



Simon Lau Memorial Game and Dinner 2024



26th October 2024

Honor Oak Park and Horniman's at Hays

In loving memory of Simon Sai-Hang Lau
1989-2023



GHRFC Stalwart 2008-2014



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President's Foreword



Welcome all, to the first Penguins versus GHRFC game and dinner of the 2024/25 season.

For those that don't know me, I am Mr Ben Challacombe, former Guy's 1st XV captain and current consultant urological surgeon and club president. Previously this day has just been called PAC day, but this year we are remembering and celebrating the life of former GHRFC 3rd XV Captain, Simon Lau. Guy's played a big role in Simon's life as we're going to hear from his family and friends later on.

As well as being the oldest Rugby Club in the world, Guys Hospital RFC is also one of the friendliest rugby clubs in the world. Unlike many other university clubs, the current players are very familiar with the alumni who support them both on the pitch and at club events. Membership of GHRFC extends beyond your studies. Many of those here today have been involved with Guys since they were 18, and it remains an integral part of their lives. It is a global community and family, with a rich history that we share. We are proud to have the four branches that make up our community involved today: the men's club, the women's club, the Penguins and Penguins Against Cancer charity.

We are one of these few university based clubs who also put out an adult men's side in the league on Saturday and this allows the alumni to play with the students, adding to the connections within the club. Our annual end of season Past vs Present matches (26th April 2025) and the following evening ball allow all members of the club to come together with a real family feel about it.

As we come together today, please take a moment to reflect on what Guy's has given you, and will give you during your time at university, and how you will be able to give back once you are a Penguin. There are multiple ways we can do this and we will hear about this more later.

The GHRFC supporters club uses subscriptions from the alumni to support the activities of the current members of the club. This is also a unique arrangement for a hospital university Rugby Club and one which sets us apart from other similar institutions.



Dare Quam Accipere: to give is better than to receive.



Mr Ben Challacombe, GHRFC President

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About Simon



From Simon's Family - To remember and honour the remarkable life of Simon Sai-Hang Lau, 20th October 1989 - 1st October 2023.

A 3rd Team Captain of Guys Hospital Rugby Club who was awarded Half Blues by the Medical School for his contributions in this role. A vascular surgeon at Sheffield Hospital completing his ST4.

He left us at the tender age of 33, leaving a void that can never be filled. Yet, as we navigate through the memories of Simon's life, we find solace in the knowledge that he has packed more living into those years than many do in a lifetime. He has seen and experienced so much of this world and forged strong bonds with so many people who have shared their love and support in this difficult time.

Let us carry forward the lessons from his determined spirit, his unshakeable kindness, and his commitment to living life to the fullest.

From Captain Jack - I was asked to pen a few words about Simon for the programme and I have realised I am writing for those who came before, or after him. Because there was certainly no way you could forget him if you had met him.

Simon joined Guys in 2008. A fresher with a penchant for lager, random Welsh phrases, and a certainty that he could tackle any man of any size. He quickly picked up the moniker 'young Simon', after all, he was the newest Simon. Simon flourished on the wing or at fullback on the pitch, and picked up knocks from bigger foe on more than one occasion. He once came up from a particularly nasty tackle with a rather swollen face. Not only did he finish the game, undoubtedly enjoy a gin for the effort, and then go to Guys bar until it shut; but it was not until later we learnt he had fractured his cheekbone and suffered nerve damage.

Simon spent most of his career in the 2s, and captained the 3s for a season. It was a social side, no silverware was won, no major wins, but a lot of fun. A lot of songs sung on the train rides home, a couple of beers here and there, and (I suspect) we kept Gordon's in business for a while.

Simon was not only my friend, my co captain, my teammate, my clinical partner and a fierce competitor at 'touch the cup' but he was a gentleman and a Guy's guy. He will be missed, not just by me, but by all those who had the fortune to know him.



