



Press Release

21 January 2009

### **Top Asia-Pacific Athletes to Compete in MTR HONG KONG Race Walking 2009**

The fifth annual "MTR HONG KONG Race Walking" Competition is now open for registration. The competition day is set for Sunday, 19 April 2009 and this year, walkers have the chance to participate with top-tier athletes from the Asia-Pacific region.

As part of the MTR Corporation's ongoing commitment to promote walking for better health, the Corporation has co-organised the annual Race Walking event with the Hong Kong Amateur Athletics Association (HKAAA) since 2005. Central will once again be transformed into a circuit for race walkers on 19 April.

"MTR HONG KONG Race Walking 2009' is being expanded to include elite race walkers from across the Asia-Pacific," said Dr Raymond K F Ch'ien, Chairman of the MTR Corporation who announced this year's competition date at MTR Central Station today (21 January 2009) together with Mr Alex Moh, President of the Hong Kong Amateur Athletic Association.

"Top athletes from Australia, China, Japan and Singapore have already signed up for the Men's and Women's Elite races, giving local race walkers an opportunity to compete and share experiences with those at the top of the field," Dr Ch'ien added.

Over the years, MTR HONG KONG Race Walking has raised more than \$4 million for the Hospital Authority Health InfoWorld to fund health education programmes. Most recently, donations have been used to launch a new initiative called the "Ideal BMI" Disease Prevention Project, which empowers Hong Kong's working population with the knowledge and skills to prevent obesity and related health complications.

"We would like to encourage our community to walk their way to healthy hearts and healthier lives," said Dr Ch'ien, who will again be inviting business and community leaders to join him in a friendly MTR Chairman's Invitational race.

Mr Moh explained, "The response to the Novice Walk in past years has been overwhelming, babies in prams to fit senior citizens of over 80 years in age. This year, we have increased the number of participants allowed to 400 to help introduce Race Walking to even more people. The Women's Elite Race has also been extended to a distance of 10 kilometres. It will be held simultaneously with the Men's Elite Race, bringing added excitement to the race circuit."

- more -



香港業餘田徑總會  
Hong Kong Amateur Athletic Association





In addition to the MTR Chairman's Invitational and Novice Walk, individual and elite races as well as team competitions including the Corporate Team Challenge and School Relay Competition have been planned. (Details available on attached Fact Sheet.)

All finishers will receive a Certificate and a limited-edition MTR Souvenir Ticket valid for one free ride on the MTR, which will be returned as a souvenir after use\*. All race participants will receive a souvenir bag containing an event T-shirt and magnet.

RTHK Radio 2 will feature race walking tips and health information in their programme. The Hong Kong Medical Association is acting as advisor for the event, and sponsors include Citizen Watches (HK) Limited, Bonaqua and BonActive, Marathon Sports and FedEx Express.

Popular local artistes and renowned athletes Ms Olivia Cheng and Mr Alex Fong are again serving as the ambassadors for "MTR HONG KONG Race Walking 2009" to promote the benefits of Race Walking.

Race Walkers can register from today to 17 March 2009. Entry forms are available at 19 MTR stations, Light Rail Tuen Mun Ferry Pier Terminus Customer Service Centre and seven MTR shopping malls\*\*. Forms can also be downloaded from the HKAAA website at [www.hkaaa.com](http://www.hkaaa.com). Members of the public can visit the HKAAA website or call 2504 8215 during office hours for more information. A Race Walking exhibition will also be held at MTR Central Station from 21 to 29 January 2009.

\* Note: Not valid for the Airport Express, East Rail Line First Class, journeys to/from Lo Wu and Lok Ma Chau stations, Light Rail, MTR Bus and MTR Feeder Bus.

\*\*Note: The 19 MTR stations are: Hong Kong, Central, Causeway Bay, Tai Koo, Tsim Sha Tsui, Mong Kok, Tsuen Wan, Tung Chung, Kowloon Tong, Kwun Tong, Po Lam, Tiu Keng Leng, Mong Kok East, Sha Tin, Tai Wai, Ma On Shan, Mei Foo, Tin Shui Wai, Yuen Long stations. The seven MTR shopping centres are: Telford Plaza in Kowloon Bay, Maritime Square in Tsing Yi, Paradise Mall in Heng Fa Cheun, The Lane in Hang Hau, The Edge in Tseung Kwan O, Elements in Kowloon and Citylink Plaza in Sha Tin.

- End -



香港業餘田徑總會  
Hong Kong Amateur Athletic Association





Photo Caption:

- 1) Dr Raymond K F Ch'ien, Chairman of the MTR Corporation (right), and Mr Alex Moh, President of the Hong Kong Amateur Athletic Association, announce that "MTR HONG KONG Race Walking 2009" will be held on 19 April 2009.



- 2) A group of students join Dr Ch'ien (right) and Mr Moh to demonstrate the proper Race Walking skills and technique at the Launch Ceremony at MTR Central Station today (21 January 2009).





- 3) All finishers will receive a Certificate and a limited edition MTR Souvenir Ticket. Every race participant will also receive a souvenir bag containing an event T-shirt and magnet.



