



Swire KOTH Sham Tseng Mountain Marathon  
Sunday, 23 February 2014. Partly sunny, breezy and clear, 16-20 degrees.  
Race Report

#### Great day – thank you mother nature

About 700 runners started on a glorious weather day with minimal pollution. In general times were on the quick side and the mood at the finish line was extremely congenial. Swire Ambassadors put on a great spread and runners hung around long enough to finish off all the beer.

#### Full marathon: Jeremy's Day

Only 3 seconds separated Jeremy Ritcey and Lam Shing Yip at the high point on the course at the Tai Mo Shan Fire Lookout, with Will Davies and Bob Shorrocks less than 2 minutes behind. After that it was Jeremy's day as he gained separation over the 600 meter vertical drop to the Long Men Trail and was up to a one minute lead over Shing Yip at the next checkpoint. From here Jeremy "cruised" to victory in 3:42:42. With this time, Jeremy has now run the second and third fastest times ever on this course. Jeremy has also put himself in pole position to recapture the King of the Hills title he last held two years ago.

Bob Shorrocks crushed the catch water and Yuen Tsuen Ancient Trail section after CP 4 to leapfrog into second place overall. His 3:53:46 finish time instantly becomes an "unlikely to be broken anytime soon" M50 course record time.

William Davies finished third overall and second in the open category. Will appears to have been slowed up by the course marking as he remarked that he found following yellow ribbons a bit hard to see. So perhaps his fine time could have been even faster. Leung Chun Keung jumped 2 places over the final interval to capture third in the open division and 4<sup>th</sup> place overall.

Early race leader Lam Shing Yip held on to place 5<sup>th</sup> overall and win the M40 category convincingly. Open category racers Steve Cale, Tsang Chung Kig, and Nicol Boyd grabbed overall places 6-8, followed by another M40, AJ Silbernagi, who deserves credit for running so well the week after the Standard Chartered full marathon. In fact, AJ has pretty much done the longest race on offer each weekend for the past several months. There are several other hardcore mileage junkies similar to AJ, but posting a top 10 finish despite the inevitable cumulative fatigue is pretty noteworthy. Rupert Chamberlain was third in the M40 age category.

M45 Rob Parks rounded out the top 10 and won his age group. Rob was a former course record holder for the Sham Tseng course ten plus years ago and it is good to see him still running well. Stephen Peel and Barry Hung grabbed the 2<sup>nd</sup> and 3<sup>rd</sup> place prizes respectively in this category.

Denvy Lo celebrated her recent engagement with a return-to-form victory in the women's race. Mathilde Heaton was second and it will now come down to the final race to determine which of them is the Queen of the Hills. Tai Fung Yin finished third in the female open category.

Chan See Kau finished second in the M50 category, followed by Wong Tze Wan. Chim Yiu Cheung won the M55 category race, followed by Chan Hoi Nam and Chan Chi Kin.

Law Kwong Chow set an M60 course record while winning his category in 5:16:16. Fan Chong Sing was second and Lam Kam Yuen third. However, it was Bob Whitehead who took the John Lane Prize for being the oldest race finisher on the day.

Yuen Kit Shan won the F40 division, ahead of Olivia Luk and Nathalie Maitre. Meanwhile, Tammy Mak continued to dominate the F50 category with her third straight victory, locking up the series crown. Poon Yuk Pui was second again, followed by Lo Yin Ngor.



### Half marathon: Great Scott!

Amanda Scott was in town for a business trip and quickly made her presence felt at the front of the race. She was in the top 3 at the first checkpoint and still number four at the second checkpoint before a few more guys caught up with her over the technical final sections. Amanda finished 7<sup>th</sup> overall (2:14:10) and knocked an impressive 6 minutes off of Claire Price's previous course record. When a visitor runs that well it's worth finding out more about them. I discovered that Amanda lives in Boulder, runs a 2:45 marathon and is sponsored by Newton. Amanda was certainly the talk of the post race chatter and we're glad that Amanda enjoyed her HK visit and hope to see her again on KOTH.

Clement Dumont and Seth Fischer engaged in a cat and mouse game through to the last checkpoint, after which there's a distinct downhill bias. This worked to Clement's advantage and he captured line honors in 2:08:21. Seth was less than a minute behind and this was good enough to set a new M40 course record.

Triathlete Michael Bucek was third overall and second in the open category, followed by Nicolas Maes (3<sup>rd</sup> open) and Sebastien Mitrani. M45 Jo Koster outsprinted Amanda to cross the line less than a second ahead of her while easily winning the M45 category.

M50 Steve Wong had a fantastic race to win his category (2:23:07) and finish ninth overall. Steve broke a run of two straight category victories by JB Rae-Smith, who managed second on the day, ahead of John Gilchrist.

M40 Wong Cho Kwong rounded out the top ten while finishing 2<sup>nd</sup> in his category and Dwyfor Evans rounded out the M40 category podium.

Leung Ping grabbed another M55 victory category and with 3 straight victories has locked up the series. Ronald Bardach grabbed second and Leung On third place.

Peter Wong Chun Tung easily won the M60 race and put himself in commanding position to retain the category title for another year. 72-years young Frank Pilkington finished second. Frank's running has undergone a huge renaissance since switching to a vegetarian diet and he is now faster than he was five years ago. For those of us getting older and slower, definitely something to think about... Lee Wing On finished third.

Returning to the ladies race, Olya Korzh finished second overall and was pleased to have conserved her energy for upcoming races. Not far behind was old friend, JoeJoe Fan, who announced the previous week that she was fed up with marathon running and was returning to the trails. JoeJoe showed few signs of fatigue or trail running cobwebs. She is a bit older, however, so she ended up winning the F40 race instead of placing third in the open. Third in the open and 4<sup>th</sup> overall was Ann Cheng-Echevaria. Ann also placed third in her age group at the Standard Chartered Half Marathon the previous week.

Marie McNaughton ran well to capture second in the F40 race, followed by Sabrina Dumont.

Evergreen Yeung Mei Lun set a new F50 record in winning her category in 3:09:33. Sophia Kennely was second and Leung Shiu Fung third.

As always, a big round of thanks goes out to all of the volunteers helping out on the day.

The next race in the series takes place on March 9 in Tai Po. See [www.seyonasia.com](http://www.seyonasia.com) for details. Many of the category places are still up for grabs. You can see current series standings through this link: <http://www.racetecresults.com/Results.aspx?CId=16387&RId=2011>. Click on series results. Please also



mark Thursday, March 20<sup>th</sup> in your diaries as the likely date of the KOTH Awards Dinner. We have limited seating at Fat Angelos and bookings have commenced.

Happy trails.

Keith Noyes  
Race Director