

My Race report HK100 2015 edition
Edward Ho (race number 634)

It was my very first HK100 and only my second 100km adventure, after having a go at Oxfam Trailwalker few months back.

My aim was to complete at around 24 hours and with some luck I might have a bronze to go back home with.

The route was nice at the beginning and I was able to get through them smoothly and enjoy the scenic views and nice refreshments along the way.

Things started to get a bit hard after Yung Sue O (as the climb started) but I was able to get to Shui Long Wo at expected time with some effort and had a good refuel there unpacking the support bag.

Getting through the longest section - through Ma On Shan to Gilwell Camp took shorter than expected but at Gilwell Camp a bad sleepiness made me stopped for rest (be it too excited or getting my baby girl to sleep I only able to get 2 hours of sleep before starting!) and then the coldness joined in as well, and I was forced by them to have a half-an-hour nap under the blanket.

Fortunately with hot drinks and food and some cheer from the volunteers I got back to my feet and carried on. Then my personally felt the hardest section - Lion Rock and Beacon Hill came in, countless steps up and down in the middle of the night with the final climb on the biggest steps, just exhausting. However the refreshment at Beacon Hill was more than rewarding - good pasta and a good campfire, got refuelled better than ever.

Descend into monkeyland was uneventful except met a large boar at Golden Hill Road, luckily the night was tranquil and it was serene as well.

Then the final 3 mountains. During training it was a friendly section but at that time it became the hardest climb of all times. The Needle was through with sheer patience. Then sleepiness and coldness bit in again and I took a badly-needed rest again before getting up Grassy Hill. However a nice sunrise cheered me much up as I got to the top.

A final refuel then came the tallest mountain of the city. By then the sun got the cold off me (thank God!) but tiredness reduced what used to be a casual jog to brisk walking speed at most. And then step by step, breath by breath, eventually got to the highest point and the final descend is just what is left. As I went down more and more casual walkers gave us cheers and then hearing someone shouting "final kilometer, run it come on!! " I decided to go as fast as I could and finished with a happy face, but nearly 3 hours later than my original target.

A great thank you to all the volunteers giving us much more than good support. They are simply the best! Also the same great thank you to Janet and Steve for making the event running.

I would very much wanted to come back for better results as well as keep myself fit and running!
Thanks again!