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Schedule



13:00 – players meet

13:55 – some words from the club president and Simon's mother, followed by a 1-minute applause for Simon

14:00 – Freshers vs Penguins kick off

15:30 – presentation of inaugural Simon Lau memorial cup

16:00 – food and gin for players, served in HOP bar

19:30 – arrive at Horniman at Hays

20:00 – dinner

21:30 – speeches and Mick Martin Bursary

23:00 – carriages or onwards...

Dinner Menu

Starter

Venison, pancetta & red wine croquettes **OR** Garlic mushrooms on sourdough

Main

Chargrilled chicken and chorizo **OR** Baked macaroni cheese

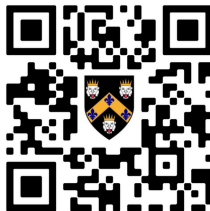
Dessert

Double chocolate brownie **OR** Bramley apple and blackcurrant crumble

Scan to find your order



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Playing Squads



Freshers XV

Manos Andreakis	1
Toby Donelan* (vc)	2
Freddie Spencer	3
Marlo Widodo* ©	4
Henry Chamberlain	5
Siddhartha Joshi*	6
Cheuk Yin Wong*	7
Sheheryar Khan*	8
James Farrell*	9
Kai Chilvers	10
Aathi Thiru-Lewis*	11
PJ Mason-Smith* (vc)	12
Albert Gulliford*	13
Rafael Martinez*	14
Vamsi Krishna Muddada*	15
Charlie Giles	16
Edward Xing	17
Aarash Jazayeri	18
Gabriel Briell	19
Theo West	20
Ben Sullivan	20+1
Sam Bryan	22
Peter Hammond	23
Zain Arif	24

Penguins XV

George Tsolakides	1
Tom George	2
Will Taylor	3
Iain Wilson	4
Simon Garrard	5
Alex Underwood	6
Charlie West	7
Zack Tarrant-Taylor	8
Rauri Hadlington	9
Pete Gretton ©	10
Sam Milne	11
Charlie Ovendon	12
Liam Bryant	13
Dylan Chase	14
Tom Downie	15
Bernard Harrington-Vogt	16
Jamie Tucker	17
George Child	18
Tom Fenner	19
Josh Fisher	20
Ben Awosika	20+1
Theo Roberts	22
Lolu Oluwole-Ojo	23
Lucas Tsolakides	24



*denotes Fresher





Captains Words



Pete Gretton, Penguin's XV Captain

Welcome Freshers to GHRFC which I hope and know, in all likelihood, is going to be such an incredible part of your life over the next 5-6 years and beyond! The Guy's Penguins will endeavour to make this the case whilst also trying to inflict enjoyable and competitive yet painful defeats on the rugby pitch. We have all benefited so much from the rugby club as students and a significant part of that was the comradery (as well as financial/moral support) from the Penguins. Ben Challacombe, the Club President and George Tsolakides, playing in the front row today, were well established Penguins when I started as a Fresher in 2002. The relationships that were forged over fortified juniper juice and Borough Baltis after a game of rugby have had a lasting effect that go beyond just your time as medical students. If you can go through similar experiences to mine and remember them with the fondness as I do then we as Penguins have done our job well into welcoming you into the colony.

LHMD/RHNMD

Marlo Widodo, Fresher XV Captain

Having just moved 11000km to London from my home country of Indonesia, I've had to adjust to many new things. From facing unexpected weather, navigating public transport, and most importantly settling into university. Nonetheless, one of the greatest things in my experience about rugby is the innate and automatic community formed by this shared love of the sport by all players, regardless of their background or ability.

This very sentiment echoes my experience so far at GHRFC, which has been nothing short of warm and welcoming. As a first-year medical student at GKT, playing with the club has given me access to a tremendous support network, and also the opportunity to meet people from other courses and backgrounds. I am grateful to be able to learn so much from the older boys and even the alumni. Not to mention the unparalleled camaraderie built through training sessions, matches, and fun socials that make up some of the highlights of my time here already.

I'm very excited to continue improving my abilities as a rugby player, but also to form lasting friendships during my time here at GHRFC. Overall, I'm happy to have found something that reminds me of home, yet – I'm sure – will also expand my horizons.



