



Wah Yan One Family Foundation Limited

11th February 2014



Dear Beloved Frs, Wahyanites, Parents, Teachers, Staff Members and Friends of Wah Yan,

The final clinic of the 2014 Marathon Campaign was smoothly completed on Saturday, 8th February 2014 at Wah Yan College, Kowloon. Over 100 runners attended the event. Our coach Mr. Lee Ka Lun and guest speaker Ms Caren Lau from our sponsor adidas gave some very useful tips on preparation for the run on 16th February 2014. After the training session, our runners put on their new team tees and performed a round-campus run as a warm up exercise. Credit must go to Fr. Stephen Chow SJ, our Supervisor and Mr. Daniel Mak (WYHK1971), one of the Founders of the Wah Yan One Family Marathon Team, for bringing us the “Most Supportive Group Award” trophy from the HKAAA. We are the only secondary school team (total 520 runners) among the 10 winners of this Award (ranked 7th, beating a university and 2 big companies). This is an acknowledgement for the selfless efforts of all the runners and partners who have joined us to run and raise funds over the years to support sports development in the two Schools.



281, Queen's Road East, Hong Kong

T: 2891 9970 E: contact@wahyanonefamily.org W: www.wahyanonefamily.org



Wah Yan One Family Foundation Limited

WE RUN HK

Rachel Jacqueline
@racheljacqueline

The Standard Chartered Hong Kong Marathon, which started in 1997 with a humble 1,000 runners, has grown into a running festival for the city, with 73,000 racers expected to take part in this year's race this Sunday. To celebrate the city's passion for the sport, we've been featuring one inspirational local runner each week for the past 15 weeks. This is the final column.

At 71, Mabel Chau is not your typical sports junkie. Apart from being a masters swimming champion, she practises yoga, skis, sky dives, scuba dives and, as of a few months ago, runs. Convinced that anything can be achieved at any age, Chau has taken up a new sport each decade since she turned 40. But running had eluded her, as her natural inclination was always to opt for water.

Last year she stumbled across 80-year-old marathon runner Kor Hong Fatt from Singapore in a Post article about age-defying athletes (in which Chau was also featured). So when she became a septuagenarian, Chau made a decision to lace up. It definitely wasn't too late.

"Being 71 doesn't mean you're over the hill," says Chau. This weekend, she will be entering her first ever foot race: the Hong Kong Marathon 10-kilometre event. She will take her place at the start alongside students from Wah Yan College, raising funds for sports training.

I suffered many setbacks before I had the chance to start training. In July last year, I tripped off my big toenail while hiking, and in September I pulled my hamstring doing yoga. But because of these challenges, I learned to be more cautious. My philosophy in life is that for every negative there is a positive. It all depends on your outlook.

The first kilometre that I ran was gruelling. I was like a robot. It felt unnatural, which made me realise I needed a trainer to teach me to run. Of course, everyone can run, but with the help of my trainer Jerry Au, I've learned to be more efficient, and learned how to prevent injuries.

Only two months after I started running, I ran 10 kilometres on the Happy Valley Race Track. What a nice way to start 2014.

I still swim every day. But on Jerry's schedule, I do weights in the gym twice a week, and run four times a week, including intervals. I'm struggling to find the time to do yoga, but I'm still practising at least once a month.

I'm enjoying running, it creates endorphins. I still love my swimming, but through running, I've lost almost 4 kg. I can't believe it.

Exercise rejuvenates me. There's a Chinese saying - anything that you burn off you have to create again - so you create a stronger heart and lungs.

My target is just to finish. But I think I can do it in 90 minutes.

What's next? I'm thinking about an aquathlon to combine my swimming and running. But a half marathon? Let me finish the 10 kilometres first.

My first thought as I cross the finish line will be "I did it - nothing is impossible".

Mabel Chau, 71, trains to run the 10-kilometre event at the Hong Kong Marathon. Photo: Jonathan Wong

Ms. Mabel Chau, our former teacher, practicing for our Marathon Campaign. (SCMP, C8, 11th February 2014)

Our fundraising target this year is HK\$1 million. Until now we have only raised HK\$500,000-600,000 thus far. The funding is vital for the continuation of provision of professional training to all students and school team members of both Wah Yan. Since 2008, we have raised over \$6 million for this specific purpose. And our efforts have enabled our boys to fight tooth and nail in improving their physique, elevating their mental strength as well as striving for their best in various inter-school competitions. Now our sports teams are doing reasonably well in athletic meetings, basketball, soccer, table tennis, swimming, tennis and other games. Wahyanites and Friends, our boys deserve a continued support for their hard work and dedications to pursue excellence in their physical and mental health. Please give these young guns a big hand by making a donation with the form below on or before **28th February 2014**. The wellbeing of our young Wahyanites is now in your good hands.

Our Team will take part in the 10km Run 2, starting 0630am on Sunday, 16th February 2014. Our school uniform teams will be on duty at the pavilion near Gate G of Victoria Park from 0500am onwards to look after the belongings of our team members till they complete their run. A group photo will be taken at around 0830am. Please visit the Team since it will be a massive moment to showcase the spirit of Wah Yan. Thank you for your support.

2014 Marathon Organising Committee

281, Queen's Road East, Hong Kong

T: 2891 9970 E: contact@wahyanonefamily.org W: www.wahyanonefamily.org



Wah Yan One Family Foundation Limited

Wah Yan One Family 2014 Standard Chartered Marathon Donation Form

- I/We would like to donate \$ _____ (HK\$50,000 or above) to support the development of school sports teams and be a Patron of the Wah Yan One Family 2014 Standard Chartered Marathon Team.
- I/We would like to donate \$ _____ (HK\$20,000-\$49,999) to support the development of school sports teams and be a Sponsor of the Wah Yan One Family 2014 Standard Chartered Marathon Team.
- I/We would like to donate \$ _____ to support the development of school sports teams.
- I/We would like to donate \$ _____ to support each of the runners who completes the 10Km Run in the SCB Marathon 2014 (e.g. from \$10 each up)

* Please ticking against the appropriate box

Remarks:

1. Patron and Sponsor will be entitled to various channels of acknowledgement such as website and newsletter.
2. All donation cheques should be made payable to "Wah Yan One Family Foundation Limited" and returned to Wah Yan One Family Foundation Limited, 17/F Centre Point, 181 Gloucester Road, Hong Kong **on or before 28 February 2014.**
3. Please call Monty Fong on 2891 9970 / 9092 9433 for further information.

- Please issue an official receipt and address it to my name and address (for donation of HK\$100 or above only).

Name _____

Address _____

Donor's Name _____

Tel _____ Email _____

School and Year of F5 (e.g. WYHK 19XX, for alumni only)

Signature _____ Date _____

281, Queen's Road East, Hong Kong

T: 2891 9970 E: contact@wahyanonefamily.org W: www.wahyanonefamily.org