



Since 1982

# AVOHK Newsletter 02

ATHLETIC VETERANS OF HONG KONG

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2021

Dear AVOHK Members

The Club said a final farewell to Frank Pilkington at a Memorial Service held at Cape Collinson on Sunday, 7 February 2021. Despite the COVID-19 restrictions, AVOHK were represented and the Club is very grateful to Ada for including AVOHK and Frank's running friends from a cross section of the community. Frank's son Stephen gave a very moving eulogy via phone from Sydney. I spoke of Frank's contribution to AVOHK, master's athletics and his overall contribution and participation in many races and trail events both in Hong Kong and overseas. Alistair Asprey CBE spoke of Frank's earlier career with the Hong Kong RAF rescue team as a volunteer and Mike Featherston spoke of Frank's time with the Hash Group. Frank was a wonderful warm and generous person and will be missed by us all. Our thoughts are still with Ada, Frank's family and his many friends.

At the AVOHK Committee meeting held on Wednesday, 24 February, via Zoom, the Committee welcomed **Aldo Kriel**. Aldo is a great addition to the committee and his background is in the 100m/200m sprints. Aldo has been a regular competitor for AVOHK at the Hong Kong Masters Athletic Championships and has also competed in overseas masters athletic meetings.

On the AVOHK-organized races, the committee have started looking at potential dates for the 5K series and the Reservoir Series in the hope that there are better days ahead in 2021 and will announce these dates in due course. We are also looking at dates for the 2022 China Coast Marathon and the Club plan to host that on either Sunday, 9 January 2022, or Sunday, 16 January 2022, subject to the necessary permits. The annual Round-the-Island race will not be held in 2021 and the next RTI will likely be held in April 2022. The committee are looking to kick off 2021 with the annual Malcolm Phillips Memorial 5K race once COVID-19 restrictions have eased further and a suitable window is available.

Mark Reeves sent out an email this week informing all members that the **2021 Hong Kong Masters Athletics**

**Championships** has been rescheduled to **Sundays, 18 and 25 April 2021**. Deadline for entries is **15 March 2021**. Also sent via email this week are details on the HKAAA planned track events. Numbers are very restrictive. Freeman Lee is coordinating AVOHK entries.

Date for your Diary, the **AVOHK AGM will be held at 7pm on Thursday, 17 June 2021, at Café 8**. The Chairman and Phil Booth as Vice Chairman will be standing down. Club officers can only serve a maximum of 5 years in the same post in accordance with the AVOHK constitution. Discussions for a new Chair and Vice Chair to be nominated are under way.

In this month's newsletter there are again some wonderful articles, including one by Club Member Andre Blumberg on the recently-held 4 trails event (298km). This year was by invitation only and included our very own Virginie Goethals who successfully completed the distance and made it to the Green Post Box in Mui Wo as a "Survivor". Paul Jackson very kindly wrote a lovely article on the benefits of AVOHK's life membership and the usefulness of the AVOHK newsletter. Last year Paul relocated back to UK after having spent 35 years in Hong Kong. Paul's happy smiling face will be missed at our races. But the good news is that Paul is planning to return to Hong Kong from time to time. Great article by Chris Watts on Fascia. Chris has been a guest speaker at our AVOHK AGMs. Ian Polson talks about the frustrating time for the Swimmers in "Swimming Matters" as the beaches and the pools still remain closed. Several other great articles. Enjoy the read.

**The Club Monthly Social Run** will resume on Wednesday, 3 March 2021. Meeting at 7pm outside the Hopewell Centre by HSBC. Current COVID-19 restrictions apply. For further details, contact Frank Riehm on 9423 5422.

Stay safe, fit and healthy.