香港業餘田徑總會  
Hong Kong Amateur Athletic Association





## MTR HONG KONG Race Walking 2009 Fact Sheet

- Organisers** : Hong Kong Amateur Athletic Association (HKAAA)  
MTR Corporation
- Sponsors** : Citizen Watches (HK) Limited  
Bonaqua and BonActive  
Marathon Sports  
FedEx Express
- Supported by** : RTHK Radio 2
- Advisor** : The Hong Kong Medical Association
- In support of** : Hospital Authority Health InfoWorld
- Date** : Sunday, 19 April 2009
- Time** : 7:30 am – 2:30 pm
- Venue** : Chater Road, Central, Hong Kong
- Categories** : **Individuals**  
 Men's Elite (10 km; quota – 40)  
*- Local and International races will be held concurrently*  
 Men's Junior (1 km; quota – 80)  
 Men's Senior (1 km; quota – 80)  
 Men's Master 1 (1 km; quota – 80)  
 Men's Master 2 (1 km; quota – 80)  
 Men's Master 3 (1 km; quota – 80)  
 Women's Elite (10 km; quota – 40)  
*- Local and International races will be held concurrently*  
 Women's Junior (1 km; quota – 80)  
 Women's Senior (1 km; quota – 80)  
 Women's Master 1 (1 km; quota – 80)  
 Women's Master 2 (1 km; quota – 80)

**MTR Chairman’s Invitational** (1km)

Business and community leaders of Hong Kong will be invited to participate  
(Awards: Champion, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Runners-up)

**Corporate Team Challenge**

(4x100m relay; quota – 36 teams)

(Awards:

- Champion, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Runners-up for Corporate Team Challenge
- Champion, 1<sup>st</sup> and 2<sup>nd</sup> Runners-up for Corporate Branding Team, Corporate Cheering Team and Highest Fund Raising Corporate Team)

**Novice Walk**

(1km; quota – 400)

**School Race Walking Relay**

(4x100m; quota – 16 teams)

(Awards:

- Champion, 1<sup>st</sup> and 2<sup>nd</sup> Runners-up
- Highest Fund Raising Team and Most Active Participation School

<b>Exhibitions and Free Clinic</b>	:	21 Jan – 29 Jan	MTR Central Station
		13 Feb – 21 Feb	Telford Plaza (with Free Clinic on 15 Feb between 3:00pm – 4:00pm)
		22 Feb – 1 Mar	Maritime Square (with Free Clinic on 22 Feb between 3:00pm – 4:00pm)
		2 Mar – 6 Mar	MTR Sha Tin Station
		11 Apr – 18 Apr	MTR Central Station

<b>Entry Fee</b>	:	<b><u>HKAAA Registered Athlete</u></b>	
		Junior Categories and the Elderly (born in 1949 or before)	HK\$40
		Elite, Senior, Master Categories and Novice Walk (except those born in 1949 or before)	HK\$60

**Non-HKAAA Registered Athlete**

Junior Categories and the Elderly (born in 1949 or before)	HK\$50
Elite, Senior, Master Categories and Novice Walk (except those born in 1949 or before)	HK\$80

<b>Souvenirs</b>	:	<b><u>For all race participants</u></b>
		An event souvenir set

**For all finishers**

An exclusive MTR Souvenir Ticket and a certificate



- Entry Forms Available at** : 19 MTR stations (Hong Kong, Central, Causeway Bay, Tai Koo, Tsim Sha Tsui, Mong Kok, Tsuen Wan, Tung Chung, Kowloon Tong, Kwun Tong, Po Lam, Tiu Keng Leng, Mong Kok East, Sha Tin, Tai Wai, Ma On Shan, Mei Foo, Tin Shui Wai and Yuen Long stations) and Light Rail Tuen Mun Ferry Pier Terminus Customer Service Centre
- Seven MTR shopping centres (Telford Plaza in Kowloon Bay, Maritime Square in Tsing Yi, Paradise Mall in Heng Fa Chuen, The Lane in Hang Hau, The Edge in Tseung Kwan O, Elements in Kowloon and Citylink Plaza in Sha Tin)
- Hong Kong Amateur Athletic Association office (Room 2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong) or HKAAA website [www.hkaaa.com](http://www.hkaaa.com)
- Enrolment Deadline** : 17 March 2009 (Tuesday)
- Enquiries and Enrolment** : Hong Kong Amateur Athletic Association at (852) 2504 8215
- Website** : [www.hkaaa.com](http://www.hkaaa.com)
- E-mail** : [inquiry@hkaaa.com](mailto:inquiry@hkaaa.com)

## **Introduction on Race Walking**

### **What is Race Walking?**

Race Walking is developed from normal walking. Athletes are required to keep at least one foot on the ground at all times while the advancing leg should be straight when the heel hits the ground. Race Walking develops an athlete's body coordination and endurance. It is a low impact sport when compared to running, with a lower possibility of joint injuries, making it suitable for a wide spectrum of the general public to enjoy.

