



# THE RAHRC BULLETIN

## APRIL 2013

THE NEWSLETTER FOR MEMBERS OF THE RAHRC

**Date:**

Saturday, 25th May  
2013

**Time:**

8.30am to 5.30pm

**Venue:**

Multi-Sports Hall, RAH  
Club

**Fee:**

2 rials for all

**Registration deadline:**

18 May 2013

Lunch and drinks will  
be provided

Open to PDO  
members and regular  
non members

Formats: Mens, Ladies and Mixed  
Doubles; Childrens under 15s and  
under 12s



### RAHRC ~ BADMINTON TOURNAMENT



**Contact:**

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## **Contents**

**Events Calendar May / June 2013**

**Presidents Message**

**Outpost Oman**

**Library Section**

**Fahal Island Swim 2013**

**Off Road Adventure Club**

**Motor Cycle Club**

**Golf Section**

**Annual Regatta**

**Fishing Section**

**New Video Releases April 2013**

**Volunteers Service**

**Biathlon 2013**

## RAHRC May / June Events Calendar 2013

02-May-13	Fishing Competetion	RAHRC Beach
02-May-13	Kids Zumba	Marlin Hall
09-May-13	Kids Zumba	Marlin Hall
15-May-13	Shell Worldwide Bridge Tournament - Tentative	TBA
16-May-13	Kids Zumba	Marlin Hall
16-May-13	Fishing Competetion -Back Up Date	RAHRC Beach
23-May-13	The Fahal Island Swim 2013	RAHRC Beach
23-May-13	Kids Zumba	Marlin Hall
25-May-13	RAHRC Badninton Tournament	Sports Hall
27-May-13	Karate Section: Advanced Group Exams	PDO School Gym
30-May-13	Kids Zumba	Marlin Hall
06-Jun-13	Leilat al-Meiraj (Ascension of the Prophet)	-
06-Jun-13	Kids Zumba	Marlin Hall
10-Jun-13	Karate Section: Low Group Exams	PDO School Gym
13-Jun-13	Kids Zumba	Marlin Hall
06-Jun-13	Fishing Competetion	RAHRC Beach
20-Jun-13	Fishing Competetion -Back Up Date	RAHRC Beach
20-Jun-13	Kids Zumba	Marlin Hall
23-Jun-13	Karate Section: Black Belt Exams	PDO School Gym
27-Jun-13	Kids Zumba	Marlin Hall

## Presidents Message.

### **Diverse Membership:**

The membership of the RAH club is very diverse and represents different nationalities. All the different nationalities represent different culture and cultural values. It is important to remember to value the differences and accept them. Modesty is a virtue that influences our behavior and contributes to our understanding and promotes harmony.

In this context, I would like to draw the attention on our members to the appropriate dress code in different areas of club. The coffee shop and the patio in particular. The patio area is used by families and children. Being right next to the swimming pool and it is very easy to go from the pool for a quick bite at the patio in swimwear. This maybe appropriate in some places however, with the diverse nature of our membership I would like to request the members to take care and wear proper clothes to cover up so as not to offend any member. This way all can enjoy the beautiful patio and the food.

In the boat bar again it has been noted that members in swimwear go up to the bar and order, again, this maybe appropriate to some and may cause offence to others.

I hope that the members will take care of this themselves and the club will not have to enforce it.

### **Events:**

The season of events is almost over. I attended the final day of the social cricket tournament which was organized by the cricket section. The competition attracted a number of teams from contractors working for PDO and others. Unfortunately the PDO RC teams did not win any silver, but had a lot of fun.

Golfing section is busy with the tournaments and will have there final event of the season in the month of May. A note to all the sections and the general membership. These events are organized by different sections and need volunteers. The season has ended, but in truth, the preparation for the next events are already underway with request for volunteers. So please come forward and contact the sections and volunteer.

### **HSE & Security:**

Importance of following HSE and SECURITY aspect to our own, our families and friends enjoyment is our responsibility. Following club rules is extremely important. This is with relation to bring guests in the club. I would like all of us to enjoy the facilities of our club and share with your guests as well. There are defined rules and responsibilities that must be followed in this respect. I would appreciate if the members cooperate with the HSE and security staff in following these rules.

**Engagement with Sections:** I am going to continue to engage the different sections in order to understand the needs and seek ways to support them in their activities. Continue to make the processes simpler and transparent. An important thing to remember is to keep open communication with all. Please clarify if in case of doubt.

### **RAH Recreation Club Development Engagement:**

The RAH development team has received all the requirements from the different sections. These were presented to the main committee last month. The design contract has been awarded. Things will start to move fast now.

For more information on what is going on at the club, please visit the club website at: [www.pdorc.com](http://www.pdorc.com) and any comments or feedback can be posted to [rahrc@pdo.co.om](mailto:rahrc@pdo.co.om).

Enjoy the rest of the cool weather and remember to give your help and support to make RAH a better place for our friends and families.

**Khalid Jawad Al Khabouri.**  
**President**



### The Outpost Muscat Team

The team at Outpost Muscat is dedicated to assisting you with practical information and guidance on all non-contractual matters. We can assist you on arrival and on an ongoing basis during your assignment.

