



KOTH Sham Tseng Mountain Marathon

1 March 2015. Overcast with temperatures of 17-20 degrees.

(Sham Tseng, New Territories, Hong Kong)

Year of the Mountain Goat

What threatened to be a hot day, turned cloudy and comfortable instead and the air was still clean following the CNY break. Only a bit of course marking sabotage and people inexplicably ignoring course markings detracted from what was otherwise a superb day. On the course marking sabotage, some runners reported seeing a western woman with a handful of signs and ribbons in her hands. Next time please take pictures. We have the relevant permits and the right to mark our courses. The saboteur is not only breaking the law vandalizing the racecourse, they are potentially endangering the safety of all of the runners. We will take police and legal action if the saboteur can be identified. Anyway, enough of my ranting - there were some tremendous results today and I don't want to distract attention from where it properly belongs.

Full Marathon – Stone breaks ten-year old course record

Running neck and neck with Clement Dumont most of the way, Stone Tsang surged ahead over the final 5 km to finish in 3:31:46, knocking 3 minutes off of Neil Tait's 2005 course record. Stone now owns both the full and half marathon records for the Sham Tseng course. Stone had originally planned to race overseas this weekend, but when that trip was canceled, he joined the KOTH Sham Tseng race at the last minute and was amply rewarded with fine weather and a competitor who pushed him the entire way. Clement Dumont also finished in record time (3:33:36), but had to settle for second place. Up and coming Santosh Tamang finished in third.

M40 Kevin Doyle narrowly missed setting an age group course record, though his 3:57:32 was good enough for the 4th place overall.

Places fifth to seventh went to male open runners Stefano Del Favero, Allen Ng and Chan Wai Yu.

Then came Mary McNaughton, who not only finished in 8th overall, but set a new F40 course record of 4:19:17. Mary continues to deliver huge points for her trail running team in the league series and with this result secured the Queen of the Hills title for the season. Zein William finished only one minute behind to lock up the female open season series and second place overall. She was 11th overall. Jeanette Wang was third overall and second in the female open category. Jeanette gave birth 8 months ago and continues a trend of KOTH women running faster following childbirth. I can only surmise that it's a pain threshold thing.



In her last KOTH race before moving, Mathilde Heaton finished 4th overall and third in the F40 category. Mathilde will need to find an avatar to collect her KOTH season series prize at the annual awards dinner on March 19th. Despite a few wrong turns, Baby Marites Bitbit finished third in the open category.

M40 Mark Walton finished 17th overall and second in his age group. Steve Kite finished third in the age group.

M55 Leung Ping runs one full KOTH course each season (after he has wrapped up first place in the half marathon category). This was his first running of the Sham Tseng course and his 4:34:16 was good enough for first place, though just off course record pace. Wong Hon Wing was second in the category, followed by Poon Tsz Woon.

Hau Ping won the M50 race in fine fashion (4:43:57). Richard Burton was second and Law Chak King third.

Yuichi Hayashibarra won the M45 race in a time of 4:48:07. He was followed home by Luk Siu Hong less than one minute behind and Edward So.

M60 Chan Hoi Nam missed out on setting a new age group course record, but still won with a time of 5:18:46. Law Kwong Chow was second and Lai Shu Tai third.

In the female F50 category, Au Yeung Cham set a new course record (5:34:57). She was followed onto the podium by Sophia Kennelly and Maggie Wong Bik Yiu.

Half Marathon – Pacing is key

Bryan Crane bided his time until after the second water stop before making his move to pull ahead on the downhill section to win in 2:15:03. M45 Sean Haggerty was close behind and second overall in age-defying run.

Male open Ryan Whelan was third overall and second in his category, followed by Pierre-Andre Ferriere (4th and third).

M45 Peter Bachman finished 7th overall and second in his age group, with Rob Parks third.

JB Rae-Smith held off Steve Wong to win the M50 race in 2:26:12, with Steve second and Jon Gilchrist third.



Having wrapped up the full marathon M55 series, Chan See Kau dropped down to the half marathon and still won his age group. He finished in 2:38:36. Derek Irwin placed a credible second, with Kwok Sun Wah a few minutes behind in third.

Perhaps unsurprisingly, Peter Wong Chun Tong won the M60 race (2:57:23). However, Tsui Pak Long kept close and finished less than one minute behind. In turn, Christopher Gunns was less than one minute behind him, in what was a competitive race.

Yeung Mei Lun broke her own F50 course record on the way to winning in a new record time of 3:06:48. Tammy Mak King Foon finished second, followed by Janine Canham.

The John Lane Prize, given to the oldest race finisher, went today to Bob Whitehead. Bob is 69.

The Kin Hang Hiking Club did a fantastic job with the course marking. Swire Ambassadors and Swire Hotels cheered and fed everyone 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 today's race and the series so fantastic.

This is the last race in the season and we will shortly publish category winners. As a reminder, the annual KOTH awards dinner will take place on Thursday, March 19 at Chez Patrick Deli. If you came in the top three in your category, you will have a prize to pick up. Even if you did not, the evening is a great chance to share tales of the trail with fellow KOTH runners. Space is limited. Please see www.seyonasia.com for details.

Keith Noyes
Race Director