

DIARY: 2011

JANUARY

1 Saturday

Fine, cool and dry; good running conditions. From CU to Kowloon Peak; Shatin and back. At 3 h 9 min, was 5.8% off my best. Did whole route; no short-cut or finish earlier as had originally planned. Felt good, but very tired pm.

2 Sunday

Hair colour/dyed. Szeto Wah dies.

3 Monday

Ex: 15s + wts. Floods in Queensland still not at their peak!

4 Tuesday

Ex: 10s + 20r + 20row. Made backup copies of Drives C and D.

5 Wednesday

Ex: 15s + wts. Chilled beef from China now sold here; but chefs think NZ beef is best!

6 Thursday

Ex: 10s + 20r + 20row.

7 Friday

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8 Saturday

Run not bad; cool but good conditions. At 2 h 46+min, about 2 min slower than last year.

9 Sunday

Arizona congresswoman shot (she had voted for law to allow people to carry concealed weapons!).

10 Monday

Ex: 15s + wts.

11 Tuesday

Ex: 12s + 20r + 20r. Sudden flash floods in Queensland; about 3/4 of state now affected by floods.

12 Wednesday

Ex: 15s + wts.

13 Thursday

Ex: 12s + 20r + 20sk.

14 Friday

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15 Saturday

Fine but cool and on hills very windy - gale-force and dangerous at times. Run up to Ma On Shan, but because of wind did not do the last bit to the summit. At 2h 55 min, slow because of wind.

16 Sunday

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17 Monday

Ex: 15s + wts.

18 Tuesday

Ex: 10s + 20row + 20r (change of order).

19 Wednesday

Ex: 15s + wts.

20 Thursday

Ex: 10s + 20row + 15r (very slow - tired).

21 Friday

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22 Saturday

Overcast and cool. Run from TMT to Hok Tau t.o. to Tai Po; 2h 54 min. HK's 'Rubbish dump' flats.

23 Sunday

Australian soldier receives VC for bravery in Afghanistan.

24 Monday

(No gym exercise this week.) Texted with Nadine for over an hour. Gaff by US house speaker wrongly stating that 'happiness' is guaranteed in the US constitution.

25 Tuesday

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26 Wednesday

Woman dies of swine flu. Submission for Singapore Chem books accepted (slight groan!). Government bars 1989 dissidents from entering HK from Szeto Wah's memorial service. Woman at Baptist Hospital dies after getting wrong treatment - given 4 doses of a respiratory dilator instead of adrenaline.

27 Thursday

Watched bits of a documentary about students at Otago Medical School dissecting cadavers.

28 Friday

Massive protests continue in Egypt.

29 Saturday

Cool, dry and fine again. Run from Tai Mei Tuk to Brides Pool then around the coast to Luk Keng. Had a fall (just 2 minutes from 'safety' of good path). Time: 2 h 55 min (having subtracted 3 min for the fall). Reported, but denied that Guangdong plans to combine cities to form a single city of 42 million people!

30 Sunday

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31 Monday

Didn't feel like exercise but still went: 7.5s (half normal) + wts. Climber survives a 300 m fall down cliffs on Ben Nevis, then when discovered was consulting his map!

FEBRUARY

1 Tuesday

Began revision of the sample Chem chapters. Ex: 10s + 20r + 20w(alk).

2 Wednesday

Ex: 12s + wts.

3 Thursday

First day of the year of the rabbit - didn't realise it was a holiday until last evening! Category 5 cyclone hits Queensland. Ex: 10s + 20r + 20w.

4 Friday

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5 Saturday

Warmer today. Run around Plover Cove. Started well but got slower and more difficult - 2 h 56 min. Fight breaks out between tour guide and mainland visitors over forced shopping. New Zealand clinched victory at the Sevens in Wellington, beating England 29-14 to draw level with them at the top of the HSBC Sevens World Series standings after three events.

6 Sunday

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7 Monday

Ex: 15s + wts. A bit tired.

8 Tuesday

Ex midday: 10s + 20r + 20w. To hospital pm for another observation. In England, an elderly old woman stops robbers breaking into a jewellery shop using her handbag.

9 Wednesday

Ex: 15s + wts.

10 Thursday

Ex: 10s + 20r + 20w.

11 Friday

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12 Saturday

[Correction: It was a female tourist guide!] Overnight, Mubarak steps down. Quite a good run. From Tai Tong, ending at Sek Kong roundabout; 2 h 29 min. Gained a few minutes in last hour. Good conditions. Still, my running is nothing compared with the 365/365.

13 Sunday

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14 Monday

Colder. Ex: 10s[supposed to have done 15!] + wts.

15 Tuesday

Ex: 10s + 20r + 20w.

16 Wednesday

Ex: 15s + wts.

17 Thursday

Ex earlier: 10s + 20r + 20w. An 'early' birthday present from Gavin arrived. Roger and Maureen arrive. Had dinner at Fairwood (fast food) in the shopping mall.

18 Friday

R and M to TST to meet friends also travelling from NZ, and all day with them.

19 Saturday

Cool, misty and damp. Good run, but shorter: 2 h 09 min, exactly as predicted. [Last weekend, SA won the Las Vegas 7s.]

20-21 Sunday - Monday

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22 Tuesday

R and M up at 4.30 am and leave on the 6 am airport shuttle. Another huge earthquake hits Christchurch and causes massive destruction. Ex: 10s + 20r + 20w.

23 Wednesday

Financial Secretary delivers his annual budget - many handouts again. Ex: 15s + wts.

24 Thursday

Ex: 10s + 20r + 20w.

25 Friday

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26 Saturday

Run was a bit tough; did not feel at all like running. Tai Po Viaduct around Shing Mun reservoir and back; at 2 h 44 min, not bad; 10 min better than last year and only 7 min off best.

27 Sunday

Had to work on Chem S5 conceptual framework for tomorrow's deadline, though they had done most of the work.