### Outpost Networking Mornings

Networking events are designed to provide spouses with the opportunity to meet new arrivals, network with other spouses and to ask Outpost questions. Our next Networking Morning is on **Thursday 9<sup>th</sup> May from 9.00-11.00 am** at Kim Restucci's residence (no. 5 Sahma Street)

### Outpost Information Mornings

Every second Wednesday of the month, Outpost organises an Information Morning at the office (5 Karim Flats) from 9:00–10:30. This morning focuses on new arrivals but all are welcome. Come in to get an Outpost publication, view the notice boards or exchange experiences. We will be there to answer your questions. **Join us on 8th May.**

### Bus Orientation Tour

Once every two months, Outpost Muscat organises a Bus Orientation Tour for new arrivals, showing hospitals, schools, ROP-stations and shopping centres in the Muscat area. The next Tour will be in June.

### Our Publications

We have a range of publications to help you such as our Inside Guide, Career and Development Guide and key documents on subjects including:

- Housing
- Driving in Oman
- Hiring Domestic Help
- Departure Checklist
- Birth Registration in Oman

For copies please contact Outpost or pop into the office for a hard copy.

### Welcome Services Team

If you are a new arrival and on an accompanied basis, a member of our Welcome Services Team will contact your spouse to offer assistance with settling in.

Outpost Muscat  
5 Karim Flats  
Ras Al Hamra Street, PDO Camp

c/o PDORC, P.O. Box 81  
Postal Code 100, Muscat  
Sultanate of Oman

+968 246 58640

[OutpostMuscat@pdo.co.om](mailto:OutpostMuscat@pdo.co.om)

<http://muscat.globaloutpostservices.com>

[www.globaloutpostservices.com](http://www.globaloutpostservices.com)

Office hours:

Sun, Tue and Thu 08.15 – 11.00

Appointments outside of these times are available on request



For PDO/Shell employees

OUTPOST MUSCAT



### Career and Development (C&D) for Spouses

We offer C&D assistance to spouses who would like to work or undertake some further studies. This assistance includes CV advice and information on study options. We also hold regular Career and Development events such as Interview Skills and CV-writing workshops.

### Communication & Newsletters

Please join our email distribution list so that we can notify you of our events and send you our newsletter. To join, please send an email to us on [OutpostMuscat@pdo.co.om](mailto:OutpostMuscat@pdo.co.om) Newsletters can also be accessed online.

### Outpost Muscat website

Lots of information, including our Inside Guide and Key Documents are available on our new website <http://muscat.globaloutpostservices.com> To access all information, registration is required. Registration is possible with a PDO email address and computer-ID.

### Facebook

Outpost Muscat is now on Facebook. Join us today to see all our events!

Outpost Muscat  
5 Karim Flats  
Ras Al Hamra Street, PDO Camp

c/o PDORC, P.O. Box 81  
Postal Code 100, Muscat  
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**NEW BOOKS IN THE LIBRARY**  
**OPENING HOURS – SUNDAY AND TUESDAY 8:30 AM TO 8:30 PM**

Ragged Company  
By Jamie Zeppa,  
By Richard Wagamese

Never Eat Alone: And Other Secrets to Success, One Relationship at a Time  
By Keith Ferrazzi,  
By Tahi Raz

Tweak: Growing Up on Crystal Meth  
By Nic Sheff

The Gargoyle  
By Andrew Davidson

Pigeon English  
By Stephen Kelman

The Tiger: A True Story of Vengeance and Survival  
By John Vaillant

Zen Mind Beginner's Mind: Informal Talks on Zen Meditation and Practice  
By Shunryu Suzuki

Telegraph Avenue  
By Michael Chabon

Before I Go to Sleep  
By S. J. Watson

Where'd You Go, Bernadette?  
By Maria Semple

The Dash Diet Action Plan: Proven to Lower Blood Pressure and Cholesterol  
without Medication  
By Marla Heller

Ani's Raw Food Essentials: Recipes and Techniques for Mastering the Art of Live  
Food  
By Ani Phyto

The Night Circus  
By Erin Morgenstern

A Walk Across the Sun  
By Corban Addison

**NEW BOOKS IN THE LIBRARY**  
**OPENING HOURS – SUNDAY AND TUESDAY 8:30 AM TO 8:30 PM**

The Magic  
By Rhonda Byrne

The Sultan's Wife  
By Jane Johnson

Silent House  
By Orhan Pamuk

The Snow Child  
By Eowyn Ivey

The Girl You Left Behind  
By Jojo Moyes

1q84: 3 Volume Boxed Set  
By Haruki Murakami

Umbrella  
By Will Self

The Round House  
By Louise Erdrich

Dream of the Celt  
By Mario Vargas Llosa, Translated by Edith Grossmann

Beyond Religion: Ethics for a Whole World  
By Dalai Lama XIV

Hallucinations  
By Oliver Sacks

Diet for a New America: How Your Food Choices Affect Your Health, Happiness,  
and the Future of Life on Earth  
By John Robbins

The Limpopo Academy of Private Detection  
By Alexander McCall Smith

Communion Town  
By Sam Thompson

Suspect  
By Robert Crais

Arcadia  
By Lauren Groff

**NEW BOOKS IN THE LIBRARY**  
**OPENING HOURS – SUNDAY AND TUESDAY 8:30 AM TO 8:30 PM**

Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness and Spiritual Well-being

By Deepak Chopra, By Rudolph E. Tanzi

A Life Without Limits

By Chrissie Wellington

Instructions for a Heatwave

By Maggie O'Farrell

Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One

By Joe Dispenza

Heartbreak Hotel

By Deborah Moggach

Behind the Beautiful Forevers: Life, Death, and Hope in a Mumbai Undercity

By Katherine Boo

Gone Girl

By Gillian Flynn

Best Kept Secret

By Jeffrey Archer

## **The Fahal Island Swim 2013**

In May you have the opportunity to experience a unique event in Oman: the annual Fahal Island Swim. On Thursday May 23<sup>rd</sup> 2013, physical fit and (experienced) swimmers are invited to join this event. The motorboats will drop you off at Fahal Island and you have to swim back the 4 km to the boat club at the PDO beach. The fastest swimmers will do this around one hour; the slower ones may take up to three hours. The purpose of the Fahal Island Swim is not about winning, but about getting this warm feeling of belonging to an exclusive group of people that are brave enough to challenge the open waters of the sea.

