



# 配速員引領跑手完成心目中馬拉松

原文

摘錄自2月8日香港《文匯報》：渣打香港馬拉松2025（渣馬）在9日舉行，加緊備戰的除了74,000名參賽者，還有一班配速員（Pacer）。今屆的配速員陣容中，其中一名是第二年參加的梁樂文（Coco），她表示從跑步中找到快樂後，自然也希望把這份快樂傳遞，亦因而踏上成為配速員的道路，把參賽者按目標時間安全送到終點，看到跑手完成目標衝線的笑容，是長跑世界的另一種快樂。

跑步向來是一種自我的運動，不需要配合別人，成也自己，敗也自己。配速員，是一個必須把跑步看得比單純一項運動更重要，必須全心全意喜歡它，才能將這份熱情感染予周遭的人。Coco為何會選擇當上配速員？那就要從跑步的初衷——減肥開始說起。

「2019年接觸長跑，主要是想減肥想身體健康一點。」Coco笑說。眼前的她身材苗條，身上沒有一塊多餘的贅肉，一點也看不出來曾經需要減肥。她指當時試過最高峰體重60幾公斤，日日跑步至少一小時，曾經減到40多公斤。她回想當時因為毫無章法跑步而跑傷，脛骨骨裂而入了急症，卻碰巧遇上跟隨跑會跑步的急症醫生，便介紹了她加入「飛達跑會」。從此，跑步再不是一個人的運動。

Coco笑着說起自己如何因為減肥而發掘自己的另一面，又因為跑步認識更多跑友，就更對跑步着迷。她由10公里到轉向長跑才數年，2022年首個渣馬半馬已跑出Sub-2的1小



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資料圖片

時43分，現在最佳時間是1小時33分，擔任配速員絕對綽綽有餘。她去年首次在渣馬為參賽者領航，今屆將第二次幫助跑手在1小時50分內衝線。

她在跑步中找到快樂，也希望把這份快樂傳遞。為了在渣馬穩定配速達到目標時間，除了恒常的跑會練習，Coco近大半年一星期最多兩日參與配速員的特訓備戰。跑手在配速員帶領下，不需要顧着速度而放鬆做好自己節奏、做好跑姿去完成賽事。正因這一份使命，Coco努力撐過訓練周期，不為別的，只為帶領跑手衝過那條終點線，完成他們心目中的馬拉松。

去年在渣馬半馬當配速員，終點前被越過一幕，是她最難忘又感動的畫面。「一班人一齊衝線真的好開心」，她回想去年擔任配速員後收到參加者的訊息，「事後有很多人Inbox多



●本月9日舉行的渣馬，一眾跑手享受賽事。

資料圖片

謝我，『終於跑到兩小時內』、『PB（個人最佳成績）好開心』，收到好多謝說話，好鼓勵到我，令我想到以前都曾經有個目標想完成，最後可以達成的喜悅。」這也是為何她放棄在渣馬追求成績，寧願成人之美，幫助參賽者跑出目標時間。

她坦言不會因為要領航而感到壓力，「沒特別大壓力，做自己鍾意做的事，放鬆心情跑步。」作為參加者，也想被這個笑容滿面、渾身散發正能量的配速員帶領吧。Coco認為自身的能量，絕對會影響並肩同行的跑手，

「Pacer的心態很重要，自己一舉一動都會影響到跑手當時的心情和狀況，自己帶跑是開心的話，他們心情也會較正面地去跑步。」她鼓勵任何想跑到目標時間的參加者，都可在比賽日加入指定時間的配速團。

從單純想減肥，到為了一同完成半馬目標，Coco學習散播熱忱與快樂，學習讓自己變得強大，最終成長到足以帶人前行。「跑步不是為了成績，更重要其實是過程」，她跑的每一公里，都是學習成為更好的自己，更好的配速員。

## Pacer Guide Athletes to Chace Their ideal Marathon

譯文

The Standard Chartered Hong Kong Marathon 2025 (Standard Chartered Marathon) was held on February 9, and apart from the 74,000 participants, there was also a group of pacers who were gearing up for the race. One of this year's pacers, Coco Leung, is a second-year participant. She said that after finding joy in running, she naturally wanted to spread the joy and thus became a pacer. Delivering participants safely to the finish line according to the target time and seeing the runners' smiles as they cross the line after accomplishing their goals is another joy in long-distance running!

Running has always been a self-motivated sport. There is no need to cooperate with others, success or failure depends on the individual. A pacer is a person who must value running more than just a sport and loves it wholeheartedly to spread this passion to the people around him. So why did Coco choose to become a pacer? It all starts with the original purpose of running, which is to lose weight.

"I started running in 2019 mainly because I wanted to lose weight and be healthier," Coco laughs. She has a slim figure, with no extra

pounds on her body, and she doesn't look like she's ever had to lose weight. She says that at that time, she had a peak weight of more than 60 kilograms and once lost more than 40 kilograms after running for at least an hour daily. She recalls that she had a tibia fracture and was admitted to the emergency room because of a running injury she sustained while running without any rules, but she happened to meet an emergency doctor who was running with the club and introduced her to joining the Pacers Athletics Club. Since then, running is no longer a solo sport.

