

Club Committee 2023-24

Chair - Katherine Lee
Vice Chair - Wyan Chow
Treasurer - Ivy Kong
Secretary - Charmaine Kwan
Membership - Christine Lo
Activities - Anky Chau
Captain & Website - Kitty Cheung
Communications - Sabrina Chow

Advisor - Grace Wong

Membership Renewal

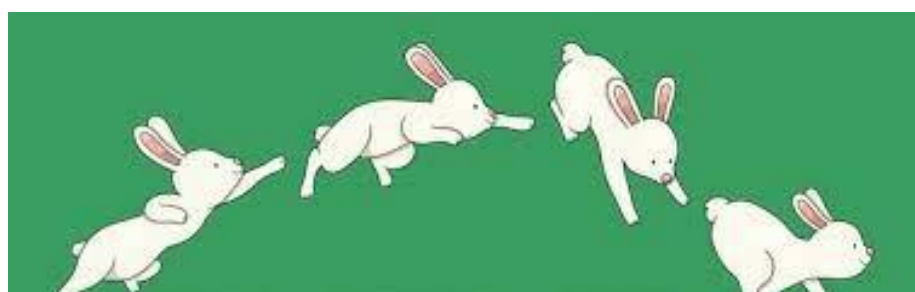
Please renew your annual Club membership in time. Your membership of any calendar year starts from 1st January and end on 31st December. Membership Renewals and new memberships can be applied via the Club's website:

www.hklrrc.org.hk

If you plan to renew your HKAAA membership through the Club, please submit your application via the [website](#) of HKAAA.

Past Events

Fat Choi Run 2023



The Club's 42nd Fat Choi Run, which took place in a virtual format from 22nd January 2023 to 5th February 2023 with an accompanying photo contest, has attracted about 400 participants who completed their runs at times and places of their own choices. The group run in Shatin on the third morning of the Chinese New Year was featured by a running God of Fortune, played by David Wong. As for the photo contest, a total of 9 winning photos have been selected, and shared on Facebook. Special acknowledgements are due to Catherine Leonard, Dave Smith, David Wong, Gilbert Tang, HK Chan, Katherine Lee and Sheila Purves (names in alphabetical order) for their contributions to the successful organization of this event.



The 2023-24 committee of HKLRRC (the Club) was established after the Club's 2023 Annual General Meeting (AGM) (which took place on 31st March 2023 at iBakery Gallery Café, Admiralty, Hong Kong). We thank all the members who have attended the meeting or have voted via their proxies, and all the members who have helped with the organization of this AGM. Special acknowledgements are due to Club veterans Catherine Leonard, Gillian Castka, Grace Wong and Sheila Purves (names in alphabetical order) for their long-term contributions and support to the Club, and in particular to Grace Wong for her role as the Club's Advisor in the years 2022-23 and 2023-24, providing valuable advice for the running of the Club. We are also grateful to the immediate past committee-members Amy Cheung, HK Chan, Joyce Ho and Ron Tupac (names in alphabetical order) for their roles and contributions in the 2022-23 committee. We would also like to thank all Club members for their support and for their active participation in the Club's activities. In this post-pandemic era, we look forward to seeing you more often in the Club's activities!



Track & Field Excellence

Congratulations to our junior runners for their excellent performances in 2023! Annabelle Morrow was elected to the 2023-24 Hong Kong Athletics Team (HKAT) in recognition of her winning performances in HKAAA races during the pandemic era. At the Hong Kong Athletics Championships on 29th April, Annabelle won gold medals for both 800m and 1500m and Parker won a bronze medal for 800m. On the Youth & Children Athletics Day of the Sports Festival in May, Scarlett and Jia won a gold and a silver medal respectively for 800m WU16. At the Hong Kong Inter-City Athletics Championships on 25th June, Kin Wong won a silver medal for 1500m.

Editors' note: The results are very encouraging, especially for those who have become race-rusty during the pandemic. Special acknowledgements are due to a number of members for their support to our runners. Hope to see all members continuing their dedication to running, and shining on the track more often with their Club vests!



