

join

香港城市大學
City University of Hong Kong



CityU Delegation

Standard Chartered Hong Kong Marathon 2017

Race Day: 12-02-2017

Enrollment Deadline
31 October 2016

Goal for Healthy U!



- All staff & dependants, students, alumni & dependants are **WELCOME** to be members of the CityU Delegation
- Each participant will be given a nicely designed running uniform
- Prizes will be given to top runners in each race category

Enquiry: sope@cityu.edu.hk

Website: www.cityu.edu.hk/marathon



Briefing Seminar

Date: December 1, 2016 (Thursday)

Time: 7:00 p.m. – 9:00 p.m.

Place: Joint Sports Centre

Rundown

7:00pm

Registration and Introduction

7:15pm

Information Session:

1. General Information
2. Supports & Incentives
3. Important Days
4. Arrangement of Race Day

7:30pm

Technical Session:

Speaker:

1. Mr. Wong Tak Shing



**Standard Chartered
Hong Kong Marathon**
渣打香港馬拉松
2016

Organizing Committee

- ✦ Student Development Services (SDS)
- ✦ Human Resources Offices (HRO)
- ✦ Campus Development and Facilities Office (CDFO)
- ✦ Alumni Relations Office (ARO)
- ✦ Department of Management (MGT)
- ✦ Convocation (CONVO)

Organizing Committee Members

Mrs. Dorothy Davies	Chairman (SDS)
Mr. Sunny Chau	Co-Chairman (SDS)
Ms. Clara Wong	Member (SDS)
Mr. Philip Ling	Member (CDFO)
Ms. Joyce Siu	Member (ARO)
Ms. Julyanna Chan	Member (MGT)
Mr. Tony Ho	Member (MGT)
Mr. Gary Lee	Secretary (HRO)

1. General Information

(I) Enrollment:

- Student-179; Staff-52;
- Alumni-710; Alumni & Staff Dependant-76

	Male	Female	Total
10Km	259	145	404
Half Marathon	232	86	318
Full Marathon	247	48	295
Half Marathon Wheelchair	0	0	0
Total:	738	279	1017

1. General Information (cont.)

(II) Event Schedule: 12 February, 2017 (Sunday)

10Km

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<u>Starting Time</u>	<u>Starting Point</u>	<u>Finishing Point</u>
- 5:45 (Challenge)	Island Eastern Corridor	Victoria Park
- 6:15 (Run 1)		
- 6:45 (Run 2)		
- 7:15 (Run 3)		
- 7:45 (Run 4)		
- 8:15 (Run 5)		

1. General Information (cont.)

(II) Event Schedule: 12 February, 2017 (Sunday)

Half Marathon

<u>Starting Time</u>	<u>Starting Point</u>	<u>Finishing Point</u>
- 5:45 a.m. (Challenge)	Nathan Road	Victoria Park
- 8:00 a.m. (Run 1)		
- 8:30 a.m. (Run 2)		

Full Marathon

<u>Starting Time</u>	<u>Starting Point</u>	<u>Finishing Point</u>
- 6:10 a.m. (Challenge)	Nathan Road	Victoria Park
- 6:35 a.m. (Run1)		
- 7:00 a.m. (Run2)		

1. General Information (cont.)

(II) Event Schedule: 12 February, 2017 (Sunday)

Wheelchair Race

1. 3km

Starting Time

- 6:15 a.m.

Starting Point

Wan Chai Sports Ground

Finishing Point

Victoria Park

2. 10km

Starting Time

- 5:20 a.m.

Starting Point

Island Eastern Corridor

Finishing Point

Victoria Park

1. General Information (cont.)

(III) Route

✦ **10Km**

Start on **Island Eastern Corridor (East bound)**
near City Garden

- ➔ Island Eastern Corridor
- ➔ Turning Point - near Oi Tak Street, Shau Kei Wan
- ➔ Turning Point – Victoria Park Road
- ➔ **Finish at Victoria Park, Hong Kong**

(III) Route: 10Km



1. General Information (cont.)

(III) Route

✦ Half Marathon

Start on Nathan Road, TST (near Hotel Miramar)

- ➔ Western Kowloon Highway
- ➔ Turning Point –Tsing Kwai Highway
- ➔ Western Harbour Tunnel
- ➔ Connaught Road West Flyover

Finish at Victoria Park, Hong Kong

(III) Route: Half Marathon



1. General Information (cont.)

(III) Route

🏆 Full Marathon

Start on **Nathan Road, TST (near Hotel Miramar)**

- ➡ **West Kowloon Highway**
- ➡ **Stonecutters Bridge**
- ➡ **Nam Wan Tunnel**
- ➡ **Turning Point – Tsing Ma Bridge**
- ➡ **Turning Point – North West Tsing Yi Interchange**
- ➡ **Turning Point – Ting Kau Bridge**
- ➡ **Cheung Tsing Tunnel**
- ➡ **Tsing Kwai Highway**
- ➡ **West Kowloon Highway**

Finish at **Victoria Park, Hong Kong**

(III) Route: Full Marathon



Booth location (TBC)



2. Supports & Incentives

1. Each CityU delegate will be given a running uniform (running vest / t-shirt), **all participants are required to wear the running uniforms 2017 at their races to show our unity.**
2. Group or individual photos will be taken throughout the event at suitable junctures
3. The top runners (Net Time) in each category of the CityU Delegation will be given a trophy and invited to the Reunion & Prize Presentation Dinner.

