

DIARY: 2009

JANUARY

1 Thursday

Ex: A bit easier - 5 (skip with 2 pauses) + 30 (7-9 km/h, av 8.1 km/h but holding on) + 8. Still couldn't eat much dinner. Air NZ testing a biofuel made from the jatropha plant with zero food value.

2 Friday

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3 Saturday

No hike because of heel injury and recovery from mysterious 'illness'.

4 Sunday

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5 Monday

Ex: 7 (with difficulty) + 8 + weights.

6 Tuesday

Prem's last day! - resigned now because of hotel retrenchment. Ex: 7 (getting better) + 30 (8.8 average + holding) + 8.

7 Wednesday

Ex: 7 (getting better) + 8 + weights.

8 Thursday

Ex: 7 (OK) + 30 (9 kph && 10 min w/o holding) + 8. Cooler weather.

9 Friday

Nadine arrives from Sydney CX 138 0500; departs for NY CX 830 0945. Up at 4:15 am to get to airport to see Nadine. With her for 3 hours. Received many bags of MINTIES from her.

10 Saturday

Cool and windy but fine. Injury not healed but went for a hike; a bit difficult, slow and a lot of walking.

11 Sunday

Felt cold even though wall thermometer said 22. To bed at 3 pm. Later took my body temp - highish at 38.2.

12 Monday

Temp close to normal but still feel weak. But had to go to the supermarket. Otherwise, in bed all day and night. Police start search in landfill for body of baby that might have been discarded.

13 Tuesday

Temperature back to normal. Throat still sore. First poo since Saturday.

14 Wednesday

Pain in temple area main concern now.

15 Thursday

Sore throat and pain on left temple/head area persist. On TV, saw the 'Rex Hotel' in Vancouver - for dogs!!

16 Friday

To CU clinic am; last time I will see Dr Yuen!! Got antibiotics for throat and medicine for trigeminal neuralgia. Got e-mail about US Airways jet before I knew it had crashed.

17 Saturday

No run due to heel and illness. Did a little work in the morning, otherwise all the time in bed.

18 Sunday

Phone call from Gavin about 1030 pm to persuade me to go to A& E. Did so. Turns out I probably have Bell's palsy not stroke. Got back about 0130 am.

19 Monday

To ENT dept at Tuen Mun Hospital am - got lots of medicine!! Had to walk from LRT stop to MRT as a traffic accident had just occurred at the first road crossing.

20 Tuesday

Did some exercise again: 5 + 30 (at 8.2 kph av) + 5. Stayed up to watch Obama's inauguration. He (or the oath giver) muffed up his lines a bit.

21 Wednesday

Ex midday: 5 + 5 + weights (reduced). To Tuen Mun Rehab Centre for treatment.

22 Thursday

Ex: 7 + 30 (av 8.85 kph) + 6. Obama takes oath of office again.

23 Friday

Supermarket first. Later am to rehab clinic for more e-stimulation. Drunk container driver (~5 times over limit) flattens a taxi near Lok Ma Chau and kills its 6 occupants!

24 Saturday

Cooler today but OK for run. Just did a short, slow run (1:44) but actually faster than expected.

25 Sunday

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26 Monday

Today is actually the first day of the Year of the Ox. Mintie pulls out half a filling! Ex: 7 + 8 (lighter) + weights (lighter).

27 Tuesday

Ex: 7 + 30 (9 kph w holding) + 8. Fireworks over harbour in evening.

28 Wednesday

Ex: 7 + 30 + 8. Call from Gavin about 1030 pm.

29 Thursday

Ex: 8 + 30 + 8. News video of two handcuffed prisoners in Hastings NZ making a break but ending up wrapped around a lamppost.

30 Friday

In afternoon, to physio first then to hospital for hearing tests followed by throat specialist. Back about 6 pm.

31 Saturday

Run slow but not bad. At 2 h 12 min, 8 min off best but still not slowest.

FEBRUARY

1 Sunday

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2 Monday

Felt a bit weak, dizzy (?) during the day. Still did ex: 7 + 8 + weights.

3 Tuesday

Ex: 8 + 30 + 8. Bit more pain in left forehead overnight.

4 Wednesday

To physio in afternoon; had to wait a while as all machines in operation. Ex: 7 (difficult + pause) + 8 (OK) + wt.

5 Thursday

Ex: 7 + 30 + 8. 'Top Gear' to be in HK later this month. Palsy seems to have moved to the right side!

6 Friday

Rugby 7s in Wellington begins.

7 Saturday

Run from Tai Wo up Cloudy Hill and short route. At 2 h 28 min, 13 min (~10%) slower. Temps up to 47 in Victoria. Up to 40 killed so far in raging bush fires. In dying seconds, England just beat NZ in Rugby 7s final in Wellington.

8 Sunday

HK Marathon. About 55000 taking part in full m, half m and 10 k.

9 Monday

Death toll in Australian bush fires now over 120. Ex: 7 + 8 + wt.

10 Tuesday

Ex: 7 + 30 + 8.

11 Wednesday

To physio pm for e-stimulation - did left side then unofficially the right side of the face. Ex later: 7 + 8 + wts. Boy in TSW loses fingers when bomb he was making exploded.

