

E	POSTAGE PAID	PERMIT
	HONG KONG	NO.
	PORT PAYE	3285

東華

TWGHs
145TH ANNIVERSARY

通訊

2016年1月號

TUNG WAH NEWS JANUARY ISSUE 2016

出版 Publisher: 東華三院企業傳訊處 TWGHs Corporate Communications Branch
地址 Address: 香港上環普仁街十二號 12 Po Yan Street, Sheung Wan, Hong Kong
總機 General Hotline: 2859 7500 編輯室電話 Editorial Hotline: 2859 7860
網頁 Website: www.tungwah.org.hk 捐款熱線 Donation Hotline: 1878 333



東華三院

Tung Wah Group of Hospitals



ECONOMY
優惠級

東華三院「奔向共融」— 香港賽馬會特殊馬拉松2016

東華三院「奔向共融」— 香港賽馬會特殊馬拉松2016已於1月31日圓滿結束。賽事今年踏入第六屆，參加人數再破紀錄，逾三千五百人，場面非常熱鬧。這項別具意義的比賽，多年來得到本港其他復康團體、特殊學校，以至各界別的機構支持。今年，賽事更連續第五年獲得香港賽馬會慈善信託基金支持，並已成為本港復康界的年度盛事。

是項特殊馬拉松自2011年起舉行，以鼓勵更多智障人士加入跑步行列，保持身心健康，並藉此宣揚「傷健共融」理念；賽事由智障跑手夥拍健全的伴跑員，參與三公里或五點五公里的馬拉松比賽。

當日，賽事假中西區海濱長廊（中環段）及龍和道舉行，並由政務司司長林鄭月娥GBS太平紳士、何超瓊主席以及香港賽馬會董事李家祥博士一同主禮。立法會議員張國柱先生、香港警務處中區警區指揮官林振名總警司、「星中之星—香港傑出運動員」蘇樺偉先生，以及兩位東華三院「共融大使」陳展鵬先生和鄭欣宜小姐，亦有出席支持，場面熱鬧。

適逢東華三院成立145周年，本院特別邀請一百四十五對智障與健全人士攜手參與「同心抱共融」大行動，透過簡單的「擁抱」，打破人與人之間的隔閡，為對方送上關懷之餘，亦在數千名觀眾及馬拉松跑手的見證下創造健力士世界紀錄。當日健力士世界紀錄大全的代表更即場頒發「健力士世界紀錄證書」予何超瓊主席和香港賽馬會董事李家祥博士，確認「同心抱共融」大行動成為全世界「最長的擁抱接力」。

今年賽制分為三組賽事，一眾智障跑手由伴跑員夥拍出賽，分別競逐男、女子組「5.5公里挑戰盃」獎項，以及按年齡劃分成少年組、青年組、先進組及長青組的「3公里挑戰盃」。另有不分名次的「3公里共融跑」，讓參加者挑戰自我，創出個人最佳時間。賽事亦設有企業盃，以推動社會各界對社區事務的參與，倡導共融的訊息。今屆共有八間企業派出代表參與，包括香港賽馬會、花旗集團、百麗國際控股有限公司、香港沙田凱悅酒店、港鐵公司、香港海洋公園、合和實業有限公司，以及香港中華煤氣有限公司。近年，賽事更推廣至澳門、廣東省及台灣等鄰近地區，讓兩岸四地的健兒一同參與賽事，攜手為「傷健共融」和「身心健康」目標努力。

東華三院「奔向共融」— 香港賽馬會特殊馬拉松2016由政務司司長林鄭月娥GBS太平紳士（中）、何超瓊主席（左）以及香港賽馬會董事李家祥博士擔任主禮嘉賓。

The Hon. Mrs. LAM CHENG Yuet Ngor, Carrie, GBS, JP (centre), Chief Secretary for Administration, Ms. Maisey HO (left), the Chairman, and Dr. Eric LI, GBS, OBE, JP, the Board of Stewards of the Hong Kong Jockey Club, officiated at the TWGHs "iRun" - Hong Kong Jockey Club Special Marathon 2016.