### **Benefits of Race Walking**

Race Walking is simple and convenient to do – all you need is a pair of sports shoes, simple sports wear and a flat area. No special equipment is required. Race Walking also has the following health benefits:

- It burns calories to help maintain healthy body weight
- It improves cardiopulmonary function
- It helps build up and maintain healthy bones, muscles and joints
- It improves coordination and flexibility



**Results of MTR HONG KONG Race Walking 2008**  
**港鐵競步賽二零零八賽果**

名次 Rank	姓名 Name	完成時間 Finishing Time	名次 Rank	姓名 Name	完成時間 Finishing Time
<b>男子精英組 - 國際賽</b> Men's Elite - International Race (10 公里/Km)			<b>女子精英組 - 國際賽</b> Women's Elite - International Race (5 公里/Km)		
1	Zhan En De 展恩德 (China, 中國)	45:14	1	Zhong Jin Zhao 宗金招 (China, 中國)	22:35
2	Teoh Boon Lim - (Malaysia, 馬來西亞)	46:02	2	Yuan Yu Fang 袁玉芳 (Malaysia, 馬來西亞)	23:21
3	Tse Chun Hung 謝振雄 (Hong Kong, 香港)	47:55	3	Mika Hanaoka - (Japan, 日本)	24:59
4	Cheung Wai Tak 張維德 (Hong Kong, 香港)	49:17	4	Florida Gonzales - (The Philippines, 菲律賓)	26:43
5	Kentarou Thurusaki - (Japan, 日本)	50:52	5	Lo Po Man 盧譜文 (Hong Kong, 香港)	26:49
<b>男子精英組 - 本地賽</b> Men's Elite - Local Race (10 公里/Km)			<b>女子精英組 - 本地賽</b> Women's Elite - Local Race (5 公里/Km)		
1	Tse Chun Hung 謝振雄	47:55	1	Lo Po Man 盧譜文	26:49
2	Cheung Wai Tak 張維德	49:17	2	Ching Siu Nga 程小雅	27:18
3	Ng Hang Tai 吳恒達	55:30	3	Ng Sau Man 吳秀雯	29:13
4	Chan Ka Yiu 陳家耀	56:03	4	Kwok Chik Ha 郭夕霞	29:33
5	Lee Chun Wai 李振威	58:06	5	Cheng Ip Ming 鄭葉明	30:24



男子青年組 Men's Junior (1 公里/Km)			女子青年組 Women's Junior (1 公里/Km)		
1	Tsoi Pui Kei 蔡沛基	5:00	1	Leung Heung Yin 梁向然	5:15
2	Chan Yung Chi 陳勇志	5:19	2	Leung Long Yin 梁朗然	5:35
3	Yung Yat Sing 翁日勝	5:35	3	Yiu Carly 姚卡莉	5:42
4	Mak Tak Cheung 麥庭彰	5:36	4	Hui Wing Wai 許永慧	5:46
5	Yeung Hon Tat 楊漢達	5:36	5	Lau Wing Sze 劉詠詩	5:51
男子高級組 Men's Senior (1 公里/Km)			女子高級組 Women's Senior (1 公里/Km)		
1	Yan Man Hin 甄文軒	5:00	1	Lee Shan 李珊	5:41
2	Derrick Ng Pak Hung 伍百雄	5:24	2	Wong Ka Man 黃家雯	5:49
3	Lam Kwok Yin 林國賢	5:40	3	Nicola Hall -	6:15
4	Wu Kwok Chiu 胡國釗	5:57	4	Jerry Cheng Wing Sze 鄭詠詩	6:20
5	Ronald Lee Lok Ho 李樂豪	6:13	5	Chan Yee Hung 陳綺紅	6:30
男子先進 1 組 Men's Master 1 (1 公里/Km)			女子先進 1 組 Women's Master 1 (1 公里/Km)		
1	Shanker Tholasy -	4:54	1	Wong Yuet Wan 王月雲	5:38
2	Siu Man Fai 蕭文輝	5:19	2	Kwok Choi Har 郭彩霞	5:42
3	Tsui Ka Fai 徐家輝	5:59	3	Siu Shuk Ying 蕭淑英	5:42
4	Hung Cheung Fat 孔祥發	6:07	4	Liu Lai Ming 廖麗明	5:43
5	Leung Yan Wing 梁欣榮	6:18	5	Chan Lai Yin 陳麗賢	5:44
男子先進 2 組 Men's Master 2 (1 公里/Km)			女子先進 2 組 Women's Master 2 (1 公里/Km)		
1	Leung Shu Ming 梁樹明	4:46	1	Choi Kam Har 蔡錦霞	5:59
2	Chow Fung Chuen 周鋒全	5:02	2	Betty Chan Woon Kam 陳煥金	6:08
3	Deniel Cheung Wing Hin 張永軒	5:02	3	Janet Mak Lai Ching 麥麗貞	6:11
4	Yip Ka Kui 葉家駒	5:04	4	Lo Ngar Lai 盧雅麗	6:14
5	Cheung Ching Wai 張正偉	5:22	5	Lau Fung Ling 劉鳳鈴	6:27