1st July Social Relay

Four teams of three participated in the Social Relay on 1st July 2023 at the Tsing Yi Promenade, where each participant had to run a distance of 3km. The team comprising Armi Dubla, Sheila Purves and Frank McNamara won the race. Special acknowledgements are due to Edith Wakefield and her FFT, who provided a spectacular post-race brunch for all the participants, and to Anky Chau, Christine Lo, Cindy Tsui and her hubby Mr Lo, Sabrina Chow, Sheila Purves and Winnie Szeto (names in alphabetical order) for their contributions to the successful organization of this event.



Weekly Events

Track Training

Track sessions led by Gillian and Kitty take place on Wednesday evenings at the Shatin Sports Ground. Please contact us by email if you want to join.



Fitness Classes

Fitness classes for body stretching and muscle strengthening, led by Sheila and her team, take place in Kowloon East on evenings of Tuesdays or Thursdays. Please contact us by email if you would like to join.



Members' Corner

We are pleased to have a few Club members sharing their recent racing experience in this newsletter. If you would like to share yours in our next newsletter, please submit a roughly 300-word summary and a few photos to Sabrina Chow by 30th November 2023 via the Club's email address.



Thailand Master Athletics Championships 2023, by Bill Purves

Sheila Purves and Sahn Hahng Tai Bo (Bill Purves) celebrated the end of Covid travel restrictions by travelling to Thailand in late February for The Thailand Master Athletics Championships. This year the meet was in Satun, far in the south, right against the Malaysian border. The track was a couple of kilometers out of town, but that was no problem. You had only to start walking and someone would stop to offer you a ride every time – once on the back of a motorized wheelchair. Tai Bo won the M80 walk easily. Sheila had more competition and took silver in the 1500m and the 5K road race. It was a nice summer vacation in mid-winter.

Editors' note: Bill is an active veteran of the Club, and a competitor in uncountable international and Hong Kong race walking competitions. He has received a lot of awards recognizing his contributions to ensure Hong Kong were represented at the World and Asian Masters athletic championships and other international masters meets in the past years. His other name in Hong Kong is "Sahn Hahng Tai Bo" (神行太保). Bill, you are great!

Members' Corner

A Marathon Dedicated to My Friend, by Ivan Wu

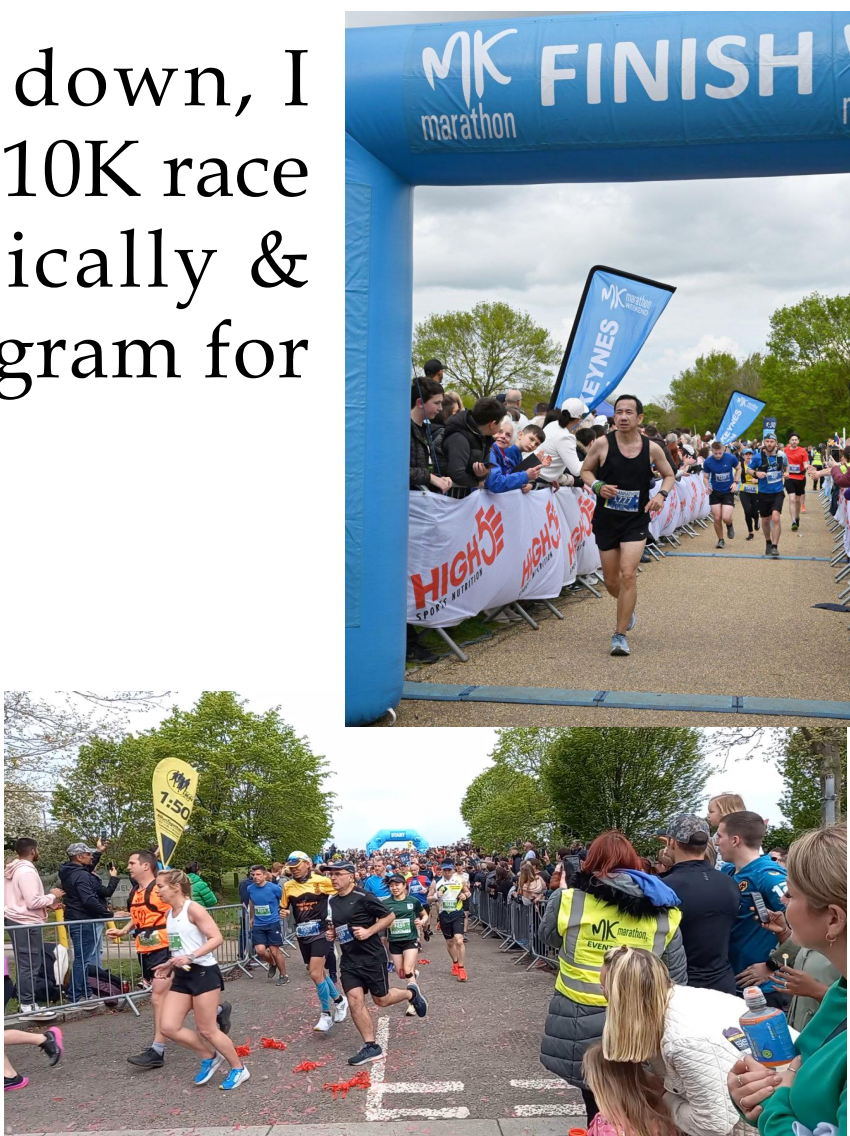
I moved to the UK in August 2021. After settling down, I gradually resumed regular training. After finishing a 10K race in Norwich in October last year, I felt I was physically & mentally ready, so I started a marathon training program for this race.

