

Henry Shield Relay Race 2011

The Aberdeen Reservoir Country Park was teeming with nearly 300 runners and crowds of spectators for this year Henry Shield Relay Race on 4th October 2011. Officers from over 28 units, totaling nearly 300 runners from 71 teams took part in the event. The event went smoothly under the early autumn breeze and with the joyfulness from all officers.

In this relay race, runners were formed into four-man teams, three-lady teams and three former police member teams in order to compete for seven categories of prizes. At the start, runners packed up at the starting point and tried to secure the best position for a quick take off. When they were ready, the member running the 1st leg of each team took off from the starting point as Ms. CHU Ming-po, Shirley, DC WDIST fired the gun to signal the start of the race. Excited supporters from their formations and team members gathered at the starting point to show their massive support to the runners. We are also honored to have Mr. HUNG Hak-wai, SACP, Director of Operations to present trophies to the winning teams and he also joined the supporters to cheer the runners at the designated handing over zone during the race.

The title of Men's Fastest Leg Open went to PC LAI Hok-yan, (the last year's title holder) with a notable time of 11 minutes 53 seconds. The winner of Men's Fastest Leg Senior and Master title was won by PC TSUI Wai-yuen and SGT LEUNG Yat respectively. It was a familiar story in the women's fastest leg with SPC WONG Siu-ping, capturing the women's title again this year, with a new record of 13 minutes 36 seconds.

WCHDIST, EU KE and CIB won and retain as champion of Category A, B, D respectively for the second year in a row each with a time of less than 56 minutes. The winner of Category E, PTU HQ completed the race at an impressive time of 48 minutes 58 seconds and captured the title of 'Overall Fastest Team'.

The race has successfully promoted and upheld the healthy lifestyle among officers and collective team spirit from all runners. Notwithstanding the presence of the large number of spectators, the passion to athletic has been well demonstrated throughout the event. The Chairman of the Police Athletics Club thanked all helpers from Police Football Referee Club, PTIs

from HKPC and PTU for their unfailing supports and assistance in the race.

Details of winning teams are as follows:

Categories	Winner	1st Runner-up
A (HKI Region)	WCHDIST	EDIST
B (KE & KW Region)	EU KE	KC DIST
C (NTS & NTN Region)	RHQ NTN	STDIST
D (MAR Region & PHQ)	CIB - D3	CIB - D3
E (Special/Training Unit)	PTU HQ	OPS Wing (CTRU)
F (Ladies Team)	OPS Wing (CTRU)	SW (VIPPU)
G (Men's Senior)	PTU HQ	APT (ASU)
H (Men's Masters)	PTU HQ	KWTDIST