28 Monday

Ex: 15s + wts.

MARCH

1 Tuesday

NZ stops at 12.51 pm (NZ time, time when earthquake hit) for 2 min silence for earthquake victims. Ex: 10s + 20r + 20w (walk up to 96% of a slow run).

2 Wednesday

FS makes changes to budget; now all permanent residents over 18 to get \$6000, which should include me. Ex: 15s + wts (lighter). CE slightly injured when an LSD member rushes a stage.

3 Thursday

Internet connection breaks - again! Ex: 10s + 20r + 20w.

4 Friday

HGC technician comes. In Nelson, Crusaders beat Waratahs.

5 Saturday

Just a short run because of the dinner tomorrow evening. Tai Tong/Lychee valley/res/Ho Pui res + loop/tunnel bus; 2h 06 min, 2 min faster than last time 2 years ago.

6 Sunday

Now about 6 months since being off all medication. In evening, buffet dinner at YMCA with 3 folks from Pearson Sg.

7 Monday

Terrible sleep. Tired. Ex: 15s + wts.

8 Tuesday

Ex: 10s + 20r + 20w.

9 Wednesday

Gavin's graduation date (9th). Two power cuts today. Got caught with the 4 pm cut because Windows updates were taking too long to complete before power cut occurred. Computer able to start about 3 hours later. Ex: 15s + wts (easy workout due to the large amounts of adrenaline in my system!!).

10 Thursday

Ex: 10s + 20r + 20w.

11 Friday

An 8.9 earthquake hits offshore north of Tokyo.

12 Saturday

Runs not feeling so good now. Still, not too slow. Tai Tong and back; 2 h 15 min, 4 minutes faster than anticipated. Had a spill on the flat track around the reservoir.

13 Sunday

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14 Monday

Another explosion at a nuclear reactor in Japan. Ex: 15s + wts.

15 Tuesday

Ex: 10s + 20r + 20w.

16 Wednesday

Ex: 15s + wts.

17 Thursday

Ex: 10s + 20r + 20w. Prince William in Chch. RWC matches moved from Chch.

18 Friday

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19 Saturday

Cool and wet for the run. Tai Po to Tai Mo Shan and down the road to Sek Kong roundabout - 2 h 32 min. Ireland defeats England 24-8 to deny England a grand slam.

20 Sunday

'UN' air forces attack targets in Libya.

21 Monday

Ex: 15s + wts.

22 Tuesday

Ex: 10s + 20r + 20w.

23 Wednesday

Ex: 15s + wts. Coroner's jury returns verdict on late August's Manila shootings - the Philippines government comes out badly. Elizabeth Taylor dies.

24 Thursday

Ex: 10s + 20r + 20w.

25 Friday

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26 Saturday

Terrible sleep last night. Looked at the clock at about 3 am! Run not too bad though not the fastest - 2 h 34 min. Had TV on for HK 7s.

27 Sunday

NZ win the Cup beating England 29-17 in the final. Crusaders have a good 44-28 win over Sharks at Twickenham.

28 Monday

Ex: 15s + wts. Decided to get other authors to help with Chem books.

29 Tuesday

Ex: 10s + 20r + 20w.

30 Wednesday

Ex: 15+ wts.

31 Thursday

Another terrible sleep last night. Ex: 10s + 20r + 20w. Star Ferries from Hung Hom to Central and Wanchai cease operation.

APRIL

1 Friday

Up to 40000 mainland mothers giving birth in HK a year, up from just several hundred in 2005.

2 Saturday

Run not bad; included two new sections + a rope descent; warm - 2 h 26. About 600 top people from Japan seeking work in HK following the earthquake. India beats Sri Lanka to win Cricket World Cup.

3 Sunday

NZ beat SA to take the Adelaide 7s.

4 Monday

Ex: 15s + wts.

5 **Tuesday**

Holiday for Ching Ming festival. Ex: 10s + 20r + 20w.

6 Wednesday

Ex: 15s + wts.

7 Thursday

Ex: 10s + 20r + 20w.

8 Friday

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9 Saturday

Quite an exhausting run. Warm but very humid. Up Needle Hill - 2 h 52 min - longer than anticipated. Very tired in afternoon.

10 Sunday

Last day of the 6-day 240 km marathon in Morocco.

11 Monday

Ex: 15s + wts.

12 Tuesday

50th anniversary of first manned space flight. Also of first shuttle flights. Ex: 10s + 20r + 20w.

13 Wednesday

Ex: 15s + wts. TV news item about how exercise helps reduce effects of dementia.

14 Thursday

Ex: 10s + 20r + 20w.

15 Friday

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16 Saturday

Run: bot, humid, exactly 2h 14 as predicted to give average of 2:31 for season. Russian president in HK for 2 days. A 5.2 earthquake in Queensland. For letter: HK's 'mobile moan' / whale songs / US banks mortgage scam.

17 Sunday

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18 Monday

Ex: 15s + wts. Tired in evening.

19 Tuesday

Ex: 10s + 20r + 20w.

20 Wednesday

No exercise; have a few days off before swimming starts.

21, 22, 23, 24 Thursday - Sunday

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25 Monday

ANZAC Day -completely forgot to watch the dawn service at Gallipoli on Aus TV. Began swims - OK but seemed to take a long time; trying to change stroke style. Ex: 15j + 1.5 km.

26 Tuesday

Ex: 15j + wts. 25th anniversary of Chernobyl nuclear accident.

27 Wednesday

Coloured hair in morning. Ex: 15j + 1.5 km swim.

28 Thursday

Ex: 15j + wts.

29 Friday

To dentist am - replaced collapsed upper incisor filling (\$204). Very light rain. Ex: 15w + 1.5 km swim --> 4.5 km for week. After exercise and in evening watched the royal wedding live on TV.

30 Saturday

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MAY

1 Sunday

HK's minimum wage law takes effect today. Labour day.