In addition to being the first marathon after my knee surgery in 2020, I wanted to dedicate this race to my training partner Johnathon, a talented young cross-country runner who passed away in an accident. After careful consideration, I selected the one held in Milton Keynes on 1st May 2023.

The MK Marathon is a relatively young event with only 11 years of history, but the organizer has already established a good reputation in organization and mobilizing the participation of the community. It is currently a qualifying race for the London and Boston Marathons. This year we had a brand-new route which is in Campbell Park and the surrounding roads in the city center and it's generally flat. Though the marathon, relay and half-marathon started at the same time, making the total number of about 3,000 runners, it was not too crowded at the start.

On the race day, it was cloudy and about 15°C. Many spectators gathered along the route, creating a welcoming and energizing atmosphere. I finished the race in 4:32:42. Although it was nearly 3 minutes slower than my target time, it was still a very satisfying result.

Editors' note: Ivan is a life member and former committee-member of the Club. Ivan, let's run together again when you're back!



World Masters Athletic Indoor Championships 2023, by Bill Purves

Sheila Purves, Arthur Gee and Sahn Hahng Tai Bo (Bill Purves) travelled to Poland in late March for WMA's indoor world championships. It was said to be the biggest track meet ever held anywhere, with about 4,200 entrants, so no surprise that our HKLRRC contingent didn't win anything, but it was a memorable trip.



There were 39 on the Hong Kong team. Max Siu won Hong Kong's first medal on day 2. He lives in Texas and took 3 planes and 2 trains to get to Torun. Then on the day of his race he got lost walking to the arena and almost missed his call room time. He was lying 4th in the M70 long jump after 3 jumps but came through with a 4.70m on his last jump to take the bronze. A couple of days later he came back with another bronze in the hurdles. But there he was upstaged by newcomer Ambrose Leung in the M35s who edged out of the gold medal by 0.009 seconds in a photo finish. Despite the frantic schedule (11 heats in some age groups in the sprints) the whole meet ran strictly on time. A very well-organized call room gets much of the credit. And the facilities in Torun have been upgraded. We could follow through the heat results in real time to see whether someone would get a time qualifier.

The weather stayed cold (3°C) for the 10K road race, but there were intervals of strong sunshine. Sheila ran in shorts and long sleeves. There was lots of crowding in the stands, but not one person on any team could be seen wearing a mask. By the middle of the week two team members were returning Covid positive RATs.

Overall, Hong Kong made an impression. We may have won only 3 medals, but we looked good in distinctive matching sweatsuits. It was a close-knit group of friends with great team spirit.

