



社評
雙語道

提升國際參與 渣馬跑向世界

Enhance international participation to upgrade SCHKM to a world-class event

原文

下文摘錄自2023年2月13日香港《文匯報》：

第二十五屆渣打馬拉松於本月12日順利舉行，清晰向世界傳達香港全面復甦信息。渣馬已成香港作為「盛事之都」的一項代表賽事，但其特色與國際影響力仍比不上紐約倫敦等城市的國際級馬拉松賽事。香港是時候立下雄心，將渣馬升級為世界級賽事。政府與主辦者要集思廣益，通過完善賽道、提升公眾參與、吸納世界優秀選手參賽等，讓渣馬既成港人嘉年華，也成功跑向世界。

渣打馬拉松是香港全面復甦後舉辦的最大型體育賽事，分全馬、半馬及10公里賽事，近3.5萬名跑手無懼天氣潮濕參加比賽，比上屆的1.85萬人參賽規模更大，並吸引逾500名海外跑手參加，著名影星周潤發等也紛紛參賽，令賽事充滿嘉年華熱烈氣氛。今屆渣馬獲香港大型賽事體育活動事務委員會頒授「M」品牌認可，是在與內地全面復甦通關後，香港首個有公眾參與的「M」品牌大型體育盛事。渣馬的

成功舉辦，再次清晰向國際發出香港已全面復甦復甦的信息。

對於馬拉松運動，市民參與度高，有助全民健康，減輕醫療系統壓力。舉辦馬拉松賽事亦能有力拉動經濟增長，因此世界各地紛紛舉辦馬拉松賽事。每年世界各地舉辦的馬拉松比賽超過800多場，其中最熱門的是6大年度城市世界馬拉松賽，其舉辦地分別為波士頓、紐約、芝加哥、柏林、東京、倫敦。這6大國際級馬拉松賽事，皆為當地帶來巨大經濟收入和重要國際影響力和美譽度，已成為國際大都市的城市形象名片。香港作為國際金融、貿易、航運三大中心，又是國家大力支持建設的中外文化藝術交流中心，是時候立下雄心，將渣馬提升為世界級賽事，穩固香港作為「盛事之都」的地位。

一是完善賽事路線，提升賽道吸引力。世界級馬拉松賽事路線，多經過具歷史意義建築或著名景點，且多平直寬廣，如柏林馬拉松賽道無明顯急轉彎且平直，有利跑手創造成績，被稱為「全球最快馬拉

松路線」。香港渣馬賽道自2016年起，已連續3年獲國際田聯組織認可為金級道路賽事，與世界6大馬拉松賽事同級，但賽事路線特色與吸引力仍有提升空間，如有意見建議可將青馬大橋、港珠澳大橋納入渣馬路線。

二是強化公眾參與度，增強嘉年華氣氛。香港馬拉松路線多在高速公路舉行，跑手親朋好友較難在途中為跑手加油打氣。而世界級馬拉松賽事多重視公眾參與、重視嘉年華氣氛營造。如日本東京馬拉松，市民會自發性地為跑手加油打氣、提供飲料給跑手；紐約馬拉松開幕式，現場各國跑手代表舉着各國國旗遊行、燃放煙火；柏林馬拉松賽事分為兩天，頭天會在賽道舉辦世界上最大的直排輪競賽，炒熱賽事氣氛等。這些城市將賽事增加嘉年華元素的做法，值得香港借鑒。

三是增強賽事特色，加強國際推廣。如波士頓馬拉松會依據跑手年齡和性別而設不同參賽門檻，跑速要達一定要求；芝加哥馬拉松成為女性參與度最高的



◆渣打馬拉松於2月12日舉行。資料圖片

馬拉松；倫敦馬拉松最大特色為「慈善捐款」等。有建議認為香港渣馬可增設團隊參賽項目，或增加獎金數目及範圍，或補貼海外跑手來港參賽的酒店住宿或機票等，增強賽事對國際優秀選手的吸引力。

如何將渣馬提升為世界級賽事，特區政府和主辦機構要多傾聽各界建言，集思廣益。下定決心、定下升級渣馬為世界級賽事的目標，應為當下可為的第一步。

譯文

The 25th Standard Chartered Hong Kong Marathon (SCHKM) successfully concluded on 12 February 2023, sending a clear message to the world that

Hong Kong has fully recovered. While the SCHKM has become an iconic event of Hong Kong reputed as an "events capital", it cannot compare to the world-class marathons such as the New York City Marathon or the London Marathon, in terms of features and influence. It is time for Hong Kong to set its ambition to upgrade SCHKM to a world-class event. The Government and the organiser need to put their heads together to improve the course, increase public participation and attract the best runners from around the world to participate in the race, so that it can become both a carnival for Hong Kong people and a successful run to the world.