2 Monday

Labour day holiday. US announces that Osama Bin Laden has been killed in Pakistan by US troops. Ex: 15j + 1.5 km swim.

3 Tuesday

Ex: 15j + wts. Tornado hits Auckland.

4 Wednesday

Ex: 15j + 1.5 km swim.

5 Thursday

Ex: 15j + wts. USS Carl Vinson (from which bin Laden was buried at sea) wants to visit HK.
World's oldest vet dies at age 110.

6 Friday

Ex: 15w/j + 1.5 km swim.

7 Saturday

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8 Sunday

LRV derailed just along the road after being hit by a container truck (that may have run a red light); 23 injured.

9 Monday

Ex: 15j + 1.5 km swim.

10 Tuesday

Ex: 15j + wts. Holiday for Buddha's birthday. Bun scramble at midnight.

11 Wednesday

Ex: 15j + 1.5 km swim.

12 Thursday

To dermatologist am.

13 Friday

Ex: 15j + 1.5 km swim (quite good).

14 Saturday

Gavin's birthday. Computer misbehaving; lights flashing, boxes opening by themselves.
Seemed to correct itself after several hours.

15 Sunday

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16 Monday

Pool closed because of weather. Ex: 15j + wts.

17 Tuesday

Ex: 15j + 1.5 km swim. Interesting '60 Minutes' interview with Obama.

18 Wednesday

Ex: 15j + 1.5 km swim.

19 Thursday

Ex: 15j + 1.5 km swim.

20 Friday

Ex: 15j + wts.

21 Saturday

Today the world is to end!!

22 Sunday

USS Carl Vinson in HK. SA win London 7s; Fiji beat NZ in semi-finals but NZ clinch the title.

23 Monday

Ex: 15j + 1.5 km swim.

24 Tuesday

Ex: 15j + 1.5 km swim. 60 minutes item on 'Sovereign Citizens'.

25 Wednesday

Ex: 15j + wts.

26 Thursday

Ex: 15j + 1.5 km swim (training). In Serbia, Mladic caught.

27 Friday

Ex: 15j + wts.

28-29 Saturday - Sunday

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30 Monday

Ex: 15j + 1.5 km swim. Drinks/Foods from Taiwan to be banned - contain DEHP.

31 Tuesday

Ex: 15j/w + 1.5 km swim.

JUNE

1 Wednesday

Ex: 15j + wts. CE caught up in illegal structures on his flat. Tornadoes in MA.

2 Thursday

Ex: 15j + 1.5 km swim.

3 Friday

Used a PnS \$40 coupon at supermarket. Ex: 15j + wts. Tired!

4 Saturday

June 4th vigil at Victoria Park.

5 Sunday

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6 Monday

Tuen Ng - dragon boat - holiday. Ex: 15j + 1.5 km swim.

7 Tuesday

Ex: 15w/j + 1.5 km swim.

8 Wednesday

Ex: 15j + wts.

9 Thursday

Ex: 15w + 1.5 km swim (bit slower). Very tired.

10 Friday

Ex: 15j + wts.

11 Saturday

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12 Sunday

Nadine's birthday.

13 Monday

Christchurch hit by more earthquakes - 2 buildings collapse. Now talk of abandoning some or all of the city. Ash from Chilean volcano causing air travel chaos in NZ and Aus. Ex: 15w + 15. km swim.

14 Tuesday

Ex: 15w + 1.5 km swim.

15 Wednesday

Ex: 15w + wts.

16 Thursday

Ex: 15w + 1.5 km swim (not much compared with the recent 108 km, 40+ hr ocean swim by an Australian(?) woman). Government announces some details about \$6000 handout.

17 Friday

Ex: 15w + wts.

18 Saturday

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19 Sunday

International dragon boat races in Victoria Harbour today.

20 Monday

Ex: 15w + 1.5 km swim.

21 Tuesday

Ex: 15w + 1.5 km swim. Tropical cyclone skirting HK.

22 Wednesday

Ex: 15w + wts. Signal 3 up. A lost Emperor penguin ends up on a NX beach having swum about 6000 km.

23 Thursday

Ex: 15w + 2.0 km swim.

24 Friday

30 more scarlet fever cases since yesterday - nearly 600 this year. Ex: 15w + wts.

25-26 Saturday - Sunday

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27 Monday

Letter: Forgot to mention near air collision over Australia. Junior ABs win 4th consecutive junior world championship. Ex: 15w + 1.7 km swim. Census form arrives.

28 Tuesday

Ex: 15w + wts (pool closed).

29 Wednesday

Ex: 15w + 2.0 km swim.

30 Thursday

Ex: 15w + 1.7 km swim.

JULY

1 Friday

Holiday - handover anniversary and 90th anniversary of the Chinese Communist Party. Annual July 1st protest; organisers claim over 200 000. Small group in a riot in Central afterwards. Ex: 15w + wts (most aerobic machines in full use).

2 Saturday

Completed the census (short) form online instead of posting it in. Some of the English in it is appalling! Nearly finished last LSS chapter.

3 Sunday

Computer wouldn't open. Spent all day trying to fix it but just made it worse! So, no letter written.

4 Monday

US Independence Day. Contacted Dell - took all day. Ex: 15w + 1.5 km swim. Govt to postpone by-election bill.

5 Tuesday

Did some work - on paper. Ex: 15w + 1.5 km swim. Dell technician (Dick) came at 7 pm - stayed till nearly 9:30 pm re-installing Windows. Cost \$388. Got another Census form in mail - saying that hotel guests cannot use e-questionnaire!

6 Wednesday

Very tired but during and after gym felt ok. Ex: 15w + wts. Gym given 3 aerobic machines from a sister hotel. NZ penguin on TV news - doing fine! Got my \$400 of PnS coupons from the hotel.