Coco laughs as she describes how her weight loss led her to discover a different side of herself and how she became even more fascinated by running as she met more runners. It's only been a few years since she made the switch from 10km to long-distance running, and she's already running a Sub-2 of 1 hour 43 minutes for her first half-marathon at the Jammu in 2022, with a best time of 1 hour 33 minutes, which is more than enough for her to be a pacer. She debuted at the Jags last year as a navigator and will be helping runners cross the line in under 1 hour and 50 minutes for the second time this year.

She finds joy in running and naturally wants to spread that joy. To stabilize her pace and achieve her target time in the Marathon, Coco has been participating in the special training for pacers at most twice a week for the past six months, in addition to her regular running club practice. Under the guidance of the pacers, runners don't need to worry about speed; they can relax, do their rhythm, and run well to finish the race. It is this mission that Coco strives to endure through the training cycle for no other reason than to lead the runners to cross the finish line and complete the marathon they have in mind.

Last year, when she was a pacer in the Standard Chartered Half-Marathon, the scene of being crossed before the finish line was one of her most unforgettable and touching images. She recalled the messages she received from the participants after she became a pacer last year, "Many people thanked me in the Inbox afterwards, 'finally ran under 2 hours', 'so happy with the PB', I received so many thank yous and encouragement, which reminded me of the joy of achieving a goal that I had wanted to accomplish in the past, and I was able to do so at the end of the day. That's why she had gave up

pursuing results in the Standard Chartered Marathon and preferred to help participants achieve their target times.

She admits that she doesn't feel any pressure because she has to lead the race, "I don't feel any pressure, I just do what I want to do and run in a relaxed mood. "As a participant, you want to be led by a smiling pacer who exudes positive energy. Coco believes that her energy will affect the runners who are running alongside her, "Pacer's mentality is critical; every move you make will affect the mood and condition of the runners at that time, and if you happily lead the run, they will be in a positive mood to run. "She encourages all participants who want to run to their target time to join the pace group for a specific time on race day.

From simply wanting to lose weight to completing a half-marathon together, Coco has learned to spread enthusiasm and happiness, become strong, and eventually grow enough to lead others. "Running is not about performance; it's more about the process." She learns to become a better version of herself and a better pacer every kilometre she runs.

●琬琰

恒大清思

## 古人愛吃羹 調和五味易入口

提起羹這類美食，我們自不然會想起粵菜中的蛇羹。蛇羹是嶺南一帶秋冬進補的菜式，深受人們歡迎，當然廣東人除了吃羹外，同時也愛喝湯，不少家庭的餐桌上幾乎「無湯不歡」，由於羹湯經常並稱，有些人甚至誤以為羹即湯。

其實，現在我們稱呼的羹一般加入了澱粉等調和而成，會比湯濃稠，何況羹具黏性，不會像湯般以保留水分為主。

### 羹比湯更早出現

至於古代的羹除了會加米等調和物烹煮成薄糊狀外，也會多點濃汁，與現代的做法不一定完全相同。從歷史上來說，羹的出現比湯還要早，早在先秦時期，羹就已經成為人們的主要菜餚。

先秦的羹主要分作肉羹和菜羹兩大類，富貴之家因生活條件較佳，羹的材料多用肉為主，反之平民百姓無肉，就只能以菜為羹料。

### 「吃菜羹」比喻生活窮困

《荀子·宥坐》記載孔子因於陳、蔡之間，連續七日都沒有升火煮飯，只能以「藜羹不糲」果腹。藜羹是用藜菜做成的，但「不糲」則是沒有用到米屑或米粉等來調和羹湯。古人習慣上加穀物來調和羹湯，使羹吃來可口一點，孔子當時連調羹的配料也拿不到，可見所處環境之惡劣，後來人們常用「吃菜羹」來比喻生活窮困。

隨着時代的變遷，羹的款式逐漸豐富，更



●蛇羹是嶺南一帶秋冬進補的菜式。資料圖片

搭配出不同款式。從漢代馬王堆出土遺策中的記載可看到，當時上層社會的羹食多以牛、羊、鹿、豬、狗和魚等肉類為主。除了單用肉外，還有肉菜相配的羹，例如鹿肉可配上筍、雞肉可配瓠菜、鯽魚可配藕等。

到了魏晉南北朝，無論在烹飪方法和食材搭配上，羹都比前代有長足的發展。北魏賈思勰編寫的《齊民要術》中就列出二十九種羹臠，其中「雞羹法」，除了主要食材「雞一頭」外，食材經過烹食後更必須加入「葱頭二升，棗三十枚」合煮，這樣才算得上大功告成。