Yours in Running

Colin Whittington  
Chairman

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## AVOHK Honorary Life Members

**David Bedford OBE (former 10,000m world record holder and olympian)**

**Rod Dixon (1983 winner of the New York Marathon and olympian)**

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**Chairman** Colin Whittington *chairman@avohk.org*

**Membership Secretary** Frank Riehm *membership@avohk.org*

**Newsletter Editor** Vicent Ang *vicentavohk@gmail.com* (deadline 20th of month)

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**ANNUAL EVENTS** China Coast Marathon & Half Marathon, Round-The-Island Time Trial, 5k Series, Reservoir Cup Series, Malcolm Phillips Memorial Run, Teams to WMA International Events

**MEMBERSHIP** Annual HK\$150, Over 60 years old HK\$75, HK Lifetime HK\$1,000

**CONTACT US** AVOHK, GPO Box 28893, Gloucester Road Post Office, Wanchai

## AVOHK membership best investment

After many years in Hong Kong, AVOHK Lifetime Member Paul Jackson has relocated back to UK and the fresh air of Oxfordshire. Paul was a regular in AVOHK races and he will be sorely missed. Paul took the time to say how much he enjoyed reading the AVOHK Newsletter and the valuable information it contained. AVOHK look forward to seeing Paul again on his next trip to Hong Kong.



Paul's last AVOHK race at the Shing Mun Reservoir in February 2020.

As a slow runner and not a great athlete, I must say I have found the last two AVOHK Newsletters especially helpful. Due to COVID-19 restrictions, I haven't entered a race for over a year now – my last was the AVOHK Shing Mun Reservoir Run, February 2020 (see above photo, taken by my good friend Derek Irwin) and since then I have been relying on running on my own. I think I have a natural laziness which the Newsletter is helping me overcome in 2 ways:

Near where I live there is a flat circuit of around 2.5k (around 16 minutes for me) which I had fallen into the habit of running 3 or 4 times a week. There was great advice in the December Newsletter on page 7 which recommended vigorous intensity exercise at least 3 times a week each time running for 20 minutes or longer. I immediately took the advice and extended my circuit to a little over 3.2k, so just over 20 minutes and felt the improvement straight away.

Content with my 3.2k, along comes January's Newsletter, page 17 – 'The benefits of long slow distance running' which recommended making one of my 3 runs a week 50% longer than my typical run. I took this advice on board and yesterday did my first 5k for a few months. I felt the benefit and now intend to incorporate a weekly longer run.

So, I'm very grateful to AVOHK, in the absence of a 5k or 10k race on the horizon, you've got me out of my lazy habits! Keep the advice coming, please!

I recently retired and now live in Oxford, UK, after working for 35 years in Hong Kong. I intend to be back regularly and look forward to entering some races and meeting up with running friends in November. I must end by saying that my lifetime membership of AVOHK is proving to be one of the best investments I ever made!

Paul Jackson  
Oxford, UK  
3 February 2021



## Weary of COVID restrictions, Finns take up running in deep snow in socks

Finns keen to avoid gyms and other indoor sports venues this winter because of the coronavirus pandemic have found a new way to keep fit - running in the snow wearing no training shoes, just thick woollen socks.

Finland has seen particularly heavy snowfall this winter and running outside in just socks provides great exercise as well as a sense of freedom, said Pekka Parviainen, a helicopter pilot and an avid barefoot runner.

"This is traditional Finnish crazy stuff, I think we all agree," said Parviainen while out running with a group in Nuuksio national park, 35 kilometers (20 miles) from the capital Helsinki.

"And it's really the happiness side. I mean it's very good sport, strong exercise and everything, but it really is the happiness," he added.

In Finland, where taking a sauna in winter and then running through snow to jump into an ice-cold lake is a traditional pastime, barefoot running has become popular in the past few years during the warmer months.

Running in socks through heavy snow, now about half a metre deep in many places, takes this to the next level.

"You can do it quite light or you can do it really heavy in the deep snow as we did now. But the feeling afterwards is just great. You have had a good foot massage," Parviainen said, because your feet are not tightly "packaged" in trainers.

There is no shortage of warm woollen socks as many Finns have taken to knitting during long winter lockdowns.

Parviainen recommends wearing at least two, preferably three, pairs of woollen socks to get the most out of the run.

<https://www.reuters.com/article/us-finland-weather-snow-running-idUSKBN2AF1GH>