12 Thursday

Ex: 7 + 30 + 8. In evening, dinner with Ivan Lee from Pearson at Hutong restaurant.

13 Friday

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14 Saturday

Terrible run! Detour to shorten the run, instead of being short and gentle as I had thought, turned out to be very long and steep, making the run longer and slower at 3 h 10 min. Then near end tripped and fell injuring right hand, lower rib area and thigh.

15 Sunday

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16 Monday

No exercise. Fake eggs from China!

17 - 20 Tuesday - Friday

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21 Saturday

Run took 2 h 36 min but better than last week.

22 Sunday

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23 Monday

Bomb explodes in Cairo killing a tourist. Recent drunk container truck driver actually 7 x over the limit. Began exercise in gym: 0 + 8 + wts (tho couldn't do curls).

24 Tuesday

Second escape by helicopter by same inmates from a jail in Greece!! Injury concerns in NZ Rugby - 15 ABs not available for Super 14 matches because of injury. To dermatologist am.

25 Wednesday

Budget day. Ex: 0 + 8 + wts.

26 Thursday

Ex: 0 + 8 + wts.

27 Friday

To hospital for Bell's palsy appointment; progress good. No exercise.

28 Saturday

Run not bad; at 2 h 41 min, a shortened route from CU to Lion Rock down to Shatin where I finished instead of continuing to CU. Very foggy - rocks slippery.

MARCH

1 Sunday

February the hottest on record.

2 Monday

Woke up with right ear making soft strange noise. Ex: 0 + 8 + wts.

3 Tuesday

Terrorist attack on Sri Lankan cricket team in Pakistan. Ex: 0 + 8 (row) + 10 (cycle) + 1/2 wts + 8 (row).

4 Wednesday

Ex: 0 + 8 (row) + 20 (cycle) + wts (~37%) + 8 (row). President of Sudan indicted by ICC.

5 Thursday

Heavy rain in parts. Ex: 10 (cycle) + 8 (row) + wts.

6 Friday

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7 Saturday

Cool and threatening rain but actually felt good after the run.

8 Sunday

Yesterday, Wales win Rugby 7s world cup in Dubai; they also beat NZ in quarter finals. NZ win women's cup.

9 Monday

Correction: Aus beat NZ in women's final. Ex: 10 (cyc) + 8 (row) + wts.

10 Tuesday

Ex: 20 (cyc) + 10 (row) + 1/4wts.

11 Wednesday

Ex: 10 (cy) + 8 (row) + wts.

12 Thursday

Ex: 20 (cy) + 10 (row) + wts (~1/2).

13 Friday

Two HK pharmaceutical firms suspended - one for tainted medicine, the other for incorrect expiry dates.

15 Sunday

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16 Monday

Ex: 10 (c) + 8 (r) + wts (able to do all ex sice injury to hand).

17 Tuesday

Ex: 20 (c) + 10 (r) + wts (22 sets).

18 Wednesday

Gavin's birthday parcel arrives. Ex: 10c + 8r + wts. Two additional typhoon signals to be added (severe and super). TV programme on Chch.

19 Thursday

Ex: 20c + 10r + wts (22s).

20 Friday

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21 Saturday

Warm and very humid. Run not so easy. 'Short cut' not so short and at 2 h 55 min, rather longer than planned.

22 Sunday

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23 Monday

Ex: 10c + 8r + wts.

24 Tuesday

Thunderstorm about 8 am. Ex: 20c + 10r + wts (22s). Bit tired.

25 Wednesday

Ex: 10c + 8r + wts.

26 Thursday

Birthday along with e.g. A E Houssman, Tennessee Williams, Bob Woodward, Sandra Day O'Conner, Leonard Nimoy, Keira Knightley, Dianna Ross. Ex: 20c + 10r + wts(22). Dinner at new restaurant next door. Brief call from Gavin 1230 am.

27 Friday

Some Lantau cable cars fitted with glass floors.

28 Saturday

Supposed to be rain && thunderstorms so did not put on sunscreen or take cap. Turned out to be wrong with sun at times. Watching HK 7s later. Sean Fitzpatrick in HK. To dinner evening to meet some original MYC students.

29 Sunday

Watched HK 7s on TV on and off most of day. NZ out in quarter-finals. Winners: Cup - Fiji; Plate - Tonga; Bowl - Portugal.

30 Monday

Ex: 10c + 8r + wts.

31 Tuesday

Ex: 20c + 10r + 16s.

APRIL

1 Wednesday

Ex: 10c(39kph) + 8r(~180W) + wts.

2 Thursday

Ex: 20c + 10r + wts(22).

3 Friday

Another kindergarten suspends classes because of outbreak of EV-71.

4 Saturday

Run a bit tiring. Around Plover Cove but finished at Bride's Pool as, at 2 h 55 min, I didn't want to continue to TMT. Public holiday - Ching Ming. Many hill fires. GBHS Centenary next weekend.

5 Sunday

N. Korea launches rocket.

6 Monday

Ex: 10c(39kph) + 8r(180W) + wts.

