

DIARY: 2007

JANUARY

1 Monday

Smoking ban came into force at midnight.

2 Tuesday

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3 Wednesday

Computer misbehaving by shutting down on opening. Dell told me how to do a hardware diagnosis (took 3 hours instead of their stated 45 mins) but OK. Found a CD left in drive, which may have been the cause but why just yesterday? So, didn't go to the gym.

4 Thursday

Tired. To clinic; use cryotherapy on three spots on my hand.

5 Friday

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6 Saturday

Cool - pullover weather for run. Run less than 2 hours but still difficult.

7 - 9 Sunday - Tuesday

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10 Wednesday

Rearranged things in preparation for Nadine's arrival. Didn't go to the gym.

11 Thursday

Skipping up to 4 x 2 min with 1/2 min rests. Gym was skipping + rowing (15 min) + treadmill (15 min). Broadband connection not working.

12 Friday

Nadine arrives at 7:30 am on time but lingers at airport as Trevor was there. Technician arrives at 4:45 pm to fix the connection, which was downstairs.

13 Saturday

Good temperatures for run. A new route (though had done all the components) and a little slower but legs did feel better.

14 Sunday

In afternoon, went with Nadine to an Arts and Crafts 'fair' outside the Cultural Centre (a waste of time) then to watch an Omnimax film on the moon landings (almost a waste of time).

15 Monday

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16 Tuesday

Nadine goes to PO to get a box to freight excess luggage to Australia.

17 Wednesday

Skipping + rowing (15 min @ 2:09.7) + run (15 min).

18 Thursday

Nadine leaves on 3 pm bus for 6:30 flight on SIA.

19 Friday

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20 Saturday

Run not bad but very tired later. Neighbours in 1117 noisy until about 4:30 am.

21 - 22 Sunday - Monday

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23 Tuesday

Skipping up to 12 min.

24 Wednesday

Rowing at 2:08.5 average (but on other machine).

25 Thursday

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26 Friday

Skipping up to 15 min - 3, 3½, 3½, 5 min with 1/2 min rests.

27 Saturday

Cooler - 12°C to 17 °C. Run seemed to be a little better - 2:16 min compared with 2:10 last season.

28 Sunday

Pregnant women from China.

29 Monday

In afternoon, went to HK side to collect Nadine's new ID card. Later, only did skipping exercise - 20 min, 4 x 5 min. Watched a BBC documentary on 'The girl who lived in the dark' about a young Chinese village girl with XP skin cancer. Interesting but ultimately sad.

30 Tuesday

Windows Vista OS unveiled.

31 Wednesday

16 min skip + 15 min row @ 2:07.5.

FEBRUARY

1 Thursday

Controls on pregnant mainland women come into force today. To dermatology clinic in the afternoon. Bloods tests all showed normal. Donald Tsang announces his candidacy for the next CE election.

2 Friday

Skipped for 30 minutes - 7, 10, 8, 5 min with 1/2 min breaks. In opening Super 14 match, Auckland Blues beat the Crusaders 34 - 25.

3 Saturday

Run quite good; good conditions at 15 degrees, dry and just the slightest of breezes. Tired in the afternoon but not as bad as for earlier runs. Lunch at a restaurant in mall - not much good.

4 - 5 Sunday - Monday

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6 Tuesday

Waitangi day.

7 - 8 Wednesday - Thursday

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9 Friday

Octopus card problems - when adding value with ESP cards, money not added to cards but taken from accounts.

10 Saturday

Run - first exercise for a week. Satisfactory - 2 hr 14 min. Committee to be set up to investigate EMB (including Arthur Li) interfering at HKIED. Buy MINTIES.

11 Sunday

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12 Monday

All-time record snowfalls in New York - up to 12 feet. In Tokyo the opposite - none at all this winter -- too warm!

13 Tuesday

Appointment for new ID card at 4:15 pm. Saw on TV a NZ parachutist who fell 5000 m to the ground and survived after both his 'chutes failed to open (properly). CWS leaves for China in evening. Auntie Pat dies toady.

14 Wednesday

Fire on KCR train in Tai Lam tunnel due to burning oil from a transformer.

15 Thursday

Leprosy increasing in Indonesia. Gym: 15 min skipping (3 + 1/2 x 3) and 15 min row at 2:06.4.

16 Friday

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17 Saturday

Overcast and humid. Ended with a new, but not interesting, route. Time: 2 hr 3 min. Run times for first two legs almost back to normal. US House passes the non-binding motion criticising Bush for increasing number of troops in Iraq.

18 Sunday

Chinese New Year parade in TST.

19 Monday

This day, 65 years ago, Darwin attacked by the Japanese. Fireworks display above harbour in spite of drizzle.

20 Tuesday

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21 Wednesday

Britain announces a partial pullout of troops from Iraq. Rowing in gym not good, mainly due to breathing, I think. Took a Nuelin tablet later.

22 Thursday

Birthday. Skipping 30 min (8 + 22!).

23 Friday

Arthur Li sends letter from solicitor to Bernard Luk.

24 Saturday

Include death of Auntie Pat in letter. Run today not good - breathing difficulty except for last part. Got lost in the Tai Tong amusement park. Also needed to have a poo - the first for a few years.

25 - 26 Sunday - Monday

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27 Tuesday

Skipping - 35 min (25 + 10).

28 Wednesday

Hospital appointment - not the regular guy.

MARCH

1 Thursday

Collected new ID card. Dermatology clinic appointment. Feeling a bit tired.

2 Friday

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3 Saturday

Not a good day because of breathing troubles. Run not easy. Breathing at night difficult; eventually to a prednisolone tablet.