The SCHKM, with races of Marathon, Half Marathon and 10km, is the largest sports event held in Hong Kong since the city's return to normal: nearly 35,000 runners braved the challenging humid weather, much more than the 18,500 participants of last race. The event has attracted more than 500 overseas runners and famous movie stars such as Chow Yun Fat, thus filled with a carnival atmosphere. The SCHKM was awarded

the M Mark by the Hong Kong Major Sports Events Committee, the first major sports event in Hong Kong with public participation after the full resumption of normal travel with Chinese mainland. The success of SCHKM once again sends a clear message to the international community that Hong Kong has fully recovered.

A marathon attracts a high level of public participation, which can contribute to the health of the entire population and reduce the pressure on the healthcare system. It can also drive the economic growth, which is why marathons are organised all over the world. Among over 800 marathons held around the world each year, the most popular are 6 city marathons held annually in Boston, New York City, Chicago, Berlin, Tokyo and London, which all bring in huge economic revenue and significant international influence and prestige, and have become the name cards of those international metropolises. As an international financial, trading and shipping centre and an exchange centre for arts and culture, strongly supported by the State, between China and the world, Hong Kong should set its ambition to upgrade SCHKM to a world-class event, so as to consolidate Hong Kong's position as the "events capital".

Firstly, the race route should be improved to

enhance the course attractiveness. World-class marathon races usually route through historic buildings or famous scenic spots, and their courses are mostly flat, straight and wide. For example, the Berlin Marathon course is flat and straight, without any sharp turns, which is conducive to runners' performance; therefore, it is crowned the "world's fastest marathon course". The SCHKM has been recognised by the International Association of Athletics Federations (IAAF) as an IAAF Gold Label Road Race for 3 consecutive years since 2016, which is on par with the top six city marathons in the world, but its route characteristics and attractiveness still have room to enhance, and some suggest including Tsing Ma Bridge and Hong Kong - Zhuhai - Macao Bridge as part of its race route.

Secondly, public participation should be strengthened to enhance the carnival atmosphere. The SCHKM is mainly routed on highways, making it difficult for runners' friends and relatives to cheer them on along the way. World-class marathons, on the other hand, attach great importance to public participation and the carnival atmosphere. For example, at the Tokyo Marathon in Japan, the public spontaneously cheer on the runners and provide them with drinks; at the opening ceremony of the New York City Marathon,

representatives of runners from various countries parade with their national flags and set off fireworks; the Berlin Marathon is divided into two days, with the world's largest inline-skating race held on the first day to heat up the atmosphere. These cities have added carnival elements to their events, from which Hong Kong should learn.

Thirdly, we should enhance the characteristics of the event and strengthen international promotion. For example, the Boston Marathon sets different entry thresholds according to the age and gender of the runners and certain speed requirements; the Chicago Marathon has become the race with the highest level of female participation; and the London Marathon features "charitable donations". Some suggest that the SCHKM should have team entries, or increase the number and scope of prizes, or subsidise hotel accommodation or air tickets for overseas runners to participate in the race, so as to enhance the attractiveness of the race to outstanding international athletes.

The Government and the organiser should listen to the views of all sectors and draw on their collective wisdom on how to upgrade the SCHKM to a world-class event. The first step that can be taken now is to summon up the determination and set the goal of upgrading the race to a world-class event.

◆ Kevin Cheung (CUSCS Lecturer)

絕望工時零零七 準時收工最寫意

恒 大英萃

隔星期二見報

春假轉瞬即逝，二三月似乎和公眾假期絕緣。不少上班族都哀鴻遍野：繼續躺平可以嗎？

長期開啟「躺平模式」，並非筆者一個人的夢想哦！「躺平模式」正是今年一版堂級字典的年度字。語言與時並進，字典也要跟上時代腳步，為字典添上新成員。

阿姨，我不想努力了！「躺平」或「躺平主義」是在2021年開始流行的網絡用語，在2022終於踏上國際舞台。《牛津字典》2022年度代表字就正正是Goblin Mode：躺平模式。

英國牛津大學出版社今年首次由公眾投票決定年度代表詞，候選佳麗包括Goblin Mode、metaverse（元宇宙）和#IStandWith（我支持），最後Goblin Mode由在30萬投票者中，奪得佔總票數93%的支持完勝。

Goblin（哥布林）乃傳說中擁有暗綠色皮膚、長尖耳、鷹勾鼻和金魚眼的地精或妖怪，個性貪婪卑劣、邪惡狡猾。延伸自Goblin的醜陋形象，Goblin Mode在社交媒體中亦泛指蓬頭垢面、毫無歉意地自我放縱的生活方式。

這種拒絕社會規範、樂於擁抱內心Goblin的

放縱人生其實並非新產物。早在2021年中國已有「躺平運動」，英文意譯成Lie-Flat（亦見Lying Flat）Movement，活生生地展現四肢大字型平躺在床上之狀。