7 Tuesday

Nadine's birthday sports socks arrive. Postage nearly US\$12!! Man in village near Tai Po chased and bitten in the crotch by a wild boar! Ex: 20c + 10r(181W) + wt(22s).

8 Wednesday

Ex at midday: 10c (39+kph) + 8r(182.7W) + wts. To hospital for BCC check-up. 'A Beautiful Mind' economist in HK.

9 Thursday

Ex: 20c + 10r + wts(22s). BBC documentary on medical researches climbing Everest; pO₂ = 3.5 for one at top.

10 Friday

CU to relocate swifts that have lived on the main library building for many years.

11 Saturday

Run not too bad. KMB 'celebrates' 60 years of use of double deckers. The early Daimlers used from 1949-1983.

12 Sunday

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13 Monday

Ex: 10c + 8r + wts.

14 Tuesday

Sent memo again to hotel GM (wrote email address incorrectly yesterday) re smoke in suite. Engineers up later. Quarterly suite cleaning. Ex: 20c + 10r + wts (22s). Smoke again at 3 am!

15 Wednesday

Before offering discounts, Park 'n Shop && Wellcome found raising prices so that sale price is more expensive than normal price. To bank. Marco said I looked tired - probably correct. So did a lighter workout: 10c + 8r + wts.

16 Thursday

No exercise - too tired.

17 Friday

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18 Saturday

Run OK except for last 30 minutes. Tai Po to TMS to TLChung to bus - 3 h 35 min. Had to have a 'sleep' for 2 hours in the afternoon.

19 Sunday

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20 Monday

Began writing answers for LSS Revision book MCQs. No exercise - still tired after run!

21 Tuesday

Started swimming; did just 20 laps, 1.2 km - felt a bit slow. Jackie Chan in trouble for his comments that Chinese people have too much freedom and need to be controlled or it can lead to chaos as in Taiwan.

22 Wednesday

Swim 1.2+(?) km but felt easier.

23 Thursday

Swim 22 laps.

14 Friday

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25 Saturday

ANZAC day. Run - started wet and became a torrential thunderstorm. Instead of finishing at Tai Tong, continued on to Yuen Long, taking 2 h 55 min so easily achieving the 2.5 h average run for the season. In afternoon, watched my recording of the Gallipoli Dawn Service which took place in the morning.

26 Sunday

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27 Monday

Swine flu spreads from Mexico now to several countries around the world. Ex: 10c + 8r + swim 1.2 km.

28 Tuesday

Ex: 10c + 8r + wts. Lights of new rooftop park on for first time (all night).

29 Wednesday

Ex: 10c + 5j + 8r + 1.2 km swim.

30 Thursday

WHO raises pandemic alert to Phase 5 (out of 6). Ex: 15j + 8r + wts.

MAY

1 Friday

Ex: 15j + 8 r + 1.2 km swim. R-22 helicopter crashes into bus at Kai Tak site - just 3 injuries. First case of swine flu in HK - Mexican who arrived via Shanghai; his hotel quarantined! Second episode of BBC homeless programme.

2 Saturday

First day of 'summer' season so no run. Bun festival on Cheung Chau. 2-year old UK girl becomes youngest member of Mensa.

3 Sunday

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4 Monday

Ex: $12j + 8r + 1.4 \text{ km swim}$.

5 Tuesday

Ex: $15j + 8r + \text{wts}$.

6 Wednesday

Four-minute mile broken this day in 1954. Ex: $14j + 8r + 1.2 \text{ km swim}$.

7 Thursday

Quarantined people released. Ex: $15j + 8r + \text{wts}$.

8 Friday

Ex: $15j + 8r + 1.4 \text{ km swim}$ (4 km for week). 'Guests' released from quarantine in hotel and holiday camp.

9 Saturday

Work am.

10 Sunday

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11 Monday

Tired for exercise, so did it slower. Ex: $15j + 5r + 1.2 \text{ km swim}$.

12 Tuesday

First anniversary of Sichuan earthquake. Ex: $15j + 5r + \text{wts}$.

13 Wednesday

Ex: $15j + 5r + 1.2 \text{ km swim}$.

14 Thursday

Gavin's birthday. Ex: 15j + 5r + wts.

15 Friday

Dental appointment 9:45 am; got broken tooth (not filling!) fixed. Ex: 15j + 5r + 1.2 km swim (3.6 k for week). BBC 'Filthy rich and homeless' ends.

16 Saturday

Bottles of a corrosive liquid dropped from a Mongkok building onto pedestrians injuring many.

17 Sunday

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18 Monday

No exercise this week. Sri Lankan civil war over after 25 years, according to the government.

19 Tuesday

To dermatology clinic am - another new bloke!

20 Wednesday

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21 Thursday

Pre-1997 Ghurkhas and families given right to live in the UK.

22 Friday

Chiefs beat Hurricanes to get into final for the first time.

23 Saturday

People who had too much deposited in their NZ bank a/c believed to be in HK.

24 Sunday

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25 Monday

England beat NZ for Cup in London 7s. To hospital for ENT appointment - I did not like the attitude of the senior doctor I saw, Dr Li. Started exercise again: 15j + 0 + 1.2 km swim.

26 Tuesday

Ex: 15j + 0 + wts.

