

Membership Renewal

Please renew your annual Club membership in time. Your membership of any calendar year starts from 1st January and ends on 31st December. Membership Renewals and new memberships can be applied via the Club's website : www.hklrrc.org.hk/Membership/ If you plan to renew your HKAAA membership through the Club, please submit your application via the [website](#) of HKAAA. As at 31 Dec 2023, more than 100 members have been registered as HKAAA .

Weekly Events

Track Training

Track training led by Gillian Castka and Kitty Cheung takes place on every Wednesday 19:00 to 20:00 at the Shatin Riverside. Please contact us by email if you want to join.



Fitness Training

Fitness training for body stretching and muscle strengthening, led by Sheila and her team, takes place in Kwun Tong or other Gym on every Tuesday or Thursday. Please contact us by email if you want to join.



Members' Corner

Track & Field Events

Many potential teenage members participated in HKAAA events. Most of them got excellent results or PBs. We hope more and more LRRC vests shine the sports ground in the recent future.



HK International Functional Fitness Championship 2023 - Wyan Chow (Translated Version)

Our Vice Chair Wyan Chow participated in HK International Functional Fitness Championship - November 2023, the event was organized by HK International Functional Fitness and Sports Performance and Functional Fitness Federation of Hong Kong, China. She came 2nd in the women 41+ age category.

What is Functional Fitness? also known as CrossFit, it is popular and well addressed by most celebrities in the US and Europe countries in recent years. It requires the participant to perform athletic games like weightlifting, gymnastics, aerobic exercises, etc by utilizing one's own weight with exercising tools like horizontal bar, still rings, dumbbells, kettlebells, barbells. CrossFit are versatile and challenging. Try it in addition to running.😊



2023 Guangzhou & Shenzhen Baoan, Marathon – Gilbert Tang (Translated Version)

In Dec 2023, I ran 2 marathons in the PRC which were of great CP value. Each cost no more than HKD200.

The first was the 2023 Guangzhou Marathon in early Dec. It is only in its 10th edition but the arrangement was marvelous. For instance there were 100 face scanning machines for runner identity verification to enable smooth and uninterrupted entry at the race entrance and real time tracking to ensure runners successfully finishing the race. At every 2.5KM along race course, there were 30 tables of supplies providing various snacks, sports drinks and water for the runners. At the finish point, free foods and drinks were available and there were free stretching service in a massive covered area. Runners were also offered free ride on the MTR from the venue, So wonderful!



The second was the 2023 Shenzhen Baoan Marathon in late Dec. Though the set-up was not as good as the Guangzhou one, there were more than 10 Chinese Lion Dance shows and music stations with DJ along the race course for cheering and a big team of physiotherapists providing free stretching and pain-relief massage services at the finish point. Free e-bus shuttle to the nearby MTR stations was available in addition. PRC marathons are advancing with bigger scale, better race and course support arrangement. They may have overtaken most international marathons in the World. Amazing!

