



SUB-COMMITTEE REPORT

SPORTS RECREATION & HEALTH



Eugene Roy Joseph



**Teeruvrasu
K Muthusamy**

Co-Chairpersons: Eugene Roy Joseph
Teeruvrasu K Muthusamy

Members/ Convenors: Brandon Hong (Basketball)
Alvin Neo (Badminton & Bowling)
S S Ravichandran (Cross-Country)
Cassandra Nicole Thomaszios
(Ladies Futsal)
Christopher Joseph (Darts)
Eugene Roy Joseph (Golf)
Muhammad Hafiz Bin Abd Samad
(Football)
Mohd Zhafri (Men Futsal)
Normala Mohamad Mukhtar
(Netball)
John Chan [Volleyball (Mixed)]

INTRODUCTION

We wish to record our sincere thanks to the Selangor Bar Committee 2023 for giving us the opportunity to head this subcommittee. We are pleased to report that more events / games are being considered to encourage members to be more active physically and mentally in order to be an active and healthy person for the incoming year 2024/2025.

We also wish to record our sincere appreciation & acknowledge the important role played by our dedicated Convenors / Sport Captains of the respective games, the supportive Selangor Bar Committee 2023/24 as well as Mr. Khairul Nizam for all their dedication and time.

Listed below would be the list of events, results and participation record for events the Selangor Bar (SB) organized or participated in.



1) 1st Interprofessional Virtual Chess – Doctors vs Lawyers on 25.3.23

This was a successful inaugural event with registered participants of lawyers (28) and doctors (34).

Our Chairman MK Thas gave the opening speech and MMA Terengganu President Dato Dr Syed gave the closing speech for the event. Both speeches were interesting and though provoking to encourage such an event to foster better ties between the professions.

A total of six individual trophies were allocated to the winners and a challenge trophy for the winning team.

SB won 5 of the 6 trophies, sweeping the top 4 positions and emerging as the Champion to hold the challenge trophy for one year.

The winners are Low Jian Min, Tan Wei Hao, Muhammad Nuriman Bin Yahaya, Ng Sau Chyun, Manresh Singh and Yong Teck Kang.

Special thanks to Penang Chess Club and Miss See Swee Sie for the challenge trophy and sponsorship as well as MMA Terengganu branch, Dr Kathik Sundaram.



2) Inter State Bar Games (ISBG) -16/6/23 & 17/6/2023 Terengganu.

The Selangor Bar Contingent participated in the various games of ISBG 2023, which is an annual event growing in popularity and importance to promote healthy and good meeting points with other lawyers in West Malaysia.



Selangor Bar emerged with a close second placing in the overall standing.

The Captains of the games should be commended for leading the games and a record of appreciation to our Chairman, Honorary Secretary and committee members that went all the way to support the teams.

The results are as follows:-

FINAL RESULT OF THE ISBG GAMES IN KUALA TERENGGANU:

16 - 17 JUNE 2023

1. Bowling:-	Champion	: Kuala Lumpur	: 21 points
	1st Runner up	: Selangor	: 17 points
	2nd Runner up	: Penang	: 11 points

2. Badminton:-

Group Games

Selangor vs Kelantan : 5 – 0

Selangor vs Pahang : 5 – 0

Selangor vs Penang : 5 – 0

Finals

Selangor vs Kuala Lumpur : 2 – 3

Champion : Kuala Lumpur

1st Runner up : Selangor Bar

2nd Runner up : Penang Bar

3. Table Tennis:-

Group Games

Selangor vs Penang : 0 – 5

Selangor vs Kedah : 5 – 0

Semi final

Selangor v Kuala Lumpur : 0 – 3

**Determination of 3rd and 4th place**

Selangor vs Terengganu : 1 – 3

Champion : Penang
1st Runner up : Kuala Lumpur
2nd Runner up : Terengganu
3rd Runner-up : Selangor

4. Netball:-**Group Games**

Selangor vs Pahang : 15 – 4
Selangor vs Kelantan : 21 – 1
Selangor vs Negeri Sembilan : 12 – 8

Semi Final

Selangor vs Perak : 12 – 8

Final

Selangor vs Kuala Lumpur : 6 – 12

Champion : Kuala Lumpur
1st Runner up : Selangor
2nd Runner up : Negeri Sembilan

5. Snooker:-**Group Games**

Selangor vs Perak : 2 – 0
Selangor vs Kelantan : 2 – 0
Selangor vs Kuala Lumpur : 0 – 2