TWGHs "iRun" - Hong Kong Jockey Club Special Marathon 2016

Organized by TWGHs with generous support from The Hong Kong Jockey Club Charities Trust, the TWGHs "iRun" Hong Kong Jockey Club Special Marathon 2016 was successfully held on 31 January 2016 at the Central Section and Lung Wo Road of the Central and Western District Promenade. We were honoured to have the Hon. Mrs. LAM CHENG Yuet Ngor, Carrie, GBS, JP, Chief Secretary for Administration, Ms. Maisey HO, the Chairman, and Dr. Eric LI, GBS, OBE, JP, the Board of Stewards of the Hong Kong Jockey Club, to be our officiating guests at the Kick-off Ceremony.

With the aim of promoting social inclusion and a healthy lifestyle among those with intellectual disabilities, "iRun" has become a signature event in the rehabilitation service sector. This year, the Event attracted a record 3,550 participants, including participants from Hong Kong, Macau, Taiwan and Guangdong Province. The Event also received support from 8 corporations which sent staff to participate in the 3K Corporate Tournament, including the Hong Kong Jockey Club, Citigroup Inc., Belle International Holdings Limited, Hyatt Regency Sha Tin, MTR, Ocean Park, Hopewell Holdings Limited and Towngas.

To celebrate the 145th anniversary of TWGHs and further enhance public awareness of social inclusion, 145 pairs of able-bodied and intellectually disabled persons were invited to participate in the Guinness World Records Attempt - "HUG for Inclusion" Longest Hug Relay by simply "hugging" each other. With the avid support and cheerful participation of the participants, the attempt was successfully accomplished and recognized by the Guinness World Records as the "Longest Hug Relay" in the world.

政務司司長林鄭月娥GBS太平紳士（右二）、何超瓊主席（左二）及香港賽馬會董事李家祥博士（右一）與嘉賓一同主持鳴槍儀式。

The Hon. Mrs. LAM CHENG Yuet Ngor, Carrie, GBS, JP (right 2), Chief Secretary for Administration, Ms. Maisey HO (left 2), the Chairman, and Dr. Eric LI, GBS, OBE, JP (right 1), the Board of Stewards of the Hong Kong Jockey Club, with guests shot off for the runners.



捐助機構 Funde

東華三院「共融大使」鄭欣宜小姐在台上獻唱表演助興。
TWGHs "Social Inclusion Ambassador" Ms. Joyce CHENG performed at the Event.



東華三院今年特別邀請一百四十五對智障與健全人士攜手參與「同心抱共融」大行動，透過簡單的「擁抱」宣揚「傷健共融」的理念，並成為全世界「最長的擁抱接力」。
TWGHs invited 145 pairs of able-bodied and intellectually disabled persons to participate in the Guinness World Records Attempt - "HUG for Inclusion" Longest Hug Relay by simply "hugging" each other in order to further enhance the awareness of social inclusion.



各嘉賓、參與團體、義工及參加者合照留念
A group photo of guests, participating organization, volunteers and runners



吉尼斯世界紀錄有限公司大中華區紀錄管理部總監王晨（左五），即場頒發「健力士世界紀錄證書」予何超瓊主席（左六）及香港賽馬會董事李家祥博士（右六）。

Mr. Charles WHARTON (left 5), Head of Records Management Team, Greater China at Guinness World Records, presented the certificate of the Guinness World Records to Ms. Maisey HO (left 6), the Chairman, and Dr. Eric LI, GBS, OBE, JP (right 6), the Board of Stewards of the Hong Kong Jockey Club.



若您希望停止接收東華三院的《東華通訊》，請電郵至enquiry@tungwah.org.hk，並於標題註明「拒絕接收東華通訊」，我們將盡快處理。如欲更改個人資料或郵寄地址，請電郵至enquiry@tungwah.org.hk，並於標題註明「更改個人資料」，以便本院處理。
If you want to unsubscribe "Tung Wah News" or change the personal data or mailing address, please email to enquiry@tungwah.org.hk and make a description of "Unsubscribe Tung Wah News" and "Change of Personal Data" in the subject respectively.

