

On the way, the bus stopped in the former royal residence, now a hotel, for people to change money. Then a visit to a papyrus centre; they gave demonstrations on how paper was made from papyrus then spent time to look at papyrus paintings with staff trying to get people to buy, but the paintings were very expensive. Then off to the pyramids. First, the 'great' pyramid; just looked at the outside. Then to a site for a panoramic view of all three pyramids plus a group photo and rides on camels for those who wanted and were prepared to pay. Next to the second pyramid. Paid to walk inside to have a look at the king's burial chamber -

graffiti on the wall by the Belgian who discovered it in 1812(?). Then on to see the nearby sphinx which was much smaller than I expected. Got to see it just before closing time (~4.30 pm); quite a performance by staff to get everybody out at closing time. Also, one guy 'let' me take a photo then wanted baksheesh - he didn't get it!

Then on to an oil 'shop' for a demonstration of Egyptian oils. The fellow would not accept my English pounds as they were too old (and apparently have been taken out of circulation in the UK). Back to Cairo to another hotel to wait for a while before heading to the train station. Had dinner at a nearby McDonald's (having managed to cross the main road successfully!) and bought some water and biscuits. Back at the hotel, paid in advance for optional tours later in Aswan and Luxor.

At 9 pm, off to the Ramasses train station for the 10.30 pm departure for Aswan. We had been 'upgraded' to first class - would hate to see what 2nd class was like! In a compartment for three.

20 Tuesday

Train about two hours late arriving in Aswan, said to be due to thieves stealing electricity cables which affected signals. 'First class' anything but that. Reclining seats difficult to sleep in! Dirty windows difficult to see through! Arrived in Aswan at about noon. Bus to the 'Nile Hotel' which is very nice indeed. Went to a tourist office to confirm return tickets to Hong Kong.

In the afternoon, took a motor boat across to an island to see the Philae Temple. Very hot and humid. Back in the early evening and then to a Nubian dinner in the evening on Elephantine Island; very nice food. Entertainment - loud music but I joined in the dancing.

To bed about 10.30 pm but only for a few hours.

21 Wednesday

Woken up at 2.45 am! Off at about 4 am in a convoy escorted by the military. Took about 2 ½ hours; most of the group managed to get some sleep using pillows that the hotel loaned us. Then a couple hours to look around Abu Simbal temples. After the sun rose, it soon got very hot. Then back to Aswan - not in a convoy this time but with an armed guard on the bus. Arrived back at 11.30 am. Visited the local souk (market); bought some boxes of flavoured tea. My lost backpack finally got to me, but had to 'pay' baksheesh again for it.

Left the hotel about 1 pm to board the two feluccas our group had. Set off about 2 pm.

Progress was very slow as almost no wind! A lot of time was 'wasted' at a police check to get authority to sail the Nile. Some time later, we had a swim in the Nile. On to a 'toilet' stop and then to look at a Nubian courtyard ('Adam's house') partly owned by Tamar (who leased it from the original owner Adam). Dark now. Sailed a while longer then heaved-to on the banks of the river. Had dinner on board, prepared by the two-man crew. Later, Manish (an Indian

chap) and I scaled the adjacent sand dune for a view. Met two crew members from another tourist felucca (not our group) and had a long chat with them. Eventually to bed on the deck of the felucca; lay on top of the sleeping sheet at first as was still warm but later in the night crawled inside as it was cooler. Some of those on the felucca (mainly Australians) kept yapping for a while. Those of our group on the other felucca had all settled down earlier. Note: No toilets - just had to hide somewhere in the sand.

