

# Sport and Leisure

## King of the clubs



**DUBAI:** Paul King took first place with an impressive 39 points at the first Emirates Golf Society event of the year, the New Year's Open, held at the Arabian Ranches Golf Club in January. Second and third places went to Paul Stump and Ultan Kenny who both had 35 points, with Paul just coming out ahead on a countback. Nearest-the-pins were won by Paul Nightingale, Dean Moss, Tim Harford and Simon Hambleton.

The next planned event is the second round of the OnAir Golf cup, which takes place on 24th January.

The Emirates Golf Society is open to all colleagues and their spouses. For further information on membership and events contact:

[committee@emiratesgolfsociety.com](mailto:committee@emiratesgolfsociety.com)

## Yogis celebrate three year stretch

**Mayank Dhingra hands a donation to Lucy Bruce, Founder of Harmony House shelter in India.**



**DUBAI:** Our yoga fans have donated around Dhs170,000 to a number of charities over the last three years. The money has been raised from classes conducted by Mayank Dhingra, Manager Customer Experience, who is a certified teacher from International Sivananda Yoga Vedanta Centres. Around 60 members regularly participate in the class, which takes place on Friday mornings at 09:00hrs at dnata's Travel Centre on Sheikh Zayed Road.

Mayank said: "The classes were started with the objective of combining individual well-being with community well-being. All fees collected from the classes are donated to charitable causes. We have supported individual humanitarian needs, such as colleagues with unmanageable medical bills, natural calamities including floods in India and the typhoon in the Philippines, wildlife conservation in Africa and medical assistance in Bulgaria. The charities are chosen from recommendations from the class members, or those that are highlighted internationally, such as earthquakes. We are willing to help regardless of boundaries and nationalities."

The class celebrated its third anniversary in January. Mayank said: "Besides helping the community, members have also alleviated their health concerns— from back pain to insomnia. Yoga is a 5,000 year old holistic health practice that ensures a fit body and peaceful mind."

To attend a class or learn more, contact Mayank:

[mayank.dhingra@dnata.com](mailto:mayank.dhingra@dnata.com)



## Dive into a new world of adventure

**DUBAI:** The Emirates Scuba and Skin Diving Club is back in action this month and welcoming new members, including complete beginners. The club plans to host a number of PADI Open Water Diver courses, the first level of diving certification. Each course consists of five confined water (pool) dives and four open water (sea) dives.

Andrew Jones, Club President, said: "I'll run the pool dives and the first two beach dives from Dubai. The two boat dives can then be done locally or on the east coast in Fujairah. The course will cost Dhs2,100, which includes all the diving, course material, training for three days, equipment hire, boat fees, student training insurance and of course the PADI certification card upon completion. We welcome beginners and encourage their friends to join them, as dives are always more fun with a group."

For further information, please email:

[andrew.jones@emirates.com](mailto:andrew.jones@emirates.com)

### What you will learn:

The PADI Open Water Diver course is the most popular and widely recognised qualification for learning how to dive. Those completing this course will be qualified to dive with a buddy up to a maximum depth of 18m (60 feet).

The course consists of three modules:

- Knowledge Development: This is where you will learn the basic principles of scuba diving.
- Confined Water Dives: This is where you learn basic scuba diving skills and try breath-

ing underwater for the first time. These are conducted in a pool.

● Open Water Dives: Test your knowledge and confined water experience in the open water. After four open water dives, you will be awarded your PADI Open Water Diver certification.

Several courses will be held between January and March. The final dates will be set once sufficient numbers have committed to each dive course.

## Squash Club promoted after league triumph

**DUBAI:** The Emirates Group Squash Team has earned its promotion to the first division – becoming the unbeaten champions of the Dubai Winter League 2013 Division 2.

Our players showed their sporting prowess, despite tough competition from teams including Etisalat, Jumeirah Beach Hotel, Sheraton and Al Areesh.

### PERFORMANCE

The league games were played between October and December, with eight encounters of four matches each. Charles Restout, who led the Emirates team, said: "Our 16-player team put on a very strong performance. We won all eight of the encounters that we played and lost just three out of the 32 matches. We are delighted to have had such a successful result."

As a result of the win, the club will be promoted to Division 1 for the summer league,



Served (l to r): Raoul Aspe, Arun Banejee, Charly Chan-A-Sue, Charles Restout, Peter Lindsay and Olivier Cimino

which begins in March. Men or women interested in joining the club to play or train should contact Club President Captain Badar Akbar or Charles Restout:

[badar.akbar@emirates.com](mailto:badar.akbar@emirates.com)  
[charles.restout@emirates.com](mailto:charles.restout@emirates.com)

## Field a football team this February

**DUBAI:** The Emirates Group Football Club (EGFC) will host its 10th annual inter-departmental football tournament on 14th February. Group departments can put forward a team of 12 players, with a maximum of two players from other departments not competing in the tournament. Those aged 40 or above can also form a separate veterans' team for each department.

### COMPETITION

Faisal Mulla, Club Manager, said: "We're looking forward to an exciting tournament this year. The competition allows us to show off our fancy footwork and leads to friendly rivalry between departments. Last year 24 teams registered and the standard of play was very high, with Human Resources eventual winners."

Zack Zainal, Club Chairman, said: "This year we are particularly keen to encourage more veterans' teams to take part, and the registration fee is waived for teams participating in this category."

Registration costs Dhs600 per team. The

event will take place from 08:30hrs, with the venue to be announced soon.

[visit groupworld](#) To register a team, download an application form from [groupworld > News > What's On > Interdepartmental Football Tournament](#).

Send the completed form and list of players' names to Neville D'Costa or Francis T:

[s277410@emirates.com](mailto:s277410@emirates.com)  
[Tfrancis@emirates.com](mailto:Tfrancis@emirates.com)



## Taking great strides

Are you participating in the Standard Chartered Dubai Marathon 2014 on 24th January? Send us a good quality, high resolution photo of your participation in the race, either alone or with your colleagues, along with your time and we hope to feature you in our next issue.