

www.lamma500.com



南丫北娛樂龍
南丫島漁民娛樂會

Welcome from



KPMG China wishes to extend a warm welcome to all the participants and spectators attending this year's KPMG Lamma International Dragon Boat Festival (KPMG Lamma 500).

We are proud to be the title sponsor of the event – voted as one of the best dragon boat events in the world – as it reaches its 10th anniversary this year.

More than just an annual festive dragon boating event, KPMG Lamma 500 promotes charitable activities including raising money for the Make-A-Wish Foundation of Hong Kong. The event also supports youth participation through the inclusion of an U18 division as well as women's participation with 15 women's teams registered this year.

Corporate social responsibility is at the heart of KPMG's culture and we believe strongly in supporting local community initiatives as well as promoting a healthy lifestyle.

We look forward to meeting you all, and wish you an enjoyable and memorable day.



Matthew Fenwick

Matthew Fenwick
TAX DIRECTOR, KPMG CHINA
& CAPTAIN OF THE KPMG TEAM

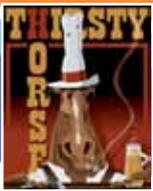


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Welcome from

HILL DICKINSON HONG KONG LLP IN ASSOCIATION WITH LARACY & CO.

On behalf of Hill Dickinson we warmly welcome back previous participants and spectators, and of course we welcome first timers.

Hill Dickinson is a law firm that traces its history back to 1810 in Liverpool. It is well known for its maritime and trade related work. The Hong Kong office also practices a wide range of non-shipping litigation, arbitration and non-contentious work. For those requiring more information please see: www.hilldickinson.com and www.laracyco.com.

This is the 10th edition of this event, and it is pleasing to see the team numbers steadily increasing.

As always, many thanks are due to Brad Tarr and his team working with the support and assistance of the Lamma Fishermen's Association.

Hill Dickinson and Laracy & Co. are proud to continue the association with this event, and – once again – we wish you all a satisfying day both on and off the water.



Damien Laracy



Mike Mallin

僅代表LARACY & CO.，熱烈地歡迎以往及首次參加者

HILL DICKINSON是一間位於利物浦的律師事務所，其歷史可追溯至1810年。我們是一間著名於海事與貿易相關的工作的律師事務所，而香港辦事處亦有廣泛的非船務、仲裁及非爭訟性法律服務。如欲取得更多資訊，請瀏覽www.hilldickinson.com及www.laracyco.com。

今次為本活動的第十屆，我們很高興看到參與團隊人數在穩步上揚。

一如往常，我們非常感謝布拉德·塔爾和他的團隊的支援，南丫島漁民娛樂會的協助。

HILL DICKINSON 和LARACY & CO. 很高興能夠繼續支持此活動，我們在此 – 再次 – 祝大家有一個樂而忘返的一天。

Mike Mallin
HILL DICKINSON
HONG KONG LLP

Damien Laracy
LARACY & CO.

Mike Mallin 及
HILL DICKINSON
HONG KONG LLP

Damien Laracy 致上
LARACY & CO.

HILL DICKINSON

HONG KONG

IN ASSOCIATION WITH LARACY & CO.

**32/F, Tower 2, Lippo Centre
89 Queensway, Admiralty
Hong Kong**

Phone: 2525 7525

Fax: 2525 7526

Shipping:

Mike Mallin (mike.mallin@hilledickinson.com)

Contentious/Shipping:

Damien Laracy (damienlaracy@laracyco.com)

Contentious/Insolvency:

Bryan O'Hare (bryano'hare@laracyco.com)

Non Contentious:

Tony Jex (anthonyjex@laracyco.com)

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Keep your transformation journey on course.

KPMG professionals across our network in China are here to help you navigate change, anticipate future trends and keep you on the right track.

Contact us for more information.

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**KPMG**



We are committed to our communities

- Every year, our people devote over 10,000 hours on pro-bono work.
- We have donated HK\$1.75 million towards emergency relief in 2015.
- Over 900 students attend our three Hope Primary Schools in rural China.
- We have built the capacity of over 100 social enterprises & NGOs.
- Alongside BEAM International, we have helped restore the smiles of over 4,700 cleft lip patients.

And we are dedicated to making even more impact going forward...



Welcome from the Event Director

Welcome to the 10th Anniversary of the newly named KPMG Lamma International Dragon Boat Festival 2016!

There were so many reasons for us to start this race 10 years ago, but most of all we wanted to contribute to the paddling community and to hold a race where we work hard on officiating. There have been so many obstacles over the years, but this has only made the event bigger and better. We are now celebrating our 10th anniversary and long may the Lamma 500 event continue. It really is a pleasure to do.