4 Sunday

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5 Monday

Warm, 26 degrees, but drizzly in evening. Good exercise: Skipping 40 minutes in one go + weights.

6 Tuesday

Skipping for 35 min continuously.

7 Wednesday

Gym: skipping (10 min w/o break) + rowing (15 min @ 2:04) + weights (10 exercises x 3 sets) + pushups (12 x 3).

8 Thursday

Skipping 25 min non-stop.

9 Friday

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10 Saturday

Feeling better so decided to go for a longer run. Bus to Sheung Shui - driver first diverted all round Yuen Long! Tao Po to lead mine pass up Tai Mo Shan to Tai Lam Chung to tunnel bus. At 2 hr 35 min it was 11 min slower than last year's fastest time but quite satisfied.

11 Sunday

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12 Monday

Biopsy appointment at 10:30 am. Woke up feeling feverish. After the clinic visit, went straight to bed. Vomited at about 7 pm and later diarrhoea. Think it was food poisoning.

13 Tuesday

Feeling a bit better. worked - fortunately it was not mainly just proofreading. Went to the gym later - skipping 30 min (20+5+5) then a slower run. Had a smaller dinner.

14 Wednesday

Began exercise with 45 min non-stop skipping (with only 1 trip).

15 Thursday

35 min skipping. Second and final debate between the two CE candidates.

16 Friday

Skipping 22.5 min to give 132.5 min for the 4 days this week. A slow 15-min row @ 2:09.

17 Saturday

First drizzly run for the season. A few minutes slower than last year but OK.

18 Sunday

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19 Monday

Skipping 50 minutes non-stop (1 trip).

20 Tuesday

Did a shortened gym session of 25 min skipping + 15 min running. Then went to Ming Yin College to meet Rex King and have a look around the school. Following that, to the Kowloon Club for evening dinner and reunion with many of the earlier teachers.

21 Wednesday

Discovered broadband connection not working - again! Skipping (25 min), rowing (2:06) + weights. Pool actually opened today.

22 Thursday

Clinic am; patch on nose very superficial BCC. Gym - skipping 32 min.

23 Friday

On news that Pakistan cricket coach was actually murdered!

24 Saturday

Run up Needle Hill; at 2 hr 57 min, faster than last year and second fastest of 6 runs for that route. Some rain. Number of fake \$1000 banknotes found now over 1300. MYC anniversary dinner tonight – didn't go.

25 Sunday

CE election today - no need to mention the winner.

26 Monday

Skipping - eventually ended up doing 1 hour (without tripping too!).

27 Tuesday

Technician here again to fix broadband connection. Skipping - 35 min (no trip). To TST evening for pizza dinner.

28 Wednesday

Went to HSBC to make a time deposit + promotion for 'home theatre' but after depositing money, found out I was not eligible! Not happy. Skipping 20 min; 15 min rowing @ 2:05.5. Tired. Skype from Nadine pm. Also, birthday card from her in mail box.

29 Thursday

The whole morning at the bank!! Then back to find the broadband connection broken again! Skipping 22 min. Cut finger while preparing dinner. A day I would like to forget.

30 Friday

HGC technician here am to 'fix' the broadband connection. Skipping - 15 min to give 2 hr 37 min for the week (and no trip for the week!). Then very tired. HK Rugby 7s begin.

31 Saturday

Hot and humid. Slower run than expected - up Mo On Shan and back in 3 hr 9 min.

APRIL

1 Sunday

Samoa beat Fiji to win the Cup final in the HK Rugby 7s.

2 Monday

Skipping 25 min. 25th anniversary of the invasion of the Falklands. Cooler and wet and very dark in the morning.

3 Tuesday

Skipping 25 min.

4 Wednesday

Nina Wang dies, aged 69. Park 'n Shop charged for selling falsely-labelled fish. 15 British naval personnel released from Iran. Still about 300 landslides a year. Skipping - 25 min; rowing @ 2:03.0. Received \$200 Super City vouchers from Nadine. Jewellery scams.

5 Thursday

Skipping 30 min. Ching Ming - damp so fewer hill fires! Airport handles nearly 900 movements.

6 Friday

Good Friday. Cooler. Skipping 20 min to give 2 hr 5 min for week.

7 Saturday

Cool and humid for run but didn't rain. Fastest time for route at 2 hr 55 min, 10 min better.

8 Sunday

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9 Monday

Skipping 40 min.

10 Tuesday

Skipping 35 min.

11 Wednesday

Skipping 15 min + slower rowing @ 2:04.7.

12 Thursday

To clinic am; patch on nose almost disappeared by itself, so no treatment. 30 min skipping, but ran slower.

13 Friday

Skipping 20 min to give 2 h 20 min for the week.

14 Saturday

Possibly last run of season and also the longest one - from Tai Po to Fanling in 3 h 45 min. Flagging a bit in the last hour. To TST later to spend 2 of Nadine's SuperCity coupons.

15 Sunday

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16 Monday

Decided to have a rest from gym exercise this week.

17 Tuesday

Report of 32 killed in a shooting at a US college!

18 - 20 Wednesday - Friday

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21 Saturday

Run from Tai Po around Shing Mun reservoir and back; at 2 h 37 min, about the same as last year. Early evening into TST to use last two of Nadine's City Super coupons.

22 Sunday

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23 Monday

First swim (1 km) preceded by skipping (15 min). Breathing better afterwards.

24 Tuesday

Report of the death of Boris Yeltsin. No swim - thunderstorm! So gym instead. The heavy rain caused a road in Central to cave in, swallowing up five market stalls and injuring several people.

