

A few people carelessly went down in either 6♠ or 7♠ by trumping the second diamond with ♠2, and North could over-trump and then give South a club ruff. With all those high trumps, it should be easy to trump two diamonds with ♠9 and ♠J and draw trumps. The last diamond can be discarded on the third top club.

There were several hands where pre-empt left the opposition with difficult bidding decisions. Look at this beauty! You hold: ♠6, ♥AQ64, ♦AQ52, ♣AKQ8

All vulnerable, partner passes and RHO opens 4♠. My double showed a good hand, with partner being allowed to bid or pass. Usually to bid at the five-level requires a 6+ card suit (or a 5-5 hand shape), so partner passed with her 1-4-3-5 and a King. Unfortunately the opponents' hands were:

♠ A K Q 9 8 7 5 2	♠ J 10 4
♥ ---	♥ K 10 7 5 2
♦ 10 4	♦ J 9 8 7
♣ 5 3 2	♣ 4

There was no way to stop 10 tricks (eight spades and two club ruffs), for -790.

5♣ our way can fail on ♠J lead and a heart shift (ruffed), but many made the contract. We lost 15 IMPs on this board, along with many other teams.

To be continued in next issue

The Mental Game

by Kim Frazer

Match Fitness

In sport, coaches often talk about being 'match fit'. Practice form doesn't always transfer to the playing field, where nerves and the pressure of competition play a part.

As an athlete, it doesn't matter how much time you spend on practise, and practice matches, the first 'real' competition of the season is always hard. It is easy to have a nervous flutter at the beginning of the match, or to lose form or focus towards end of the match. In the physical sports, athletes often tire towards the end of the first match of the season, whilst in the mental sports like bridge and chess, it is concentration and focus that suffer. Athletes in all sports and competitions experience this phenomenon of match fitness that shows particularly towards the end of a match, no matter whether it is football, tennis, chess or bridge.

The reasons for this are unclear - maybe it is the added





Margaret Smith
MEMORIAL TEAMS 2016

"A grand master with a reputation of being a "grand" partner. Margaret was happy to play with players of any level to put back into bridge the pleasure and social interaction she enjoyed throughout thirty years of playing."

<p>Sunday 13 November 2016 9:45am for 10:00am Start Prize-giving expected 5pm</p>	<p>Manly Leagues Bridge Club Cnr Federal Pde and Pittwater Rd, Brookvale (Free Parking)</p>
<p>Prizes (\$2,800 total) 1st Prize: \$800 2nd Prize: \$400 3rd Prize: \$200 Plus six \$200 prizes to the best remaining teams: <4000, <3000, <2000, <1000, <500 & <200 team MPs. (Subject to at least 2 entries).</p> <p>Plus a Champagne Platter prize to the best remaining team from each of Manly Leagues, Parramatta, Peninsula and North Shore Bridge clubs.</p>	<p>Event Details</p> <ul style="list-style-type: none"> • 6 x 8 board Swiss Teams • B4 red MPs, no yellow systems • \$120 per team • Director - John McIlrath • Lunch orders taken before start of play • Happy Hour drinks at conclusion • Mezzanine level - stair only access <p>Conference Convenor: Carolyn Dowling m: 0414 355 355 e: carolyn.mikki@gmail.com more info: www.bridge-game.info</p>

Conducted under the auspices of the NSWBA, with ABF approval for red master points at B4 level.

Entries required by Thursday 10 November 2016 (max. 40 tables)

Book Online: <http://bit.ly/2016msmt> (NSWBA booking service)

tension of 'competition', the higher focus, or other factors - however there is no doubt that true competition is infinitely harder than practice matches.

It is important to be able to remain focussed, and concentrate right through until the last card is played. Just imagine how disappointed you will feel if you play really well for the first 10 boards of a 14 board match, only to find you lose 20 IMPs in the last four boards of the set due to loss of concentration. This is where your match fitness shows.

Athletes address the phenomena of 'match fitness' by participating in overload training, and by playing in some lesser competitions before the main competition of the year.

What this meant for me in shooting was that if my match was 60 shots long, I used to regularly practise shooting matches twice as long. With everything else going on in competition, the last thing you need is fatigue contributing to a sub-optimal performance. I once heard a champion athlete say 'your competition day should be the easiest match of the year'.

