

Very good weather on the race day! Accompanied by huge amount of multinational fellow runners and volunteers, with smiling faces, I started my fourth time in the event since it was launched in 2011, a die-hard fan!

Usual "slow traffic" allowed me a warming up from Sheung Yiu section. After that, running on concrete road was rather safe that gave me a leisurely viewing time over Man Yee Reservoir before the East Dam support point.

While descending to Long Ke beach, I noticed a runner who didn't have any backpack or wrist bag, only holding a bottle of water, wondering how he can carry all the mandatory gears?! Then the cheering sound from the fellas of the Wu Oi Christian Training Centre on the beach took me away from that doubt.

Ham Tin Beach checkpoint was filled with hungry fellow runners who needed fried rice and noodles, I had a mouthful of rice which supplied energy for the next 7k relatively easy trail by the sea to the next checkpoint Wong Shek Pier. Along the way, I was happy to see those mangroves in To Kwa Peng are still unspoiled, hope they will flourish!

From Wong Shek Pier to Hoi Ha, the ocean scene along Tai Tan country trail was spectacular, easily brought me to another cup of rice in Hoi Ha. Thanks to the Cheering team in Hoi Ha, they were superb!

Heading to Yung Shue O, energy level declined. Even though the road along Sham Chung were particularly flat, I couldn't run fast. Remembering the first HK100, I could hardly listen to any human voices cos there were only 200-300 participants on the day, but this year I found it rather noisy! A few runners talked really loud! Thus pushed me to go faster from that noise making crowd. People tend to talk louder or even shout when they have no energy for running? Strange. I missed the tranquility of Sham Chung green pasture.

Took a 10-minute break in Yung Shue O checkpoint, felt the fatigue signals from my thighs, I thought I needed a break before going up Kai Kung Shan. I was in Kai Kung Shan many times as a Sai Kung myself, but this time this little hill tortured me. I knew I was not very far from the next Kei Ling Ha checkpoint, but I couldn't rise my feet up properly, and started to crawl up.....this was probably the first time that I had ever "think about" quitting a race! I finished this section with a 4.5k per hour speed while the first section was only a little less than 7k per hour.

God blessed I dropped that quitting thought in Kei Ling Ha checkpoint and had a nice clothes change before the second half of the race. The more-tasty-than-at-home cup noodles and the new outfit gave me strength to go ahead at about 5pm. I was significantly slower than last year halfway finish time. Hope I could catch up a bit in the second half, I told myself. Last year I twisted my ankles pretty badly along the way to Gilwell Camp but I still finished the race within 20 hours, I wanted to break that time record. This section is the longest section, and it's getting dark when I approached Ma On Shan, could hardly speed up, on the contrary, easily slowed down. I arrived Gilwell Camp almost 4 hours later. I didn't think about record breaking again from here.

The stars accompanied me to Gilwell Camp, the checkpoint was nicely decorated and the place was actually spacious, I found a seat for enjoying another cup noodles before departing. Some fellow runners asked the volunteers about quitting, I shut my ears, and ran. Resumed a little running on the concrete road down from Fei Ngo Shan but this section speed was still under 5k per hour.

The Beacon Hill checkpoint was like a disco playing music from 80s and 70s, they even had campfire! I sang "American Pie" along with Don McLean, "What love got to do with it" with Tina Turner. Sadly I couldn't stay long, I told the young volunteers that I hated to go after receiving a red pocket from them. I wished God blessed these guys and kept their bodies and hearts as warm as I experienced, until the last runner came.

The section to Shing Mun Dam was a little easier than I recalled from last year memory, I speeded up a bit using a 5.6k per hour pace to finish. There were still some people having BBQ near to the checkpoint! Hong Kong is a 24-hour, non stop city. And thanks to the trumpet player before the cp, the sonorous sound served as a wake up call, keep it up with Jazz music!

The uphill practices before the race proved to be insufficient while ascending to Needle Hill and Grassy Hill, I started to crawl again. The slowness allowed me more time on counting the kinds of rubbish that fellow runners left behind on the trail. Wow! What a scene! I also thought about using hiking poles which I previously hated during this slow section, of course I didn't have one with me at that moment, maybe next time. I broke the slowest pace record: a 3k per hour reaching a quiet checkpoint, Lead Mine Pass.

Couldn't take any food again at the last checkpoint, I only had a hot tea. It was 3am and I felt sleepy and cold, but I had to complete the race for the hoodie style garment! Of course I had to keep myself "in one piece" to meet my dearest in the end point! I walked close to two Chinese Mainlanders for most of this section, they were first timers and kept asking me about the remaining distances. They were decent and polite, hope to see them again next year. Before descending from Tai Mo Shan, I called my dearest to come pick me up, I missed her for more than 20 hours, I needed her, and her ride home of course! So happy to see her and other fellow runners after finishing the race, using more than 21 hours.

The race was great and full of fun, although it may be brutal for a casual runner like myself. I remember after finishing the first HK100, my buddy asked me whether I would join again the next year, I said no immediately, but I actually kept doing it again and again! HK100 is one of the reasons I love Hong Kong. People like me and my friends who can't easily take Friday off, can't participate in the Trailwalker race, we could never experience a local 100k race if there's no HK100 from 2011. Great thanks to Janet and Steve, and all the volunteers, may God bless you All!