



From Agony to Jubilation

毅行苦與樂



The Chamber's two Oxfam Trailwalker teams, Mighty Titans (0073) and Minions (0250), successfully completed the recent Hong Kong Trailwalker. The team members were Joyce Bijl, Thomas Chan, Gary Cheung, Yvonne Lum, Anthony Tsao, Gregory Wong, Rachel Yam, and Emily Yau. They were supported by members of the Young Executives Club (YEC) who besides helped raise funds, also delivered necessities to team members during their 100-kilometre hike. Although the hike is over, the team still

has one more mountain to climb in their quest to raise over HK\$200,000. So if you can help them achieve their target, please donate via the QR Code.

A long journey

After six months of intensive training through blistering heat and even thunder storms, the two teams set off at 9:30 a.m. with hundreds of other Trailwalkers on 20 November. The weather was unusually hot and humid for November, but that didn't worry the teams, who had trained in 30+° Celsius heat in the summer.



Months of training





Donations still being accepted.
 現正接受捐款。

Everyone's spirits and adrenaline was pumping at the starting line. To give support and encouragement to the Chamber's teams, YEC Chairman Oscar Chow, and Vice Chairman Joseph Chan, together with Chamber CEO Shirley Yuen cheered them on as the starting horns sounded.

The Mighty Titans soon got into their stride and powered along the first stage of the 100-km route. The intensive training paid off for both teams as they were not plagued by injuries or problems, which can affect some teams.

The Mighty Titans crossed the finishing line in 30 hours and 31 minutes, and were soon followed by the Minions, who completed the walk in 33 hours 37 minutes, despite one team member having to drop out due to a leg injury.

The two teams' dedication and success is truly inspirational. Their success has motivated them to push themselves even further, as some members are planning to enter the six-day, 251 km Sahara Marathon, and of course next year's Trailwalker.





Sailing for a Good Cause 為慈善起航

Around 50 members spent Saturday afternoon on 7 November sailing around Hong Kong on the Aqua Luna to raise funds for the Chamber's two Oxfam Trailwalker teams. The junket was sponsored by Ascent Partners Group Limited. The teams, Mighty Titans and Minions, hope to raise as much money as possible for a good cause. Trailwalker has ended, but efforts to raise as much money as possible for Oxfam continue, so if you want to make a donation, however small, please visit www.chamber.org.hk/trailwalker/

The Chamber and the teams would like to take the opportunity to thank all who have supported the good cause! Especially Ascent Partners, EY, Chung Fung Charitable Foundation Limited, and Chicks. 🌸

約 50名會員於11月7日參加由艾升集團贊助的半日慈善遊船河活動，登上「張保仔」帆船，為本會兩支「樂施毅行者」隊伍籌款。兩支隊伍 Mighty Titans 與 Minions 皆希望盡力籌得最多善款，雖然「毅行者」經已圓滿結束，但現仍接受募捐。如您希望捐款支持此項有意義的活動，請瀏覽 www.chamber.org.hk/trailwalker/。

總商會及兩支「毅行者」隊伍感謝所有參與是次善舉的人士及機構，特別鳴謝艾升集團、安永會計師事務所、松峰慈善基金有限公司及雞仔嘜。 🌸





總

商會兩支「樂施毅行者」隊伍 Mighty Titans (0073) 及 Minions (0250) 參加了最近舉行的「毅行者」活動，並順利走畢全程。兩隊隊員分別為喬愛思、陳智健、張家利、林嘉薇、曹宇新、黃樂天、任芷穎和丘明欣。卓青社其他會員大力支持是次活動，不但協助籌款，更於當天沿路為隊員提供所需物資。在克服長達100公里的遠足路程後，他們仍有一個任務，就是完成20萬港元的籌款目標。如您希望出一分力，幫助他們完成目標，可透過QR編碼，作出捐款。

百里長征

經過6個月風雨不改的密集訓練後，兩支隊伍在11月20日與其他毅行者一起，準時於上午9時30分出發，正式踏上毅行之旅。當天天氣炎熱潮濕，在11月並不常見，但他們曾在夏天攝氏30度以上的環境下接受訓練，因此未受影響。

隊員們在出發前皆精神抖擻，心情興奮。總商會總裁袁莎妮、卓青社主席周維正及副主席陳浩濂亦親身到起點，為兩隊隊員加油打氣。

Mighty Titans很快便進入狀態，並完

成100公里中的首段路程。密集訓練的成果顯著，兩支隊伍沒有因受傷或其他問題而受阻，而這些問題或會影響其他隊伍。

Mighty Titans最終以30小時31分鐘走畢全程，而Minions緊隨其後，雖然有隊員因腳傷退出，仍以33小時37分鐘不俗的成績到達終點。

兩隊為完成挑戰所付出的努力令人佩服，而隊員們挑戰成功，亦激勵他們繼續突破自我。有隊員計劃參加為期6天、長達251公里的撒哈拉沙漠馬拉松，而明年亦會繼續參加毅行者。🌸