2. Supports & Incentives (cont.)

4. Two Running clinics will be arranged from 13 October 2016 to 22 December 2016 and Jan to Mar 2017 for participants.
5. A briefing seminar will be held on **1 December 2016 (Thursday)** at the Joint Sports Centre, Renfrew Road, to brief members of delegation on full details concerning the event
6. **Souvenir sponsored by NU SKIN** will be given to CityU Delegation members after completion of the race on first come first served basis

3. Important Days

Events	Date
1) Running Clinic	13 Oct – 22 Dec 2016 and Jan to Mar 2017
2) Deadline of Enrolment	30 Nov 2016
3) Briefing Seminar	1 Dec 2016
4) Uniform Collection	20-22 Jan 2017
5) Race Day	12 Feb 2017
6) Re-union & Prize Presentation	25 Mar 2017

I. Running Clinic

Date:

Running Clinic 1 :13 Oct 2016

Running Clinic 2 :Jan to Mar 2017

**Venue: Joint Sports Centre
Renfrew Road, Kln.**

Time: 7:00 – 9:00p.m. (Thursday)

Instructor: Mr. Wong Tak Shing

(Free for all CityU delegation members)

Course Information:

https://www.cityu.edu.hk/ede/morethan/2octo.com/important_days8page_clinic

II. Uniform Collection

- **Date:** 20-22 Jan 2017
- **Venue:** Swimming Pool Service Counter, CityU
- **Enquiries:** 3442 8027 Mr. Lam
- **Time:** 10:00a.m. – 8:30p.m.



III. Re-union & Prize Presentation Dinner

Date:

25 March 2017 (Sat)

Venue:

**James Liu Multi-purpose
Room(Multi-purpose Room
A,B,C), 4/F, Amenities Building,
CityU**

Time:

7:00 – 10:00p.m.

Fee:

\$140

***Free of charge for Top 5 runners**

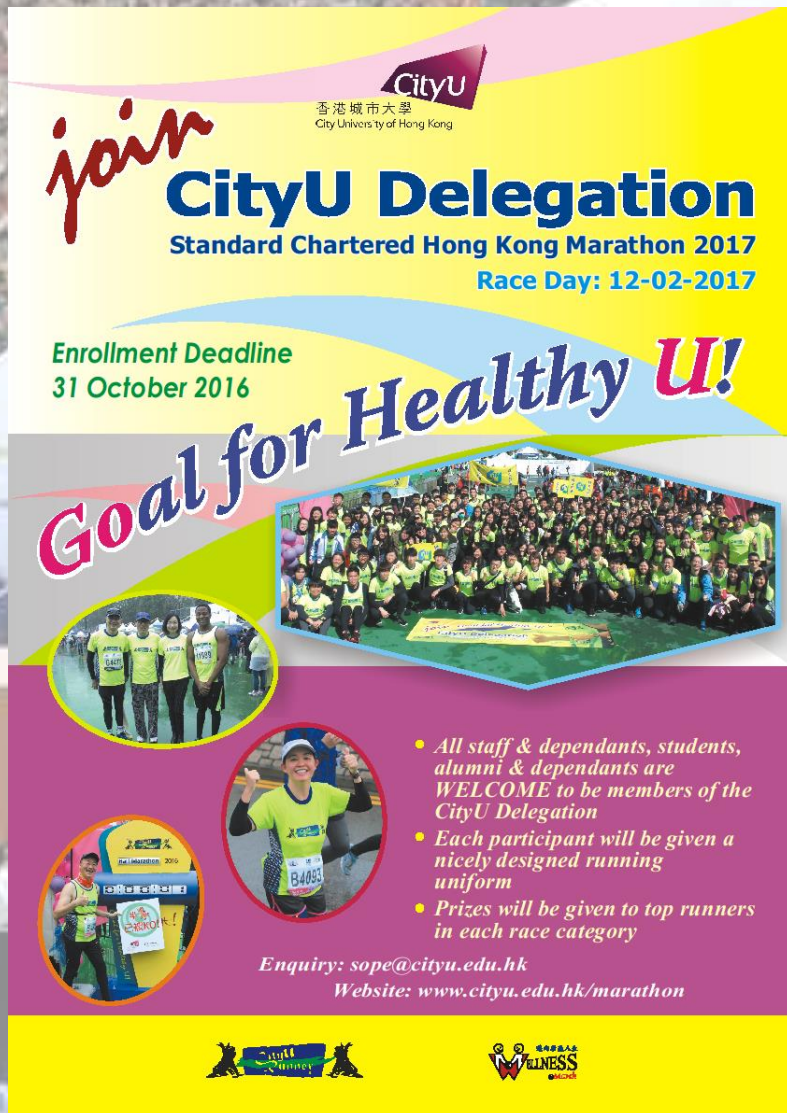
Registration: To be announced







5. Information



The poster is for the CityU Delegation Standard Chartered Hong Kong Marathon 2017. It features a yellow and blue color scheme. At the top left, the word 'join' is written in a red, cursive font. Next to it is the CityU logo (a red square with 'CityU' in white) and the text '香港城市大學' and 'City University of Hong Kong'. Below this, 'CityU Delegation' is written in large blue letters, followed by 'Standard Chartered Hong Kong Marathon 2017' and 'Race Day: 12-02-2017'. A green banner on the left says 'Enrollment Deadline 31 October 2016'. A large, stylized text 'Goal for Healthy U!' is written across the middle. Below this, there are three circular images: a group of runners, a group of people in green shirts, and a person in a green shirt with a race bib. To the right of these images is a list of bullet points. At the bottom, there is an 'Enquiry' email address and a 'Website' URL. The bottom of the poster has a yellow background with the CityU Wellness logo and the text 'CityU Wellness'.

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CityU Wellness

For more information:
CityU Marathon 2017 Website
<http://www.cityu.edu.hk/marathon.htm>