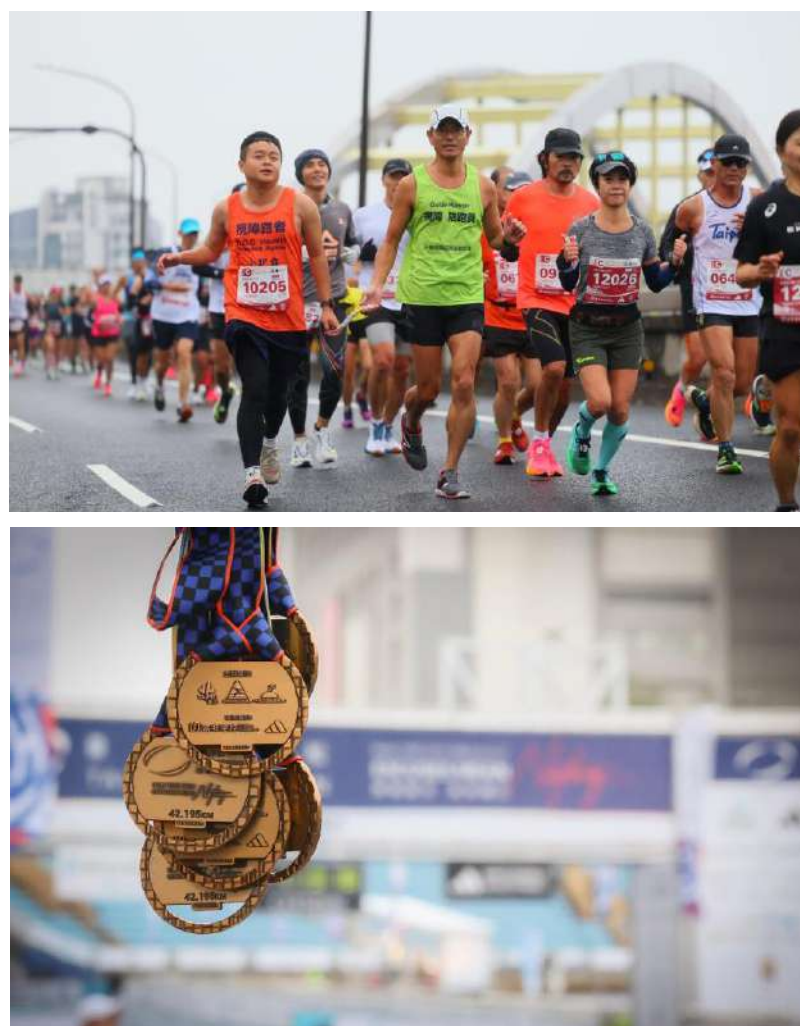
Toyama Marathon & Taipei Marathon – Christine Lo (Translated Version)

Toyama Marathon was my first oversea marathon after Covid. The race covered most famous cities like Takaoka, Shinminato etc. in Toyama Prefecture and passed alongridges to the finish point in Toyama City Challenging!

Marathons in Japan are famous for their plentiful supports and refills along the race course, good race arrangements and scenic views along. It was extraordinarily hot and I finished almost the whole time under evil sunshine. Though it was exhausting, I managed to ran 3:52:00. Not to my target but I was satisfied.



Taipei Marathon was my second overseas marathon. Quite a number of runners from HK were met. The weather was cold with drizzle jacking up the difficulty of the race. At the most challenging parts of the bridges and elevated highway, we ran against strong wind which exhausted us seriously. Tough job indeed! But it was paid off by the multi-angle photo-taking services at the finish point which helped capture the precious and memorable moment of every runner finishing the hard race.



