



## KOTH Sai Kung Mountain Marathon

1 February 2015. Overcast with temperatures of 13-18 degrees.

(Sai Kung, New Territories, Hong Kong)

### Best weather of the season

Approximately 900 runners showed up to enjoy nearly perfect running conditions. The course was slightly slippery under foot due to rain a day earlier, but this was not enough to slow people down and several new course records were set. The half marathon was particularly competitive today.

### Full Marathon – Davies on course and record setting

Will Davies shadowed Michael Sobierski until the Koi Tam Choi climb, then pulled away to win in 3:46:08, setting a new M40 course record along the way. Michael ambled home comfortably in second place (3:54:44), the first open runner across the line and the only person besides Will to break the 4-hour barrier. Allen Ng cruised home in the third overall (second open runner), followed by Dan Falconar (4<sup>th</sup> overall and third in the open category).

Michael McComb was 6<sup>th</sup> overall and first in the M45 category (4:15:24). M40 Ezra Emerson was just behind, capturing second in his category. Michael Orniston rounded out the M40 prizewinners, finishing closely behind Ezra. Barry Hung Fan Tai (2<sup>nd</sup>) and Joe Tsang (3<sup>rd</sup>) filled the other spots on the M45 podium.

M55 Chan See Kau set a new age group course record (4:27:11) that saw him finishing 11<sup>th</sup> overall. Wong Hon Wing was second and Chim Yiu Cheung third in the age group. Hau Ping finished in 4:38:07 to win the M50 race. Yip Pui Lam was second, just ahead of Tiger Ho.

M60 Chan Hoi Nam also set a new age-group course record (5:15:06) in a fine display of veteran running. Lai Shu Tai was second and Cheung Yueng Kui third.

Zein Williams cruised to victory in the women's race (4:32:08). Zein definitely appeared to have lots left in the tank and could probably have done a second lap of the course without problem. F40 Marie McNaughton continues to defy the logic that says that you can't race well every weekend. Marie finished second despite her unlimited mileage diet. Olya Korzh finished in third (second open). Ida Lee Bik Sai finished in 5<sup>th</sup> (third F40 veteran) and Emily Woodland finished 6<sup>th</sup> (third open). Yuen Kit Shan finished in 7<sup>th</sup> and was the third F40 veteran. Once again I had to ask for Ms Yuen's ID for proof that she wasn't really an open category runner.

If you've been paying attention, you'll see that I've skipped the 4<sup>th</sup> place overall woman. That honor went to F50 Joanne Brown who stormed to a new age group course record (4:58:20). Joanne

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shattered the old mark by an hour in a real age-defying effort. Au Yeung Cham was second and Tammy Mak King Foon third.

### Half Marathon – Bonjour and Namaste

Clement Dumont rolled to victory in 1:33:31, despite a bit of a tumble along the way. Clement's time was one of the fastest we've seen in recent years and among the fastest times ever run. Erich Felbabel chased valiantly to finish in second.

Having recently completed a 2:42 marathon, M40 Seth Fischer found the fast Sai Kung Half marathon to his liking - so much so that he set a new age group course record of 1:38:03, while finishing in third overall. As Seth crossed the finish line, however, all he could say was, "Jeez there's a fast lady behind me."

That fast lady turned out to be the increasingly famous Mira Rai. For those who haven't seen the SCMP article, 23-year old Mira has a fascinating life story that includes a stint as a teenage Maoist rebel in her native Nepal, before changing direction and deciding to try to make a living from sport. Mira is still improving her running by leaps and bounds, but is already very fast. Mira not only finished fourth overall, she smashed Joe Joe Fan's 9-year old course record by 7 minutes and finished in a superb time of 1:38:44.

M45 winner Joe Koster was next in (1:39:23), fifth overall and the first of over 400 men who were "chicked" by Mira. David Woo was 6<sup>th</sup> overall and grabbed the third open category place. Following Pierre-Andre Ferriere in the open category, Maruice Devlin struck another note for the M45s, with a fine 8<sup>th</sup> place overall finish and second in his age group (1:41:53). Peter Bachman was third in the M45 category.

Joe Wang ran 1:50:24 to finish second amongst the M40s, with Yip Wai Keung third.

Yeung Kwok Keung won the M50 race for the second time in a row following Lantau last month. His 1:51:37 was two minutes clear of JB Rae-Smith, who narrowly beat Steve Wong for second.

Leung Ping (1:53:42) won the M55 race on the course that suits his hill climbing and descending skills least. Leung Ping has won three consecutive races now and locked up the series title. Peter Hopper returned to KOTH to finish second in the category, followed by Wong Tze Wan.



M65 Peter Wong Chung Tong won the M60 race (2:12:05) for the third consecutive time and has wrapped up the M60 title with this effort. Tsui Pak Long was second and Bob Whitehead – finally recovered from injury – finished third.

In her last race in HK before moving to Singapore, Claire Chapman finished second behind Mira in the women's race. Emily Brosnan finished third in the open category and 5<sup>th</sup> overall.

The women's F40 race was particularly exciting. Marie Pettersson finished in 2:10:07 to win, with Kate Richdale just behind. They finished 3<sup>rd</sup> and 4<sup>th</sup> overall respectively. Shirley Gill was third in the age group.

Sophia Kennelly ran 2:28:51 to win the F50 race. Poon Yuk Pui finished second. Rebecca Rae-Smith was so excited to finish third that she then ran straight to the bus stop and didn't realize that she'd forgotten to pick up her bag until she'd returned to Pak Tam Chung.

The John Lane Prize, given to the oldest race finisher, went today to Frank Pilkington. Frank is a spry 73.

The Kin Hang Hiking Club did a fantastic job with the course marking. Swire Ambassadors and Swire Hotels cheered and fed everyone. Hang Hang Hiking Club provided critical support at CP 5 and Swire Coca-cola quenched everyone's thirst. GigaSports provided great prizes. My thanks go out to all of them as well as the other volunteers who made this such a great day for trail racing.

The next race in the series takes place on 1 March 2015 in Sham Tseng. See [www.seyonasia.com](http://www.seyonasia.com) for details. Thursday, 19 March has now been set as the date of the annual KOTH Awards Dinner - further details coming soon.

Keith Noyes  
Race Director