



香港城市大學  
City University of Hong Kong

*join*

**Goal for Healthy U!**

**CityU Delegation**

**Standard Chartered Hong Kong Marathon 2020**

Visit our website for more information:  
<https://marathon.cityu.edu.hk>

Supported by the Organising Committee for the CityU Delegation -  
Standard Chartered Hong Kong Marathon

Enquiries:  
PE Section  
34428027 / 34428006  
[sdsmarathon@cityu.edu.hk](mailto:sdsmarathon@cityu.edu.hk)

# Briefing Seminar

**Date:** January 16, 2020 (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:**

Speakers:

1. Ms. Angel Au Lok Yee  
Adidas Runners Medical Coach

**8:30pm**

2. Mr. Wong Tak Shing  
Head Coach of CityU Running Clinic



**Standard Chartered  
Hong Kong Marathon**  
渣打香港馬拉松  
2020

# 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. Hoi Lam Poon	Member (SDS)
Mr. Thomas Wong	Member (FMO)
Mr. Andy Wong	Member (FMO)
Ms. Pennie Lai	Member (ARO)
Ms. Julyanna Chan	Member (MGT)
Mr. Tony Ho	Member (MGT)
Ms. Esther Lo	Secretary (SDS)

# 1. General Information

## (I) Enrollment:

- Student-141; Staff-75;
- Alumni-694; Alumni & Staff Dependant-57

	<b>Male</b>	<b>Female</b>	<b>Total</b>
<b>10KM</b>	218	133	351
<b>Half Marathon</b>	209	83	292
<b>Full Marathon</b>	245	61	306
<b>Total:</b>	672	277	949

# 1. General Information (cont.)

(II) Event Schedule: 9 February, 2020 (Sunday)

**10Km**

起 START 點

**Starting Time**

**Starting Point**

**Finishing Point**

- |                        |                |               |
|------------------------|----------------|---------------|
| - 5:45a.m. (Challenge) | Island Eastern | Victoria Park |
| - 6:15a.m. (Run 1)     | Corridor       |               |
| - 6:45a.m. (Run 2)     |                |               |
| - 7:15a.m. (Run 3)     |                |               |
| - 7:45a.m. (Run 4)     |                |               |
| - 8:15a.m. (Run 5)     |                |               |

# 1. General Information (cont.)

(II) Event Schedule: 9 February, 2020 (Sunday)

## Half Marathon

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

## Full Marathon

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

# 1. General Information (cont.)

(II) Event Schedule: 9 February, 2020 (Sunday)

## Wheelchair Race

### 1. 3km

起 START 點

Starting Time

Starting Point

Finishing Point

- 6:15a.m.

Wan Chai Sports Ground

Victoria Park

### 2. 10km

Starting Time

Starting Point

Finishing Point

- 5:15a.m.

Wan Chai Sports Ground

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 – Tsing Long Highway**

➔ **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 2020 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 (28/3/2020).**

# 2. Supports & Incentives (cont.)

4. **Running clinics** will be arranged from 13 JAN 2020 to 10 Feb 2020 for participants.
5. A **briefing seminar** will be held on 16 JAN 2020 (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	19 NOV 2019
2) Running Clinic	13 JAN 2020 – 10 FEB 2020
3) Briefing Seminar	16 JAN 2020
4) Uniform Collection	22 JAN – 4 FEB 2019
5) Flag Presentation Ceremony	TBC
6) Race Day	9 FEB 2020
7) Re-union & Prize Presentation	28 MAR 2020

# I. Running Clinic

**Date: 13 JAN 2020 to 10 FEB 2020**

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

**Time: 7:15 – 9:15p.m. (Every Monday or Friday)**

**Instructor: Mr. Wong Tak Shing and Miss Ngai Tin Yan**

**(\$100/\$150 for all CityU delegation members )**

**Course Information:**

**<https://marathon.cityu.edu.hk/running-clinic>**

# II. Uniform Collection

- ◆ **Date:** 22 JAN 2020 – 4 FEB 2020
- ◆ **Venue:** Swimming Pool Service Counter, CityU
- ◆ **Enquiry:** 3442 6308 / 3442 8057
- ◆ **Time:** 4:00p.m. – 8:00p.m.

# III. Flag Presentation

**Date: TBC**

**Venue: CityU**

**Time: TBC**

# IV. Re-union & Prize Presentation Dinner

**Date:** 28 Mar 2020 (Sat)

**Venue:** TBC 起 START 點

**Time:** 7:30p.m. – 10:00p.m.

**Fee:** **\$150**

**\*Free of charge for Top-5 runners & helpers.**

**Registration:** To be announced







# 5. Information



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