It’s a warm sunny day on 11 November 2018, and it’s nice to have some outdoor activities. On that day, 4 of our dental fellow runners, also athletics enthusiasts, gathered together on the track of P3 HKU Sandy Bay for the HKMA Family Sports Day 2018 – Inter-Professional Men’s 4 x 100M Relay Race. Dr Eddie Wong, Dr Augustine Lay, Dr Sunnie Chan and I joined together for the first time as a 4 X 100M Relay Team. Even though all of us are quite busy at work, all of us continue to have athletics training and try to keep our bodies in good shape.

It was a tight race and our team got the bronze medal, coming behind Hong Kong Institute of Certified Public Accountants (HKICPA) Team and The Hong Kong Medical Association (HKMA) Team. A great effort was made by our team and it was a great result for the quartet who trained separately. The team crossing the finish line, in the loudest cheers from families and friends, were in high spirits. We were looking forward to picking up the baton and racing again next year.

Special thanks for the Medical Association’s invitation and hospitality. Everyone was having a great time. Little ones were having fun with the bouncy castles. The event ended with ice-cream treats to all kids, courtesy of Dr Au Yiu Kai from HKMA, being a highlight of the day for the children.

HKMA Family Sports Day 2018 - Inter-Professional 4 X 100M Relay Race Result

Champion:
HKICPA

1st runner-up:
HKMA

2nd runner-up:
HKDA
HKMA Swimming Gala 2018 – Inter-Professional 4 x 50M Relay Race

Dr Yeung Lin Kit

On 14 October 2018, the HKDA Swimming Team joined the inter-professional swimming competition organized by The Hong Kong Medical Association (HKMA) at Hong Kong Polytechnic University Swimming Pool. Our senior colleagues, Dr Chan Hoi To and Dr Ho Hon Wah, leading Davina Lam and me to join the race.

Our competitors included The Law Society of Hong Kong (LSHK), Hong Kong Institute of Certified Public Accountants and HKMA. All the fans from their societies cheering up the teams made the atmosphere more exciting. Our President, Dr Haston Liu, came for cheering up our team too!

This year our team got the 2nd runner-up. After the exciting race we felt a bit tired, but also delighted as we got a chance to stretch our bodies inside the floating water after a whole week of intense work, and all our members enjoyed the race.

Every year the race is like a re-union for swimmers from different societies and we are looking forward to the race next year. Swimmers from HKDA are looking forward to having our own Swimming Gala, where their family members can join and have some fun too!

HKMA Swimming Gala 2018 – Inter-Professional 4 X 50M Relay Race Result

Champion:
HKMA

1st runner-up:
LSHK

2nd runner-up:
HKDA
On 7 October 2018, the HKDA Dragon Boat Team took part in the CPA Cup – National Day Celebration Dragon Boat Invitational Race 2018, organized by Hong Kong Institute of Certified Public Accountants. It was a hot Sunday and the sun shone brightly, igniting each and every dragon boat paddler’s spirit. Just two weeks before the race, the powerful Typhoon Mangkhut had smashed through Hong Kong, causing large amounts of debris to wash up on the Shau Kei Wan Waterfront where our race took place. Despite this, all thirty-one of our paddlers, new and experienced paddlers alike, were ready to do our best to out-paddle our competitors, comprised of dragon boat teams from The Law Society of Hong Kong, Buildings Department and HSBC Sports Club, etc.

Prior to the race day, the team had undergone three weekends of training to improve our techniques, and in almost every training session, more than twenty paddlers showed up. Our hard work was certainly reflected in this race, with us bringing home the first runner-up trophy in the Karat Gold Cup after competing in three heats. Each heat was more intense than the previous one as our strokes became more coordinated and powerful. With the number of paddlers showing up more than the limit of twenty paddlers on board the boat, our captain Dr Albert Tsang and our coach made sure that each one of us had the opportunity to take part in the race. Hearing our team members cheering for us as we paddled had undoubtedly strengthened our will to excel in each heat!

The afternoon concluded with laughter and gratitude as we were awarded the first runner-up trophy. Not only were we satisfied with our results, we also immensely enjoyed the process of working together with teammates and strengthening our bonds with each other. We would like to express our deepest gratitude to our captain Dr Albert Tsang, our coach and HKDA for their continuing support. The HKDA Dragon Boat Team will continue to strive for better performances and we would like to extend a big welcome to any HKDA member who wishes to join our team!
星期日早上 5:45 在便利店買早餐後，便乘 15 分鐘的士到明德水庫起點。台灣的馬拉松賽前通常有很多嘉賓致辭和集體熱身操，我就趁這時四周拍照。剛好這時日出，湖畔景色甚美！6:30，200 多人（全馬組）便浩浩蕩蕩起跑了。賽事在明德水庫繞三圈，每圈約 11 公里，在第三圈中段約 27 公里另加一段來回 9 公里的上山路段。原以為環湖路線十分平坦，怎料也頗多起伏，而且十分斜，幸好補給站充裕，不停用水降溫。但疏於練習的我很快就乏力，尤其經過計算知道可於 6 小時完賽後，便改步行了！特別是 27 公里開始的上山路段，雙腳已很疲倦，10 時半溫度也開始上升，感覺和夏天沒有分別……好不容易上到山頂，但下山也不敢全速跑下去，只能快步慢慢跑下，來到山腳的 37 公里後，也只能步行回到 42 公里的終點，時間 5 小時 58 分鐘。
全国牙醫師盃已經舉行了六屆，但每次的時間和地點也不同。除了全馬還有半馬及 10 公里組別，非常適合任何程度的跑手參加，有興趣的醫生今年便要留意了！最後歡迎各位有跑步興趣的同業和我聯絡，互相及工作上多多指點，高分感謝！

FB: Timothy Lau

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