27 Wednesday

Keeper mauled to death by Royal Bengal tiger at Zion Wildlife Park in NZ. Ex: 15j + 0 + 1.5 km swim.

28 Thursday

All day proofreading the Indonesian G3 primary science book. Ex: 15j + 0 + wts. First school in HK closed because of swine flu.

29 Friday

Everest first climbed this day in 1953. Ex: 15j + 0 + 1.3 km swim (3 km for week).

30 Saturday

Corrected proofs for Indonesian G3 primary book picked up by TNT am.

31 Sunday

June 4 massacre march. Big Ben 150 years old.

JUNE

1 Monday

Ex: 15 + 0 + 1.5 km swim. An Air France A330 crashes into the Atlantic. Last survivor of the Titanic dies. HK to have a team at Le Mans.

2 Tuesday

Ex: 15j + 0 + wts.

3 Wednesday

Ex: 15j + 0 = 1.5 km swim. Australia's later WWI vet dies at 110.

4 Thursday

Ex: 15j + wts. Estimated 150 000 for June 4 candlelight vigil in Victoria Park.

5 Friday

Ex: 15j + 1.5 Km swim (4.5 for week).

6 Saturday

D-day anniversary. Watch the remembrance celebrations on BBC TV in the evening.

7 Sunday

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8 Monday

Ex: 15j + 2 km swim - felt too tired for a swim but went a bit slower and it was good. In evening, another acid attack in Mongkok.

9 Tuesday

Ex: 15j + wts.

10 Wednesday

Ex: 15j + 3.0 km - but perhaps a little too much!

11 Thursday

All schools, except secondary schools, to be closed because of swine flu. Ex: 15j + wts. HK has acid bombs; SFO has a blackbird bomber.

12 Friday

Nadine's birthday.

13 Saturday

In Rugby, France beat NZ (in Dunedin); Australia beat Italy.

14 Sunday

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15 Monday

Ex: 15j + 1.5 km swim. A second secondary school closed.

16 Tuesday

Ex: 7r + 15j + wts. Australian International School and another local sec school closed because of swine flu.

17 Wednesday

Ex: 15j + 1.5 km swim.

18 Thursday

Swine flu cases about 190 now. More schools closed - mainly non-local this time. Ex: 15j + wts.

19 Friday

Ex: 15j + 2 km (5 km for week). Interesting Horizon programme on how people make decisions - irrationally.

20 Saturday

Rugby: NZ beat France 14-10, Aus beat Italy, SA beat Lions. The father of 'little pumpkin' found guilty of murder.

21 Sunday

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22 Monday

Ex: 15j + 2.5 km swim.

23 Tuesday

Ex: 15j + wts.

24 Wednesday

Not a good sleep last night. Still, did 15j (a little slower) + 2.5 km swim.

25 Thursday

Ex: 15j + wts. Michael Jackson dies, 50. Farrah Fawcett dies, 62.

26 Friday

Pool closed because of T3, but no real need to do so. Ex: 15j + 20+5r + some wts.

27 Saturday

NZ beat Italy 27-6 but struggling. Australia easily beat France.

28 Sunday

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29 Monday

Did exercise earlier in afternoon: 15j + 1.5 km swim.

30 Tuesday

Disneyland set to expand. Ex: 15j + wts.

JULY

1 Wednesday

Public holiday for handover. Two marches - one pro-government in morning and 'traditional' protest march afternoon. Remainder of the smoking ban comes into force today. Ex: 10r (only because had to wait for a treadmill) + 15j + 2 km swim (at deep end).

2 Thursday

Ex: 15j + wts.

3 Friday

Got a USB drive as a 'gift' from HSBC. Ex: 14j (1 min less as pressed stop button instead of speed button!) + 2 km swim.

4 Saturday

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5 Sunday

Coloured hair.

6 Monday

Tired. Ex: 15j slower + 1.2 km swim. Diesel cars allowed back into HK. Big riots in Xinjiang; about 156 killed.

7 Tuesday

Plastic bag levy began today. Ex: 15j + wts.

8 Wednesday

Ex: 15j + 1.5 km swim.

9 Thursday

Ex: 15j + wts.

10 Friday

Hot. Ex: 15j + 2.5 km swim (5.2 km for week) - water temp 35. HK girl (westerner) studying at UCB wins second gold medal at world university swimming games.

11 Saturday

Watched and listened to Obama addressing the parliament in Ghana. A tropical storm bypasses HK.

12 Sunday

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13 Monday

Hot still. Ex: 15j + 2 km swim.

14 Tuesday

Ex: 15j + wts.

15 Wednesday

Ex: 15j + 2 km swim.

16 Thursday

I became a grandfather today, 1:44 am HK time. Man in HK with CMRSA and H1N1 dies.

Ex: 15j + wts.

17 Friday

Bomb attack on the hotel I stayed in in Jakarta (Ritz Carlton). Ex: 15j + 2 km swim (6 km for week).

18 Saturday

Britain's last WWI vet (who had recently become the oldest man in the world) dies. STS about to skirt to the north of HK; T8 issued overnight.

19 - 20 Sunday - Monday

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21 Tuesday

Apollo 11 lunar landing, July 20 1969, 20:17 GMT (= early July 21, HK time).