Here is a short re-cap of the rules of the Fahal Island Swim:

It's an endurance event, not a race. Times will be recorded but there is no specific prize for the first or last swimmer. You can swim whatever stroke you want but flippers and flotation devices are not allowed (unless in emergency situations).

Obviously, safety is of paramount importance in the whole event. You have to make sure that you are physically fit and capable of exercising for a period of time. You can swim as an individual or in a group, as long as you have a boat cover to provide assistance in case of an emergency. Arranging boat cover is the responsibility of every swimmer or group of swimmers; the organizers do not allow swimmers without boat cover to participate. *Swimmers under 16 should be accompanied by one of their parents as boat cover.*

Groups must swim together; those that break up will be hauled out by the marshals. This will especially affect groups of swimmers of mixed ability. So choose your team-mates with some care and stay together! We request the follow boats to stay clear of the race line at the start and join the swimmers 50m away from the island, at which point the swimmers will have funnelled into a single file.

At 6:00 AM the swimmers will gather at the PDO boat club and finalise their registration (5 OMR entry fee, indemnity, swimming hat, T-shirt etc). Please bring the right amount cash to expedite registration. At 6:45 AM the swim committee will address the swimmers with the latest information (tide, currents, hints and tips). At 7:00 AM there will be a group photo and head count on the beach. At 7:10 AM the organising committee start shuttling the swimmers from the PDO boat club to the Fahal Island. The follow boats (kayaks, canoes, motor boats etc) need to be present at the Fahal Island before 7:30 AM (remember: paddling takes 45 minutes from PDO beach!). Ensure the swimmer know how to recognise the follow boat person. After the second head count on the Fahal Island, the start of the actual swim is around 7:30 AM. The swim is back to the PDO boat club where all swimmers have to report also the swimmers who decide to give up. For all the swimmers, paddlers, volunteer's etc. breakfast will be served at the boat club from 9:00 – 11:30 AM.

As it happened in some of the years before, we may have to cancel the swim at the very last moment when the weather does not permit a safe event.

The maximum number of swimmers to participate in this event is set at 100. Closing date is 20<sup>th</sup> of May 2013

To get more information google on 'fahal island Swim'. The site of Jan Scheurs is giving a good impression of the Fahal Island Swim: [http://home.kpn.nl/~janm\\_schreurs/FahalSwim.htm](http://home.kpn.nl/~janm_schreurs/FahalSwim.htm) or alternatively to read about what is under the water, go to this site: [http://oman.greatestdivesites.com/musqat/fahal\\_island](http://oman.greatestdivesites.com/musqat/fahal_island)

Ticketcost: 5 OMR for members (Non-members pay an extra 2 OMR).



The FIS organizing committee 2013

David van Bourgonje  
Mike Reddy  
Griet Proot

[ENRTY FORM](#)

# FAHAL ISLAND SWIM

23 - 05 - 2013



Schlumberger

BAKER  
HUGHES



Champion  
Technologies

TEBODIN  
always  
close



rigrider



OHI

MITSUBISHI  
MOTOR  
DRIVES earth

Distance: 4 km of open water, from Fahal Island to RAHRC - (PDO club)  
Entry fee: members 5 RO p.p., non-members 7 RO p.p.  
Information & registration: [fahalislandswim@hotmail.com](mailto:fahalislandswim@hotmail.com)

Please note:

- Registration before 20-05-2013
- All swimmers to arrange boat cover
- Swimmers under 16 must be accompanied by one parent as boat cover



# Ras Al Hamra Off-Road Adventure Club

April 2013

Ras Al Hamra Off  
Road Adventure Club



Proudly present  
**SALMAH  
PLATEAU  
MOUNTAIN  
CROSSING**  
**2013**

*An overnight, four wheel  
drive, family friendly  
mountain adventure*



**Date:**  
17th – 18th May 2013

**Location:**  
Salmah Plateau,  
Eastern Hajar  
Mountains

**The plan**  
**Friday 9am:**  
Depart Muscat,  
drive to Sur road  
and ascend via  
Qalhat

Cross Plateau  
entire day

Camp overnight on  
plateau near  
beehive tombs

**Saturday:** Further  
drive and descent,  
do your own thing.

Places are limited so  
please register soon,  
telling us your name  
and type of vehicle.  
(only good 4WDs with  
low range will be  
permitted)

More information will be  
available upon registration.

**CONTACT: FAHIM on**  
fahim\_firiray@hotmail.com

## News from the Equipment Officers –

The club has recently bought a OBD2 code reader. This device can be used on most cars from 1996 onwards to read the engine diagnostic fault codes that give rise to the engine warning light coming on in vehicles. This can be useful to gather information on how critical a fault may be and will help double check any feedback you get from your car repairer when you ask him to diagnose the failure. It will not fix the problem for you but will give the fault present and allow you to make a decision on what to do. Reading the codes is a 5 to 10 minute job once you have located the OBD2 socket on your vehicle. If you wish to use the code reader then get hold of one of the equipment officers (Chris or Marcos).