We are delighted to announce a new title sponsor this year, a huge thank you to KPMG Hong Kong for supporting this year's event. Thank you to Anson Bailey, Joyce Ng and Matthew Fenwick for all your support and confidence in the Lamma 500. I'd also like to thank Warren Phillips, Anita Chau and Fulton Mak from KPMG for helping to make the partnership run so smoothly and I hope to work together for the years to come. KPMG has enabled us to again hold the event this year.

I'd like to welcome back, Damien Laracy from Hill Dickinson. Damien has been the backbone of support for nine years. It is a pleasure to continue to call the under 18 cup, the 'Damien Laracy Cup'. Thanks again Damien.

It is our pleasure to welcome returning teams and new teams to the festival! To our overseas teams: the returning DNA Dragons (Thanks Berman Ng for all your efforts), Guangzhou International Dragonboat Club, and KPMG Singapore, I hope you enjoy a successful day of racing and also enjoy your stay in Hong Kong.

We are dedicated to running a greener event. Last year we stopped giving away bottled water and replaced this with water stations for free refills with reusable bottles. We also have dedicated bins for different types of rubbish that get collected after the event and taken to recycling houses. This year, we continue to go GREEN; we have gone paperless with the official event programme. This means that there is much less paper wastage... and it also means the programme will reach a wider audience, with the help of our media outlets. We hope to encourage other events to follow these environmentally friendly initiatives that are essential for a greener Hong Kong.

Thanks greatly to our growing number of sponsors and supporters. Thank you again KPMG, and our long supporting sponsors; Hill Dickinson in Association with Laracy & Co., and Hongkong Electric Company Ltd, A to A, Carlsberg, Gatorade, Pepsi, St John's Ambulance, Escapade Sports, Hong Kong & Kowloon Ferry Holdings Limited, EBM Consulting, Lamma Grill, Jackson Property, Liberty Insurance, Toi Toi Toilets, Lamma-zine and Highlife Trading Company Limited. I'd like



to also thank our new sponsors this year too: Art Futures Group and Louella Odié, and a special thanks to our new marketing partners Localiz and Lime.

I'd also like to thank the Lamma Dragons Dragon Boat Club, The Lamma Island Fisherman's Recreation and Sports Association, and The Lamma (North) Dragon Boat Association for their continued support.

A very special thanks to Mike Tanner returning as our Chief Official, Amy Wong who does amazing work for the event, Katie McGregor and her support with Localiz, Kevin Bishop for his technical support and the continued support from officials and volunteers who are listed on the acknowledgement page. Without the expertise and support from these people, there couldn't be a Lamma 500. As organisers of the Lamma 500, we pride ourselves on running the event to a very high standards of officiating and racing. We have very experienced and competent timekeepers, course setters, officials, judges and helms. We ensure a competition that is fair to all teams and strive to stay on schedule.

Finally, I'd especially like to thank Gina Miller. Gina has worked tirelessly for the Lamma 500 from the very beginning in 2006. She is an outstanding race convenor and the best event partner you could wish for. Thank you Gina for all the work that you do to help make the event the success it is today.

Have a fantastic day!

Brad Tarr
Event Director

HILL DICKINSON
HONG KONG

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Mike Mallin
+852 2525 7477
mike.mallin@hilldickinson.com

Damien Laracy
+852 2525 7528
damien.laracy@hilldickinson.com

Bryan O'Hare
+852 2525 7655
bryan.o'hare@hilldickinson.com

Room 3205, 32nd Floor
Tower Two, Lippo Centre
89 Queensway, Admiralty
Hong Kong

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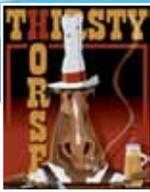
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Message from the Chief Official

The KPMG Lamma International Dragon Boat Festival 2016 reaches a significant milestone this year with its 10th anniversary.

Over these ten years the Organising Committee and Race Officials have very successfully built the event from its newcomer status on the Hong Kong dragon boat calendar to a must-do race for teams looking for exciting and fair racing in a relaxed and friendly environment.

Our experienced Race Officials include many who have been with the Lamma 500 since its first year. Their aim is to ensure that teams can race to the best of their ability within the Rules. They need the co-operation of all teams to achieve this and we seek your support to make this 10th Annual Laracy & Co. Lamma International Dragon Boat Festival 2016 a great success for everyone.

I wish you all good racing and a wonderful day on Lamma Island!

Mike Tanner
CHIEF OFFICIAL



Event Disclaimer

All participants in the KPMG Lamma International Dragon Boat Festival 2016 (the Event) are requested to recognise that there may be physical or mental risks associated with dragon boating and participating in the Event. By participating in the Event you confirm that you are competing on your own volition, notwithstanding any travel advisories or other official notices that may recommend that you do not travel to Hong Kong. You should not take part in any race or event while intoxicated.

