



Chiang Mai International San Miguel Sixes Tournament for 2009

From: March 29th



Chiang Mai Sixes

To: April 5th



Sixes 2008 Some Memories



Time is fast approaching when a finely tuned bunch of athletes can test their pre-season training techniques at the Annual Chiang Mai Cricket Sixes Tournament. Now in the 22nd year, under the chief sponsorship of San Miguel, this action packed extravaganza takes place once more at the picturesque Gymkhana Club. New and old participants will again lock horns throughout the week in what must be the premier fun cricket competition in the world. Best of luck to all involved.

Diet For Finely Tuned Athletes



Michael Phelps, the world's finest athlete with eight swimming gold medals in the last Olympic Games, has revealed what is required to power his engine.

Phelps, who admits that all he does is "swim, eat and sleep", is fuelled by such enormous calorie-packed platters that some may wonder when he gets a chance to do lengths in his local pool.

When in full training, the record-breaking American swimmer consumes a staggering 12,000 calories a day, getting through an array of dishes that would make

Take the big man's first meal of the day. Phelps needs three - yes, three - fried egg sandwiches just to shake the sleep from his head. And they are merely a taster for the five-egg omelette that follows. Oh, and the French toast. Not to forget the three chocolate chip pancakes that pick him up just enough for his grueling morning session.

Later in the day, it's time for daunting bowls of pasta, whole pizzas and a constant stream of energy drinks.

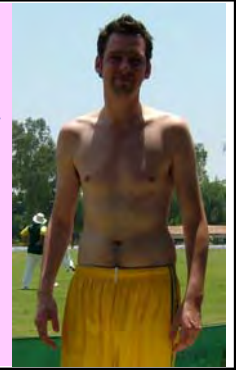
"It's been pretty much pizza and pasta every lunch and dinner for the last four or five days," Phelps said.

Phelps out-gorges other athletes even in the most energy-draining of sports, including the Chiang Mai International Cricket Sixes, where competitors get through from 8,000 to 10,000 calories a day. It is approximately six times the normal calorie intake for the average adult male - but then the normal adult male is not pursuing a record-breaking eight gold medals in one Olympic Games.

Says Phelps, "Its undoubtedly essential to get the correct balance and thanks to consulting the Sixes competitors such as JB, Dutchy Spornbag, Hagar the Horrible, Big Bob Phillips and Terry 'Salad Dodger'

WARNING

Despite wishing to be similarly well endowed, this sample of mediocrity failed miserably to follow the strict dietary plan by introducing smoking, alcohol and crumpet. Now look what happens to a complete wazzock without a muscle in sight.



Kersey, that I was able to come up with a suitable diet. Maybe I'll take up cricket next year and come show the boys a thing or two.



Sixes gastronomic experts, JB, Hagar and Big Bob

That Diet In Full

Breakfast: Three fried-egg sandwiches with cheese, lettuce, tomatoes, fried onions and mayonnaise. Two cups of coffee. One five-egg omelette. One bowl of grain. Three slices of French toast topped with cheese slices. Three chocolate-chip pancakes.

Lunch: One pound of pasta. Two large ham and cheese sandwiches with mayonnaise on white bread, plus energy drinks that supply him with another 1,000 calories.

Dinner: One pound of pasta, an entire family pizza, more energy drinks and a big bucket of Ovaltine before bo-bo's.



The travel plans and personal details of every holidaymaker, business traveller and day-tripper who leaves Britain are to be tracked by the Government.

Anyone departing the UK by land, sea or air will have their trip recorded and stored on a database for a decade. Passengers leaving every international sea port, station or airport will have to supply detailed personal information as well as their travel plans. So-called "booze cruisers" who cross the Channel for a couple of hours to stock up on wine, beer and cigarettes will be subject to the rules.

The owners of light aircraft will also be brought under the system, known as e-borders, which will eventually track 250 million journeys annually. Even swimmers attempting to cross the Channel and their support teams will be subject to the rules which will require the provision of travellers' personal information such as passport and credit card details, home and email addresses and exact travel plans.

The full extent of the impact of the government's "e-borders" scheme emerged amid warnings that passengers face increased congestion as air, rail and ferry companies introduce some of the changes over the Easter holidays.

The new checks are being introduced piecemeal by the UK Border Agency. By the end of the year 60 per cent of journeys made out of Britain will be affected with 95 per cent of people leaving the country being subject to the plans by the end 2010.

They will be expected to use the internet to send their details each time they leave the country and would face a fine of up to £5,000 should they fail to do so.

Similar penalties will be enforced on airlines, train and ship operators if they fail to provide details of every passenger to the UK Border Agency.

In most cases the information will be expected to be provided 24 hours ahead of travel and will then be stored on a Government database indefinitely.