How does this apply to bridge matches which are multi-match and multi-day events? If we consider that any of our national events are usually multiples of 14, 16 or 20 board matches per day, then our practise and preparation for these events needs to prepare us to be able to play at our best right up until the last card of the day. In the same way that I regularly shot more rounds

than the length of my match, in preparing for these types of event, playing multiple 30+ board matches in practise sessions will help ensure you are prepared for the rigours of competition.

Overload training on its own is insufficient, and I have also discussed in previous articles the concept of taking a mental break when a bad board occurs, or when one of the partnership has a failure at the table that may cause them to lose concentration.

The same tactics may also be used to provide a mental break in the latter part of the match. A toilet break at board 10 of a 14 or 16 board match might not be physically necessary for a player, but it can provide the time for a little mental rest allowing you to avoid lapses in the vital last few boards.

Finally, knowing your preparation has made you match fit going into a competition can give you a confidence boost, and the benefit of this in a close match can be the difference between success and defeat.

Invited 2016 Yeh Cup Mixed Teams

by Richard Wallis

Mr Yeh is a leading Taiwanese industrialist who over the years has privately sponsored many top class international invitation bridge events, including the Yeh Cup, which was held for the first time outside of Asia, at the Gold Coast in 2009, convened on behalf of Mr Yeh by Therese Tully and David Stern. On a more domestic level he has also sponsored a Mixed Teams event in his home town, Kaohsiung, for many years, and this year he decided to strengthen this Mixed Teams event by giving personal invitations to a small number of overseas teams, from Australia, China and Indonesia.

At Mr Yeh's specific request, the three Australian teams were invited without publicity. If Mr Yeh continues to invite overseas players in future years, hopefully even more Australians will get the chance to go, but the current venue has very limited space.

The three teams from Australia were:

Aussie Allstars - Bruce Neill, Margaret Bourke, Warren Lazer and Pauline Gumby

Sydney – Peter Buchen, Kathy Buchen, Matthew Thomson and Cathryn Herden

Gold Coast – Simon Hinge, Elizabeth Havas, Richard Wallis and Therese Tully

The event was conducted using screens and bidding boxes throughout as a 10-round delayed Swiss, with the top 8 (of 22) progressing to the Quarter-finals. Preliminary matches were of 10 boards, conducted over Friday and Saturday, and the Q/Fs were 2/8

board matches, the S/Fs 2/10 board matches, and the Final 2/12 board matches, all played on Sunday, with a Butler Pairs on Sunday for those pairs not playing in the S/Fs.

The Aussie Allstars won the qualifying round, with the Gold Coast sneaking into 8th place, but both teams lost the quarterfinal and were relegated to the Butler Pairs.

On a brighter note, Simon Hinge - Elizabeth Havas came second in the Butler, and Matthew Thomson - Cathryn Herden finished in third place. It was great fun, albeit with some language difficulties due to our lack of understanding of Chinese (some system cards were completely in Chinese), and it is a pity lack of space makes it difficult at present for Mr Yeh to open it up to more teams.

Round 2, Board 15, South deals, NS vul

♠ 8 3 2	♠ A Q 5
♥ K	♥ A 9 6 4 2
♦ K 9 4	♦ A 10 7 2
♣ A J 10 7 4 3	♣ 6

West	North	East	South
			Pass
1♣	Pass	1♥	Pass
1NT	Pass	2♦	Pass
3♣	Pass	3NT	
All Pass			

On board 15 in the second match EW had a 2/1 auction to 3NT. After ruling out all other suits I led ♠4.

This hand is easier if East is declarer, to protect against a spade lead, and declarer tried ♠Q at trick 1 which Therese won and led back ♠J, which also held, and she now cleared the spades.

Declarer did not have a clear blueprint of the hand, and eventually lost three spades, a heart, a diamond and a club for two off and +100 to us.

If declarer plays low on the spade lead Therese cannot lead another, and maybe declarer will scrape home, but is still likely to go one off.

At the other table Liz stopped in 2♥ on the misfit, and could not see the magic club position which could yield nine tricks double-dummy, and finished one down, for +2 IMPs.

In another match, Bruce Neill, sitting North, led a spade and watched as after winning ♠Q, East won ♣A and then led ♣3, setting up dummy, emerging with 11 tricks for a big loss to Bruce's team.

Holding two entries to dummy, ducking a club will offer many chance.