畢竟「躺下的韭菜不好割」，躺下還不夠的話，亦可以考慮「內卷」。這個中國90後、00後常掛在嘴邊的詞，英文是involution。其起源可追溯到1963年，美國文化人類學家Clifford Geertz有一著作《Agricultural Involution》，探討亞洲農業社會中長期精耕細作，卻未見顯著經濟突破。Involution在日常生活指的，就是日復一日地重複無意義的事、亦未現相同回報的社會狀態。

如此佛系的消極生活態度近年亦在職場冒起。似乎不少人對「996」（早上九時上班、晚上九時才下班、工作六天）、「007」（零時起上班至翌日零時下班）的工時感到絕望。美國最大線上討論社群Reddit中，Anti-work一字亦在2022年氣勢磅礴地天天「洗版」。

不想上班，但亦要餬口吧，來個quiet quitting。這並非真正辭職或是離開職場，而是「上班做好分內事，準時收工最寫意」之工作態度。似乎全球的打工族也在推崇work-life balance（strike a work-life balance），以佛系生活面對一切。

「躺平」其實只是當下部分人在工作或學業壓力下的無奈自嘲。生活，還需繼續。

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尾音相似成疊韻 讀音增強慌亂感

英語世界

隔星期二見報

回想起求學時期，每當放學鐘聲一響，同學們便四散奔跑，到操場，回家去等，亂成一片。又想起一些電視畫面，有突發事故，人群慌亂四竄，場面不受控制。用英文形容人們這些慌亂匆忙的行動，可運用副詞幫忙，其中有pell-mell、helter-skelter和hurry-scurry。

這些字眼，除了意義相近之外，還有一些雷同之處：都是由兩個相似的字組成，屬於rhyming reduplication重疊式，母音一樣，字尾的輔音亦一樣，即是中文的疊韻，只是字頭發音不同。這些重疊式的詞彙，讀起來加強了意味，令語文更生動。

Pell-mell是形容動作的副詞，描述行動匆匆忙忙、沒有系統、沒有章法，亂糟糟的。此語來自法文pepe-mele，古時法文的寫法是pesle-mesle，mesle源自mesler，即是meddle、mix、搞亂、混亂；pepe-mele由mesle加上pesle重疊而成，英文借用過來，意思亦一樣，是匆忙、快而無章，除了描述動作姿態，也可形容處事方式。

The children ran pell-mell out of school as soon as the bell rang.

放學鐘聲一響，孩子們便一窩蜂跑出校園。

It's important that we look at the issue from all angles. We shouldn't make a decision pell-mell.

我們必須從所有角度探討這件事，不應該胡亂作出決定。

The whole company went pell-mell when they heard the collapse of the factory. Nobody knew how to handle the crisis.

當聽到工廠倒塌的消息，整間公司便亂作一團。沒有人懂得如何處理這個危機。

Helter-skelter用作名詞時，是外國遊樂場常見的旋轉滑梯，用作副詞時，亦有忙亂、混亂的意思，形容動作倉皇慌張、雜亂無章、沒有組織。這也是重疊式，拆開了，

helter and skelter都沒有意義。這字眼相信是來自古英文skelten，是hasten（急忙）的意思，後來skelter加上helter，就形成了helter-skelter，用來描繪混亂、倉皇的行動。

People were rushing helter-skelter when the earthquake happened.

發生地震時，人們慌張地四處奔跑。

The owners of the shop dealt with their financial problem helter-skelter. The situation got worse and the shop had to shut down.

商店東主們處理財務問題的方法倉卒，雜亂無章，境況日漸變壞，最終倒閉。

People on the street ran helter-skelter when they heard the gun shot. It was really chaotic.

街上的人們聽到槍聲後，倉皇四散逃避，亂作一團。

Hurry-scurry由hurry和scurry兩個動詞重疊而成，hurry是簡單常用的動詞，指趕快、趕緊，而scurry亦是動詞，指小步快速地走，疾步匆忙地跑。把這兩個尾部發音相似的字放在一起，又成了一個重疊式的字，形容動作或行動過度倉促或慌張，手忙腳亂，倉卒行事。

He did his essay at the last minute, hurry-scurry. No surprise, it turned out to be a scrappy piece of work.

他在最後一刻才寫論文，急就章。不出意料，他寫了一篇雜亂無章的文章。

Suddenly, it rained heavily and people went hurry-scurry to find shelter.

突然下了一場大雨，人們慌不擇路，急忙找地方避雨。

On hearing the police siren, the mob fled hurry-scurry.

聽到警車響號，那一群滋事群眾急忙落荒而逃。

這些字眼或許不太流行，但可以增加一點語文色彩，不妨留意一下，描寫一些倉忙慌亂的行動時，適當運用一下，會更形象化，有聲有色，增添色彩。

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