25 Wednesday

ANZAC day.

26 Thursday

The last day Queen's pier is open to the public. A second pair of Pandas, named Ying Ying (gracious) and Le Le (happiness) arrive in HK from China.

27 Friday

At last a fine day. Skipping for week 90 min. Report of Stephen Hawking going for a zero-g flight.

28 Saturday

Last run for season - Tai Po up Tai Mo Shan to Route Twisk then down to Shek Kong; 2 h 39 min. Afternoon, meeting with Hang Seng Bank adviser. Evening, dinner at Turkish restaurant.

29 Sunday

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30 Monday

Run 25 min + swim 1 km. Blind microlight pilot completes flight from London to Sydney.

MAY

1 Tuesday

May day riots in Macau with police shooting into the air. Skipping 25 min.

2 Wednesday

Received postcard from Gavin in Santa Clara. Skip - 25 min + 1 km swim.

3 Thursday

Skip 25 min.

4 Friday

Skip 20 min to give 2 h for week. Swim 1.6 km to give 4 km. Overcast and drizzly day. Big argument in 1119 late at night (in English).

5 Saturday

No running today.

6 Sunday

ATV Celts tomorrow.

7 Monday

ATV - Celts. Right-wing candidate elected president in France. Skip 35 min; swim 22 laps.

8 Tuesday

Skip 30 min.

9 Wednesday

Another fine sunny day. Skip 30 min; swim 25 laps.

10 Thursday

To clinic am; again, nothing new. Skip 35 min; no run.

11 Friday

Skip 10 min + run 15 min + swim 28 laps (4.5 km for week). Received postcard from Nadine.

Lantau cable car breaks down again.

12 Saturday

Worked 'til 2 pm. Rather tired.

13 Sunday

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14 Monday

Skip 20 min + 17 laps swim. Fine day.

15 Tuesday

Skip 20 min + weights + 15 min run.

16 Wednesday

Skip 20 min; swim 1.2 km. Bun festival next week - using plastic buns! NZ passes law to ban smacking.

17 Thursday

Skip 25 min with last 5 min faster. Took one prednisolone tablet in evening.

18 Friday

Fine day except when I wanted to swim when there was a thunderstorm. So did 25 min rowing instead at 2:05.4 per 500 m.

19 Saturday

In evening to see “The Merry Widow” as a ballet! Didn't like it that much except for the last act. Heavy rain and thunderstorms. In SA, Bulls beat the Sharks 20-19 with an injury time try to take the Super 14 title.

20 Sunday

Used the turntable for the first time here to play “The Merry Widow”.

21 Monday

In case of pool closure, did swim first (3 km) then run (22 min and difficult!).

22 Tuesday

Skip 22 min then swim 2.5 km. In Palmerston North, rubbish dump renamed Mt Cleese after the English actor criticised the city.

23 Wednesday

Skip 25 min + swim 2 km. Fine day.

24 Thursday

Holiday for Buddha's birthday and bun festival. Skip 26 min + weights (fewer reps, heavier weights).

25 Friday

Skip 25 min (2 hr for week); swim 2.5km (10 km for week).

26 Saturday

Finished first draft of the remaining chapter for the teachers' guide.

27 Sunday

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28 Monday

To be less exercise this week. Skip 15 min + swim 1.26 km. Notification of royalty from Pearson arrives. Python found in Kowloon Park.

29 Tuesday

Skip 15 min + swim 23 laps. Noise late at night - though it was not from 1119 but actually 1019.

30 Wednesday

Skip 15 min + swim 36 laps.

31 Thursday

Skip 35 min + 1.7 km swim. 'Peace Index' created with Norway first, NZ second, HK 23, US 96, just above Iran in bottom third of the 121 countries.

JUNE

1 Friday

Skip 25 min (1 hr 45 min for week) and 1.5km swim (8 km for 5-day swim week). To dry room and try to get rid of slight mould smell in room, got a dehumidifier put in for a few days.

2 Saturday

In evening coughed once and felt it 'break.' All Blacks beat a third string French team 42 - 11 in Auckland. Bought some artificial tanning colour.

3 Sunday

NZ win final round of iRB 7s in Edinburgh, and as Fiji only managed to win the Plate having been beaten by Wales in the quarter finals, NZ also got the 7s crown with a total for the series of just 2 more points than Fiji.

4 Monday

Skip 18 min + 1.2 km swim. Used an ozone machine in room for 30 minutes.

5 Tuesday

Bruce arrives in HK in the morning. Ship 18 min + 1.2 km swim.

6 Wednesday

Same exercise as yesterday but at midday; did the swim as it was cloudy. Had dinner with Bruce at YMCA in evening.

7 Thursday

Same exercise.

8 Friday

Same exercise to give for the week 90 min skipping and 6 km swimming. Thunderstorms and heavy rain at times.

9 Saturday

Work am. On TV, watched the ABs beat a third-rate French team 61-10. To TST evening but no-one waiting there!

10 Sunday

Heavy rain and thunderstorms overnight.

11 Monday

Bruce leaves in the afternoon. A car from the cable car system falls to the ground (after hours). Factories in southern China accused of using child labour and low pay to make goods for Olympics. Skipping 20 min + 1.2 km swim.

12 Tuesday

Nadine's birthday. Same exercise.

13 Wednesday

Hospital appointment at 2:45 pm; Had to wait a long time - almost the last person waiting. Skipping 20 min + swim 1.6 km.

14 Thursday

Falklands war 25 years ago. Skipping 20 min + 1.5 km swim in thunderstorm! Written chat with Nadine on Skype.

