



► Philip Booth

Malcolm Phillips 5公里紀念賽

5月22日 氣溫29°C，相對濕度85%，
潮濕多雲

不時穿著奇裝異服在金馬倫山飛奔的Philip Booth，在5月下旬寶雲道舉行的「Malcolm Phillips 5公里紀念賽」卻認真地穿上跑步服參賽，並且奪得冠軍。

這位已故Malcolm Phillips的老友兼對手受惠於賽事的年齡調整制，其19分25秒成績按年齡調整後反敗為勝。實際上首名衝線的跑手，是去年備受跟腱傷患困擾的Roberto Veneziani (16分59秒)，這成績好得連他本人也始料不及，調整後則跌落第三位。總亞軍是跑出18分12秒的陳華貴，調整後的成績為15分47秒。

女子組冠軍Sally Brown，無論是實際成績(21分27秒)或是經調整成績均領先徐健微(24分19秒)，後者亦因年齡調整制而跳升至次席(經調整時間為19分44秒)，第三名為馬甄華，而第四及第五位分別為兩位前頂尖跑手Sheila Purves及Catherine Leonard，兩人現時分別擔當「健康萬步數碼港」及「中國沿岸馬拉松」的搗手。

Malcolm Phillips Memorial Race, 5 km

22 May - Temp 29°C, RH 85%, Humid Overcast

He's often spotted flying around Mt Cameron dressed as a Christmas present or in some other impressive form of fancy dress outfit but Philip Booth actually dressed as a runner to win the 5km Malcolm Phillips Memorial Race at Bowen Road in late May.

The former friend and running rival of Malcolm Phillips clocked 19:25, but accomplished his victorious feat because the event adopts an age-graded system where age and race time are factored into the overall results. Roberto Veneziani (16:59) actually crossed the line in first place overall, much to his own amazement, as he has been sidelined for most of the past year with a bothersome Achilles injury. Keith Chan clocked 18:12 but placed second overall with a time-adjusted 15:47.

Sally Brown claimed the women's title in actual race time (21:27) and also age adjusted time ahead of Cindy Tsui, whose 24:19 was adjusted down to 19:44 to give her second place ahead of Maggie Ma in third. Sheila Purves, former top track runner and organiser of the Cyber Run, made an appearance on Bowen Road and finished fourth in the women's race ahead of China Coast Marathon organiser Catherine Leonard.

男子組成績 Men's results

- | | |
|----------------------|---------------|
| 1. Philip Booth | 15:37 (19:25) |
| 2. 陳華貴 Chan Wah-kwai | 15:47 (18:12) |
| 3. Roberto Veneziani | 16:03 (16:59) |
| 4. Curtis Barclay | 16:25 (17:22) |
| 5. Stephen O'Leary | 16:48 (18:03) |

女子組成績 Ladies results

- | | |
|---------------------------|---------------|
| 1. Sally Brown | 19:04 (21:27) |
| 2. 徐健微 Cindy Tsui Kin-mei | 19:44 (24:19) |
| 3. 馬甄華 Maggie Ma Yan-wah | 20:05 (21:34) |
| 4. Sheila Purves | 20:56 (24:44) |
| 5. Catherine Leonard | 20:58 (22:41) |

按年齡調整的時間(實際完成時間)

Age-adjusted times (actual run time)



► Roberto Veneziani

多雲但炎熱的荃灣

7月6日 氣溫30.9°C，相對濕度85%，天陰有微風

香港其他地方熱得冒火，但「荃灣田徑會主席紀念盃10公里黃昏賽」的賽道卻幸運地籠罩著雲層，令比賽當日即使氣溫超過攝氏30度兼濕度高企，參賽的700位跑手仍感到一點點涼快。

但在嚴苛的天氣下，強如湯馬士(Thomas Kiprotich)也由於頭兩公里去得太盡而被迫放慢腳步。

不過，來自肯雅湯馬士到最後仍能無風無浪地登上總冠軍寶座，反觀溫耀昌與Matthew Jones之間的亞軍之爭卻相當激烈。Jones在比賽結束後第六天便離開香港返英定居，為英國總領事館的三年多工作畫上句號。