The next WMA indoor will be in Daegu in 2026, but there will be an Asian championship in The Philippines in November and an outdoor world championships in Gothenburg in the summer of 2024. Entries for that will open in January. Plan your training.



London Marathon 2023, by Yuko Gordon

There were two London Marathons in 6 months. 2022 was in October and soon another one followed in April 2023. I also ran Seville Marathon in February between the two Londons. So, I ran 3 marathons in a short period of 6 months at 3:31, 3:27, 3:28 and won all in my age group W70.



My 2022 London was the slowest as I missed so many weeks of training from hamstring injury in spring and took a couple of months to recover from Covid in summer. So, I treated my London Marathon last year as a fun run paced within my comfort zone from the start to finish. I won by mere 40 seconds but luckily, I didn't know someone was so close behind and felt no pressure.



London Marathon is always special for any British club runners in the UK but for me personally, no comparison to Hong Kong Marathons as I can never be as serious as those competitive days in Hong Kong. I had a wonderful rival, brilliant Winnie Ng then to battle against and the thrill of winning or losing was extreme but exciting. The tension was incredible and at most.



I no longer have that kind of intensity with my slower self now. I did not feel much excitement even after I beat the W70 world record holder Jeannie Rice at the Inaugural Masters Age Group World Championship in 2021.

My training weekly mileage for London Marathon or any big city marathon is normally 40 miles. Mainly lots of easy long runs mixed with one or two speed sessions. Mostly, I run alone for long runs and join the club sessions for speedwork once a week such as interval training.

I run more disciplined with a group who are younger and stronger.

I make my own training plan and adjust and tweak the plan to my feeling and physical condition on the day. Particularly at my age of 72, body doesn't follow my spirit.💎

I'm a member of two clubs (main and 2nd claim) and occasionally join other clubs' sessions when their work out on the day is my favorite, i.e. 1K x 6-8 on a flat quiet road.

Athlete's bio: Yuko represented Hong Kong in the 1984 LA Olympics as well as many other international competitions including the World Championships and the Asian Games. She won silver in the 1985 Asian Championships. Yuko broke the Hong Kong records in every distance from 800m to full marathon in 1980s. After 16 years of retirement, she took up running again in the UK and broke the world marathon record in the single-age category for 68-year-olds at the 2019 Berlin Marathon with a time of 3:19:37. Yuko has a PB of 2:38:32 from the Hong Kong Marathon in 1987.

A Beyond-Expectation Ancient City 100-kilometer Cross-country Race, by Katherine Lee (Translated text)



The 2023 CamelBak Huangshan Huizhou Ancient City 100-kilometer Cross-country Race took place on the 15th and 16th of April. The route was very runners-friendly, covering a variety of historic and natural scenes like ancient cities, tea plantations, rapeseed fields, bamboo forests, mountain waterfalls, and ethereal clouds. This is the fun of cross-country running. In addition, the organizers cheered up the runners with Guzheng performances and allowed them a maximum of 30 hours to complete the race. Thus, I managed to squeeze some time out for photo shooting. GPS services were offered to the participants. At the checkpoints, there was hot food prepared by local villagers, and watermelons served to cool down the sweaty runners. It is never easy to prepare for a 100-kilometer race. The tallest peak in Hong Kong is only a little over 900 meters, but the mountains in the mainland China must be more than a thousand. Running up and down the mountains made my legs sore! Fellow runners were surprised that they have met a runner like me from Hong Kong. We chatted about our race experiences and the long night passed quickly.

The finish line was located within the ancient city. It feels like something very unique to pass through the city gate and cross the finish line. It is very thoughtful of the organizers to give each finisher an inkstone souvenir instead of a conventional finishers' medal. Organization of cross-country races in mainland China has improved a lot over the years. My judgement of whether a cross-country race is well organized lies upon the following considerations: (1) Atmosphere, (2) Race route, (3) food and water supplies, and photography services. The atmosphere and route of this cross-country race have exceeded my expectations, and I look forward to joining it again.

Editors' note: Katherine has been serving as the Club's Chair since April 2022. She is an active athlete who is particularly fond of cross-country runs. Keep going, Katherine!