22 Wednesday

Partial eclipse of the Sun in HK - for about 2.5 hours.

23 Thursday

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24 Friday

Had to stop work midday to do assignment.

25 Saturday

Pm - switched on water kettle, circuit breaker off. Easily fixed but kettle change. But computer would not work for about an hour. So then finished assignment in case of another failure. Flights across English channel in replicas of Bleriot's plane to commemorate his flight 100 years ago. SA beat NZ 28-19 in SA.

26 Sunday

Macau to 'elect' the single candidate for CE post!

27 Monday

Second swine flu death - Filipina maid. Started exercise again: 15j + 1.5 km swim.

28 Tuesday

Ex: 15j + wts.

29 Wednesday

Ex: 15j + 1.5 km swim.

30 Thursday

Ex: 15j + wts.

31 Friday

Little pumpkin's father found guilty of murder and sentenced to life (about 12 years!). NZ to vote on whether to ban child spanking. Ex: 15j + 1.5 km swim (only 4.5 km total this week).

AUGUST

1 Saturday

ABs thrashed by SA in Durban 31-19.

2 Sunday

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3 Monday

T1. Ex: 15j + 2 km swim (As pool might have been closed because of thunderstorm warning, swam faster to get in as many laps as possible.) TV 'Horizon' documentary on epi-genetics.

4 Tuesday

Leonie's birthday. Ex: 15j + wts. T8 in force overnight.

5 Wednesday

Ex: 15j + 1.6 km swim. Bill Clinton leaves N Korea with the 2 US captive journalists.

6 Thursday

Ex: 15j + wts.

7 Friday

Ronald Biggs 'The Great Train Robber' released on health grounds. Ex: 15j + 1.9 km (5.5 km for week). SA beat Aus 29-17 in SA.

8 - 9 Saturday - Sunday

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10 Monday

Ex: 15 j + 2 km swim (again thought pool might be closed because of a thunderstorm warning).

11 Tuesday

Thunderstorm overnight. To dermatologist am. From typhoon across Taiwan, hundreds buried under mudslides. Ex: 16j (set wrong time) + wts.

12 Wednesday

Ex: 15j + 1.9 km swim.

13 Thursday

Ex: 15j + wts.

14 Friday

Ex: 15j + 2.4 km swim (6 km for week).

15 Saturday

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16 Sunday

Kowloon South MTR link opens.

17 Monday

Ex: 15j + 2.1 km swim but tired later.

18 Tuesday

Kim Dae-jung, former president of Korea, dies. Ex: 15j + wts.

19 Wednesday

Nutritional supplements sent by Gavin, arrived (2 x omega-3 && 1 x vitamins). Ex: 15j + 2.1 km swim.

20 Thursday

Ex: 15j + wts. Lockerbie bomber released on compassionate grounds having served just 8 of his 27 year sentence.

21 Friday

Hawaii becomes 50th state 50 years ago. Ex: 15j + 2.4 km swim (6.6 km for week).

22 Saturday

In Sydney, the ABs just beat Aus 19-18; only one try in the whole game.

23 Sunday

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24 Monday

England wins last test to take back the Ashes from Australia. Ex: 15j + 2.1 km swim (felt very smooth and fluid for the first time this season).

25 Tuesday

Finished the initial draft of the last unit for the Indonesian books.

26 Wednesday

Edward Kennedy dies. To hospital for plastic surgery unit for check-up. Realised I was very tired. Still did exercise but slower and lighter. Ex: 15j + wts.

27 Thursday

Ex: 15j + 2.5 km swim (6.7 km for week).

28 Friday

Ex: 15j + wts (a little lighter).

29 Saturday

Springboks beat Wallabies in Perth 32-19.

30 Sunday

Late phone call by HGC to tell me off a special broadband offer for 2 years at about \$99 per month!

31 Monday

Opposition in Japan wins a landslide election. Ex: 15j + 2.0 km swim. Then to meet Ras and Meri to talk about Indonesia visit and buffet dinner at YMCA.

SEPTEMBER

1 Tuesday

Ex: 15j + wts. Number of swine flu deaths up to 7.

2 Wednesday

Ex: 15j + 2 km swim.

3 Thursday

Swine flu deaths up to 10, cases about 13000. Ex: 15j + wts.

4 Friday

Ex: 15j + 2.5km swim (6.5 km for week); thought I would have to finish swim early due to a thunderstorm.

5 Saturday

Broadband connection broken again! Rugby - Australia beat SA 21-6.

6 - 7 Sunday - Monday

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8 Tuesday

Traffic in West Samoa switches to driving on the left. Ex: 15j + wts (lighter).

9 Wednesday

Ex: 15j (difficult) + 1.5 km swim.

10 Thursday

To HSBC am. T3 up in afternoon. Pool open (surprise!) so went for a swim in case not open tomorrow. Ex: 15j + 2 km swim (5 km for week).

11 Friday

Suite cleaning. Ex: 15j + wts (felt better). Chen Shui-bian and his wife given life sentences for embezzlement of state funds.

12 Saturday

Got to point on writing where I had no more to do. Springboks beat ABs 32-19 in Hamilton and take the Tri-Nations title.

