



## KOTH Hong Kong Mountain Marathon

(Repulse Bay, HK, Sunday 30 November. Temp. 22-27 degrees; foggy becoming sunny.)

### Enormous turnout for final KOTH race of the season

Nearly 900 runners made it to the starting line for the first race in the KOTH season. Following overnight rain, the trails were quite slippery. Morning fog made conditions atmospheric, but full marathoners faced the full brunt of the sun later in the day.

### Full Marathon: Ixel and Fan the champs

Vlad Ixel has moved to Hong Kong for the season to take his training to a new level, inspired by all of our hills. Vlad's been on top of the podium enough lately to confirm that his tactics are working. Today he added his first KOTH full marathon win to an impressive and growing list of HK off road victories. Vlad increased his lead throughout the race and ended up winning comfortably in 3:09:27.

Nicol Boyd continued running as strongly as he did last season and was rewarded with a fine 3:19:08 and second place overall. Michael Skobierski was third, and Steve Cale 4<sup>th</sup>, completing a 1234-sweep for the male open runners.

Bob Shorrock disrupted this ordering, thundering home in 3:24:18 and setting a new M-50 age group course record and finishing 5<sup>th</sup> overall in the process. If this season is like last, Bob is just getting warmed up and we can expect him to get faster and faster. Previous M-50 record holder Hau Ping finished second in the age group, followed by Tiger Ho.

William Davies has found turning 40 to his liking as he's was the fleetest of foot today in his new age category. His 3:28:06 placed him sixth overall and M-40 first. A badly cramping Ezra Emerson finished second, with Dominic Rigby third.

Anthony Davies followed up on a superb Trailwalker with a fine M45 win in 3:35:26. Michael McComb was 6 minutes behind in second, while triathlete Tim Hallworth was surprised to finish third.

Chan See Kau had a great run and was rewarded with first in the M55 category (3:51:57). Mak Ping Yin was second and Ng Kam Ming third.

Chan Hoi Nam followed up a 15-hour Trailwalker with a 4:44:20 full marathon to win the M60 division. Kan Kam Kai was second and Law Kwong Chow third.



In the ladies race, Nepalese runner, Mira Rai, led early, but missed the turn back up to Repulse Bay Gap and lost some time. Fan Sui Ping soon caught her up and then passed to win in 3:43:34, not far off the female F40 record. Mira finished second overall, and first open runner, in 3:45:01. Mary McNaughton finished third overall, and second in the F40 category in a fine time of 3:50:12. Mathilde Heaton finished third in the F40 category. Kay Cheung Hoi Kei was the second open female and Nora Senn the third.

Sophia Kennely won the F50 race (5:10:10), with last year's category winner, Tammy Mak King Foon, second, and Maggie Wong Bik Yiu third.

#### Half Marathon won on the last downhill

Nicolas Maes saw a one-minute lead over Daniel Perez disappear in the technical stream section. They then raced neck and neck to Repulse Bay Gap before Perez pulled away on the final technical downhill to win in 2:00:20, with Maes finishing just behind in 2:00:55 as both charged across the beach finish. Sam Fletcher finished an admirable third and third in the open category.

Seth Fischer was 4<sup>th</sup> overall and the first M40 (2:03:33). Several more open category runners came in next – Giuseppe Mollica, Jens Floor, Hui Siu Tung and Aby Lam, before the first M45, Sean Haggerty, finished in 2:08:10. Sean was just ahead of fellow M45 Jo Koster, the first time anyone has beaten Jo in this age group on a KOTH race in quite some time. Jo was the 10<sup>th</sup> person across the line. 14<sup>th</sup> across the line Rob Parks rounded out the M45 podium finishers.

11<sup>th</sup> place overall Joe Wong claimed second in the M40 category, with Nicolas Keavns third. M55 superstar Leung Ping won his category in 2:12:22 while finishing 13<sup>th</sup> overall. Leung was a few minutes ahead of Peter Hopper, who managed second in the M55s, with Mike Scantlebury third.

Steve Wong placed 18<sup>th</sup> overall and first in the M50 category (2:15:25). Steve was a couple of minutes ahead of JB Rae-smith, who finished second in the category, with Lai Siu Pang third.

65-years young, Wong Peter Chung Tong won the M60 race (2:34:37), ahead of Tsui Pak Long and Cho Yan Kwong.

Emma Bruce managed to hold off Claire Chapman to win the ladies race in 2:15:32. Claire was exactly one minute behind. Emma was the first F40 and first overall, while Claire was the first female open runner and second overall. Ip Iok Mei was third across the line and second in the open category, while Hiko Takeda Holmes was 4<sup>th</sup> across the line and second in the F40 category. Alexandra Hawkins was 5<sup>th</sup> overall and third in the open category, while Katherine Lee was 15<sup>th</sup> overall and third F40.



F50 Yeung Mei Lun continues to run extremely well. She was the 7<sup>th</sup> woman overall, while winning her age category. Icerio Chong Bing Ying was second and So Siu Po third.

79-year old John Fowler won the John Lane Prize as the oldest race finisher. He also set a new over 75 record of 3:33:33.

To those running the full marathon course who did not get sufficient water, we deeply apologize. The organizer, Seyon Asia, takes full responsibility for the unlikely coincidence of occurrences that led to the insufficient water at Tai Fung Au and Tsin Shui Wan Au. We will learn from the mistakes and make sure that it doesn't happen again.

The next race in the series takes place on Lantau Island, on Sunday, January 4, 2015. Please see [www.seyonasia.com](http://www.seyonasia.com) for details.

This series cannot take place without the generous support of title sponsors, Swire Properties and GigaSports and without the beverage support of Swire Coca-cola. All the racers and I are also grateful to the fabulous marshals who support and encourage throughout.

Keith Noyes  
Race Director