CityU
香港城市大學
City University of Hong Kong
專業 創新 胸懷全球
Professional·Creative
For The World

join CityU Delegation

Standard Chartered Hong Kong Marathon 2018

Race Day: 21/1/2018

Enrollment Deadline
20/10/2017

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

CityU Runner

WELLNESS @March

Briefing Seminar

Date: November 30, 2017 (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)
- Facilities Management Office (FMO)
- Alumni Relations Office (ARO)
- Department of Management (MGT)
- Convocation (CONVO)

Organizing Committee Members

Dr. Patrick CHAN	Co-Chairman (SDS)
Mr. Sunny Chau	Co-Chairman (SDS)
Ms. Clara Wong	Member (SDS)
Mr. Thomas Wong	Member (FMO)
Mr. Andy Wong	Member (FMO)
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-232; Staff-92;
- Alumni-654; Alumni & Staff Dependant-70

	Male	Female	Total
10Km	311	196	507
Half Marathon	204	88	292
Full Marathon	207	42	249
Half Marathon Wheelchair	0	0	0
Total:	722	326	1048

1. General Information (cont.)

(II) Event Schedule: 21 January, 2018 (Sunday)

10Km

Starting Time	Starting Point	Finishing Point
- 5:45 (Challenge) - 6:15 (Run 1) - 6:45 (Run 2) - 7:15 (Run 3) - 7:45 (Run 4) President Run + Collaboration with Mary Rose School - 8:15 (Run 5)	Island Eastern Corridor	Victoria Park

1. General Information (cont.)

(II) Event Schedule: 21 January, 2018 (Sunday)

Half Marathon

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

Full Marathon

Starting Time	Starting Point	Finishing Point
- 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: 21 January, 2018 (Sunday)

Wheelchair Race

1. 3km

Starting Time	Starting Point	Finishing Point
- 6:15 a.m.	Wan Chai Sports Ground	Victoria Park

2. 10km

Starting Time	Starting Point	Finishing Point
- 5:20 a.m.	Island Eastern Corridor	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 2018 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 (17/3/2018).

2. Supports & Incentives (cont.)

4. Running clinics will be arranged from 9 November 2017 to 18 January 2018 for participants.

5. A briefing seminar will be held on 30 November 2017 (Thursday) at the Joint Sports Centre, Renfrew Road, to brief members of delegation on full details concerning the event

3. Important Dates

1) Events	Date
1)Deadline of Enrolment	20 Oct 2017
2) Running Clinic	9 Nov 2017 – 18 Jan 2018
3) Briefing Seminar	30 Nov 2017
4) Uniform Collection	6-8 Jan 2018
5) Flag Presentation Ceremony	15 Jan 2018
6) Race Day	21 Jan 2018
7) Re-union & Prize Presentation	17 Mar 2018

I. Running Clinic

Date:
Running Clinic : 9 Nov 2017 to 18 Jan 2018

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:
http://www.cb.cityu.edu.hk/sds/marathon/?category=important_days&page=clinic

II. Uniform Collection

- Date: 6-8 Jan 2018
- Venue: Swimming Pool Service Counter, CityU
- Enquiries: 3442 8027 Mr. Lam
- Time: 4:00p.m. – 8:00p.m.

III. Flag Presentation

Date: 15 January 2018 (Monday)

Venue: Blue Zone, 4/F,
Yeung Kin Man Academic Building, (AC 1), CityU

Time: 5:00 – 5:30p.m.

IV. Re-union & Prize Presentation Dinner

Date:	17 March 2018 (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:	$TBC *Free of charge for Top 5 runners & Officials.
Registration:	To be announced

Re-union and Prize Presentation Dinner 2017

Prize Presentation Dinner

Student (Female)
Staff and staff dependant (Male)
Staff and staff dependant (Female)
Alumni (Male)
Alumni (Female)

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CityU Delegation
Goal for Healthy U!

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19
18
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RUNNING
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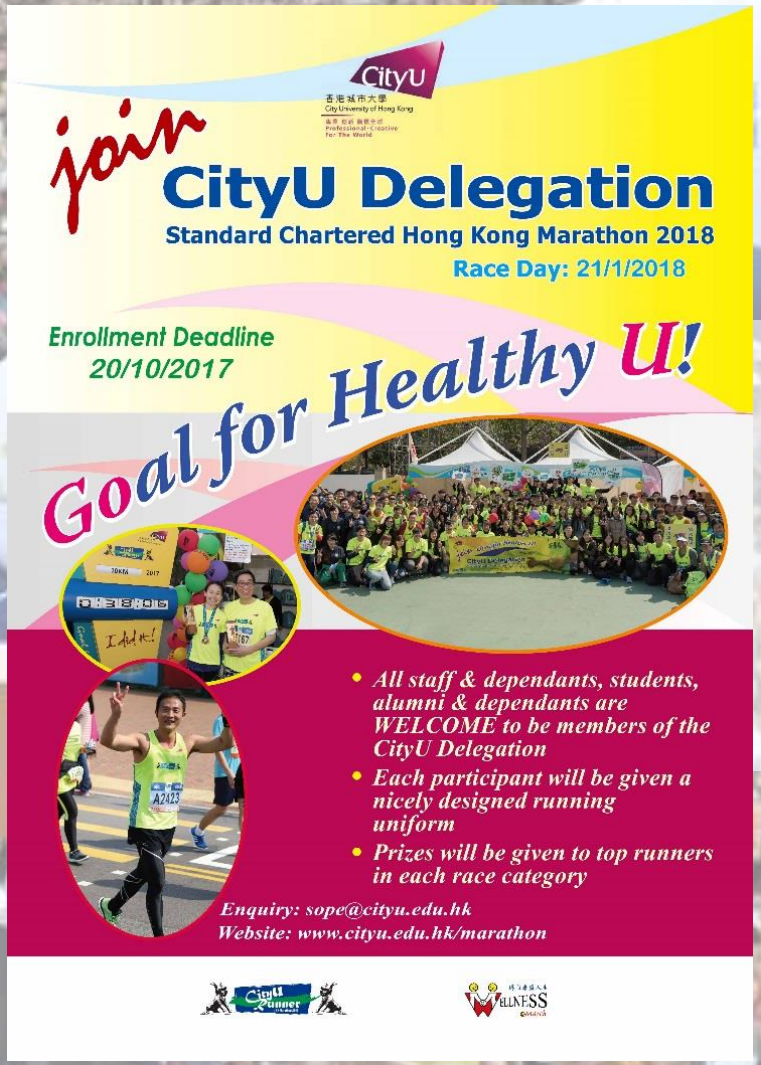
City U Delegation

5. Information



For more information:
CityU Marathon 2018 Website

http://marathon.cityu.edu.hk/