羹之所以深受人們喜愛，不僅因為它能與多種食材搭配，調和五味，更與其易於入口和消化的特質息息相關。然自魏晉時期以來，羹在菜餚中的地位逐漸式微，後來更退出了主食之列，這無疑反映了古代飲食風味的變遷。當然，羹在古代並不僅限於作為主食，它還與古代的禮儀文化和治國理念有着密切的聯繫，這些將在下一篇中進一步探討。



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## 希臘神話是「西方成語大全」？

### 貼地英文

本期我們繼續看一些英語成語、俗語是怎麼來的，有許多與希臘神話有關。

英語中也有點石成金 the Midas touch（彌達斯的觸摸，又或 the Golden Touch）。因為彌達斯立了功，酒神賜了他點石成金的法力，他觸到的東西會變成黃金。

起初他很開心，只要他一觸便有一件價值連城的金器，可當他要吃東西時食物也變成了金，就連女兒也變成金像，後來他祈求酒神解除了法力。

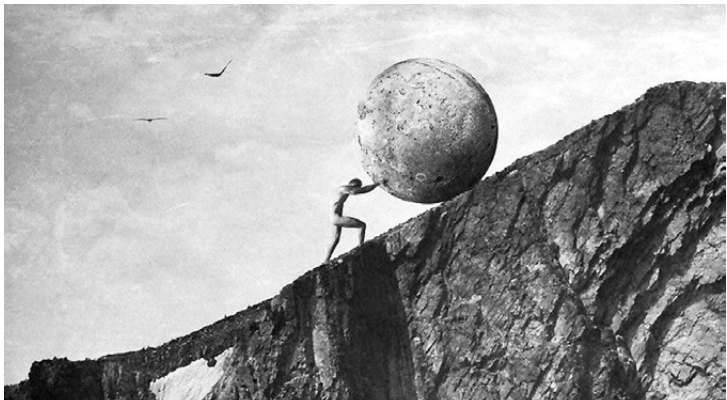
這個故事教訓我們，不要太沉迷物質享受。我們都說中國人迷信，據說有的企業招工還要特意找「旺」的人，這些人就如同被當作了吉祥物（mascot），有他在便有好運氣，這類人可說是 the Midas touch，可見西方人也迷信。

Icarus' wings 形容不自量力挑戰權威的人，也可說：“What do you get? Feather and wax?” 這其實是一個來自慘劇的教訓。代達羅斯（Daedalus）是位傑出的發明家，可是因恃才傲物，又一次犯下大禍，這連累了他的兒子伊卡洛斯（Icarus），他們被關一個荒島的高塔上，代達羅斯拿了蠟和羽毛造成兩對翅膀準備逃獄。

代達羅斯提醒伊卡洛斯，不要飛得太高，否則太陽會把蠟熔化。伊卡洛斯看到地上的人們敬畏地看着他，令他感到無比的榮耀，於是愈飛愈高，最後蠟溶化了，伊卡洛斯便從高空墜下而亡。

可能同學也聽過「就像披着羊皮的狼」，英文全句是：A wolf in sheep's clothing。這句話記載在馬太福音，指的是假先知；當然，在教會以外，我們可以簡單地用 hypocrite 這個詞來稱呼假扮好人的騙子。

看見朋友有艱鉅的任務時，我們可调侃：“Are you working on the twelve labours?” 這十二項任務是與海格力士（Hercules）有關的。海格力士被天后希拉（Hera）陷害，他為了洗脫罪名接下了十二個任務的挑戰，這故事叫海格力士的十二試煉



●希臘神話中的薛西弗斯（Sisyphus）受到永恒、循環的刑罰。網上圖片

（Twelve Labours of Hercules），最終他也成功完成，得回清白之身。

薛西弗斯（Sisyphus）是一個王，他行事暴戾，還用奸計欺騙地獄王來逃罪。天神施下終極刑罰，懲罰他 roll the huge boulder to the mountain top（把一個大石由山腳推到山頂），可是每當搬到山頂時石頭便會滾走。因他有不死之身，這就成為了一個永恒的（eternity）刑罰。現代也有無限循環的懲罰，如《無間道》電影，又或電腦程式員口中的 forever loop，蘋果電腦總部內街叫 Infinite Loop。

### 腳跟中箭如擊中「死穴」

阿基里斯的腳跟（Achilles' Heel）是他的唯一致命弱點。武俠片中，想要打敗無敵的大奸角，需要擊中他的某個身體部位，即是「死穴」。在伊里亞德（Iliad）中的阿基里斯（Achilles）本是位幾近無敵的戰士，阿基里斯的母親也是一位神，在阿基里斯仍是嬰兒時，母親捉着他的腳跟，全身浸入聖河的水裏，所以除了腳跟，他全身刀槍不入。

然而，阿基里斯正是因腳跟中暗箭而死去。Achilles' Heel 其實也可以是一種安慰，若有朋友因為做某件事並不如意或失去信心，你將他比作阿基里斯，全身刀槍不入如同戰神，只是偶有失手，相信朋友聽後會振作不少。

（二之一）

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