"Your travel data is much more sensitive than you might think," Phil Booth of the privacy group, NO2ID said. "Given that for obvious reasons we're encouraged not to put our home address on our luggage labels, and especially given the Government's appalling record on looking after our data, it just doesn't seem sensible for it to pass details like this and sensitive financial information around. It is a sad reflection of the times that the dream of freedom of movement across Europe has had to take second place to concerns about national security," said Edmund King, the AA's president. "Travellers will need to ensure that their passports are up to date and that details are input accurately if they don't want to end up in a dark room being grilled by border officials."

Ferry firms and Eurostar - who, unlike airlines, do not gather such detailed passenger information - have also raised concerns about the impact on passengers and warned the plans may not even be legal under EU law. The changes would mean that Eurostar, Eurotunnel and ferry companies will now have to demand passport details from passengers at the time of booking, along with the credit card information and email address which they would have taken at the time of the reservation.

The scheme was condemned by Chris Grayling, the Tories' home affairs spokesman. "Of course we need to keep a proper record of people as they come in and leave the country. My worry is that the Government is creating something which will be unwieldy, impossible to manage, expensive to operate and personally invasive."

Ed: This is more evidence of Communism in our midst.



THE BEST COMEBACK EVER



For those that don't know him, Major General Peter Cosgrove is an Australian treasure!

The following is an ABC interview between a female broadcaster and General Cosgrove who was about to sponsor a Boy Scout Troop visiting his military headquarters.

FEMALE INTERVIEWER:

So, General Cosgrove, what things are you going to teach these young boys when they visit your base?

GENERAL COSGROVE:

We're going to teach them climbing, canoeing, archery and shooting.

FEMALE INTERVIEWER:

Shooting! That's a bit irresponsible, isn't it?

GENERAL COSGROVE:

I don't see why, they'll be properly supervised on the rifle range.

FEMALE INTERVIEWER:

Don't you admit that this is a terribly dangerous activity to be teaching children?

GENERAL COSGROVE:

I don't see how. We will be teaching them proper rifle discipline before they even touch a firearm.

FEMALE INTERVIEWER:

But you're equipping them to become violent killers.

GENERAL COSGROVE:

Well, Ma'am, you're equipped to be a prostitute, but you're not one, are you?

The radio went silent and the interview ended.

Oldest toad in the Pond: *n* A particularly low, vociferous grumbling poot, usually after 8 pints of stout and a bar of Bourneville.

Old Dog's Nose, dry as an: *sim* Descriptive of a pink wafer. A moipless muff. 'What's up love?? I've been tickling your wotsit for three minutes and your still as dry as an old dog's nose.'

Fun Pics From World Sources



Room for one more, hop aboard !!

Keystone Cops In Action Again

"Sir Paul Stephenson, the new head of Scotland Yard, joined 80 officers in raids on a series of homes to break up a burglary ring. But all the meticulous planning behind the Met commissioner's first action-packed foray into the public spotlight failed to establish a rather crucial fact - the whereabouts of a key suspect. With the



Met's helicopter hovering, Sir Paul's team smashed through one front door at 6.30am. Unfortunately for the commissioner, the suspect was nowhere to be found - because he had been arrested several hours earlier... the man had been arrested five hours earlier after an alleged break-in at a house in Kingston, South-West London. He had not been added to police records by the time Sir Paul mounted his raid in Kenley, near Purley, South London. When informed of the development, he said: 'This is good news and a good result, we have got our man after all.' *Ed: Oh dear, and this is the Head of the Met. Give me strength !!*

Two million households now have microchips in their bins in a move by councils that paves the way for the introduction of a pay-as-you-throw bin tax. Figures released using the Freedom of Information Act show 42 local authorities have installed the 'spy' devices in rubbish containers to record how much residents are throwing away. Councils insist the information collected by the microchips, which measure the weight of rubbish placed in bins, will be used to educate households about cutting waste, targeting those who are the worst at recycling. Opponents, however, say the technology will make it easy for the government to resurrect plans for the introduction of a £75 pay-as-you-throw tax on millions of families.



Beef Stroganoff

News from Lakeside

Khun Porn (rt) is now producing deep frozen Indian spiced grub. The Brits call it Curry as that just about matches their intellect.

Amongst some of the mouth watering menu, she is producing Chicken Vindaloo, Pork Madras, Kormas Chicken Paté.

All freshly made and ready to eat, supplies can be kept deep frozen and used as required.



Chicken Liver Paté



Best Seller: Chicken Vindaloo

Contact: **0890371509 (Porn)**

If Only We Could Turn The Clock Back To The Good Old Days



This fine body of up-right citizens on the left contains the image of our very own Stuart 'Knocker' Knowles. Webmaster and Internet guru, a protector of the faith and the main reason this Travelogue gets to you all. No clues as to our hero, but he is the furthest left. These stalwarts put the 'Great' into Great Britain. Thanks Stu and colleagues !!!