[www.rahorac.jeeprs.com](http://www.rahorac.jeeprs.com)

Date	Event/Activity	Status
17 -18 May	Salmah Plateau Guided Camping Trip	Planned
27 Sept	Wadi Abyat Trip	Date to be confirmed
31 Sept	Intro to Sand Driving – Theory Session	Date to be confirmed
8 Oct	Intro to Sand Driving – Theory Session	Date to be confirmed
11-12 Oct	Intro to Sand Driving - Practical Training Session	Date to be confirmed
15 Nov	WC2013 Qualification	Date to be confirmed
22-23 Nov	WC2013 (pending check on public holidays)	Date to be confirmed
29 Nov	WC2013 Party	Date to be confirmed
1 Dec	ORAC Annual General Meeting	Date to be confirmed
13-14 Dec	WC2013 Clean-up Trip	Date to be confirmed
31 Jan – 1 Feb 2014	Extreme Wahiba Challenge	Date to be confirmed



## نادي رأس الحمراء للدراجات النارية Ras Al Hamra Motorcycle Club

It's been a busy month for the off road riders of the Motorbike Section. The Oman Motorcross (OMX) season finished and it was a very good year for two members who came second and third in the Junior class. The final placing went down to the last race in the seven race series with Corbyn Greenwood getting the better of Simen Bjerkestrand who got a puncture in the first moto and took a fall in the second. At the end of the day the results for the day echoed the final result of the championship with Corbyn taking second and Simen taking a well earned third. The best placed adult was Chris Mustoe who took fourth in the Expert class after his two third places in the Clubman class in the previous two years.



181 Corbyn Greenwood

Chris Mustoe who took fourth in the Expert class after his two third places in the Clubman class in the previous two years.



15 Simen Bjerkestrand

Away from the race track there have been some adventurous rides to the Wahibas. Most recently an intrepid foursome of riders headed to Abu Dhabi to do some long rides through the dunes and sand tracks in the area South of the city of Abu Dhabi, ending up in the Liwa Oasis near the UAE and Saudi border. The first long day of over 260km ended up with the riders running somewhat short of fuel as the daylight was running out, having to find a safe place to stop and calling upon the support vehicle to come to find them and take them back to the hotel. The other, shorter days were spent exploring the amazing Liwa dunes, even trying to emulate the riders and drivers that drive up the Moreeb Hill, a sand 'drag strip' up the highest dune in the Liwa area. Unfortunately no rider made it up but it was fun trying. Maybe next time...



Endless dunes in Liwa

The weather is getting warmer, but this does not stop the off road rides as there are plenty of opportunities to explore the mountains where it can be refreshingly cool even in the height of summer. If you have a reliable (road registered and insured) bike, have all the required safety gear, and are interested in joining for some rides then please contact Chris Mustoe ([christopher.cm.mustoe@pdo.co.om](mailto:christopher.cm.mustoe@pdo.co.om)). Summer rides are routes in the Hajar mountains and are generally on graded roads and well made tracks and so are good for the novice with some riding experience.



Big Liwa bowls!

## A round-up of recent RAHGC competitions (hosted at Muscat Hills)...

### STS golf competition generates impressive scores

The popular STS golf competition organised by Ras Al Hamra GC and hosted by Muscat Hills G&CC witnessed some exceptional results and a record breaking winning score. The format played was a 4 person team Florida step aside scramble and close to 80 eager golfers participated.

Winners on an amazing 65 gross and nett 49.2 emerged the team of Jim McDougal, Chris Grumley, Lance Scott and Liam O'Donnell. The STS sponsor team of Basil Macki, Alan Tea, Ben McGowen and Paul Guinane also had a superb score of gross 74 and nett 50.6. Being the sponsors they generously donated their prize to the next best placed team.

Runner-up came the team of Anubarhav Shanker, Jayanta Borpujari, M.S. Atwal and Aman Atwal on gross 67 and nett 51.4. Just less than a shot behind on gross 76 and nett 52.2 came Jolanda and Frank Oprinsen and Ans and Peter Goossens.

At the prize giving dinner, Alan Tea of STS, organised a golf quiz including some odd facts around golf. Ray Prescott, RAHGC Captain, thanked the sponsors and Muscat Hills for staging a golf competition enjoyed by all RAHGC and Muscat Hills golf members. Basil Macki, Managing Director of STS, presented the prizes to the winners and expressed his delight of attracting so many golfers and impressed with the results scored.

Photo shows competition winners with STS sponsors



### Results:

STS Golf Competition (Florida Scramble) - 11 April 2013		
Winning Team	Jim McDougall, Chris Grumley, Lance Scott, Liam O'Donnell	49.2 nett
Runners up	Anubarhav Shanker, Jayanta Borpujari, M.S. Atwal and Aman Atwal	51.4 nett
Third Place	Jolanda and Frank Oprinsen and Ans and Peter Goossens	52.2 nett

## John Prescott bags Nawras monthly medal and RAHGC Top Dog

The final Nawras monthly medal of the RAHGC 2012-2013 season brought a record breaking number of 10 contenders for the coveted Top Dog honor. Despite quite windy conditions and the heat of the summer mounting, John Prescott put in his best ever golfing achievement to win with a record breaking 62 nett.

Talking to the RAHGC media coordinator after the game, John expressed he was overwhelmed with his performance, “couldn’t believe what happened out there, from first tee I was just in the zone, honestly the way I’m playing right now I should be a single handicapper!”. On which the Handicap Secretary of RAHGC, Tore Solberg, cheerfully replied “no worry mate, I’ll take a look into that”.