15 Friday

Skipping 20 min (1 hr 40 for week) + 1.5 km swim (7 km for week). TV report of slaves working in brick factories in China; helicopter display team at Yeovilton in England. Nadine arrives late - after midnight.

16 Saturday

Nadine here all day. Didn't get any work done. On TV, watched ABs beat Canada and in first Tri-Nations match, SA just beat Australia.

17 Sunday

Nadine to town to check fitting for Leonie's wedding dress.

18 Monday

Skip 20 min + swim 1.5 km. Nadine out to pick up wedding dress then stayed out all day.

19 Tuesday

To airport with Nadine in afternoon. Same exercise. Holiday - dragon boat races.

20 Wednesday

Same exercise. Hottest day this year at 33.3. 'Spring cleaned' the bathroom and most of kitchen. Threw out old Adidas shoes we found in 1994.

21 Thursday

Discovered a bag of clothes that Nadine did not take back. Cleaned more of suite. Same exercise. HKIE'd inquiry report out today (?); Arthur Li not a credible witness, Fanny Law severely criticised.

22 Friday

Same exercise ----> for week 100 min skip + 7.5 km swim. Work today, no cleaning. CE announces new ministers - Arthur Li out.

23 Saturday

Cleaned piano, sofa, radio areas. Saw last minutes of ABs- SA test won by ABs 26 - 21.

24 Sunday

Did more cleaning in afternoon.

25 Monday

Breathing difficulties continue. Skip 20 min + swim 1.5 km.

26 Tuesday

Same exercise.

27 Wednesday

Tony Blair's last day as PM. Skipping 20 min + 2.1 km swim (better than yesterday though breathing not good).

28 Thursday

Skip 20 min + swim 2.4 km.

29 Friday

President arrives in HK for handover anniversary. Skip 20 min (100 min for week) and swim 2.5 km (10 km for week).

30 Saturday

Still wet. ABs lose to Australia.

JULY

1 Sunday

10th anniversary of handover; ceremony at Bauhinia Square.

2 Monday

Parachute display held today. Skip 20 min + 2.1 km swim. Alinghi win the America's Cup 5 - 2.

3 Tuesday

Very fine day. Skip 20 min + 2.4 km swim.

4 Wednesday

Alan Johnston released from kidnapping in Gaza. Skip 20 min + just 1.5 km swim. Still breathing problems.

5 Thursday

To dermatology clinic am; liquid nitrogen treatment for several small areas on hands. Decided to skip exercise - too tired.

6 Friday

Again no exercise.

7 Saturday

Sian graduates. Hotel buffet dinner in the evening. Australia beat the Springboks 25 - 17 in Sydney. HK woman on a visit to the Congo killed after falling onto a ledge in the crater of a volcano.

8 Sunday

Light aircraft makes an emergency landing on the dam at Plover Cove.

9 Monday

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10 Tuesday

Picked up Nadine's free photos. Received new license from Transport Dept.

11 Wednesday

Hot sunny day. Suite cleaned am. So went to CU clinic to get medicine. Then to faculty to chat with some people.

12 Thursday

A bit tired but started exercise again; just 15 min skip + 1.2 km swim (in 33/34-degree water). Air very clear.

13 Friday

Skip 20 min + 1.3 km swim.

14 Saturday

Watched on TV the All Blacks struggle past a SA second string side, winning 33 - 6, with 3 tries all coming in the last 11 minutes. Temperature in Sheung Shui reaches 36 degrees.

15 Sunday

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16 Monday

Skip 20 min + swim 1.5 km.

17 Tuesday

Skip 20 min + swim 2 km.

18 Wednesday

Skip 20 min + swim 1.5 km.

19 Thursday

Off to airport at 11 am for 1:30 pm flight to Singapore. To stay at Peninsula-Excelsior Hotel.

20 Friday

Launch of 2nd edition of science books at the 'Ministry of Sound' discotheque on Clarke Quay. Two talks to teachers in afternoon. Lunch and dinner with some Pearson staff.

21 Saturday

With Singapore's 5-day working week, nothing to do. Walked around river area, dodging the showers and down to the Merlion. In evening, back to the Marina bay to watch a National Day parade practice - naval boats, helicopters, parachutists, 42 'jellyfish' hot-air balloons and fireworks. NZ beat Australia to take the Tri-Nations title.

22 Sunday

Again a day of rest. Very tired. Just walked around Fort Canning Park.

23 Monday

To office. Began the onerous task of fixing up the 'mess' left by the science books' editor (now on maternity leave). Lunch with Marinah at Jurong Point. Back to hotel late. Dinner was bread and pastries collected during breakfast. Then quickly checked the TWB.

24 Tuesday

Taxi took longer route, but due to a road accident. Proof correcting continues - frustrating. Lunch with Marinah at local 'dai pai dong.' Left late - dinner at Raffles Place with Marina. On return to hotel, checked the PWB.

25 Wednesday

Same. This time dinner at another restaurant at Raffles Place.

26 Thursday

Taxi with nice classical music. Lunch was pizza leftovers from last night. Back late, this time by taxi.

27 Friday

Last day. Spent day on index for Book 1. Checked in online. To airport with Marina for 7 pm flight. Just missed the 11 pm shuttle bus; got back at 12:40 am.

28 Saturday

To supermarket; big load as fridge was empty.

29 Sunday

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30 Monday

Back to work in HK. Also back to exercise - just 15 min skip (bit tough) + 1.2 km swim.

31 Tuesday

Even though fine, did 15 min skip + weights in gym - first time for about 2 months.

