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
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
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

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Patrick CHAN</td>
<td>Co-Chairman (SDS)</td>
</tr>
<tr>
<td>Mr. Sunny Chau</td>
<td>Co-Chairman (SDS)</td>
</tr>
<tr>
<td>Ms. Clara Wong</td>
<td>Member (SDS)</td>
</tr>
<tr>
<td>Mr. Thomas Wong</td>
<td>Member (FMO)</td>
</tr>
<tr>
<td>Mr. Andy Wong</td>
<td>Member (FMO)</td>
</tr>
<tr>
<td>Ms. Joyce Siu</td>
<td>Member (ARO)</td>
</tr>
<tr>
<td>Ms. Julyanna Chan</td>
<td>Member (MGT)</td>
</tr>
<tr>
<td>Mr. Tony Ho</td>
<td>Member (MGT)</td>
</tr>
<tr>
<td>Mr. Gary Lee</td>
<td>Secretary (HRO)</td>
</tr>
</tbody>
</table>
1. General Information

(I) Enrollment:
- Student - 232;
- Alumni - 654;
- Staff - 92;
- Alumni & Staff Dependant - 70

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>10Km</strong></td>
<td>311</td>
<td>196</td>
<td>507</td>
</tr>
<tr>
<td><strong>Half Marathon</strong></td>
<td>204</td>
<td>88</td>
<td>292</td>
</tr>
<tr>
<td><strong>Full Marathon</strong></td>
<td>207</td>
<td>42</td>
<td>249</td>
</tr>
<tr>
<td><strong>Half Marathon Wheelchair</strong></td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td>722</td>
<td>326</td>
<td>1048</td>
</tr>
</tbody>
</table>
1. General Information (cont.)

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

**10Km**

<table>
<thead>
<tr>
<th>Starting Time</th>
<th>Starting Point</th>
<th>Finishing Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 5:45 (Challenge)</td>
<td>Island Eastern</td>
<td>Victoria Park</td>
</tr>
<tr>
<td>- 6:15 (Run 1)</td>
<td>Corridor</td>
<td></td>
</tr>
<tr>
<td>- 6:45 (Run 2)</td>
<td></td>
<td></td>
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<tr>
<td>- 7:15 (Run 3)</td>
<td></td>
<td></td>
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<tr>
<td>- 7:45 (Run 4) President Run +</td>
<td>Collaboration with Mary Rose School</td>
<td></td>
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<tr>
<td>- 8:15 (Run 5)</td>
<td></td>
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</tbody>
</table>
1. General Information (cont.)

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

**Half Marathon**

<table>
<thead>
<tr>
<th>Starting Time</th>
<th>Starting Point</th>
<th>Finishing Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45 a.m. (Challenge)</td>
<td>Nathan Road</td>
<td>Victoria Park</td>
</tr>
<tr>
<td>8:00 a.m. (Run 1)</td>
<td></td>
<td></td>
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<tr>
<td>8:30 a.m. (Run 2)</td>
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</tbody>
</table>

**Full Marathon**

<table>
<thead>
<tr>
<th>Starting Time</th>
<th>Starting Point</th>
<th>Finishing Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:10 a.m. (Challenge)</td>
<td>Nathan Road</td>
<td>Victoria Park</td>
</tr>
<tr>
<td>6:35 a.m. (Run 1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 a.m. (Run 2)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
1. General Information (cont.)

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

**Wheelchair Race**

<table>
<thead>
<tr>
<th>1. 3km</th>
<th>2. 10km</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Starting Time</strong></td>
<td><strong>Starting Point</strong></td>
</tr>
<tr>
<td>- 6:15 a.m.</td>
<td>Wan Chai Sports Ground</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Events</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>1) Deadline of Enrolment</td>
<td>20 Oct 2017</td>
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<tr>
<td>2) Running Clinic</td>
<td>9 Nov 2017 – 18 Jan 2018</td>
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<tr>
<td>3) Briefing Seminar</td>
<td>30 Nov 2017</td>
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<tr>
<td>4) Uniform Collection</td>
<td>6-8 Jan 2018</td>
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<tr>
<td>5) Flag Presentation Ceremony</td>
<td>15 Jan 2018</td>
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<tr>
<td>6) Race Day</td>
<td>21 Jan 2018</td>
</tr>
<tr>
<td>7) Re-union &amp; Prize Presentation</td>
<td>17 Mar 2018</td>
</tr>
</tbody>
</table>
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
5. Information

For more information:
CityU Marathon 2018 Website

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