溫耀昌在最後一公里力阻Jones後上，以35分06秒得亞軍，但較湯馬士慢了足足兩分鐘，而Jones則以35分13秒得季軍。

全場跑第44名的陳潔儀榮膺女子組總冠軍，成績為41分40秒。總亞軍陳振馨以44分02秒兼奪女子高級組冠軍，總季軍為陳詠詩(46分03秒)——女子前三名成了陳氏天下。

不得不提的跑手，還有男子青年組冠軍夏銘賢，他以38分16秒佳績位列全場第15名，表現十分出色！

Cloudy but hot in Tsuen Wan

6 July - Temp 30.9°C, RH 85%, Overcast, light breeze

Despite a blistering hot day elsewhere in Hong Kong, the 10km route of the TWAC Chairman's Memorial Cup enjoyed a layer of cloud cover that made the course seem somewhat cool, even though the temperature remained above 30 degrees C with an equally high relative humidity.

Thomas Kiprotich was among the capacity field of 700 starters but even he succumbed to the oppressive conditions on the day by going out too hard over the first two kilometres.

The Kenyan's win was never in doubt, but a thrilling race for second place was playing out behind him between Wun Yiu-cheong and Matthew Jones, who left Hong Kong for good just six days later having completed his three-year (plus a few extra weeks) posting for the British Consulate.

Wun dug deep over the final kilometre to hold off Jones and to take second in 35:06, a full two minutes behind Kiprotich. Jones settled for third in 35:13.

Chan Kit-ye placed 44th overall and won the women's race in 41:40. Chan Chun-hing ran 44:02 to place second overall and first in the women's senior category, while Chan Wing-sze made it a Chan 1-2-3 in the women's race by placing third overall in 46:03.

Ha Ming-yin ran a very good race to win the men's junior title in 38:16 and to place 15th overall in the popular summer race.

男子組總成績 Men's overall results

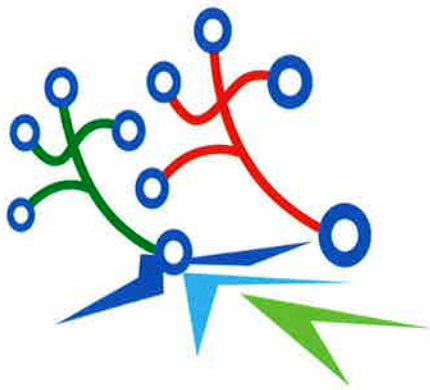
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|----------------------------|-------|
| 1. 湯馬士 Thomas Kiprotich | 33:05 |
| 2. 溫耀昌 Wun Yiu-cheong | 35:06 |
| 3. Matthew Jones | 35:13 |
| 4. 賴吉 Lai Kat | 35:21 |
| 5. 蔡達明 Choi Tat-ming | 35:34 |
| 6. Erich Felbabel | 35:47 |
| 7. 金永強 Kam Wing-keung (MS) | 36:54 |
| 8. Curtis Barclay (MS) | 37:03 |
| 9. 梁頌偉 Leong Chong-wai | 37:14 |
| 10. 張卓興 Ricky Cheung (MS) | 37:24 |

女子組總成績 Ladies overall results

- | | |
|----------------------------|-------|
| 1. 陳潔儀 Chan Kit-ye | 41:40 |
| 2. 陳振馨 Chan Chun-hing (WS) | 44:02 |
| 3. 陳詠詩 Chan Wing-sze | 46:03 |
| 4. 李佩琴 Lee Pui-kam (WS) | 46:07 |
| 5. 范清怡 Fan Ching-ye | 47:24 |



► Matthew Jones



CyberRun for Rehab

Healthy Steps in Cyberport

2010 健康萬步數碼港

7.NOV.2010

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數碼港 Cyberport

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為香港復康會籌募經費，提供復康訓練和諮詢服務予香港及內地的殘疾人士和長期病患者；協助發展以社區為本的復康服務

To raise funds for HKSR to support training and consultation services for people with disabilities and chronic illnesses in mainland China and Hong Kong, particularly community rehabilitation services

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蘇樺偉
SO Wah-wai

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1.5公里(km) 傷健步行
Wheelchair-Accessible Walk

參加者數目：2004年289位；2009年1040位

Number of Attendees: 289 participants in 2004; 1040 participants in 2009

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