AUGUST

1 Wednesday

Skip 15 min + 1.2 km swim. Police move in to move Queen's Pier protesters, who resisted eviction. Ate last of Nadine's MINTIES.

2 Thursday

To clinic am - cryo-treatment on nose and clavicle. 18 min skip + weights.

3 Friday

Still hot and clear. Skip 17 min + 1.2 km swim. At 35.3⁰C, the hottest day this year.

4 Saturday

Leonie's birthday.

5 Sunday

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6 Monday

Some rain today. Skip 18 min + swim 1.2 km. Spoke to Nadine using my newly-installed webcam.

7 Tuesday

Skip 18 min + weights. Tower crane on garden construction site taken down.

8 Wednesday

No 1 signal hoisted - first time this year, I think. Pollution back to normal! Pool closed due to storm - just when I went! Skip 18 min + rowing 15 min @ 2:06 + a few weights. Ma Lik dies of colon cancer. In Beijing, a festival to mark one year before the Olympic Games begin.

9 Thursday

No 3 signal up as a (small) storm cross HK. Skip 18 min + swim 1.2 km.

10 Friday

No 8 signal up - first time for 3 years! Storm heads back towards HK then to Guangdong; no effects here but windier in TST. Skip 18 min + weights + run 12 min.

11 Saturday

Trial equestrian competition begins. All signals lowered.

12 Sunday

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13 Monday

Skip 20 min + a good 1.2 km swim.

14 Tuesday

Skip 20 min + weights.

15 Wednesday

New KCR spur line from Sheung Shui to Lok Ma Chau spur line opens.

16 Thursday

Skip 20 min + weights. Continuous, rather heavy rain.

17 Friday

Fine day. Skip 20 min + 1.2 km swim. Broadband link breaks again pm but they managed to fix it without having to send anyone.

18 Saturday

Still suffering a bit from the cold. Spent the whole afternoon in bed.

19 Sunday

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20 Monday

20 min skip + 1.2 km swim then thunderstorm.

21 Tuesday

20 min skip + weights.

22 Wednesday

20 min skip + 1.2 km swim.

23 Thursday

23 min skip + weights.

24 Friday

22 min skip (1 hr 45 for week) and 1.2 km swim (3.6 km for week).

25 - 26 Saturday - Sunday

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27 Monday

Skip 21 min + 1.2 km swim.

28 Tuesday

Skip 21 min + weights. Full lunar eclipse tonight. 8-yr old girl runs 3600 km from Hainan to Beijing in 55 (?) days. A little breathing pain in evening.

29 Wednesday

Did less exercise - 15 min skip and only 15 lengths swim. Breathing-muscle pain later.

30 Thursday

Appointment clinic 10 am. Lot of trouble with the computer not opening, due, I think, to the webcam. Did less exercise today, including only 10 min skip.

31 Friday

Skip 25 min + 1.2 km swim. Tenth anniversary of death of Diana. Several programmes on TV.

SEPTEMBER

1 Saturday

To gym - 13 min skip (total time as for last week) and weights. 'Finished' the Sg Science TRB (I hope). 7: pm hotel bus leaves TST leaves 15 min early supposedly because of a traffic jam (tho' it arrived on time - actually early).

2 Sunday

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3 Monday

A-380 in HK; does an early morning flight around HK - lower than many skyscrapers. Saw it just after takeoff while on way to airport. Arrived in Singapore quite early. To hotel. Had a short walk around the parliament area.

4 Tuesday

To York Hotel later in morning. Malaysian lunch at hotel. Workshop in the afternoon; went well though not according to plan.

5 Wednesday

Diarrhoea all day - went to toilet 4 times. To office am. Indonesian lunch. Left by taxi for airport at 2:20 pm for 3:25 flight!! Managed to get the flight OK. (Taxi able to go faster as they know which radar traps are operating - the police tell the companies!!). On arrival here at 8:40 pm, went to the gym; 10 min skip + weights.

6 Thursday

Pavarotti dies. Skip 12 min + 1.2 km swim.

7 Friday

Skip 15 min + weights. Rugby World Cup competition begins. Argentina beat France in opening game!

8 Saturday

NZ and Australia have easy wins at RWC.

10 Monday

Most of the day trying to book tickets to go to SFO for Leonie's wedding. Skip 15 min + 1.2 km swim. All evening until 6 am on a 5-hr virus scan for some virus that is disabling my computer.

11 Tuesday

All day trying to fix computer. Even though I had about 2 hours sleep, still went to the gym for 10 min skip + slightly less weights.

12 Wednesday

Think the spyware problem is solved with the help of Windows Defender which detected risky files. Exercise - 15 min skip + 1.2 km swim.

13 Thursday

Settled flight dates and paid for flights to SFO. 15 min skip + weights.

14 Friday

Bit tired. Skip 20 min (to equal last week's total) and 1.2 km swim. Got electronic ticket for SFO flights.

15 Saturday

RWC NZ v Portugal. NZ win 108-13 but not a cup-winning performance! Followed by Australia against Wales in Cardiff. (Great Welsh National anthem.) Australia won 32-20.

16 Sunday

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17 Monday

Began to do the OL Chem revision guide. Skip 15 min + weights.

18 Tuesday

76th anniversary of Japanese invasion of China. MTR terminates management contract of Skyrail cable car system. Exercise: 15 min skip + 1.2 km swim.

19 Wednesday

Exercise: skip (15 min) + weights (~25 min) + rowing (15 min) + run (15 min). Interesting TV docudrama on SAS rescue in Sierra Leone.

20 Thursday

Skip 15 min + 1.2 km swim.

21 Friday

Skip 15 min + weights.