22 Thursday

Awoke at daybreak. Cool and pleasant. Breakfast on board provided by the crew. Again walked to the top of the sand dune; had a pee there. Crew cleaned the deck. Some people went for a swim. Eventually set off at about 10 am. Much more wind than yesterday and progress was much faster. Lunch on board. The wind died down in the afternoon so progress was slow again. We had to land at one point to collect wood for a bonfire and at another point because of a girl in the boat who was sick. The felucca captain decided that because of slow progress we would try to get closer to Kom Ombo in case there was little wind tomorrow. Dark when we arrived at the overnight point. Had another 'dai bin', this time in the grass on the river bank. Dinner on board, then a bonfire on the river bank with the crews (of three feluccas) putting on Nubian singing and dancing entertainment. Much cooler this night than last. Also, a lot of loud noises from a nearby village making it difficult to sleep.

23 Friday

Feluccas set off while we were all still asleep, without being aware of this. Arrived at Kom Ombo about wake-up time. Last breakfast on board. Visited the Kom Ombo temple. Then by bus on to Edfu and a look through the temple there. Then on to Luxor, arriving at the 'Shady Hotel' at about 1.30 pm.

Had a little rest and did some washing. Found ants on the floor. Later in the afternoon, walked along to Karnak temple and looked through. On the way back, was photographing the Luxor temple from the outside (did not go in) when a shoe-shine boy came along looking for business. Took it for LE1 (could have gone down to 50p) but eventually gave him LE2. He immediately kissed the money and slapped his forehead as this was probably his first business for the day. Not a pleasant thing to observe. Got back to the hotel about 7.30 pm having first got lost. Had a quick shower then taken by taxi (not happy about that as it was just a short distance) to meet the others in the group. Taken to a selected shop in a souk and then to a restaurant (got cheated on the price). Didn't get to bed until after midnight.

24 Sunday

Ants in the room at the hotel got into the luggage and bed. After a continental breakfast, off to the Valley of the Kings (on the West bank of the Nile). Visited two tombs including that of

King Tut. Then around to Queen Hapsheput's temple. Visit then to an alabaster shop for a demonstration which included a carefully choreographed and humorous show on the making of alabaster objects. Then back to Luxor, which is on the East Bank. The rest of the group off to see the Karnak temple while I was dropped off at Thomas Cook's. Called in at an Internet café to upload photos onto a CD. Back to the hotel just as the rest of the group arrived.

Completed a tour evaluation form.

The group split into two as six of us were to return to Cairo. The rest of the group left at about 6 pm for their visit to seaside resorts. Departure time for the train to Cairo delayed by three hours! Original departure time was 9.15 pm. Then three of us walked around a while - to the same souk then sat on the Corniche. Then had dinner at a restaurant on the corner near us - soup, vegetables, spring rolls and shish kebabs. Returned to the hotel at about 7 pm and had a shower (in a reserved room) before leaving for the train station at about 10.15 pm.

25 Monday

A slightly more comfortable train ride than on the outgoing trip. Two 'objectionable' group members would not tolerate Manish's snoring and would hit and kick him. Arrived at Giza station in Cairo at about 10 am. Then by mini-bus to the Santana Hotel on the Giza side of the river.

Early afternoon, three of us headed for Coptic Cairo. On the way to the Metro station, we stopped for a bread roll. Then by train via Sadat station to Mar Grigas station. Spent time looking around the Coptic quarter - St Georges church, church cemetery, St Sergius' church (hard to find!) under which the Holy family is supposed to have stayed and the 'Hanging' church. Had to visit the toilet there with some diarrhoea; the toilet was clean but no paper (so the need to carry one's own in Egypt). My cracked heels - due to the dry atmosphere - hurting very much. Manish off to the bazaar, others of us back to the hotel. Got lost in the maze of streets around the hotel. Had a shower and a two-hour sleep. Then with Manish, walked around fruitlessly for two hours looking for a restaurant. Ended up back at the hotel restaurant. A noisy wedding reception being held. Manish leaves to return to the UK.