Besides John’s outstanding result, the final Nawras monthly medal displayed some of the best scoring during the season. Runner-up in division 2, with normally for his standard a winning score of 67, Henry Huneberg proved he is still a contender for the RAHGC Chrysler Cup team.

Division 1 saw Henri Obame Ondo taking advantage of the non-windy conditions of a morning tee time to win on 68 nett, a comfortable 3 shots ahead of the for the day unusually inconsistent Per Sjostrand on 71 nett. To his surprise, and everyone playing with him, Kevin D’Amours got the Best gross price on 86. Considering his back 9 were 10 shots better than his front 9 just shows the fight back capability of Kevin.

And this ability made Kevin D’Amours the undisputed RAHGC Player of the Year. First time ever to be able to bag this trophy Kevin admitted it wouldn’t be possible without the 100% support of his wife lovely Karen. Last year’s winner Per Sjostrand, and the RAHGC Club Champion, ended up second with the Top Dog winner John Prescott claiming third.

RAHGC Captain Ray Prescott expressed his delight so many of the members taking part of the competitions the RAHGC committee organises throughout the season despite the fact RAHGC even don’t have a golf course to play on. On a happy note, the Captain inaugurated a new trophy, the Snoopy challenge. The prize is given to the player with the highest nett score of the Top Dog competition and was comfortably won by Gary Battersby (who’s result the editor is too embarrassed to convey).

### Results:

April 2013 (5-Apr-13)		
Division 1 – Winner	Henri Obame-Ondo	Nett 68
Division 1 - Runner Up	Per Sjostrand	Nett 71
Division 2 – Winner & TOP DOG	John Prescott	Nett 62
Division 2 - Runner Up	Henry Huneberg	Nett 67
Best Gross	Kevin D’Amours	86

**Upcoming Events:**

Ladies Invitational (Texas Scramble) - 18 April  
SOS Captains Walk-out (format TBC) - 25 April

RAHGC Annual Dinner and Prize giving - 2 May



*RAH Golf Club Prize Giving  
and Dinner Dance*

**May 2<sup>nd</sup> 7.30pm**  
**RAHRC – Cinema Hall**

**Live Music from  
50 Degrees**



You can sign-up individually, or as a table of eight, on-line or on the Muscat Hills notice board. RAH members may invite up to two guests to this golf club sponsored dinner.

Please ensure you clearly show the RAH club numbers to be debited for all who will attend.

**Only 15 Rials**  
includes served meal with on the table  
(don't delay as numbers are limited)

**Dress:**  
Black Tie / National Dress

**Ras Al Hamra Golf Club AGM - 16 May, 17:30 in Palm Room**

Click [here](http://www.golfclub.pdorc.com/AGM_2013.htm) for AGM notification and nomination form ([http://www.golfclub.pdorc.com/AGM\\_2013.htm](http://www.golfclub.pdorc.com/AGM_2013.htm))

**More information about RAHGC:**

For further information on competitions and other general information from RAHGC, please visit our web site [www.pdorc.com/golfclub/](http://www.pdorc.com/golfclub/).

Here you will also be able to register for our competitions.

If you have Facebook you can also join the RAHGC group. Your email address will be added to our distribution list and information of competitions and other RAHGC related matters will then be sent to you on a regular basis.

## RAHSC Annual Regatta 2013

The 2013 annual Sailing Regatta was held at the RAHRC on 21<sup>st</sup> – 22<sup>nd</sup> March. The event was sponsored by Shuram Baird, Risail and PDO, with strong support from OIG, OUA, M.Healey, and PDO's medical team and the RAH club office. The Sailing Regatta is a mixture of offshore sailing using the Hobies, Lasers and Toppers fletts, with onshore sports of Volleyball and jeu de Boules, and entertainment of canoe races and sand castle making.

This year we once again had 9 teams with a number of ex members returning. It was good to see Aly & Jonny, Rob & Stella, Tony & Sylvie and as usual Bernard & Christine, we hope to see you all again next year plus any other members who will have left.

The weekend started on Thursday with three Hobie C2 races in a fair wind from the East, but with falling winds the OOD changed the course to a C1 for the fourth race. With falling winds the single circuit of the buoys took up to an hour to complete. Alas, the winds did not come back, so a kayak relay race was held, each team comprised four members, with at least one lady participant. They had to paddle a triangular course and finish with a sprint to the mast at the Bridge handing over to the next paddler. The Giants came in first followed by the Surfin Turtles and the B16s. Sadly there was no more sailing on Thursday, so at close of play on day one we had the Surfin Turtles leading with the B16s close on their stern and only 1 point separating the next three teams.

Once again the annual dinner was held on the beach this time with live music from T-Band. Everyone seemed to enjoy themselves however, with tired sailors and potentially strong winds forecast for Friday, the evening finished before midnight.

The OOD and other committee members were down bright and early on Friday morning to be met by big waves and a strong SW wind, a very unusual combination. With these conditions it was not possible to launch either the Rib or the Hobies. Luckily by 9:30 the wind had swung round to the West and the waves subsided. The rib was launched, marks laid and the first race started at 11:00. This year with good winds the OOD was able to hold a tough Round the Island race which saw the only Hobie capsize of the weekend, and no it was not Stijn! With a light crew the Vikings succumbed to the strong wind, they got the boat up and made up good ground picking up a place on the line. The Pirates completed the Round the Island race first place followed by the Surfin Turtles.