7 Thursday

ESF may lose its government subsidy. Ex: 15 cross-trainer (quadriceps) - resistance = 10; steps = 2100 + 1.5 km swim. Tiger Airways to be grounded until the end of the month.

8 Friday

Ex: 15ctq/10/2200 + wts.

9 Saturday July 2011

Reds beat Crusaders 18-13 to take become Super Rugby champions. Netball final tomorrow in Aus between Aus and NZ.

10 Sunday

Australia beat NZ by 1 point to take world netball title.

11 Monday

Dyed hair after breakfast. Ex: 15ctq/10/2100 + wts (pool closed).

12 Tuesday

Exercise earlier because of housecleaning: 15ctq/10/2100 + 1.5 km swim (surprisingly good - all overarm). IIs to head from Indonesia to NZ!

13 Wednesday

Again an earlier swim. Ex: 15ctq/10/2100 + 1.5 km swim (not bad).

14 Thursday

Bastille Day. Exercise at lunchtime in case of thunderstorm warning (which was raised while swimming but pool not closed): 15ctq/10/2200 + 1.5 km (not bad - hurrying in case pool closed).

15 Friday

Kaia's birthday. Used the \$400 PnS coupons. Legislative Council has last meeting in its current building. Ex: 15ctq/10/2000 + wts.

16 Saturday

Webs.com to charge from September except for html sites.

17 Sunday

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18 Monday

Ex: 15ctq/10/2100 + 1.5 km swim.

19 Tuesday

Ex: 15ctq/10/2100 + 2.1 km swim.

20 Wednesday

Ex: ~20ctq (yapping with neighbour) + 1.5 km swim (fast @ 24 min per km).

21 Thursday

Grace's last day at work here. Ex: 15ctq/10/2180 + wts. Space shuttle 'Atlantis' lands to end the 30-year shuttle programme.

22 Friday

Ex: 15ctq/10/2200 + 1.7 km swim (6.8 km for week). In Rugby NZ beat Fiji 60-14.

23 Saturday

7500 aftershocks in Christchurch since the 7.1 hit (20+ a day). Bombing and shooting in Norway kills nearly 100. Train crash in China. In Rugby, Aus beat SA 39-20.

24 Sunday

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25 Monday

Ex: 15ctq/10/2175 + 1.5 km swim (32 degrees). Tired - little sleep Sunday night and hot swim.

26 Tuesday

Ex: 15ctq/10/2250 + 1.5 km swim (first at deep end; cooler). On Australian TV: NZ having severe snow storms; dog yoga ('doga') in HK! Government fears many Filipino maids may gain permanent residency. Internet connection breaks - again!

27 Wednesday

Ex: 15ctq/10/2222 + 2 km swim.

28 Thursday

Technician comes pm; changes port downstairs, not the computer plug. Ex: 15ctq/10/2100 + wts (wanted a swim but though blue sky before gym, pouring and closed later but fine again when finished gym!!!).

29 Friday

Used a \$30 Money Back voucher. Ex: 15ctq/10/2100 + 2 km swim (7 km for week).

30 Saturday

ABs demolish a second-string SA 40-7.

31 Sunday

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AUGUST

1 Monday

Ex: 15ctq/10/2100 + 1.8 km swim.

2 Tuesday

Note from hotel saying that all suites to have HGC broadband (though have to pay for it!).

Ex: 15ctq/10/2150 + 2 km swim.

3 Wednesday

Ex: 15ctq/10/2210 + 2.1 km swim. Marinah asks me to do some of the work the other author was to do. Leonie has second baby, a girl.

4 Thursday

L. Ex: 15ctq/10/2100 + 2.1 km swim (8 km for week). Top government officials meet to discuss Filipino court case issue on right of abode.

5 Friday

CD and card from Grace. Ex: 15ctq/10/2100.

6 Saturday

Anniversary of dropping of atom bomb on Hiroshima. ABs beat Wallabies 30-14. 31 Navy SEALs killed in a helicopter crash in Afghanistan.

7 Sunday

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8 Monday

HSBC 10 am. No exercise this week. The 'White Mouse' dies aged 98.

9 Tuesday

Injured my back - doing nothing except sitting.

10 Wednesday

China's first aircraft carrier out for first brief sea trials.

11 Thursday

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12 Friday

Used a \$10 Money back voucher. Details announced for the \$6000 scheme. USS Ronald Reagan in HK.

13 Saturday

Wallabies beat SA 14-9 in Durban.

14 Sunday

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15 Monday

Started exercise again: 15cqt/10/2050 + 1.8 km swim.

16 Tuesday

Chinese vice premier arrives in HK for a three-day visit. Ex: 15cqt/10/2100 + 2 km swim.

Qantas announces it is to 'restructure', cutting many international links, increasing presence in Asia, moving operating base out of Australia and reducing staff numbers in Australia.

17 Wednesday

Troublesome HGC!! They disconnected me (and I think others in the building). Ex:

15cqt/10/2150 + 2.1 km swim. NZ apples able to be sold again in Australia after 90 year ban.

Got a call at about 11 pm to say the broadband is reconnected.

18 Thursday

Former Governor David Wilson at a HKU ceremony for 100th anniversary celebrations.

HGC technician comes at about 3.15 to prepare for Internet upgrade. Ex: 15cqt/10/2120 + 2.1 km swim. At 9 pm started to get strong stomach pains; didn't last too long and no diarrhoea.

19 Friday

Ex: 15cqt/10/2100 + 2 km swim (10 km for week). Second evening with stomach pains, this time with diarrhoea - caused by pool water?

20 Saturday

From *Time*, ~819 hot dogs consumed per second this summer in the USA. SA beat ABs 18-5 in SA.

21 Sunday

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22 Monday

Tripoli almost defeated. Internet connection breaks again!! Right of abode case brought by a Filipino domestic helper begins. Cross harbour swimming race to begin again next month.