13 Sunday

HK reporters in protest march against the beating up of HK journalists in Urumqi.

14 Monday

92-year old Vera Lynn's album of WWII songs becomes a best seller. Ex: 15j + wts. Pool closed T8 raised later.

15 Tuesday

Ex: 15k + 2 km swim (at regular end).

16 Wednesday

Ex: 15j + 2 km swim; water cooler now.

17 Thursday

Mary Travers dies. Ex: 15j + 2.6 km swim (6.6 km for week).

18 Friday

Ex: 15j + wts.

19 Saturday

Technician came to 'fix' the broadband connection. ABs beat Aus 33-6 to win final tri-nations game and end up second.

20 Sunday

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21 Monday

Ex: 15j + wts (pooled closed).

22 Tuesday

Technician came but link had 'fixed' itself. Ex: 15j + 1.5 km. Jonah Lomu has taken up body building.

23 Wednesday

Sydney and other places blanketed in fine red dust - worst for 70 years. Ex: 15j + 1.5 km swim. Was reading until about 1 am.

24 Thursday

Ex: 15j + 1.5 km swim (4.5 km for week).

25 Friday

Ex: 15j + wts.

26 Saturday

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27 Sunday

Typhoon causes huge floods in Manila. T1 here later evening.

28 Monday

Ex: 15j + 2.1 km swim. Perfect conditions for swimming - no sun, no wind, no people (except 1 for part of time), calm water and 'goldilocks' water temperature. Saw repeat documentary 'Sick around the world' by T R Reid of the Washington Post.

29 Tuesday

Ex: 15j + 2.4 km swim. Similar conditions to yesterday.

30 Wednesday

Ex: 15j + wts. Hotel mid-autumn party in evening in lobby, not at pool due to bad weather. Big 7.9 earthquake in Padang, Indonesia. Also 7.4 earthquake south of NZ. This following the 8.4 quake off Samoa a few days ago! Gavin calls at midnight to see if I am in HK.

OCTOBER

1 Thursday

National Day and 60th anniversary of the founding of the PRC. Ex: 15j + 1.5 km swim (6 km for week).

2 Friday

Ex: 15j + wts.

3 Saturday

Mid-autumn festival holiday. Another typhoon bears down on the Philippines.

4 Sunday

Coloured hair.

5 Monday

To supermarket at 10 am - short queues. Ex: 15j + 1.5 km swim. Felt very tired in evening.

6 Tuesday

Sent cheque to World Vision for Indonesian Quake Victims. Ex: 15j + wts. Charles Kao, the former CUHK VC, shares Nobel prize in Physics. Guy at MGH shares medicine Nobel Prize.

7 Wednesday

Ex: 15j + 1.5 km swim.

8 Thursday

Ex: 15j + wts.

9 Friday

Nadine on her way to Australia. Ex: 15j + 1.5 km swim (only 4.5 km for week). Rigby 7s admitted into the Olympics from 2016. Obama wins the 2009 Nobel Peace Prize - a bit premature, surely?

10 - 11 Saturday - Sunday

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12 Monday

By the afternoon, for the first time in more than a year, had nothing to do! Ex: 15j + 1.5 km swim.

13 Tuesday

Ex: 15j + wts.

14 Wednesday

CE delivers his annual policy address. Received 2 units each from Indonesian G5 and G6 to proofread. Ex: 15j + 1.5 km swim - both were tough. Flat for sale in mid levels for \$357 million!!

15 Thursday

Proofs returned. Ex: 15j + wts.

16 Friday

Ex: 15j + 1.5 km swim (4.5 km for week) - very tough. In Colorado, boy mistakenly believed to be in a helium balloon that floated across the state.

17 Saturday

E-mail from Bruce to tell me about Burnside HS 50th anniversary next Easter.

18 Sunday

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19 Monday

Ex: 15j + 2 km swim - swim actually felt better.

20 Tuesday

Ex: 15j + wts. News report of how a leech helped to solve a crime in Australia.

21 Wednesday

Ex: 15j + 2 km swim.

22 Thursday

Went to Mongkok to collect P 'n S coupons which HGC had given me. Ex: 15j + wts.

23 Friday

High levels of air pollution. Ex: 15j + 3 km swim (not good at start, better later, no backstroke) - 7 km for week. HK-made electric car launched.

24 - 25 Saturday - Sunday

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26 Monday

Bought tickets for Indonesia visit. Ex: 15j + 1.5 km swim. Chung Yuen holiday; hot, dry and a number of hillside fires.

27 Tuesday

Ex: 15j + wts.

28 Wednesday

Ex: 15j + 1.5 km swim. In bed at 10 pm but didn't get to sleep until 3 am or after.

29 Thursday

Not really tired after little sleep last night. Ex: 15j + wts. Received Nadine's postcard from Australia in evening.

30 Friday

Ex: 15j + 2 km swim (5 km for week) - varied swim with medlies of (1 length backstroke + 2 freestyle faster + 1 breaststroke + 2 more free faster) x 6. Felt better.

31 Saturday

Another typhoon hits the Philippines. More IIs from South Asia caught, including, for the first time, people from Afghanistan.

