

Morning speech 5th February 2015 by 4B Erica Tsang

Good morning Principal, teachers and fellow students,

I'm Erica Tsang from Class 4B. Today, I would like to talk about the recently-held world event – The Standard Chartered Hong Kong Marathon.

The Hong Kong Marathon is Hong Kong's largest participatory annual sporting event. The event aims to promote the importance of living a healthy living lifestyle that incorporates regular exercise.

As some of you may know, it's a long-distance running event. There are mainly three races, which are Full Marathon, Half Marathon and 10km Races. To give you a general picture of what these races are about, you have to run more than 105 laps of the running track for a Full Marathon race and 25 laps for a 10km Race. It seems to be impossible for an ordinary person to complete any of these races, isn't it? To your surprise, it's not. In fact, we can finish the races with proper training beforehand.

I didn't join the event this year. After reading the news about the Hong Kong Marathon, I have observed two main problems that I would like to share with you.

First, I've found out that quite a lot of 10km Race runners did not have regular training. A 24-year-old man even died as he collapsed and suffered a head injury just 100 metres from the finishing line. It was really a tragedy! I think some runners don't really have a habit of doing regular sports. Some of them only practiced running two weeks before the race. As a result, the main purpose of leading a healthy living lifestyle actually cannot be achieved.

Another problem is that some people even brought their smartphones and cameras and took selfies during the event. It is, without doubt, very dangerous. It greatly affected other runners as these people only cared for themselves when they were taking selfies. The organizer should have regulations towards people taking selfies during the event, so that a more pleasant environment can be provided to serious runners and accidents caused by selfie taking can also be avoided.

If you are planning to join any events in Hong Kong Marathon next year, I hope you can have regular running training at least three months in advance, and consider the other runners while taking selfies.

That's the end of my sharing, thank you!