22 Saturday

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23 Sunday

NZ beat a second-string Scotland 40-0. Stayed up to watch it - don't know why!

24 Monday

Wet at times - first rain for some time.

25 Tuesday

Poolside buffet - changed to basement/ballroom due to possibility of rain. Finished revision of OL chemistry revision guide. Mt Ruapehu erupts.

26 Wednesday

Mid-autumn festival holiday. 15 min skip + 1.2 km swim.

27 Thursday

To dermatology clinic for third of 3 liquid nitrogen treatments on the patch on my nose. 15 min skip (difficult!) + weights.

28 Friday

Fine. 15 min skip + 1.2 km swim.

29 Saturday

Now putting large (?fully grown) trees into rooftop garden [of bus terminal below my window]. NZ beat Romania 85-8, with 13 tries to one; NZ still not convincing.

30 Sunday

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OCTOBER

1 Monday

National day holiday. 15 min skip + weights.

2 Tuesday

Skip 15 min + 1.8 km swim (perhaps best swim of the season).

3 Wednesday

Skip 15 min + weights (less) + run 15 min.

4 Thursday

50th anniversary of launch of Sputnik. Skip 15 min + 1.8 km swim.

5 Friday

2008 HK Rugby 7s ticket to be \$1080 up 23%. Skip 15 min + weights.

6 Saturday

Here all day. In a big surprise, England beat Australia 12-10 in the first Rugby World Cup quarter-finals.

7 Sunday

France beat NZ 20-19 in the RWC quarter-finals!!!

8 Monday

Skip 15 min + 1.2 km swim.

9 Tuesday

Skip 15 min + weights.

10 Wednesday

CE gives policy address - lower taxes. Skip 15 min + 1.2 km swim.

11 Thursday

Skip 15 min + weights.

12 Friday

Skip 15 min + swim 1.2 km. CE likens democracy to the Cultural Revolution!

13 Saturday

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14 Sunday

England beat France 14-9 in first RWC semi-final.

15 Monday

SA beat Argentina in second RWC semi-final. To library to register; later borrowed a book - first time in my life I have borrowed from public library (I think). Skip 10 min + weights (47 of 51 sets) + 10 min run.

16 Tuesday

Had a rest pm. Then exercise - skip 15 min + 4.2 swim (good, though didn't feel like swimming at first; except for 7 lengths was all crawl).

17 Wednesday

Most of the day spent, unsuccessfully, trying to get DVD player to work; later Prem showed me how to operate the TV. Skip 10 min + weights + 10 min run.

18 Thursday

Skip 15 min + swim 3 km (to give 7.2 km for the two days).

19 Friday

Chung Yuen holiday. At least 83 hill fires. Did exercise at mid-day: skip 10 min + weights + run 10 min.

20 Saturday

Again all day learning about DVD player. Downloaded a Mozart opera later - took 6 hours.

21 Sunday

SA beat England to win the Rugby World Cup.

22 Monday

Skip 15 min + swim 3.3 km.

23 Tuesday

Skip 10 min + weights + 15 min run. Bit tired. Managed to download videos and make a DVD.

24 Wednesday

Quite tired. Skip 15 min + swim 2 km (though a bit tough).

25 Thursday

Skip 10 min + weights + run 15 min. Sent money to Nadine for rent.

26 Friday

Finally managed to work out how to make a DVD Video. Skip 15 min + swim 1.7 km (7 km for week).

27 Saturday

Most of day learning more about DVD player and recordings.

28 Sunday

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29 Monday

10 min skip + weights + 15 min run.

30 Tuesday

Skip 15 min + swim 2 km.

31 Wednesday

Skip 10 min + weights + run 15 min. Tired.

NOVEMBER

1 Thursday

Cool and drizzly. Skip 15 min + swim 2 km (4 km for week).

2 Friday

To dentist in morning; had an old, slightly cracked filling replaced. Skip 10 min + weights + run 15 min. Paul Tibbets dies, aged 92.

3 Saturday

To TST in evening; again looked at shoes but none suitable for buying.

4 Sunday

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5 Monday

Skip 15 min + swim 1.2 km in afternoon then to Mongkok to buy running shoes.

6 Tuesday

Skip 10 min + weights + run 15 min - wore old white shoes for first time. Very tired later.

7 Wednesday

Cloudy. Skip 15 min + swim 1.2 km (water temp = 23-24 degrees).

8 Thursday

Appointment at dermatology clinic. Cooler again. Skip 10 min + weights + run 15 min.

9 Friday

No exercise today - 'rest' for first run tomorrow.

10 Saturday

Fine, dry day. First run (and with new shoes) - good, time almost equal to best and ~22 min faster than last year's very slow time.

11 Sunday

(Remember to take Nadine's clothes to SFO.) Remembrance Sunday and also Veterans' Day (in US).

12 Monday

Legs sore after run. Skip 15 min + swim (last for season) 1.2 km (20 degrees). Breathing troubles in evening - took 1/2 a nuelin.

13 Tuesday

Skip 10 min + weights + run 15 min. Breathing a little better.

14 Wednesday

- Off to SFO via LAX shortly after midday. A 12-hour flight.
- Arrived a little early and managed to change to an earlier flight.
- Arrived in SFO about 11 am (same day as leaving HK). Looked around for Leonie but then took shuttle to Vagabond Inn. Leonie and Tom arrived later with Agatha.
- Went to SFO house his parents have rented. Leonie and I (in Tom's gear) went for a 1-hour run to Golden Gate Bridge and back.
- On the way back with Leonie and Ags, called in at a printing shop.