With the lack of wind on Thursday the **Lasers** only had two of their scheduled four races on Friday, they set out with a water start on an A1 then A2 course. The Committee Safety boat had to leave its station half way through the second race to help both the B16s and Titans who found the conditions tough going. All turned out well they got their lasers upright and sailed home. Once again the Surfin Turtles took honours - you can see where this is going.

This year the Captain's race was sailed in Toppers however, they were not allowed any aids except the strong NW wind. Tony Van Thiel (Surfin Turtles) and Giles Brinsley (Pirates) pulled away from the rest of the fleet and were romping home to a good first and second finish. Sadly they did not listen at the pre-race briefing and did not finish as required so were disqualified leaving the Giants to pick up first place. Tony did pick up another trophy to add to his collection however, this time it was The Wooden Spoon.

It was good to see the juniors out on the water in the **Junior Toppers Race**. They raced both days, with light conditions on Thursday but more demanding sailing on Friday. Unfortunately several teams were unable to muster sailors so picked up penalty points, this time Niklaus Amthor for the Pirates came in first place.

Over the weekend there were hotly contested matches on both the **Volleyball** court and the **Jeu de Boules** pitch. The **beach** volleyball was won by the Muscateers B beating the Muscateers A in the final and the Muscateers beating the B16s in the Jeu de Boules final.

All teams made a big effort with the Fancy Dress this year realising that it can swing the overall result. The Surfin Ts put on a good show with the Can Can and took first place with a valuable 4 point deduction. They were followed by the B16s who did a Jamie Bond stunt, departing the beach in his rubber dingy with his Bond Girl and a bottle of bubbly.

The day culminated with the prize giving, once again this year being presented by Raoul Restucci the MD of PDO, Khalid Khabouri, The RAHRC President and a representative of our sponsors Risail. Trophies were distributed between the teams however, with a strong performance Surfin Turtles won the overall Regatta from Surfin Tunas,

Pirates and Giants. The teams returned to their camps to contemplate the weekend's events and how they could have done better and the usual suspects having an early shower.

On behalf of the Committee we look forward to seeing you all again in 2014, and hope for good sailing for the rest of the year.

## Captain Suleiman and Ghassan land slide win

The fourth round of 'The 2013 Angler of the Year PDO Recreation Club' competition was held last Thursday, 04<sup>th</sup> April 2013. This competition was generously sponsored by Seven Seas Petroleum Oman represented by Mr Sandeep.

A total of 15 eager fishermen in 7 fishing boats joined the event, hoping for the daily prizes and the end of year Fisherman of the year title.. The competition was held in extra ordinary spring weather conditions. Wave height of less than 0.4 meters and wind speeds of 5 knots were observed. The competition was started at 0600 in the morning, a last minute rush to launch the boats, availability of the winch man, and slow speed of the winch early in the morning resulted in minor launching delays. From there onwards, the competition was as fierce as it would ever be!

Majority of the anglers expected less fish activities in the sea. No fishing boats were seen at the al Fahal Island or trolling around it. The sea temperatures were around 26 C.

When the weather buoy was visited, Al Dorados were not found and it seemed too cold for this type of the fish to be close to the shore.

The captain and his partner took the strategy of visiting as many reeves as possible starting from 80 metes all the way to 200 meters reef. More than 10 reeves were visited. Each hooks drop to the bottom resulted in either reeling in one or two fishes.

Maneuvering of the boat was daunting as each fishing spot required a different boat approach and orientation. Luckily, the current was not that strong. Fishing spots could be reached closer within few meters before each drop.

At 147 meters deep spot, a willingly sucker fish approached the boat. This was a precious moment. Trolling fish are rare these days, and a sucker fish to invite itself to a hook is a blessing.

The last drop was once again at 85 meter reef. This reef, proved to spring to life with Andaq of great sizes. Within few minutes, fish of up to 2.5 kg were reeled to the angler's boats. Adrenalin was once again running through the veins, silence was blanketing the sea. Time pressure and the game to end at 1200 noon. The moment was absolutely tense!

At the weigh in, The captain and his son came back with a handsome 16.8 kg and 2.2 kg of the bottom and game catch respectively. Whilst Said Harrasy and Talaal Suleimani bottom catch was 13.75 kg. Salim Al Khatri and Faisal Riyami game catch was at 1.95

The biggest fish of the day was Andaq at 2.85 kg. Captain Suleiman and son Ghassan had a complete win in all the classes.

Picture of the overall class winners Capt Suleiman Al Hajri and son Ghassan Al Hajri



Picture of the runner's up- bottom class and Game class winners Said Harrasy and Faisal Riyami



Talaal Suleimani and Salim Al Khatri from the left the second bottom and game classes winners





Biggest Fish winner Captain Suleiman Al Hajri

1<sup>st</sup> Overall Suleiman Al hajri 20 clear points

2<sup>nd</sup> Overall Ghassan Al Hajri 18 points

1<sup>st</sup> Bottom Said Al Harrassy

1<sup>st</sup> Game Faisal Riyami

2<sup>nd</sup> Bottom Talaal Suleimani

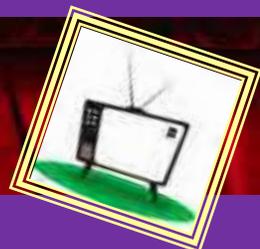
2<sup>nd</sup> Game Salim Al Khatri

With this fourth competition, Suleiman Al Hajri is leading the competition with 50 points; with Dr Hakeem at 45 points . Another 5 competitions to go! We wish the best to all the Fishermen and Fisherwomen!