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Penguins Against Cancer



What is PAC and why was it setup? – Pat Gush, PAC Vice-President

Guy's Hospital RFC was founded in 1843 and is the Oldest Rugby Club in the World. GHRFC established a Veterans team called The Penguins XV.

Penguins Against Cancer then grew from that Vets Team thanks to a red wine infused conversation whilst on rugby tour in Italy. The charity was founded in 2013 by Charlie Beardmore and Pat Gush after discussing the idea and mulling over the concept in Ischia. The idea was to raise awareness and fight cancer, and the charity has no fees, no admin costs or remuneration so that the money raised and donated goes to Cancer Research, Cancer Treatment and Cancer Care. Trustees and members now come from a wide range of ages, backgrounds and professions, all united in a desire to make a genuine difference.

PAC has raised and granted £545,000 to individuals and organisations involved in cancer research, treatment and hospices. Recipients are nominated by members of PAC, many of whom have lost loved ones to cancer. This unique approach allows support to be targeted and meaningful and has led to PAC establishing 5 Annual Research Awards. We are a small charity making a huge impact, please support this momentum by becoming a member of PAC.



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Penguins Against Cancer

PAC grants and the new Simon Lau Grant – Charlie Beardmore, PAC President



PAC has established financial Awards supporting cancer research, administered by the PAC Research Committee, chaired by Simon Hughes, a Consultant Clinical Oncologist and Director of Guy's Cancer Academy. Application Forms, for all awards, may be found on the PAC website (under Research): www.penguinsagainstcancer.org.uk. The Awards are:

- **The Fergus Scholefield Paediatric Brain Tumour Research Award** - £10,000 (jointly funded by PAC and Oscar's Paediatric Brain Tumour Charity [OPBTC]). Fergus, son of Barney [GHRFC 1st XV] and Lou, died of a brain tumour before his third birthday and is remembered by this award, and by the annual GHRFC Fergus Cup rugby match. [Research into Paediatric Brain Tumours].
- **The Chris Howell Urological Cancer Research Award** - £10,000 (jointly funded by PAC and The Urology Foundation [TUF]). Chris is a Guy's graduate, longstanding GHRFC player and Vice President, a Founder Trustee of PAC. Chris is a prostate cancer survivor. [Research into Urological Cancers].
- **The Ruth Prosser Women's Cancer Research Award** - £5,000 funded by PAC. Ruth is a Guy's graduate and Consultant Anaesthetist. Ruth is a breast cancer survivor. [Research into all cancers found in women with a particular focus on: Breast, Ovarian and Cervical cancers].
- **The Urological Cancer Small Projects Research Initiative** - £20,000 (jointly funded by PAC and The Urology Foundation [TUF]). [This award supports small, quick impact projects aiming to assist with management of Urological Cancers].
- **The Simon Lau Pancreatic Cancer Research Award** - £5,000 funded by PAC. Simon Lau, Guy's graduate and GHRFC 3rd XV Captain, died from Pancreatic Cancer just before his 34th birthday. [This award supports research into Pancreatic cancer].



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Penguins Against Cancer



MEMBERSHIP

Penguins Against Cancer (PAC) Members pay a monthly subscription*, via standing order. Members can nominate organisations to receive grants from PAC. Nominations must be made by at least two Members and will be assessed to ensure they meet PAC criteria, determined by the Trustees.

We're so grateful for any donations, no matter how small; they can be 'one-offs' or regular monthly payments via standing order, we really don't mind. Please see below for details on Gift Aid and how it can swell the amount we receive from you.

If you would like to donate on an ongoing monthly basis, firstly THANK YOU and secondly, please **set up a standing order arrangement** with your bank to pay funds directly into our account.

Name of Account: Penguins Against Cancer

Sort Code: 60-04-20

Account Number: 8942 0888

Reference: Initials and Surname

Donating just £1 a month, or even £5 or £10 if you can manage it, makes a huge difference to how much money we raise over the course of a year and are able to disburse as grants.

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* Students minimum £1 per month / Non-Students minimum £5 per month



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