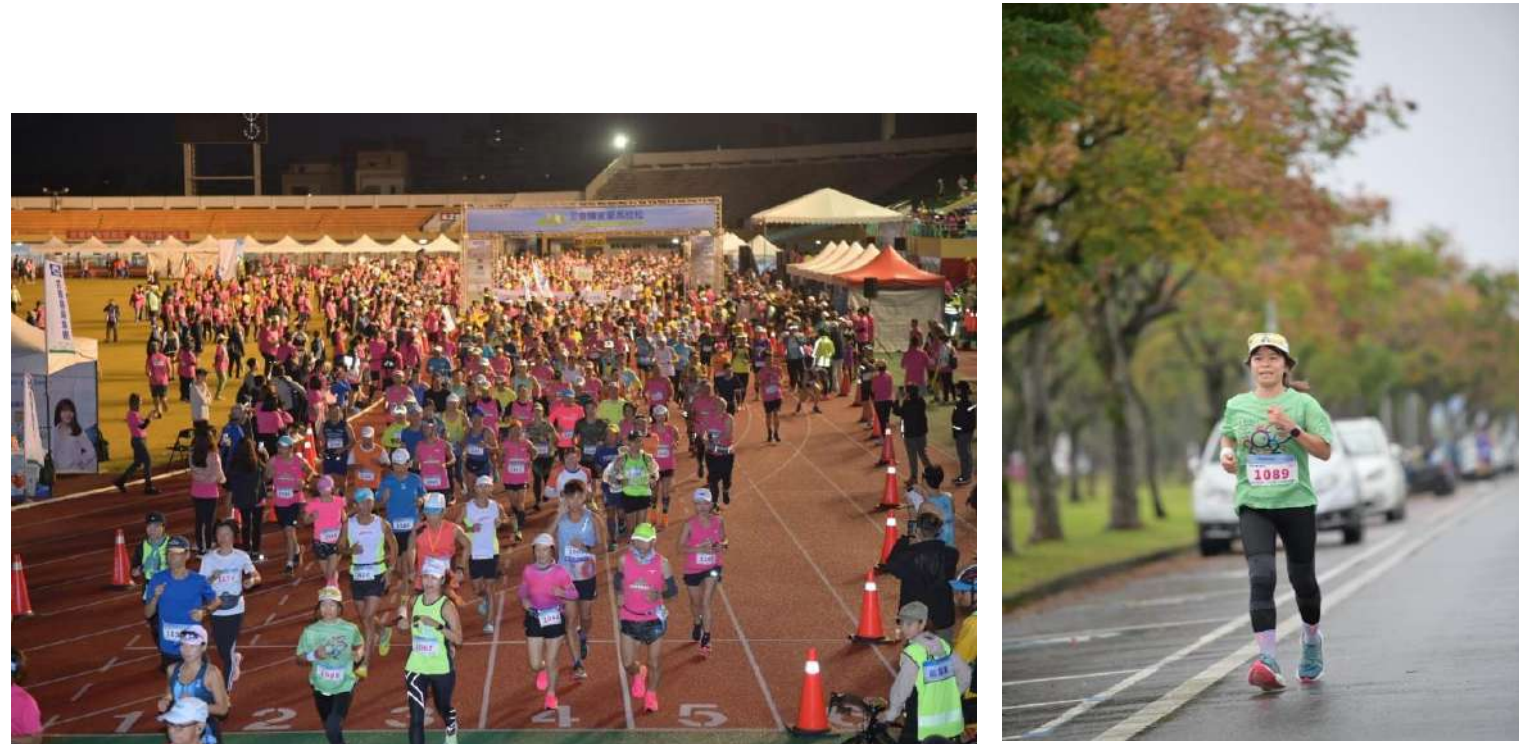
HK Streetathon-Tommy Fong (Translated Version)

After 9 months of hard works, I ran a PB record of 3:02:45 in HK Streetathon held on 17 Dec 2023, 11 mins faster than last marathon. Wish I could break 3 soon!



2023 The TaiWan Sinphar Yilan Marathon – Peggy Fong

In 25 November 2023, I participated the TaiWan Sinphar Yilan Marathon, my previous Marathon was already done in 7 years ago in Japan. I am so earnest to run one more Marathon before I reaching the age of 60. During those 3 months from August to November, I done very tough hard training according to program for this Marathon and also thanks Sheila chatting with me encouraging me to participate this race. At the race day my heart full of joy, felt excited. I wear my love club T-shirt "HKLRRC Fat Choi Run 2023" to mark this remarkable Marathon. Far more from my expectation, I successfully finished the Marathon, even more, won the prize category in my age group. Thanks God for me to achieve this amazing Marathon. I did share this special moment and hope all of us can continue to run no matter for fun or health.



The 8th Hong Kong Masters Athletics Championship 27, 28 & 29 Oct 2023

Congratulations to our members for their outstanding performances in Hong Kong Masters Athletics Championship.

Champion:

FELY BEJUNA: W45 - 1500m

Edith Wakefield: W75 - Walk & Javelin

Arthur Gee: M79 - Javelin, 800m, 80mH, Discus

John Fowler: M85 - 400、800、1500&5000m

1st runner up:

Bill Purves (Sahn Hang Tai Bo): M75 - Walk, 4 x 100m, 4 x 400m

John Fowler:

M75 - M75 4 x 100m, 4 x 400m

M85 - 100m, 200m, discus over all

Arthur Gee: M79 - Long Jump, 100m, 200m, 400m, 1500, 4 x 100m, 4 x 400m

2nd runner up:

Margaret Chui: W55 - 1500m

Frankie Wong: M50 - 800m

Arthur Gee: M79 - High Jump & 6th - Shot Put