NOVEMBER

1 Sunday

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2 Monday

A bit cooler. Ex: 15j + 2 km swim (with medlies).

3 Tuesday

Ex: 15j + 2.5 km (with medlies).

4 Wednesday

Disney to build theme park in Shanghai. Ex: 15j + wts.

5 Thursday

Ex: 0j (no run) + 2 km swim (7 km for week). Last swim for season; averaged ~1.8 km per swim.

6 Friday

Left on 1030 flight for Singapore. Transferred to Jakarta flight, arriving at about 4 pm. Long queue again for visa. Ricky met me; went to centre for presentation before going to Ritz-Carlton hotel. Same room as last year.

7 Saturday

Presentation all day - 2 hours in morning and 2 hours in afternoon. Evening dinner at local restaurant with Ricky. Picked up a bug at lunch time which caused food poisoning.

8 Sunday

Vomiting and diarrhoea all day. Hotel staff gave me diarrhoea medicine.

9 Monday

Getting better. Rested all day. Ate very little.

10 Tuesday

Better but weak. Visited one Al Azhar school in afternoon; evaluated and discussed a video lesson they had.

11 Wednesday

To the 'large' Al Azhar school (the same as last year) in afternoon and had a micro-teaching session (w/o camera) for questioning techniques. Took 15 mins to get to school, 2 h 15 min to get back!

12 Thursday

In morning to a large Christian (Protestant) school in morning. Went through and discussed the presentation slides. Very heavy rain and flooding midday.

13 Friday

Took the 0940 flight to Medan with Meri. Others flew in from Singapore.

14 Saturday

Presentation in hotel conference rooms; same as for last week.

15 Sunday

Left Medan at 0840 for Singapore, then afternoon flight to HK. On return, found \$500 PnS vouchers from HSBC!

16 Monday

Actually rather tired. Started exercise again: 15j + wts. Notes: 1. 'Forgotten people' apology in Aus. 2. High sugar in HK foods/drinks. 3. Time magazine/Indonesia - Ritz-Carlton and voluntary work.

17 Tuesday

Ex: 20j + 20 rowing.

18 Wednesday

Ex: 15j + wts. Handicapped Australian who won the recent New York wheelchair marathon complete the 100 km Kokoda track in about 11 days.

19 Thursday

Ex: 20j + 20row. Three-year old Bangladeshi conjoined twins joined at the head successfully separated in Australia after 32-hour operation.

20 Friday

No exercise. Broadband link breaks - again! - in afternoon.

21 Saturday

First run of season. Cool at about 13°C. Also trailwalker weekend with different finish point (Tai Tong children's camp). PLA team wins.

22 Sunday

—

23 Monday

Hospital appointment (ENT) 10 am. including another hearing test. Then discharged. Ex: 15j + wts.

24 Tuesday

Technician came in afternoon to fix broadband connection. Ex: 20j + 20 r.

25 Wednesday

Ex: 15j + wts.

26 Thursday

Ex: 20j + 20r.

27 Friday

ESF to charge parents \$25000 per student to raise money to renovate, starting with KJS and KGV, and expansion.

28 Saturday

Run much warmer at about 23°C. Second half a bit tough.

29 - 30 Sunday - Monday

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DECEMBER

1 Tuesday

To dermatology clinic am; got appointment for biopsy on nose. Ex: 20r + 20+5j.

2 Wednesday

Ex: 15j + wts.

3 Thursday

Finished proofreading for the Indonesian Science Book 5. Ex: 22j + 20r. 60 mins - 'The Mascot'.

4 Friday

—

5 Saturday

Run not bad; ~5% faster than last year though not the fastest for the route. Broadband connection broken - again!!! East Asian Games opens. HK already picked up 2 gold medals, one in team snooker, one in BMX racing.

6 Sunday

—

7 Monday

Some drizzle today. Went to gym am: 15j + wts. Broadband technician comes pm.

8 Tuesday

Drizzly. Ex: 20j + 20r.

9 Wednesday

Ex: 15j + wts.

10 Thursday

Ex: 20j + 20r. Students at CUHK in disruptive protest of award of honorary doctorate to Chief Secretary, Henry Tang. Watched Obama giving his acceptance speech for the Nobel Peace Prize.

11 Friday

—

12 Saturday

Run 6 minutes slower than same route last season. NZ win the second round of IRB 7s in SA.

13 Sunday

—

14 Monday

Miserable all day but did a light workout in the gym. Ex: 15 walk + wts (light).

15 Tuesday

Ex: 20 walk + 20r (slow - covered up monitor so I would not know how slow). 23 out of 50 peanuts and peanut products with high levels of cadmium!

16 Wednesday

No running nose overnight. Ex: 15w(alk) + wts (almost normal). 787 makes its first test flight. Nutcracker!

17 Thursday

Ex: 20w + 20r (slower). News items: Marines leave Camp Lejeune for Afghanistan; 'Poor Joseph' church sign in NZ; CE and others get swine flu jabs; Chavez' comment that for capitalists, if climate were big banks, problem would have been solved.

18 Friday

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19 Saturday

Cool. Good run. At 2:09, was a whopping 19 min or 13% faster than last there (which however, was run with a damaged Achilles heel). Watched 'Carols in the Domain' from Sydney in the evening.

