

青年報 Young Post

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Poetry: the best words in the best order – Samuel Taylor Coleridge



WEATHER
13-19° C
Fine and dry but hazy
Humidity 50-70%

All set for success

EVERY TIME Grace Ng Hei-man is asked about her personal marathon times, she has to scramble for the pink diary she carries with her everywhere she goes.

"I just can't remember my [running] times anymore. I've taken part in a lot of races in the past four years," said the 16-year-old.

With the 11th Standard Chartered Hong Kong Marathon taking place on March 4 – from Nathan Road in Tsim Sha Tsui to Golden Bauhinia Square in Wan Chai – Grace has been training three to four times a week after school at Siu Sai Wan, where she lives, and at Ma On Shan on Saturdays.

The Form Four student at The Chinese Foundation Secondary School took part in her first marathon in 2002.

She has since competed in four Hong Kong Marathons and numerous smaller-scale marathons, such as the Nike 10km Challenge.

"For the four years [2003-06] I have run the marathon, apart from the first year when I came fourth, I've been the overall champion in the women's category. And I've been the junior champion all four years," she recalled.



BY JUDY NGAO

Grace joined the Watsons Athletic Club at the age of 11, which led to her participation in the first Hong Kong Marathon in 2003.

"I started to train at nine or 10 years old. I was an unhealthy child, so I started running to build my body and strength. And when my first coach told me to join the marathon, I did," she said.

Her running times have steadily improved – 41:09 in 2003, 40:24 in 2004, 40:29 in 2005, and 39:43 in 2006.

"The most memorable Hong Kong Marathon was in 2005 when it was only nine degrees Celsius, and it was raining, too. After doing warm-up, my arms were so frozen they turned red. The wind was very strong, so

everybody's time dropped that year," Grace said.

With a lot more experience in running marathons than others her age, she has many tips to share. "Athletes have to lead a healthy lifestyle. You have to eat well. My family are also very sporty, so I was brought up to eat healthily," she said.

"Before a race, I eat more carbohydrates. I've forgotten

Hot tips for runners

Grace had the following advice for other young marathon runners:

Do not smoke – cigarettes are the main thing that affects runners, because the lungs are very important.

Lead a healthy lifestyle – get enough sleep

Eat sensibly – choose food that is high in energy before the race

Practice makes perfect – work hard and train even harder

Do warm-up exercises – stretching and exercising before a race can prevent sprains and other injuries

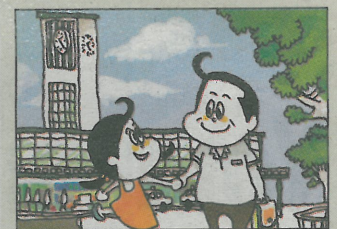


Stretching her limits... Grace Ng Hei-man is confident she will win this year's Standard Chartered Marathon. Photos: K.Y. Cheng

Living History

The deadline for the journalism and photography project, jointly organised by *Young Post* and the Youth Arts Foundation, is this Friday, February 2.

Let's celebrate the areas where we live, the people we see every day and Hong Kong's



heritage. This is your chance to document your favourite neighbourhood – with guidance from professional journalists and photographers.

For more details, or if you missed the application form last week, call YP Editor Kate Whitehead on 2250 3269.

The project is sponsored by Clifford Chance.



Extra cash

Lee Ho-kwan gets set to start her first part-time job as a tele-marketer
Page 2



The smoking ban

Non-smokers have the right to breathe fresh air, says Nicholas Wong
Page 5



Media watch

A look at how television has shaped our lives
Pages 6 and 7