15 Thursday

- Fine day. Buffet breakfast (though limited selection).
- Joyce arrives later, minus bag.
- I walk to Millbrae and look around for hair conditioner - meet Leonie and Agatha making appointment for hair and nails.
- Walked back to hotel.
- Gavin and Sian, Wendy and Brian, Janice and Bob arrive in afternoon and check in at Quality Suites Hotel.
- Dinner with Gavin and relatives in evening.

- Nadine et al back very late.

16 Friday

- Check out of Vagabond Inn and hike around to check in at Quality Suites Hotel.
- Leonie and girls off to Palo Alto for dress rehearsal for wedding ceremony.
- Mid afternoon, to SFO by Bart. Walked over to Fisherman's Wharf then along towards the house for a dinner at 6 pm but missed it in the fog and darkness, ending up right underneath the Golden Gate Bridge in a closed area. An unhelpful policeman there told me to clear off before I was arrested. Eventually found my way back to the house 2 hours late. Picked up my rental suite.
- Returned to Millbrae very late in Leonie's friend's car. Phoned to cancel rental van. Sat on and broke my glasses. To bed around 1 am.

17 Saturday

- Wedding day. Perfect weather. Suit fitted well except for the size-too-small shoes; therefore wore thin dark red airline socks.
- Left at 11:45 am in Bob's car for photo shoot at Creekside Inn, Palo Alto. Then a quick look at Escondido village and a circuit of Stanford campus.
- Wedding ceremony at 3:15 pm (scheduled for 3 pm). For a while after, guests chat outside and more photos.
- Then to reception at a Chinese restaurant in Millbrae. I left before it finished.

18 Sunday

- Dim sum brunch at 11 am at the same restaurant.
- Chat with Nadine and Gavin in after noon before they left to return to Boston in evening.
- For dinner, ate some leftovers from Tom's mum's meal on Friday.

19 Monday

- Janice and Bob leave early for return drive to Seattle.
- Brief chat with Leonie and Tom before taking shuttle bus to airport, along with Wendy and Brian.
- After check in, went through security where I was selected for an extra SSSS check. Some fog and drizzle but lifted for noon take off giving a good view of SFO.

20 Tuesday

- A 15-hour flight to HK, passing over Anchorage, close to the Arctic Ocean, Siberia and Beijing.
- Arrived just a few minutes late.

21 Wednesday

- Had a good sleep - better than any of the sleeps in SFO.
- Park 'n Shop begins charging 20 cents for plastic bag.
- Tired in gym - skip 10 min + reduced weights + run 10 min.

22 Thursday

- Began proofreading SD TWB.
- Exercise still a little difficult - skip 10 min + row 10 min + weights + run 10 min.
- China bans then reverses decision to ban visit of USS Kittyhawk and its escort ships to visit HK.

23 Friday

No exercise. All day proofreading Science Discovery TRB. KCR to disappear as it merges with the MTR.

24 Saturday

Second run in HK. Bit difficult but still a fastest time, 1 min faster. Australian elections won by the opposition Labor party.

25 Sunday

Several inhalations + 1 prednisolone

26 Monday

Some breathing trouble. Took 1 nuelin in evening. Sip - 10 min + 2 min fast + weights.

27 Tuesday

E-mail from Keith to say that Bev Olding killed recently in head-on car crash. Skip 12 min (2 min fast) + slow run 30 min.

28 Wednesday

Finished proofreading the LSS TRBs. Exercise: skip 10 min (+ 2 min fast) + weights. P 'n S reverses its plan to charge for plastic bags (but did not re-offer the \$1 for taking own bags!).

29 Thursday

Skip 12 min (2 fast) + 30 min run.

30 Friday

No exercise. TV documentary on re-surfacing of issue of hazards of mobile-phone radiation.

DECEMBER

1 Saturday

Slower, accompanied run. Buffet dinner at hotel in evening. KCR and MTR merge at midnight.

2 Sunday

Anson Chan easily wins the Legco by-election.

3 Monday

Exercise: skip (12 min) + weights. In NZ, 9 VCs stolen from a war museum.

4 Tuesday

Exercise: skip 10 min + slow 30 min run.

5 Wednesday

Skip 12 min + weights. NZ TV documentary includes Maruria hot springs near Lewis Pass.

6 Thursday

Skip 10 min + 30 min run. Wedding photos from photographer arrived.

7 Friday

Threw away (now empty) detergent bottle from CU days! HS PnS \$300 coupon redemption # 1550137635.

8 Saturday

Run not bad; just one minute slower than best. 5000 HK Rugby 7s tickets sold out quickly; queue began about 24 hrs prior to sale. Saw very smartly-dressed King's College (Auckland) Rugby team in lobby of YMCA.

9 Sunday

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10 Monday

10 min skip + weights.

11 Tuesday

10 min skip + 30 min run.

12 Wednesday

Hospital appointment 2:45 pm - new, young lady doctor. 10 min skip + weights.

13 Thursday

Skip 10 min + run 30 min @ 10.8 kph. 70th anniversary of the Nanjing massacre.

14 Friday

Crusaders' coach selected to coach the Wallabies.

15 Saturday

Overnight, two buses (one empty) collide - several killed. Tough run - first one over 3 hours.

16 Sunday

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17 Monday

PnS fined \$45000 for their fish fiasco.

18 Tuesday

Earlier gym - 10 min skip (difficult) + 30 min run. Afternoon dim sum lunch.

19 Wednesday

Overcast and some drizzle. Skip 10 min + weights. Very tired in evening - went to bed at 9:30 pm.