20 Sunday

—

21 Monday

High risk groups can start to get free swine flu vaccinations from today. Ex: 15w + wts.

22 Tuesday

Ex: 20w + 20r.

23 Wednesday

To clinic for biopsy. Then found a HSI vaccination unit outside - but closed for lunch! Then to Tin Shui Wai clinic - same thing but got an appointment. Ex: 15w + wts.

24 Thursday

Ex: 20w + 20r.

25 Friday

Spoke to Nadine on Skype. Gave her RTHK website to watch 'Christmas in the Park'.

26 Saturday

Run Tai Po to lead mine pass to Tai Mo Shan to Route Twisk to Sek Kong - 2 h 40 min. Very foggy and windy on the mountain; probably lost time because of it.

27 Sunday

Coloured hair.

28 Monday

Coldest day of season so far. Ex (am): 15w + wts. Afternoon, to local clinic for Human H1N1 jab.

29 Tuesday

Ex: 20w + 20r. British man with mental illness executed in China for bringing in a suitcase of heroin.

30 Wednesday

31 Thursday

Clinic am to remove stitches and got result - sBCC. Ex: 20w + 20r. BBC interview with POW who befriended Auschwitz prisoner and swapped places to get in! 60 Mins item on poor state of health care in Las Vegas.

Hikes: 2009 - 2010

2009

1	21/11	13°C	Tai Po V → lead mine pass (35) → [7] loop to Grassy Hill/Rd (1.15) → Tai Po Kau forest → Tai Po	1:53
2	28/11	23°C	TT → rd/track → reservoir (36) → Stage 10 track → road (1.16) → Forest track t.o. (1.30) → TT Rd → TT	2:13
3	5/12	18°C	TT gate → reservoir (27) → road to dam (1.06) → Stage 10 t.o. (1.34) → small reservoir (1.53) → TT bus terminus	2:07
4	12/12	22°C	TT gate → reservoir (28) → forest track → road (55) → road to TLT Y-junction (1.11) → track → road (1.23) → top of reservoir (1.40) → tunnel bus	2:15
5	19/12	12°C	TT → road only → reservoir (30) → Stage 10 road → Stage p sign/park (56) → track + road + track loop → Stage 10 rd (1.20) → top of reservoir (1.32) → tunnel bus	2:06
6	26/12	18°C	Tai Po V → lead mine pass (36) → Tai Mo Shan (1.40) → Twisk (2.02) → Kap Lung trail → Sek Kong	2:40

2010

7	2/1	17°C	Tai Wo → Cloudy Hill (44) → first reservoir (1.08) → road → Hok Tau reservoir (1.30) → Cloudy Hill (2.11) → park	2:44
8	9/1	15°C	Tai Po V → lead mine pass (37) → Tai Mo Shan (1.41) → Twisk (2.03) → Tai Lam Chung (3.03) → tunnel bus	3:38
9	16/1	17°C	CU → ridge [4] (52) → Kowloon Peak (2.01) → Shatin river (2.33) → CU	3:03
10	23/1	14°C	CU → ridge [4] (52) → Pyramid Peak (1.19) → Ma On Shan (1.50) → ridge [4] t.o. (2.30) → CU	3:13
11	30/1	18°C	TT gate → reservoir (27) → forest track → road (53) → Stage 10 rd (1.03) → top of reservoir (1.15) → TLC trail → tunnel bus	2:19
12	6/2	17°C	Tai Mei Tuk → Nam Chung t.o. (1.17) → peak (1.38) → Hok Tau t.o. (left) (2.40) → Sha Lo Tung → Tai Po station	3:40
13	13/2	11°C	Plover cove dam → grave (1.01) → ridge (1.38) → stream (2.22) → Brides pool bus stop	2:49

14	20/2	12°C	Tai Mei Tuk → Brides pool (50) → Wu Kau Tung (1.01) → Sam A Chung → Lai Chi Wo (1.53) → pass (2.18) → Lik Keng	2:53
15	27/2	25°C	Tai Po V → lead mine pass (37) → top of reservoir (50) → pineapple track → main dam (1.15) track → top of reservoir (1.58) → lead mine pass (2.25) → Tai Po V	2:54
16	6/3	27°C	TT gate → reservoir (28) → TLC trail → original tunnel bus t.o. (1.39) → Y-junction (2.00) → dam (2.36) → Sek Kong	3:06
17	13/3	18°C	TT → end of road (27) → Stage 10 (turn left) → reservoir (52) → Ho Pui reservoir (1.27) → family walk loop (1.42) → back/steps → Y-junction (2:03) → tunnel bus	2:27
18	20/3	22°C	TT → amusement park (lychee valley) → reservoir (33) → Stage 10 track → road (1.12) → small reservoir (1.32) → across dam → end of road & return to dam (2.04) → TT bus terminus	2:19
–			[In New Zealand]	
19	8/4		Ruru → 7 km road run	0:42
20	11/4		Mt Te Kinga and return	3:11

HK: Average time (18 runs) 2 hours 41 minutes

Total: Average time (20 runs) 2 hours 37 minutes