Semi Final

Selangor vs Kuala Lumpur : 2 – 1



Final

Selangor vs Kuala Lumpur : 1 – 2

Champion : Kuala Lumpur

1st Runner up : Selangor

2nd Runner up : Negeri Sembilan

6. Ladies Futsal:-

Group Games

Selangor Bar vs Kedah : 0 – 1

Selangor Bar vs Terengganu : 3 – 1

Selangor Bar vs Kelantan : 1 – 1

Selangor Bar vs Kuala Lumpur : 1 – 1

Selangor Bar vs Johor : 0 – 2

Champion : Kedah

1st Runner up : Johor

2nd Runner up : Kuala Lumpur

3rd Runner-up : Selangor

7. Dart:-

Group Games

Selangor Bar vs Terengganu : 2 – 0

Selangor Bar vs Kuala Lumpur (B) : 1 – 1

Selangor Bar vs Kuala Lumpur (A) : 2 – 0

Selangor Bar vs Perlis : 1 – 1

Quarter Final

Selangor vs Perak : 2 – 0



Semi Final

Selangor vs Kuala Lumpur (A) : 0 – 2

Malacca vs Penang : 2 – 0

Final

Malacca vs Kuala Lumpur (A) : 2 – 0

Champion : Malacca Bar
1st Runner-up : Kuala Lumpur
2nd Runner-up : Kelantan
3rd Runner-up : Selangor & Penang

8. Volleyball:-

Group Games

Selangor vs Kedah : 2 – 0

Selangor vs Pahang : 2 – 0

Selangor vs Kedah : 2 – 0

Semi Final

Selangor vs Pahang : 2 – 0

Final

Selangor vs Kuala Lumpur : 2 – 1

Champion : Kuala Lumpur
1st Runner-up : Selangor
2nd Runner-up : Penang
3rd Runner-up : Kelantan

9. Golf:-

Champion : Kuala Lumpur : 180 points
1st Runner-up : Selangor : 179 Points
2nd Runner-up : Johor : 172 points

10. **Cross Country:-** **Champion** : Kuala Lumpur
 1st Runner-up : Penang
 2nd Runner-up : Pahang
11. **Premier Football:-** **Champion** : Perak
 1st Runner-up : Kuala Lumpur
 2nd Runner-up : Johor
12. **Veteran Football:-** **Champion** : Kuala Lumpur
 1st Runner-up : Selangor
 2nd Runner-up : Terengganu



3) Gasing Hike

The Young Lawyers & Pupils Sub-committee and Sports, Recreation & Health Sub-committee jointly organised a hike, the details of which are as follows:

Venue : Hutan Pendidikan Bukit Gasing, Petaling Jaya

Date : 29th July 2023 (Saturday)

Time : 7.30 am (Meeting point at car park)

It was well attended and a record of thanks to Tuan Haji Zainal, Richard Teh, Chairman MK Thas & Honorary Secretary Ms Yu Ai Ting and committee members that attended the hike.



4) Yoga on 23.9.23

This yoga session by Ms Lowaniyaah Rajamohan was held physically at the Selangor Bar Auditorium on 23/9/023 at 9.30am. The fees were RM10 per person and the session was attended by members.

It was a good session for the pupils and members in a physical setting post-Covid-19 and a good opportunity for them to network as well as get to know each other better.





5. Sports Personality of the Year

This year's Sports Personality Award was presented to Cik Normala Mohamad Mukhtar for her passion, dedication and sacrifices towards improving Selangor Bar Netball. The award was given to her during our Selangor Bar Annual Dinner & Dance. She is also very active in assisting this committee in other aspects as well. Kudos to a deserving winner!



6. Sukan Tiga Penjuru

At the time of printing, this new format event with the Selangor Courts and Shah Alam Court Police will be held on 27.1.2024 at Persada Plus, Subang Jaya.

The games to be held are men's futsal & ladies' futsal, badminton, volleyball and tug-of-war. It is an interesting event aimed to foster better ties and relationships in a friendly competition.

Once again, we wish to also record our appreciation to all masters & lawyers who allowed their chambering students & lawyers time from work to attend to practice sessions & tournaments.

MAJULAH SUKAN UNTUK SELANGOR BAR!

Report submitted by:

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