26 Monday

Up at 6.30 am for breakfast at 7 am. Also a meeting for a new GoBus tour group but didn't actually need to go. Buffet breakfast. Then back to bed for about two hours before heading for the Islamic Cairo area. But 'the bug' hit and had to go to the toilet several times that day:

- Hotel (twice).
- Dokki Metro station (dirty staff squat toilet).
- Restaurant at the bazaar (clean Western style toilet) - twice.
- The Citadel (very dirty Western style).

Set off about 10 am for Ataba station. Then a long walk through streets with several stops for directions to get to Khan-el-Kalili, including from a policeman who refused to take baksheesh! Looked around the bazaar for a while. Was told the air temperature was 37°C! Then took a taxi (not expensive) to El Citadel. Had a look around - the national military museum and a glance at two mosques.

Outside, met a boy from Hong Kong. Then took a taxi 'tour' to another famous mosque (name??); driver waited, then on to Sadat station. Back at the hotel for shower and diarrhoea medicine.

27 Tuesday

Up at 6.30 am to take the GoBus minibus to Alexandria, which left at about 7.15 am. Had hotel breakfast boxes in lieu of buffet breakfast. The trip took three hours. Only two of us on the bus (apart from driver and GoBus representative). Of note along the way were the many dome-shaped pigeon houses used to rear pigeons for eating. On arrival, the GoBus representative (the same chap as on the train from Luxor to Cairo) 'demanded' a tip for himself and the driver - gave LE50 which turned out to be the same price for the coach fare to Alexandria! This was the end of the GoBus part of the trip (except for the airport bus back in Cairo).

Took some time to find a hotel. An elderly man showed several hotels that were either too grotty or were asking too much. Eventually found the Hotel Acropole at LE75 a night - very simple, with a fan but no air-conditioner (probably not needed for Alexandria nights anyway). Had a rest then set out to find the bus station for the return trip to Cairo; turned out to be much more difficult than the GoBus guy had said. So, took a taxi to Sidi Gaber bus station and got a ticket to Cairo and another to El Alamein (which turned out to be a one-way ticket!). Then took a tram back to the centre of town; sat next to a friendly man on the tram. Diarrhoea hit again on the way back, perhaps due to the raw tomato in the breakfast box. Shower, rest, then something to eat at a 'safe' restaurant; ate at a Pizza Hut. Then to bed early.

28 Wednesday

Cool at night. No air-conditioner, just a fan. Up at 6.30 am and continental breakfast at the hotel. Then by taxi to Sidi Gaber bus station arriving about 8 am. Checked the ticket to El Alamein for a return but they do not issue them (found out later why not!!). Left for El Alamein at 9 am by air-conditioned coach for the 103 km trip 'arriving' about 10.40 am. 'Arriving' meant being dropped off on the highway roadside near the Commonwealth War Cemetery. First saw a memorial to Greek soldiers then walked to the Commonwealth cemetery. About 7300 buried there, with about 8000 names inscribed on walls of those whose bodies were not found. Observed ages of soldiers from 20 to 42. New Zealand graves, unlike others, did not have epitaphs inscribed on them. From the cemetery, walked about 300 m to

the a museum on other side of the (very, very small) village. Interesting - contains Italian, German and British sections and a combined section.

No bus station there so told to get a bus from the nearby main road. The coaches from the bus company for the outward journey do not stop - that is why the ticket was one-way only! But it turns out that there are many 'micro' buses (14 passengers). One stopped. Took about 1 ½ hours stopping to pick up and drop off people along the way. But it didn't come to down-town Alexandria, stopping instead at a large bus station (and market?) on the outskirts. Took a taxi, telling the driver to go to 'downtown' (thinking of Alexandria). But this turned out to be the name of a nearby shopping centre calld 'Downtown' so had to continue to the real down-town for double the initial fare. Back at the hotel, had a shower and rest. Then out for some (really) junk food at a KFC and a McDonald's apple pie.

PS: At the war cemetery, met a chap from the US military who said the US was doing an exercise along the coast. He also said that the commander in Iraq (? Sadler) had visited the cemetery yesterday.