You also confirm that you hold harmless Thirsty Horse, Make-A-Wish Foundation Hong Kong and Lamma Dragons and any of its officials or officers and the organisers of the Event from any liability arising from injury, loss or death, or otherwise to yourself or any person with whom you are attached during the Event or thereafter.

Message from the Race Convener

Dear Paddlers and Guests,

Welcome to our Tenth Annual KPMG Lamma International Dragon Boat Festival!

This year we are delighted to offer a Green Event, as we have decided to no longer provide individual (disposable) water bottles – instead, we have arranged a water station and the sale of reusable water bottles for those who do not have their own. We have also moved our race programme online and away from paper. You have obviously found us here at Localize, and we are delighted to make the change!

In other news: Our Premier Mixed Category continues to draw the largest numbers. Forty-eight teams have entered the division and it remains the most hotly contested race of the day.

This year, we have 11 Open Men's crew and – building strength on strength – 14 Women's crews. In addition, our Mixed Youth (12-17 years) race has increased in length, with youth teams running the full 500m course.

Today's race schedule is based on a "worst case" time table, which means that our Marshalls and team officials will be pushing each race out as early as we possibly can. The goal is to win more time to party at the end of the day and make great use of our beer tent and celebrate 10 years of amazing races!

I would like to thank all of our teams who have returned to our event each year. It is your support that has helped the Lamma 500 grow to become one of the most popular, family friendly and inclusive events on the calendar.

Gina Miller
RACE CONVENER

親愛的選手和客人:

歡迎蒞臨第十屆畢馬威南丫國際龍舟節。今年，我們決定舉辦一個綠色的活動，包括不再提供即棄瓶裝水，改為設置供水站，各位可自備水壺或於當日購買水壺前往供水站補充飲水。同時，我們不再印製比賽時間表手冊，各位可自行上網查閱。我們相信您願意和我們一起為這塊土地做出改變。

今年卓越混合組參賽隊伍多達48隊，此一組別會是當日比賽的重頭戲。與此同時，11隊男子公開組和越來越強的14隊女子組亦報名參賽。除此之外，今年的青年混合組（12~17歲）賽程也加長到500米。

我們的比賽時間表是一個“最壞打算”的安排，裁判和工作人員會儘快整隊出賽，以便爭取更長的時間開派對，暢飲啤酒和歡渡十週年。

謝謝多年參與南丫國際龍舟節的隊伍，是你們的支持使得南丫500成為一項受歡迎的，合家歡的全面性的年度活動。

比賽召集人

Gina Miller通告
比賽召集人



Jeremy, Brain Tumor
"I wish to go seawater fishing"

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Welcome to Lamma

Chairman, the Lamma Island Fisherman's Recreation and Sports Association

Welcome to the tenth Lamma International Dragon Boat Festival. Whether you are a local or an overseas team – we thank you for attending and adding so much colour to this event.

The Lamma 500 has enjoyed the presence of the strongest teams in Hong Kong, and it is your years of participation and sportsmanship, that have assisted our staff in making this a smooth and successful race.

I wish you a great day of racing.

Peter Law
CHAIRMAN OF THE LAMMA ISLAND FISHERMEN'S
RECREATION AND SPORTS ASSOCIATION



Course Director

I would like to wish a warm welcome to all teams and athletes participating in the tenth annual Lamma International Dragon Boat Festival.

The Lamma 500 has become one of the important annual dragon boat events in Hong Kong, and we have gathered the most powerful and strongest teams here with us. I hope you all to race to your best efforts!

I wish all athletes a sunny Sunday, and that you enjoy a lively and exciting race event.

Leung Kan Tai
COURSE DIRECTOR



歡迎詞

南丫島漁民娛樂會主席

歡迎你們參加第十屆南丫國際龍舟節。不論是本地或是海外隊伍，令這個賽事增加不少色彩。

南丫500已擁有最強的隊伍參與的龍舟賽事，也是因為你們的多年來的參與，各工作人員的協助，使這個比賽得以順進行。

祝願大家都有愉快的一天。

羅金莘
南丫島漁民娛樂會主席

項目總監

熱烈歡迎參加第十屆南丫國際龍舟節的所有隊伍和健兒。

南丫500已成為香港每年重要賽事之一，也聚集了香港最有實力、最強的隊伍，希望各健兒全力以赴，爭取最好的成績。

本人祝願各健兒在風和日麗的星期天，享受一個熱鬧刺激的比賽。

梁根娣
項目總監