Ex: 15cqt/10/2100 + 2.1 km swim.

23 Tuesday

Ex: 15cqt/10/2100 + 2.5 km swim. Earthquake along US East coast. Anniversary of the Manila hostage tragedy.

24 Wednesday

HGC technician does not come by 4 pm; waited until nearly 5 pm but still not here. Ex: 15ctq/10/2121 + 2.7 km swim.

25 Thursday

Ex: 15ctq/10/2250 + wts (thunderstorm closes pool).

26 Friday

Ex: 15ctq/10/2250 + 2.7 km swim (10 km for week @ 2.5 km average). More fallout from police action at HKU. Japanese PM resigns; 6th in 5 years.

27 Saturday

Wallabies beat ABs 25-20 in Brisbane to take the tri-nations title.

28 Sunday

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29 Monday

Ex: 15 cross-trainer (hamstring?)/Level 3/~13.4 (speed)/3.49 (distance) = 15cth/3/~13.4/3.49 + 3 km swim.

30 Tuesday

Happy Feet on his way back to the Antarctic (by boat). HKU to probe recent police action. Ex: 15cth/3/3.29 km + swim 3.2 km. Chromium in vegetables in China.

31 Wednesday

New internet connection installed. Ex: 15ctq/10/2200 + 3.4 km swim. NZ TV programme on fruit juices. 1/3 NZ children obese: 4 1/2 year olds have 8~10 fillings. One culprit - fruit juices die to high sugar and acid content. Internet technician came at 11 pm as first time use with new connection and computer would not boot.

SEPTEMBER

1 Thursday

Tired after late night. Ex: 15ctq/10/2020 (tired!) + 3.4 km. My webs.com website now gone (host now charging)!

2 Friday

Ex: 15ct(old machine)L3/?? + 3 km swim (total 16 km for 5 day week).

3 Saturday

Article in Time linking ABs, world cup and Chch earthquake.

4 Sunday

Hottest August since 1884(?) - average 29.5, 1.5 higher.

5 Monday

Ex: 15ctq/10/2120 + 2.8 km swim (??kept losing count of laps). Exploding mooncakes in a Taipei toilet.

6 Tuesday

Ex: 15ctq/10/2100 + 2.7 km swim.

7 Wednesday

Computer would not re-start; had locked 'off' for 'protection', but after about an hour it was OK. Ex: 15ctq/10/2130 + 3 km swim. HSBC to lay off 10% (~3000) of local staff.

8 Thursday

Ex: 15ctq/10/2130 + wts (pool closed till 5 pm because of a private function so decided to do wts).

9 Friday

Ex: 15ctq/10/2100 + 2.7 km swim (11.2 km for week). Hotel evening buffet in the lobby. RWC begins in NZ.

10-11 Saturday - Sunday

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12 Monday

Ex: 15ctq/10/2150 + 3 km swim.

13 Tuesday

Public holiday (for mid-autumn festival). Ex: 15ctq/10/2150 + 4 km swim (accidentally bump into a mainland woman who accuses me of 'sexual assault' and then hits me!)

14 Wednesday

Ex: 15ctq/10/2100 + 3.5 km swim. Stanford alumni website now part of Google mail.

15 Thursday

Ex: 15ctq/10/2100 + 4 km swim.

16 Friday

Ex: 15ctq/10/2100 + 4 km swim (18 km for the week); water still warm at 32. long hot swim is dehydrating. UK PM Cameron and French president Sarkozy receive a rapturous reception in Libya. Japanese hand-size robots to tackle the Honolulu iron man distances. NZ thrash Japan 83 - 7 in RWC match.

17 Saturday

Ireland beat Australia 15 - 6 in RWC.

18 Sunday

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19 Monday

Cocaine haul (~600 kg, ~\$600 million) and gang (1 US + 5 Mexico + 1 Columbia) continues.
Ex: 15ctq/10/2100 + 3.1 km swim (--> 2.0 km average to date) (just completed when pool closed for thunderstorm).

20 Tuesday

Ex: 15ctq/10/2200 + 2.5 km swim.

21 Wednesday

Ex: 15ctq/10/2100 + 3.7 km swim.

22 Thursday

Ex: 15ctq/10/2100 + 4 km swim.

23 Friday

Ex: 15ctq/10/2100 + 6 km swim - a PB? (19.3 km for week). Discussion in HK about paternity leave.

24 Saturday

Bits of a satellite fall to earth. Wing suit man flies though a cave in a hill in China. Old people in HK collecting free newspapers then selling them to recyclers! Putin to stand for

president of Russia! NZ easily beat France 37-17. 61-year old lady from LA swimming the 166 km from Florida to Cuba, w/o a cage.

25 Sunday

Saudi women to get the vote.

26 Monday

Ex: 15ctq/10/2100 + 4.5 km swim. ANA to receive new B-787 aircraft. A CX and a Dragonair plane within seconds of a head-on collision a few days ago in airspace over HK.

27 Tuesday

Ex: ct(b)/3/3.36 km + 5 km swim. Some Australian hospitals running out of penicillin; have to ration it and use broad-spectrum antibiotics instead.

28 Wednesday

Ex: 15ctq/10/2100 + 7 km swim (new PB); #3 signal raised during swim (though I was not aware of it).

29 Thursday

#8 signal up most of the day. Brage breaks moorings and crashes into a wall just metres from a housing block. Ex in gym: 15ctq/10/2100 + wts. The Russian army to replace AK-47s. China launches its first module for an eventual space station; to be used for docking practice.

30 Friday

Court rules in favour of right-of-abode for domestic helpers. US-born Anwar Al-Alwaki killed in Yemen. Ex: 15ctq/10/2100 + 3.6 km swim to give 20.1 km for the week, a PB (set over 4 days compared with previous PB of 20 km over a 5-day week).

OCTOBER

1 **Saturday**

Public holiday for National Day. (ANA 737 flips over and dives after pilot presses wrong controls!) (MSF uses a malnutrition upper arm band.)