20 Thursday

S Korea elects a new president (who is accused of corruption). Skip 10 min + run @11.0 kph. Government to introduce 50 c levy on plastic bags. Cathay Pacific avoids a staff strike over medical benefits. 'Top Gear' documentary on driving a truck to the Magnetic North Pole. A 6.8 earthquake rocks Gisborne.

21 Friday

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22 Saturday

Run difficult - too heavy (up to 168 lbs)!! Lantau cable car in operation for testing; open to the public next week. Buffet in evening using last of the free coupons.

23 Sunday

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24 Monday

Kevin Sinclair dies. No exercise - have a rest for this week. Borrowed 3 books from the public library.

25 - 26 Tuesday - Wednesday

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27 Thursday

Benazir Bhutto assassinated.

28 Friday

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29 Saturday

Run quite good after a week off. NPC decides on 2017 for direct election of the CE and for the legislature 'after that.'

30 Sunday

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31 Monday

TVB and ATV launch HDTV. Frost warning on high ground issued. Lantau Cable Car reopens to public. Started gym again - 10 min skip + weights (slightly easier).

Hikes: 2007 - 2008

2007

1	10/11	23°C	Tai Po V → lead mine pass (36) → loop to Grassy Hill/Rd (1.15) → forest → Tai Po	1:50/1
2	17/11		[In SFO] Marina → Golden Gate bridge and return	~1:00
3	24/11	22°C	TT → road/trail → reservoir (33) → Stage 10 track → road (1.10) → track t.o. (1.22) → TT Rd (1.37) → TT	1:59
4	1/12	20°C	TT → end of road → Stage 10 track → reservoir (1.00) → small loop → top of reservoir (1.22) → tunnel bus	(1:59)
5	8/12	19°C	TT gate → reservoir (28) → road to dam (1.06) → Stage 10 t.o. (1.34) → small reservoir (1.53) → TT bus terminus	2:06
6	15/12	21°C	Tai Wo → Cloudy Hill (42) → first reservoir (1.07) → family walk → Hok Tau reservoir (1.49) → Cloudy Hill (2.31) → park	3:07
7	22/12	22°C	TT gate → reservoir (29) → forest track → road (56) → road to TLT Y-junction (1.14) → track to road (1.26) → top of reservoir (1.42) → tunnel bus	2:14
8	29/12	19°C	Tai Po V → lead mine pass (37) → Tai Mo Shan (1.39) → Twisk (2.00) → Kap Lung trail → Sek Kong	2:37

2008

9	5/1	18°C	TT gate → reservoir (27) → forest track → road (51) → Stage 10 road (1.00) → top of reservoir (1.11) → TLC trail → tunnel bus	2:19
10	12/1	26°C	Tai Mei Tuk → Pat Sin Leng (39) → Hill #8 (1.00) → Hok Tau dam (2.07) → Sha Lo Tung → Tai Po Station	3:10
11	19/1	17°C	Tai Po V → lead mine pass (37) → top of reservoir (49) → road to bottom of Needle Hill (1.14) → Needle Hill (1.45) → Grassy Hill → lead mine pass (2.33) → Tai Po V	2:57
12	26/1	10°C	TT gate → reservoir (27) → TLC trail → tunnel bus t.o. (1.33) → Y-junction (1.53?) → dam (2.23?) → Sek Kong	~2:46
13	2/2	7°C	TT → road to shrine → track to reservoir (34) → Stage 10 road → Stage 9 park (59) → track + road → TLT Y-jn (1.32) → road → top of reservoir (1.56) → tunnel bus	2:26

14	9/2	9 - 12°C	CU → ridge [4] (53) → Kowloon Peak (2:01) → Shatin river (2.31) → CU	3:00
15	16/2	12 - 14°C	Tai Mei Tuk → Brides pool (48) → Sam A Chung → Lai Chi Wo (1.52) → pass (2.14) → Luk Keng	2:49
16	23/2	19°C	CU → ridge [4] (5) → Pyramid peak (1.18) → Ma On Shan (1.48) → Stage [4] t.o. (2.27) - [accident/slip] → CU	3:10
17	1/3	18°C	Tai Po V → lead mine pass (37) → Tai Mo Shan (1.42) → Twisk (2.03) → Tai Lam Chung (3.06) → tunnel bus	3:43
–	8/3		[o Jakarta 9/3]	
18	15/3	20°C	Tai Po V → lead mine pass (36) → top of reservoir (48) → pineapple trail → main dam (1.14) → track → top of reservoir (1.14) → lead mine pass (2.16) → Tai Po V	2:39
19	22/3	20°C	TT → amusement park → reservoir (34) → Ho Pui reservoir (1.08) → family walk around reservoir (1.22) → hill/track/steps/rd → Y-junction (1.42) → tunnel bus	2:05
20	29/3	25°C	TT → amusement park → reservoir (39) → small loop → top of reservoir (1.00) → tunnel bus	(1:35)
21	5/4	25°C	TT → end of road (27) → Stage 10 → reservoir (52) → Yuen Tun trail → shortcut/steps → road → top of reservoir (1.37) → tunnel bus	2:09
22	12/4	25°C	TT → road/nature trail/track → reservoir (37) → forest track → road (1.08) → Stage 10 road (1.21) → top of reservoir (1.40) → tunnel bus	(2:24)
23	19/4	21°C	TT → road/nature trail → road again → end of road (28) → Stage 10 [& turn right] → road (1.02) → small reservoir (1.22) → across dam → end of road & return to dam (1.52) → TT bus terminus	2:09
24	26/4	24°C	TT gate → reservoir (30) → TLC trail → tunnel bus	(1:49)

Average time (20 runs) 2 hours 31 minutes