

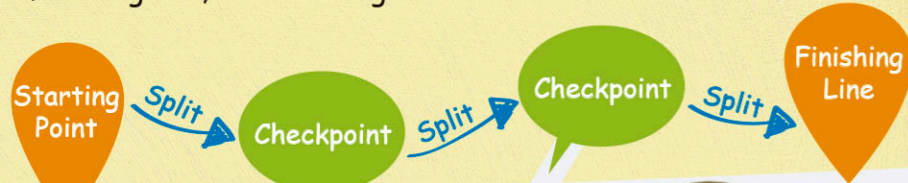
Marathon Terminologies

● Timing chip

The technology can be used to detect and record the individual finishing time of all runners in a race. It is a very convenient and accurate way to record the finishing time of many runners at the same time. The chip is electronic programmed with specific identification function. Currently, most of the chips are adhered to the back of the number bibs for runners.

● Split

It refers to the time taken to complete a specific distance in running according to the distance between pre-planned checkpoints along the way from the starting point to the finishing line, or according to the kilometre markers.



● "Hitting the wall"

It is an awful feeling of an athlete in an endurance race when the glycogen stored in his/her muscle becomes depleted and a feeling of fatigue engulfs him/her, similar to what your body would feel as if you run into a wall.

● Personal Record (PR) / Personal Best (PB)

The personal best record / time of a runner.



Details of Local Athletes having participated in a Marathon race in the Olympic Games



YIU Kit-ching

- Hong Kong athlete who participated in the Marathon race at the Rio 2016 Olympic Games and ranked the seventh in Asia and the first in the Greater China Region with the result of 2:36:11
- Ranked sixth in the 2019 Gold Coast Marathon with the result 2:34:07 and set the new Hong Kong Record
- Hong Kong record holder in six events (including Women's 3000m Steeplechase, 10km Road Race, 15km Road Race, Half Marathon, 4x1500m Relay and Marathon)



NG Lai-chu, Winnie

- The first-ever Chinese athlete qualified in the Los Angeles 1984 Olympic Games for the Women's Marathon, the first of its kind in the history of the Games, and ranked the 31st among 50 athletes with the result of 2:42:38
- Champion of the Hong Kong Marathon for three times (1979, 1980 and 1982)
- Hong Kong representative at the Asian Marathon Championships for four times, winning a bronze medal in both 1994 and 2000



CHAN Man-ye, Maggie

- Hong Kong marathon representative qualified for the Sydney 2000 Olympic Games
- Hong Kong record holder in five events (Women's 1500m, 3000m, 5000m, 10000m and 1 mile) and three junior events (1500m, 3000m and 1 mile)



Yuko HASEGAWA

- Participant of the Los Angeles 1984 Olympic Games
- Champion of the Hong Kong Marathon for twice (1983 and 1984)
- Marathon silver medallist at the Asian Athletics Championships 1985



香港馬拉松

Hong Kong Marathon

The Origin of Marathon

- The marathon race, an athletic event, has a standard distance currently set at 42.195 km.
- The sport has its origin in the Ancient Greece in 490BC. A Greek messenger ran from the battlefield at Marathon to Athens to relay the good news of the victory over the Persian army. The distance covered is equivalent to 40 km in modern measurements.

Fun Facts

The route and the distance covered by marathoners (men only) in the first Olympic Games held in Athens in 1896 were the same as the aforesaid.



中文版本請瀏覽:

For Chinese version, please visit:

www.mevents.org.hk

World Athletics (WA) Road Race Labels

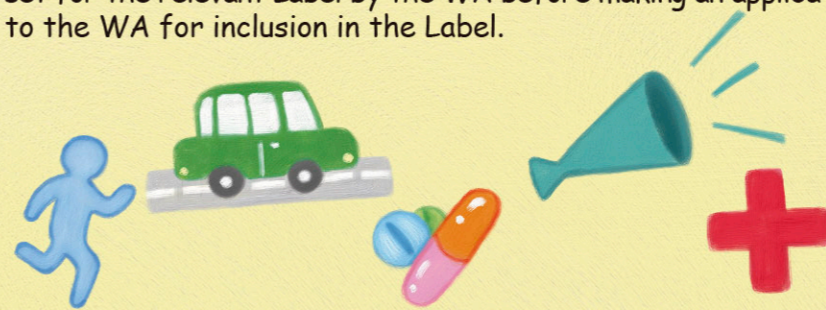
- Road Races are mainly divided into three categories, namely Marathons, Half Marathons and other races (10km, 15km, 20km, 25km, 30km and 100km).



Source : www.worldathletics.org

- Road Race Labels are categorised by the WA (formerly International Association of Athletics Federations) into three levels: Gold Label, Silver Label and Bronze Label.

- Road races around the world must comply with all the requirements set for the relevant Label by the WA before making an application to the WA for inclusion in the Label.



- Different requirements, such as the number and standard of elite runners, provision of medical services, doping control, coverage of road closures and broadcast of races, are all in place for different Road Race Labels.

New applications
Bronze Label

Silver Label

Gold Label



- New races applying for an WA Road Race Label must begin at Bronze Label in the first year.
- The Hong Kong Marathon was recognised as a Bronze Label Road Race in 2012, a Silver Label Road Race from 2013 to 2015 and a Gold Label Road Race in 2016. Gold Label Road Races worldwide include the London Marathon, the Boston Marathon, the Berlin Marathon, etc.

Training Tips Before the race



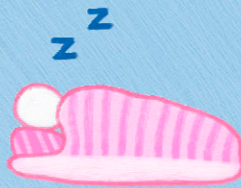
Avoid wearing new trainers



Cut toenails in advance



Avoid wearing pillared running socks



Have a quality sleep (an adult generally needs 7 to 9 hours of sleep every day while an adolescent needs 8.5 to 9.5 hours every day).

7 to 9 hours

8.5 to 9.5 hours

Apply Vaseline jelly on body parts (such as toes), which could be easily rubbed against, for protection and to reduce the possibility of having blisters.

After the race



Replenishment of water - Runners should replace the loss of fluid, electrolytes, carbohydrates and proteins from the body. Bananas are very good alternatives other than sports drinks.



Sleep - A 10-minute nap on the bus / MTR or a comfortable sleep of 45 minutes at home can help regain vitality.

Massage - Massage legs with massage balm to enhance blood circulation and ease muscle pain after the race.



10 to 15 °C

10 to 15 minutes

Ice bath - After distance running, immerse sore muscles in cold water at 10 to 15 degrees Celsius for 10 to 15 minutes to help muscles recover quicker.



Stretching exercises - Do not stop abruptly after running a race. A runner should do more tendon-stretching exercises to relax muscles of his/her entire body



20 to 30 minutes

Recovery training - Runners may go for a recovery jogging of about 20 to 30 minutes at a moderate speed on the second day after the race. Jogging can accelerate blood circulation, remove the lactic acid accumulated in the body and reduce fatigue. Runners can also opt to undergo low-intensity cross-training.