2 Sunday

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3 Monday

No 3 signal up again; lowered early evening. Ex: ctq/10/2180 + wts.

4 Tuesday

Lunch at the 'Italian' restaurant. Ex: 15ctq/10/2110 + 3 km swim (cooler water - 25 degrees).

5 Wednesday

Chung Yueng festival holiday. Found a lot more LSS work to do that I had been unaware of. Ex: 15ctt/3.33 km + 3 km swim.

6 Thursday

Steve Jobs of Apple dies. Ex: 15ctq/10/2100 + 4 km swim (10 km for the week).

7 Friday

10 years since Taliban took were ousted in Afghanistan. Ex: 15 ctq/10/2200 + wts. Somewhat tired. Oil slick, getting larger, from a Liberian-registered ship stuck on a reef off Tauranga, NZ.

8 Saturday

Latest TIME: For sale - VA in West LA and Moffett field in SFO. In NZ in the RWC quarter finals, France beat England and Wales beat Ireland. Watched an AUS TV Current Affairs programme on QF32.

9 Sunday

RWC quarter finals: Australia beat SA 11 - 9; NZ beat Argentina 33 - 10 (but couldn't score a try until the 68th minute!).

10 Monday

Ex: 15ctq/10/2100 + 4.5 km swim (--> 2.3 km average for season so far); good, fast swim (23 min/km for first 2 km, overall ~23.6 min); good conditions - water temp 27, calm, light rain, pool to myself (except the same few lengths). Centenary of the 1911 revolution in China which overthrew the Qing dynasty.

11 Tuesday

Ex: 15ctq/10/2100 + 3.3 km swim. Oil spill in NZ becomes country's worst maritime environmental disaster. Last regular time for Andy Rooney in 60 minutes. Wall ST protesters slogan: 10 years ago - Steve Jobs, Bob Hope, Johnny Cash; now - no jobs, no hope, no cash.

12 Wednesday

Early dental appointment - not with dentist but with hygienist (\$108). Heavy rain at times. CEs last policy address - given in the new Legco building; the HOS to be restarted; \$2 flat fares for all 'elderly'. Ex: 15 jog (8.5 kph) + wts.

13 Thursday

Ex: 15 walk (7.9 kph) + 3.2 km swim (11 km for week).

14 Friday

Ex: 15 jog (8.6 kph) + wts.

15 Saturday

55% us Americans do not know what GOP stands for. France beat Wales 9 - 8 in first RWC semi-final. 'Occupy Central' protest in HK.

16 Sunday

Cross-harbour swim to go ahead in spite of E.coli levels much higher than acceptable at HK beaches - earlier but levels are down now. Winner takes just 20 min 34 s to do the 1.8 km from Lei Yue Mun to Quarry Bay. In second RWC semi-final, NZ beat Australia 20 to 6.

17 Monday

Ex: 15 walk (7.9 kph) + 4 km swim.

18 Tuesday

Ex: 15 walk (7.9 kph) + 4.5 km swim.

19 Wednesday

Ex: 15 jog (8.5+ kph) + wts. Saw Iron man Zurich on TV.

20 Thursday

Ex: 15 walk (7.9 kph) + 5 km swim (--> 13.5 km for week --> 2.4 km average for season so far). In Sirte, Libya, Gaddafi killed.

21 Friday

Used HS \$300 PnS coupons. 40/25 km Moon Trekker tonight on Lantau. Ex: 15 jog (8.5) + wts. Toddler in China, knocked over then run over by two vehicles with 18 people passing by before anyone gave help, dies. In RWC, Australia beat Wales 21-18 to take take third place.

22 Saturday

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23 Sunday

NZ beat France 8 - 7 (lowest scoring of all RWC finals) to win the RWC, but hardly convincing, so are world champions in title only (at least for me). The score --> 87 (1987!). A 7.2/7.3 earthquake in East Turkey.

24 Monday

Tired. Ex: 15w (8 kph) + 3 km swim.

25 Tuesday

Ex: 15 walk (8 kph) + 4.2 km swim (longer swims making me tired now).

26 Wednesday

First commercial flight of 787 'Dreamliner' - an ANA flight from Tokyo to HK. Ex: 15 jog + wts.

27 Thursday

Ex: 15 walk + 3 km swim (10.2 km for the week).

28 Friday

29 Saturday

Because of industrial strife, Qantas decides to ground all aircraft indefinitely.

30 Sunday

Coloured my hair.

31 Monday

Tribunal orders Qantas back into the air. Ex: walk (8 kph) + 3 km swim.

NOVEMBER

1 Tuesday

Tired. Will just do three swims this need; no gym. Family arrested in a Honolulu supermarket over a sandwich they forgot to pay for. US north-east getting over severe early winter snow storm. On 60 Mins, how ipads are helping autistic people communicate. Graham Henry steps down as AB coach, as expected.

2 Wednesday

Ex: no gym + 3 km swim.

3 Thursday

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4 Friday

Notified by bank that I have received my \$6000. Ex: 0 + 3 km swim (9 km for week; bit tough but still did only freestyle).

5 Saturday

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6 Sunday

District Council elections today. Went to vote for 1 of the (only) 2 people standing (I guess all the others of the 42 have been automatically re-elected, though I don't know how). Voted for the radical People Power candidate.

7 Monday

Pundits a little wrong - a record of about 41.4% turned out. The candidate I voted for lost - badly!

8 Tuesday

Ex: 0 + 2.7 km swim. Temperatures starting to drop in evening.

9 Wednesday

Italian PM decides to resign, due to the debt crisis. Ex: 0 + 2.4 km swim - last for season --> 100 swims at 2.45 km/swim average.

10 Thursday

Visit to dermatologist am. Next appointment in 6 months. On TV: 1. Surfer in Portugal surfs a 90 ft wave. 2. Shots of APEC in Honolulu.