Happy anglers participants, sponsor, supporters

# NEW VIDEO RELEASES - APRIL 2013



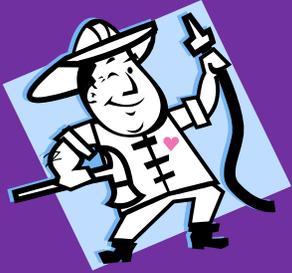
#	TITLE	CATEGORY	CAST I	CAST II
1	FLIGHT	DRA./THR.	DENZEL WASHINGTON	DON CHEADLE
2	WHISTLEBLOWER, THE	THRILLER	RACHEL WEISZ	MONICA BELLUCCI
3	ARGO	DRA./THR.	BEN AFFLECK	BRYAN CRANSTON
4	SPECIAL FORCES	WAR ACTION	DIANE KRUGER	DIJIMON HOUNSOU
5	FREELANCERS	ACT./THR.	CURTIS JACKSON	ROBERT DE NIRO
6	SWEENEY, THE	CRI./ACT.	RAY WINSTONE	BEN DREW
7	KILLING THEM SOFTLY	CRI./THR.	BRAD PITT	RAY LIOTTA
8	RISE OF THE GUARDIANS	CARTOON	V/O - CHRIS PINE	V/O - ALEC BALDWIN
9	TWILIGHT SAGA - THE BREAKING DAWN PT.2	FANTASY DRAMA	KRISTEN STEWART	ROBERT PATTINSON
10	END OF WATCH	CRI./ACT.	JAKE GYLLENHAAL	MICHAEL PENA
11	BARBIE IN THE PINK SHOES	CARTOON	V/O - ALI LIBERT	V/O - BILL MONDY
12	DREDD	SCI-FI./ACT.	KARL URBAN	OLIVIA THIRLBY



# Volunteer Services



AS AN ONGOING IMPROVEMENT TO THE CLUB AS A WHOLE AND IN ORDER TO HELP SECTIONS IN PARTICULAR TO CONDUCT EVENTS, WE WOULD LIKE SECTION EVENT COORDINATORS TO INFORM US IF YOU REQUIRE SERVICES OF VOLUNTEERS FOR YOUR EVENT.



WE WILL BE HAPPY TO PUT IN A LITTLE ADVERT IN THE MONTHLY BULLETIN TO LET MEMBERS KNOW ABOUT THE REQUIREMENT FOR VOLUNTEERS FOR YOUR EVENT.



IN THIS REGARD WE REQUEST A BRIEF SUMMARY OF THE SKILLS AND SUPPORT YOU WILL BE LOOKING FOR.



PLEASE EMAIL TO  
[RAHRC@PDO.CO.OM](mailto:RAHRC@PDO.CO.OM)



## **Biathlon 2013**

The PDORC Biathlon section organized its 20th Biathlon on March 28 2013.

For the first time, a Short Course (400m swim & 4.5 m run) and a Long Course (800m swim & 6km run) were offered to staff.

This was meant to encourage the younger staff to participate.

As a result a total of 90 people participated (45 on the Short course and 45 on the Long course).

Under blue skies and a flat sea, the Long course started at 07:00 a.m., 5 min ahead of the Short course participants.

Ahmed Al Falahi took the win in the Long Course in 36:35min, followed by Suleiman Alalawi in 36:47min and Glon Osmond in 38:35 min.

Fastest Lady was Sioban Allison in 40:43min followed by Sarah Davidson (50:59min) and Marda Hirschfeld (51:40min)

The Short course was won by newcomer Sebastien Grandvallet in 17:22 min, followed by Team Christie Johnson & Hamed Mahrooqi in 22:51 min.

Thanks to the club staff and management for the support in organizing these events

## Biathlon March 28th 2013 Results

Swim Distance (m)	400 m	Run Short (km)	4.5
Swim Long(m)	850 m	Run Long (km)	6.0
Time Delay (Short)	0:05:00		

### Biathlon March 28th 2013 /Overall / LONG

Number	Name	Run Out/Swim In	Run In /Total Time	Run Time	Pace/ km	Comment
114	Ahmed Al Falahi	0:12:21	0:36:35	0:24:14	0:04:02	1st Individ Male LONG
125	Suleiman Alalawi	0:13:33	0:36:47	0:23:14	0:03:52	2nd Individ Male LONG
135	Glen Osmond	0:13:30	0:38:25	0:24:55	0:04:09	3rd Individ Male LONG
102	Siobhan Allison	0:12:22	0:40:43	0:28:21	0:04:44	1st Lady LONG
124	Ishaq	0:14:50	0:41:01	0:26:11	0:04:22	
157	Rowan Frost	0:13:15	0:41:07	0:27:52	0:04:39	
139	Jain Vaibaw	0:13:38	0:41:31	0:27:53	0:04:39	
136	Joe McCarthy	0:14:57	0:41:51	0:26:54	0:04:29	
127	Thomas Leworthy	0:15:40	0:42:04	0:26:24	0:04:24	
153	Eelco Veen / Matt Angelatos	0:15:22	0:43:16	0:27:54	0:04:39	
130	Peter Laing	0:15:49	0:43:34	0:27:45	0:04:38	
160	Daryl Spires /John Szymariczek	0:15:34	0:44:03	0:28:29	0:04:45	
156	Rob Ohanlon	0:17:49	0:44:36	0:26:47	0:04:28	
158	Steve Hall	0:19:02	0:44:54	0:25:52	0:04:19	
150	Isabel Sipkema / Anthony Sipke	0:16:53	0:45:10	0:28:17	0:04:43	
155	Brad Holiday	0:15:27	0:45:24	0:29:57	0:05:00	
117	Richard Holmes	0:19:32	0:45:48	0:26:16	0:04:23	
159	Pam Buckley / Paul Frost	0:16:06	0:46:02	0:29:56	0:04:59	
131	John van Wunnik	0:18:11	0:46:06	0:27:55	0:04:39	
126	Robert Clough	0:19:47	0:48:02	0:28:15	0:04:43	
134	Robert Ambrose	0:21:05	0:48:56	0:27:51	0:04:39	
137	Andy Wagstaff	0:19:25	0:49:26	0:30:01	0:05:00	
110	Ahmed Al Malki	0:18:07	0:49:37	0:31:30	0:05:15	
119	Mark Jones	0:18:23	0:49:54	0:31:31	0:05:15	