- On the way back, saw a smashed up car and the body (?) of the driver alongside.
- The driver of the micro bus only fastened his seat belt (compulsory) when approaching a police check point! He got the front seat passengers to do the same.

29 Thursday

Slept in a little. After breakfast, left at about 9.30 am to walk to Pompey's Pillar. Talk about trouble! First, passed the Roman amphitheatre but did not go in. Then got lost in areas where few tourists venture. At one point, saw goats being sold. After being given many conflicting directions, eventually found the pillar. Had a quick look along with a US youth tour group. Then walked along to the nearby catacombs and had a look. After returning to the site of the pillar, spoke for a while with an armed plain-clothed policeman. On the suggestions of him and others, took a tram back. The tram moved very slowly because of traffic and hawker congestion. Eventually got to the Egyptian train station (not Ramasses) and with a local going the same way, ended up back at the Corniche at about 3 pm! A long time to see very little. Had a snack at a McDonald's then bough a couple of souvenir mugs. After a rest, walked along to the new Bibliotheque. Then sat by the seaside, watched a guy swim out to sea to set a fishing net. Dinner at Pizza Hut and completed an evaluation form for the waiter. To bed early.

30 Friday

Got up at what should have been 7.30 am. Turned out to be 6.30 am as clocks were set back an hour during the night. Got to the 'Super Jet' bus station more than an hour early. They wouldn't change the ticket from 9 am to 8 am so had to wait. But quite interesting. Got a sweet from an 8-year old girl named Sara. Arrived in Cairo on time. The bus passed the

pyramids and stopped at Giza but continued and eventually got off near the Egyptian museum. Walked to the New Garden Palace Hotel. Very little traffic and few pedestrians as it was a Friday and many were engaged in midday prayers. Deposited the luggage at the hotel, rested a while then walked around the down-town area. Walked through the Nile Hilton Hotel shopping mall. Walked around and was 'invited' in to a shop for a cup of tea and to look at wares; didn't want to buy anything but ended up getting one or two very small cups (?). Later, had a meal at Pizza Hut. (Waiters had the annoying habit of not giving the correct change then expecting a tip.) Back to the hotel for a rest until 7.30 pm when the GoBus transfer bus arrived for the trip to the airport.

October 1 Saturday

Air journey OK. EgyptAir flight half or less full; many got the middle rows to lie and sleep on. Service in-flight not much to speak of. Flight on time. Transfer at Bangkok easier this time. Noted a golf course at the airport between the two runways! Finnair flight to Hong Kong a bit better; the cabin crew a bit less fearsome looking and even had Chinese attendants to cater for groups from China. Again, all the cabin crew was female. Arrived back in Hong Kong on time and with luggage!

OCTOBER

1 Saturday

Arrived back from Egypt early evening.

2 Sunday

Yesterday, more terrorist bomb attacks in Bali.

3 Monday

—

4 Tuesday

Still exhausted. Got a brief phone call from Gavin to get me to go on line to chat.

5 Wednesday

A third mine disaster in China this WEEK!

6 Thursday

Took my temperature and found I have a slight fever.

7 Friday

Hutchison technician here to fix broadband link which failed yesterday morning.

8 - 9 Saturday - Sunday

—

10 Monday

Still not back to normal though a bit better. Posted the passport application to NZ in the morning. Did light weights in the gym and a few minutes slow jogging pm.

11 Tuesday

Chung Yuen holiday.

12 Wednesday

China launches second manned space flight. CE gives his maiden policy speech. First day back without having an afternoon sleep.

13 Thursday

A 1.2 km swim.

14 Friday

CE appoints more people to the Executive Council.

15 - 16 Saturday - Sunday

—

17 Monday

China's second manned spacecraft returns safely to Earth.

18 Tuesday

Swam another 1.2 km.

19 Wednesday

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20 Thursday

Secretary of Justice retires and is replaced by a much less political barrister.