11 Friday

To a Ming Yin 1971 F5 graduates reunion. Four teachers of this era and about 20 students there, some from overseas!

12 Saturday

First run of the season: 23 degrees, sunny; at 2 hr, a few minutes slower but what I was predicting.

13 Sunday

Read in Time that Andy Rooney died November 4th.

14 Monday

Ex: 15j + wts.

15 Tuesday

Ex: 15 skip (4+4+2 with 1/2 min rests) + 20 row + 20 jog. Tough! From TV, 200 000 US vets live on streets.

16 Wednesday

Ex: 15j + wts. Had a sauna - first for perhaps 2 years. Obama in Australia for just a couple of days.

17 Thursday

Ex: 10skip (no pauses!) + 20row + 30jog.

18 Friday

HK Disneyland - on Aus TV! Passengers in Vienna on a flight from India to the UK have to pay for fuel before the plane will take off!!

19 Saturday

Tough second run; again overlap with Trailwalkers. 26 deg, ~100% humidity, very slushy (after several days of light rain); time ~ 2 h 18 min.

20 Sunday

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21 Monday

To bank in the morning. Ex (decided to do light workouts for some time to 'recover'): 15w + (lighter) wts. Policeman at UC Davis uses pepper spray on peaceful protestors.

22 Tuesday

Government to give or 4 or 5 days of paternity leave to civil servants. Andy Rooney still appears on 60 Minutes. Ex: 10s + 20r + 20w (slow).

23 Wednesday

Ex: 15w + wts.

24 Thursday

Ex: 10s + 20r + 20w. On the way back from the gym, got a free bottle of Lee Kum Kee Soy Sauce from a company van.

25 Friday

On TV: relation between smelly socks and malaria.

26 Saturday

Quite a good run; better conditions than last week. Around Tai Lam, 2 h 11 min; not fastest but still good. Best leg was just after halfway when runners passed me and 'pulled' me along for a bit, so 1 or 2 mins faster for the leg than any previous time. NZ election today.

27 Sunday

More revelations about vote rigging in the past elections. Evening hotpot dinner at a restaurant in other building.

28 Monday

Ex: All day on online storage sites for photos. 15w + wts.

29 Tuesday

Ex: 10s + 20r + 20w.

30 Wednesday

Early morning fire, probably arson, in Fa Yuen St stall spreads to a building killing 9 and injuring 30+. Ex: 15w + wts.

DECEMBER

1 Thursday

Rent here set to double!!! Hillary Clinton continues her visit to Burma - first by a US official since 1995. Ex: 10s + 20r + 20w.

2 Friday

100 years ago today, first Australian Antarctic expedition sets off from Hobart; celebrations to remember it.

3 Saturday

Run a bit tough but at 2 h 13 min, same time as last year. But only about 14 degrees; didn't feel this cool, but may explain why my leg muscles seemed to take so long to warm up.

4 Sunday

22 people (20 of who voted) arrested by ICAC for vote rigging in a constituency won by just 2 votes.

5 Monday

ABC to retain its TV licence rather than it being given to a Murdoch company. Ex: 15w + wts.

6 Tuesday

Ex: 10s + 20r + 20w/j.

7 Wednesday

Many pregnant mainland women turning up at A & E at last minute to give birth. 70th anniversary of Pearl Harbor. Ex: 15w/j + wts.

8 Thursday

Ex: 10s + 20r + 20j/w. 70th anniversary of Japanese invasion of HK. TV report of an Antarctic marathon.

9 Friday

HK tourists killed in a bus crash in China. Third IRB 7s begins, in SA (first and second were on the Gold Coast and in Dubai).

10 Saturday

Fine day but cool; 11 deg for run; wore a pullover for the whole run. Run Ok, 2 mins slower than last year. Stayed up late to watch part of a total eclipse of the moon; perfect view right outside the hotel with a perfectly clear sky. NZ beat SA 31-26 to win the SA 7s.

11 Sunday

Only a 27% turnout of eligible voters for the election of the CE selection committee.

12 Monday

Ex: 15w/j + wts. Norwegian PM in Australia, on his way to NZ and to celebrate 100th anniversary of Amundsen reaching the South pole. In HK, democrats get nearly 200 candidates for CE committee - more than the 150 needed for them to nominate a candidate.

13 Tuesday

Ex: 10s + 20r + 20w/j. E-mail from Bruce to say that funeral of Cynthia Guyan (Nunns) held today.

14 Wednesday

On this date 100 years ago, Roald Amundsen becomes the first person to reach the South Pole. Info re District Council elections arrives - about 6 weeks late! Work begins on HK-Zhuhai-Macau bridge. Ex: 15w/j + wts.

15 Thursday

Ex: 10s + 20r + 20w/j.

16 Friday

Late pm, went to look at some flats in Central Park Towers.

17 Saturday

Little sleep - about 2 hours! Still run not bad. Tai Po to TM Shan to Sek Kong (thru forest) - 2 h 48 min. On TV, saw parts of the Sydney 'Christmas in the domain'.

18 Sunday

Last US troops leave Iraq. Vaclav Havel, former president of Czechoslovakia and the Czech Republic, dies.

19 Monday

Death announced of Kim Jong-ill of North Korea. Ex: 15w/j + wts.

20 Tuesday

Macau celebrates 12th anniversary of handover + protest marches for greater democracy. Guide dogs for blind to be re-introduced in HK after 30 years. No live chickens for a few weeks because of a bird flu scare. Ex: 10r + 20r + 20w/j.

21 Wednesday

Ex: 15w/j + wts.

22 Thursday

Feeling a bit tired. Ex: 10s + 20r + 20w/j. Quote about what people can/cannot do in N Korea: 'if it isn't banned, it's compulsory'.

23 Friday

Another large earthquake (5.8) in Chch.

