

Over 5 000 people join Jockey Club Vitality Run of 7th Hong Kong Games today (with photos)

The Jockey Club Vitality Run of the 7th Hong Kong Games (HKG) was held successfully alongside the Shing Mun River in Sha Tin this morning (March 10). More than 5 000 people took part in the event to share the fun of sports as a prelude to the upcoming 7th HKG.

The Jockey Club Vitality Run has been well received by the public since it was first held in 2015. The quotas were increased once again this year for more people to participate in this community activity. With an emphasis on challenging oneself rather than racing for awards, the event encourages participants to exercise more, thereby promoting "Sport for All" in the community. Today's participants could enjoy the fun of running, while at the same time show support for district athletes who are gearing up for the 7th HKG competitions.

The two categories of the Vitality Run, namely the about-3-kilometre run and the 10-kilometre run, both started at Yuen Wo Road near Sha Tin Sports Ground. Each participant received a souvenir T-shirt and a gift pack, while those who completed the run within the time limit received a certificate and a souvenir medal. Participants dressed up to compete for the individual Most Creative Costume Prize and the Overall Best Team Costume Prize, with each prize having a champion, a first runner-up and a second runner-up. Their creative and colourful costumes boosted the joyful atmosphere of the event.

A number of people also took part in the event by cheering for the participants along Yuen Wo Road, beside the Shing Mun River and at Sha Tin Sports Ground. A carnival with stage performances, game booths, a family area and a photo corner was held at Yuen Wo Playground. To strengthen the promotion of a "Sport for All" culture with the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC), the SF&OC co-ordinated a number of national sports associations to arrange sports demonstrations and fun activities for participants of the Vitality Run and other members of the public to share the fun of sports.

The HKG is a territory-wide major multi-sports event held biennially with the 18 District Councils (DCs) as the participating units. The inter-district sports competitions of the 7th HKG will be held between April 28 and June 2, covering eight sports competitions, namely athletics, badminton, basketball, futsal, swimming, table tennis, tennis and volleyball.

Apart from the inter-district sports competitions, a range of community participation programmes will also be organised for the general public. They can vote for "My Favourite Sporty District" and guess the "Overall Champion of the 7th HKG". Photography enthusiasts can take pictures of the exciting

scenes of sports competitions and activities of the 7th HKG to participate in the "Dynamic Moments Photo Contest".

The Opening Ceremony of the 7th HK Games will be held at Hong Kong Coliseum on April 28. A total of 1 800 free admission tickets will be distributed at the District Leisure Services Offices of the Leisure and Cultural Services Department from April 9.

The Director of Leisure and Cultural Services, Ms Michelle Li; the Chairman of the 7th HKG Organising Committee, Mr David Yip; the Vice Chairman of the 7th HKG Organising Committee, Professor Patrick Yung; the Executive Director of Charities and Community of the Hong Kong Jockey Club, Mr Cheung Leong; the Deputy Director of Leisure and Cultural Services (Leisure Services), Ms Ida Lee; the Chairman of the Hong Kong Amateur Athletic Association, Mr Kwan Kee; and the Executive Manager of Charities (Grant Making – Sports and Environment) of the Hong Kong Jockey Club, Miss Donna Tang, attended the event today.

The 7th HKG is organised by the Sports Commission and co-ordinated by the Community Sports Committee along with the 18 DCs; the Leisure and Cultural Services Department; the SF&OC; and relevant national sports associations as co-organisers. The Hong Kong Jockey Club is the Principal Contributor.

Details of the sports competitions and community participation programmes are available at www.hongkonggames.hk.