21 Friday

200th anniversary of the Battle of Trafalgar.

22 Saturday

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23 Sunday

Call from Gavin in the evening.

24 Monday

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25 Tuesday

Swam 27 lengths - 1.62 km or 1+ mile.

26 Wednesday

Another pile of Brunei P 4 - 6 books arrives! A replica of Magellan's ship the 'Nao Victoria' in HK as part of a round the world trip.

27 - 28 Thursday - Friday

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29 Saturday

Saw the Nao Victoria docked at the Ocean Terminal. New New Zealand passport arrives - by courier! East Asian Games open in Macau.

30 Sunday

First day for a big drop in temperature; maximum about 24.

31 Monday

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NOVEMBER

1 Tuesday

To clinic am. Saw doctor. Result of diabetes test (done in connection with skin wounds) negative. Then to dentist. On return, swam 35 laps (2.1 km).

2 Wednesday

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3 Thursday

Swam 23.5 laps to make 3.5 km for week.

4 Friday

More cases of bird flu discovered in several countries just today - China, Vietnam and Japan.

5 Saturday

New Zealand recorded an emphatic 41-5 victory over Wales at the Millennium Stadium - a record home defeat for the locals. And France beats Australia 26-16 in France.

6 Sunday

Second anniversary of Gavin's helicopter crash. Another long chat with Gavin.

7 Monday

Swam 35 laps - 2.1 km.

8 Tuesday

Canned fish from China found to contain the banned malachite green.

9 Wednesday

Swam 31 lengths. Al-Qaeda detonate suicide bombs in Amman, Jordan.

10 Thursday

Chris Patten in HK.

11 Friday

Armistice Day. Swam 18 laps to give 5 km for the week.

12 Saturday

Went for first run. Conditions hot - 28oC. Trailwalker under way; passed many on the way up to Grassy Hill.

13 Sunday

[B-777 HK to London - the long way - to set non-stop record of about 23 hours.]

14 Monday

–

15 Tuesday

Air much cooler, but water good. Last swim for season; did 27 laps, 1+ mile.

16 Wednesday

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17 Thursday

105 injured in 2 bus 3 truck pile-up on Tolo Highway.

18 Friday

NZ chosen to host the 2011 Rugby World Cup.

19 Saturday

Good run; 2 minutes faster than for last year. ABs beat England 23 – 19 in London.

20 Sunday

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21 Monday

Documentaries on JE and avian flu.

22 Tuesday

Documentary on Thai-Burma railway. News report on need for Vitamin D in order for Calcium to be absorbed.

23 Wednesday

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24 Thursday

Toxic chemicals in river from explosion in chemical factory in China about 12 weeks ago continue to flow down river into Russia (where river is called the Amur).

25 Friday

George Best dies after years of abuse to his body.

26 Saturday

Run - same time as last year, but warmer and felt more difficult. ABs beat Scotland 29 - 10 (after 22 - 3 at half time) and so achieve the grand slam.

27 Sunday

Bruce Lee statue unveiled in HK today (one day after a similar statue was unveiled in Mostar, Bosnia). China's two latest astronauts arrive in HK for several days. Another explosion at a colliery in China - about 160 killed.

28 Monday

Deposited HK\$100 cheque from NZ Dept of Internal Affairs which is refund for unrequested courier fee for posting passport. Chinese astronauts visit Disneyland.

29 Tuesday

Pain in lower lungs continues. Is it due to running in polluted air and absorbing very small particles?

30 Wednesday

TV report of 90-yr old Japanese man who still plays Rugby and trains 3 times a week and has done for 70 years. First rowing for some time - 25 min at 2:06.6 / 500 m.

DECEMBER

1 Thursday

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2 Friday

Young Australian man of Vietnamese descent hanged early this morning in Singapore after conviction of drug trafficking . A lot of protest in Australia.