24 Saturday

Cool at 11 degrees. Run a bit difficult at the start by 1 minute faster than last year, though about 10 mins off best. A CX 747 from London to HK makes emergency landing in Moscow after smoke detected in plane; second smoke incident this month.

25 Sunday

Coldest Christmas day for 27 years.

26 Monday

Boxing day holiday. Gavin calls at 8.15 am, thinking it was Xmas day here; talk for about 45 mins. Having a break from exercise this week.

27 Tuesday

Christmas day holiday. USS Carl Vinson and support group arrive for a 3-day visit. Somehow hurt an upper arm - doing nothing? Three HK people killed when a bus ploughs into a crowd at a bus stop on Chinese side of Lo Wu.

28 Wednesday

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29 Thursday

Most people here identify strongly with HK and not with the mainland, to the extreme irritation of the NCNA office here.

30 Friday

Samoa switches time zone to be same as NZ and Australia. Government to go to extra expense for an incinerator to protect a lizard (that looks like a worm).

31 Saturday

Run same as last year and same overall time.

Hikes: 2011 - 2012

2011

1	12/11	23°C	Tai Po V → lead mine pass (38) → [7] loop → Grassy Hill/road (1.21) → Tai Po Kau forest → Tai Po	2:00
2	19/11	26°C	TT → road/track → reservoir (37) → Stage 10 track → road (1.21) → forest track t.o. (1.25) → TT Rd (1.42) → TT	2:06
3	26/11	21°C	TT gate → reservoir (29) → road to dam (1.10) → Stage 10 t.o. (1.36) → small reservoir (1.56) → TT bus terminus	2:18
4	3/12	14°C	TT gate → reservoir (28) → forest track → road (55) → road to TLT Y-junction (1.11) → track → road (1.23) → top of reservoir (1.39) → tunnel bus	2:11
5	10/12	11°C	TT → end of road (28) → Stage 10 track (turn left) → reservoir (55) → Yuen Tun trail → shortcut/steps → road → top of reservoir (1.39) → tunnel bus	2:12
6	17/4	15°C	Tai Po V → lead mine pass (37) → Tai Mo Shan (1.44?) → Twisk (2.08) → Kap Lung trail → Sek Kong	2:48
7	24/12	11°C	TT gate → reservoir (29) → forest track → road (56) → Stage 10 rd (1.06) → top of reservoir (1.19) → TLC trail → tunnel bus	2:26
8	31/12	17°C	CU → ridge [4] (52) → Kowloon Peak (2.05) → Shatin river (2.37) → CU	3:09

2012

9	7/1	13°C	Tai Wo → Cloudy Hill (44) → first reservoir (1.09) → Hok Tau dam (1.32) → Cloudy Hill (2.13) → park	2:46
10	14/1	17°C	CU → ridge [4] (55) → Pyramid Peak (1.22) → Ma On Shan [pass not peak] (1.42) → [4] t.o. (2.16) → CU	3:03
11	22/1	16°C	Tai Mei Tuk → Pat Sin Leng (41) → Hok Tau t.o. (turn left) (2.00) → Sha Lo Tung → Ting Kok Rd (2.40) → Tai Po station	2:56
12	28/1	17°C	Tai Mei Tuk → Brides pool (50) → Wu Kau Tung (1.05) → Sam A Chung → Lai Chi Wo (2.02) → pass (2.27) → Luk Keng	3:08
13	4/2	15°C	Plover cove dam → grave (1.05) → ridge (1.45) → stream	3:27

			(2.33) → Chung Mei (3.03) → Tai Mei Tuk bus stop	
14	11/2	11°C	TT → end of road (28) → Stage 10 (turn left) (38) → reservoir (54) → Ho Pui reservoir (1.30) → family walk loop (1.45) → Sek Kong road → dam (2.03) → Sek Kong (2.28) → Sek Kong roundabout	2:32
15	18/2	13°C	Tai Po V → lead mine pass (37) → bottom of Needle Hill (1.16) → Needle Hill (1.46) → road (not Grassy Hill) → lead mine pass (2.23) → Tai Po V	2:48
16	25/2	16°C	Tai Po V → lead mine pass (37) → top of reservoir (50) → pineapple track → across main dam (1.17) → track → top of reservoir (1.56?) → lead mine pass (2.20) → Tai Po V	2:46
17	3/3	17°C	TT → amusement/lychee park → reservoir (32) → Stage 10 road → Stage 9 sign/park (59) → track/road/track → Stage 10 rd (1.21) → top of reservoir (1.33) → TLC → tunnel bus	2:41
18	10/3	13°C	TT → amusement/lychee park → reservoir (33) → Ho Pui reservoir (1.07) → family walk → reservoir (1.21) → track /steps → Y-junction (1.42) → tunnel bus	2:06
19	17/3	23°C	TT gate → reservoir (28) → Stage 10 track → road (1.08) → small reservoir (1.27) → across dam → end of road & return to dam (1.59) → TT bus terminus	2:14
20	24/3	?	TT Road → rd/nature trail/track → reservoir (34) → Yuen Tun trail → Yuen Tsuen trail → road (1.06) → (turn right) → Y-junction (1.22) → stream track → road (1.35) → top of reservoir (1.42) → Tunnel bus	2:15
21	31/3	22°C	TT gate → reservoir (27) → TLC trail → original bus t.o. (1.35) → Y-junction (1.54) → top of reservoir (3.05) → TT gate	2:34
22	7/4	20°C	TT bus terminus → small reservoir → Stage 10 t.o. (35) → across main dam (1.04) → road → top of reservoir (1.42) → tunnel bus	2:15
23	14/4	28°C	TT Rd → amusement/lychee park → reservoir (37) → forest → road (1.06) → (turn right) → first short-cut to reservoir road → reservoir road → top of reservoir (1.40) → tunnel bus	2:20

Average time (23 runs) 2 hours 34 minutes