



## KOTH Taipo Mountain Marathon

4 February 2018. Cloudy and 5-9 degrees.

(Tai Po, New Territories, Hong Kong)

### Perfect weather for some

Those who dread Hong Kong heat found the weather perfect; others struggled to keep their body temperatures up during the race. At the finish, hot drink consumption surpassed cold beer consumption by about 3:1.

A couple of runners suffered race-ending injuries on the trail and it was heartening to see the selfless support they received from other racers who sacrificed their own results to help out. One lady sprained her ankle quite severely about 4 km from the half finish and needed to be assisted down the mountain. A second lady fell on her chin before checkpoint 4 and needed to be escorted to the hospital for stitches. A third blacked out on the trail, but recovered herself and was later spotted drinking beer at the finish.

KOTH takes runners to some remote spots so this show of community spirit is especially gratifying. Thank you to all who provided assistance.

### Full Marathon – King Jeff

With a third consecutive triumph, Jeff Campbell left no doubt who the King of the Hills is this year. Jeff glided to victory in 3:36:16 without looking like he was ever working hard. Jeff was clearly keen to wrap up the title as he is heading off to Transcanaria soon to compete on a bigger stage. Jeff is HK's form trail runner at the moment and a worthy King of the Hills to represent Hong Kong.

John Ellis finished second (3:40:45) in his usual state of semi nakedness and good cheer. John completed the HK100 the previous week and is planning another ultra this coming weekend so 36 km must have felt like a low mileage recovery run for John.

Robert Turnbull (3:52:18) rounded out the top three in one of the rare occasions where open runners claimed the top 3 spots.

Bob Shorrock finished 4<sup>th</sup> overall (3:53:00) and assured us that age is just a number. It also happens to be amazing that Bob has not slowed down at all despite the fact that his number is 57 and that he won his age group by 40 minutes. Several of the runners who came in behind him lamented that they had been “Bobbied,” but couldn't do anything about it. Bob has been “Bobbing” people his entire running career so get used to being just another “Bobbied number.” Chan See Kau was second in the age group (4:33:03), followed by Jube Lo (4:52:38).



Jeremy Ritcey (3:58:15) also showed no ill effects from HK 100, winning the M40 race ahead of Cameron MacRae (4:03:06) and William Davies (4:03:52).

Peter Bachmann fought a tough battle with Ezra Emerson in the M45 race before campering home ahead in 4:12:06 with Ezra 54 seconds behind. Ingo Wende was third (4:34:07).

Luk Siu Hong was the form runner in the M50 category. His 4:16:01 put him comfortably in front of Mohawked Andy^2 (4:44:43) and Niseko Doyen Nicolas Gontard (4:47:50).

Christopher Gunns wrapped up the M60 series with his third consecutive win (5:12:40). Chan Hoi Nam finished second again (5:43:47), followed by Richard Ho (5:54:54).

I have to admit to being a bit confused by the ladies' full marathon results. Emily Woodland winning in 4:24:19 was not a surprise given her good form and previous win on HK Island, but the usual competition was absent (and likely recovering from HK 100). Zhao Yuan finished second (also second in the open category) in 5:17:59, followed by Kathryn Wing Sze Dau (5:18:31).

Chun Luen Lai had one of the best races of the day to win the women's 50+ age group in an impressive 5:30:53. Sophia Kennely was second in the age group (5:41:21), followed by Au Yeung Chan (5:58:10).

Tsang Woon Ming claimed line honors in the female 40+ category (5:33:20), followed by Bei Hu (5:52:45) and Vivien Cheng (5:54:44).

#### Half Marathon – Kevin wins for his parents

Kevin Scallan won for the third race in a row (1:39:20), this one with his parents visiting from Ireland and waiting at the finish line. Kevin was ahead from the first checkpoint and was never threatened after that. The man is having quite a season.

Pedro Ribeiro showed that when he doesn't make a wrong turn he is still one of the fleetest people on the trails. Pedro finished in second overall (1:44:53), while also winning the M40+ age group.

Bryan Crane finished third overall and second in the open category (1:45:56) with Romain Demare (1:46:09) fourth overall and third in the open age group.



Jan Littlewood grabbed 7<sup>th</sup> overall and second in the M40 category (1:48:37) with Andreas Nessi third in this age group (1:52:18).

Tim Marchant powered home in 1:49:29 to win the M45 age group. Seth Fischer managed second (1:58:42), just ahead of Stephen Higgins (1:58:53).

Wong Tze Wan ran a fine 2:00:38 to win the M55 race, ahead of Steve Wong (2:04:47) and Yeung Kwok Keung (2:10:11).

Siegfried Verheijke returned to KOTH for the first time in many years and won the M50 race in 2:01:33. Siegfried has clearly been training while he was away. Siegfried's win denied Olivier Streun the chance to sweep the series. Instead Olivier had to settle for second (2:06:29) with Peter Mills third (2:08:36).

Ray Yuen Tak Shing showed a clean pair of heels to the rest of the over 60 crowd to win in 2:30:10. Ray has been on fire all season so this was no surprise. Peter Wong Chun Tong (2:33:47) finished second, followed by Tsui Pak Long (2:52:35).

Elsa Jeandedieu followed up her Lantau win with another strong win in Taipo (2:02:39). Lauren Gibson ran well to finish second (2:09:05).

Chris Kwan Yee Ting showed no fatigue from all of the racing she has been doing lately to finish third overall and first in the F40 age group (2:10:11). Kate Richdale was 4<sup>th</sup> overall and first in the F50 age group (2:12:37).

Sharon Koelewyn rounded out the top three in the open category (2:14:05) while placing 5<sup>th</sup> overall. Dominic Perret was second in the F40 race (2:16:00), followed by Christina Taeck (2:19:09).

Kate Martin finished second in the F50 race (2:25:14) with Ada Chan third (2:29:13).

Long after the finish gate had closed a couple of families hiking together with a trio of 8-year olds finished in about 6.5 hours, making them the youngest kids to ever complete the KOTH Taipo half marathon course.

The annual awards ceremony will take place on Thursday, March 15 at ACT. Details will be posted soon. Space is limited to 90 people so please sign up when the registration is posted to [www.seyonasia.com](http://www.seyonasia.com) and to the Friend of KOTH Facebook page. We will hand out top 3 series



prizes from Columbia, as well as personalized KOTH mugs, to all of the category winners as well as distributing free photos from the races. This is a great opportunity to meet your fellow runners in a different setting and share tales of the trail.

In the meantime, while some of the final positions are already decided, there are still lots of placings still up in the air. The final race (and also the tie breaker race in the event of a series tie) will take place on March 4 at Pak Tam Chung, Sai Kung Country Park Entrance.

Finally, my sincere thanks to the marshals who braved the cold weather to provide phenomenal race support, to Kin Hang for the course marking and to GigaSports and Swire Coca-cola for making the race possible.

Happy trails!

Keith Noyes  
Race Director