3 Saturday

No run today - on Monday instead. Worked all day. To TST - took LRT + KCR + Bus, took 70 min! Return - MTR + KCR + LRT took 60 min. Slow! NZ beaten by Fiji in quarter finals of Dubai 7s. England beat Fiji in final.

4 Sunday

March for democracy in the afternoon; estimates of up to 250 000 took part. Worked a lot of the day catching up on work not able to do yesterday which was all spent on checking Internet links.

5 Monday

Run with Prem; 3 min slower than same run last year. Cooler; about 16 degrees.

6 - 7 Tuesday - Wednesday

—

8 Thursday

Time for rowing the same as last week, but only because of a late burst in the last 2 - 3 minutes.

9 Friday

Final of 'The Amazing Race'; again, the winning team is not the one I was hoping would win.

10 Saturday

NZ didn't do well in Rugby 7s in SA. Knocked out of Cup and beaten by Samoa in Plate final.

11 Sunday

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12 Monday

Good run with Prem. Tai Po, around Shing Mun reservoir and back - 2 hr 38 min; 16 degrees. Preliminary informal WTO meetings underway.

13 Tuesday

WTO conference gets under way together with some violet protests - by the South Korean farmers! Some jumped into the harbour from a pier waving their flag; others from a boat and tried to swim to the conference centre!

14 Wednesday

More riots by South Koreans protesting against WTO.

15 Thursday

Party atmosphere today for WTO protests. Rowing: 2:06.4; Felt tired and became slower but then got a 'second wind' and lowered average.

16 Friday

No exercise today.

17 Saturday

Solo run today instead of Monday as Nadine arrives tomorrow. Run not bad, even though feeling a bit tired. Serious WTO riots today; Police forced to use tear gas for the first time.

18 Sunday

Nadine arrives, but about 1.5 hours late.

19 Monday

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20 Tuesday

Still feeling a bit miserable. Went for a 1-hr walk in the sun. Treadmill run slow.

21 Wednesday

Government's reform plan for election of CE in 2007 defeated; failed to get necessary 2/3 majority because of democrats vote against it. Nadine out very late.

22 Thursday

Edward arrives, but very late as he could not find Bus 902.

23 Friday

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24 Saturday

Run was difficult; cracked heels. Rather tired, legs like lead but worst of all breathing difficult. I think the HK air pollution may be affecting me. In the evening, went to a HK Philharmonic Orchestra with Leonie, Tom and his family.

25 Sunday

In the evening, went for a Christmas dinner at the Kowloon Hotel, spoilt a little by other guests smoking in the non-smoking section where we were.

26 Monday

Edward off to Lantau Island with Leonie, etc. Nadine with her friends.

27 Tuesday

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28 Wednesday

Leonie and Tom come here in the evening.

29 Thursday

Lovely day. Went for a hike with Leonie and Tom through Tai Po Kau forest and to Shing Mun. Looked at the Visitor Centre, then to Tsuen Wan to visit the Sam Tung Uk walled village then snack in a noodle shop and to new KCR station to return here.

30 Friday

Cloudy and later drizzly. In afternoon L and T visit art museum and Bird Street. L sick - vomits on pavement. L and T fly out late at night for SFO. N to Shenzhen for the day - shopping! Edward goes to Shenzhen and flies back to Beijing.

31 Saturday

Nadine's friend Lisa over here in afternoon to check out clothes together, then out for New Year celebrations.