# Biathlon March 28th 2013 Results

Swim Distance (m)	400 m	Run Short (km)	4.5
Swim Long(m)	850 m	Run Long (km)	6.0
Time Delay (Short)	0:05:00		

## Biathlon 28th March 2013 / Overall / SHORT

Number	Name	Swim Time	Run Time	Pace / km	Final Time	Comment
35	Sebastien Grandvallet	0:05:28	0:17:22	0:03:52	0:22:50	1st Overall SHORT
44	Christie Johnson/Hamed Mahrooqi	0:05:46	0:22:51	0:05:05	0:23:37	2nd Overall SHORT
43	Denise Boyd/Hamood Al-Bahri	0:07:17	0:23:15	0:05:10	0:25:32	3rd Overall SHORT
14	Johannes Selier	0:06:43	0:26:51	0:05:58	0:28:34	
39	Luca Wilson/Patrick Figgins	0:08:46	0:24:56	0:05:32	0:28:42	
48	Peter Hire	0:06:27	0:28:01	0:06:14	0:29:28	
10	Vigneshwar Madhan	0:05:19	0:29:32	0:06:34	0:29:51	
37	Heinrich Willis / Bradley Willis	0:09:10	0:26:40	0:05:56	0:30:50	
34	John Tuck	0:08:49	0:27:11	0:06:02	0:31:00	
50	Antony Mc Gregor	0:06:20	0:29:41	0:06:36	0:31:01	
33	John Ambrose	0:07:00	0:29:24	0:06:32	0:31:24	
4	Adela Metaxa	0:07:55	0:28:43	0:06:23	0:31:38	
2	Niki Powers	0:09:26	0:27:46	0:06:10	0:32:12	
9	Aidan Ward	0:06:54	0:30:49	0:06:51	0:32:43	
49	Susanna Hire/Tim Hire	0:09:27	0:28:48	0:06:24	0:33:15	
8	Lucy Clewes Garner	0:08:25	0:30:38	0:06:48	0:34:03	
27	John Johnstone	0:08:00	0:31:12	0:06:56	0:34:12	
41	Teagen Wiechnik/Lucy Harrison	0:06:34	0:32:50	0:07:18	0:34:24	
40	Jenna Wiechnik/Sophie Jansonius	0:06:40	0:32:48	0:07:17	0:34:28	
12	Christie Johnstone	0:05:46	0:33:51	0:07:31	0:34:37	
38	Chiara Johnstone/Julie Johnstone	0:09:24	0:31:02	0:06:54	0:35:26	
42	Finn McCarthy/Amy McCarthy	0:07:12	0:33:34	0:07:28	0:35:46	
30	Philip Paul	0:08:38	0:32:24	0:07:12	0:36:02	
5	Rachel Schiera	0:08:52	0:33:01	0:07:20	0:36:53	
6	Gill McCarthy	0:08:12	0:34:23	0:07:38	0:37:35	
51	Asa Holmes	0:08:52	0:33:59	0:07:33	0:37:51	
46	Donna Dukart	0:09:52	0:33:18	0:07:24	0:38:10	
32	Abdullah S. Al Namani	0:12:36	0:30:59	0:06:53	0:38:35	

21	Randy Catacutan	0:12:34	0:31:41	0:07:02	0:39:15	
29	Mansoor Al Gharibi	0:09:54	0:34:49	0:07:44	0:39:43	
47	Ruth Hire	0:09:28	0:35:21	0:07:51	0:39:49	
		Swim Time/RunStart	Run Time	Pace per km	Final Time	
11	Rishi Asher	0:10:35	0:14:39	0:03:15	0:25:14	Invalid short course taken
52	Kim Mc Arthur	0:13:05				Swim only
22	ATUL SHIRSATH	0:11:09	0:25:45	0:05:43	0:36:54	Run Only
26	Kiran Uchil	0:11:01	0:18:10	0:04:02	0:29:11	Run Only
53	Mitesh Panshal	0:11:10	0:26:19	0:05:51	0:37:29	Run Only



## RAHRC ~ BADMINTON TOURNAMENT



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**Date:**

Saturday, 25th May  
2013

**Time:**

8.30am to 5.30pm

**Venue:**

Multi-Sports Hall, RAH  
Club

**Fee:**

2 rials for all

**Registration deadline:**

18 May 2013

Lunch and drinks will  
be provided

Open to PDO  
members and regular  
non members

Formats: Mens, Ladies and Mixed  
Doubles; Childrens under 15s and  
under 12s