Hikes: 2005 - 2006

2005

1	12/11	280°C	Tai Po V → lead mine pass (38) → loop to Grassy Hill / Rd (1.19) → forest → Tai Po	1:56
2	19/11	19°C	Tai Tong → road/trail → reservoir (34) → Stage 10 track → road (1.10) → forest t.o. (1.22) → TT Road (1.38) → TT	2:00
3	26/11	23°C	TT gate → reservoir (27) → road → main dam (1.05) → Stage 10 t.o. (1.32) → small reservoir (1.52) → TT bus terminus	2:05
4	5/12	16°C	TT gate → reservoir (27) → forest → road (52) → Stage 10 rd (1.01) → top of reservoir (1.13) → Tai Lam Chung trail → tunnel bus	2:20
5	12/12	16°C	Tai Po V → lead mine pass (35) → top of reservoir (47) → pineapple track → main dam (1.13) → track → top of reservoir (1.51) → lead mine pass (2.16) → Tai Po V	2:38
6	17/12	16°C	Tai Wo → Cloudy Hill (43) → first reservoir (1.07) → Cloudy Hill (1.45) → park	2:15
7	24/12	20°C	TT gate → reservoir (28) → forest → road (54) → road + track → road (1.13?) → top of reservoir (1.30?) → tunnel bus	2:10

2006

8	2/1	19°C	Tai Po V → lead mine pass (35) → Tai Mo Shan (1.37) → Twisk (1.58) → Kap Lung trail → Sek Kong	2:35
9	9/1	13°C	Tai Mei Tuk → Pat Sing Leng (37) → Hill #8 (57) → Hok Tau dam (1.55) → Cloudy Hill (2.35) → park	3:05
10	16/1	22°C	CU → ridge [4] (50) → Kowloon Peak (1.59) → Shatin river (2.27) → CU station	2:56
11	23/1	14°C	Tai Mei Tuk → Brides pool (47) → village (1.03) → Sam A Chung → Lai Chi Wo (1.50) → 1.50 → pass (2.13) → Luk Keng	2:52
–	30/1		Chinese New Year. No run; study	
12	7/2	20°C	TT Road → road → shrine → track → top of reservoir (36) → Stage 10 road → Stage 9 park (1.02) → track + roads → TLT junction (1.36) → road → top of reservoir (2.01) →	2:31

			tunnel bus	
13	13/2	19°C	Plover cove dam → grave (58) → ridge (1.36) → stream (2.17) → Brides pool (2.45) → Tai Mei Tuk	3:38
14	20/2	20°C	Tai Po V → lead mine pass (35) → Ng Tung Chai t.o. (1.15) → temple (1.39) → Kadoorie farm (1.57) → Fanling	3:40
15	27/2	16°C	Tai Po V → lead mine pass (35) → Tai Mo Shan (1.35) → Twisk (1.56) → Tai Lam Chung (2.53) → tunnel bus	3:24
16	4/3	17°C	TT Rd → end of road (27) → Stage 10 → reservoir (51) → Yuen Tun trail → first shortcut → road → reservoir (1.31) → PKA / valley trail → Tai Tong	2:04
17	13/3	12°C	TT gate → reservoir (27) → Tai Lam Chung trail → tunnel bus t.o. (1.31) → Y-junction (1.50) → dam (2.20) → Sek Kong	2:43
18	18/3	25°C	TT Rd → road → reservoir (30) → Stage 10 rd → Stage 9 park (1.04) → track + road → forest track (1.27) → reservoir (1.46) → TT gate	2:13
19	27/3	18°C	Tai Po V → lead mine pass (35) → top of reservoir (47) → road to bottom of Needle Hill (1.13) → Needle Hill (1.43) → lead mine pass (2.33) → Tai Po V	2:59
20	1/4	26°C	TT → end of road → Stage 10 → reservoir → loop → top of reservoir → valley track/BBQ site → TT	(2:03)
21	8/4	23°C	TT gate → reservoir (28) → Tai Lam Chung trail → tunnel bus	(1:51)
22	15/4	16°C	CU → ridge [4] (50) → Pyramid Peak (1.18) → Ma On Shan (1.45) → [4] t.o. (2.22) → CU	3:05
23	22/4	28°C	TT Rd → rd/nature trail/track → reservoir (36) → Ho Pui reservoir (1.20) → Y-junction (1.48) → tunnel bus	(2:13)

Average time (20 runs) 2 hours 39.5 minutes