



香港城市大學  
City University of Hong Kong

*join*

**Goal for Healthy U!**

**CityU Delegation**

Standard Chartered Hong Kong Marathon 2021

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 / 34426308  
[sdsmarathon@cityu.edu.hk](mailto:sdsmarathon@cityu.edu.hk)

# Briefing Seminar

Date: 7 October 2021(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

# Organising Committee

- Student Development Services (SDS)
- Human Resources Offices (HRO)
- Facilities Management Office (FMO)
- Alumni Relations Office (ARO)
- Department of Management (MGT)
- Department of Information Systems (IS)
- Student Residence Office (SRO)
- Convocation (CONVO)

# Organising Committee Members

|  |                          |
|--|--------------------------|
| <b>Mr. Sunny Chau (Chairman (SDS))</b> | Mr. Andy Wong (FMO)      |
| Miss Poon Hoi Lam (SDS)                | Miss Siu Fong Poon (FMO) |
| Mr. Matthew Yip (SDS)                  | Ms. Jessica Leung (FMO)  |
| Miss Poon Hoi Lam (SDS)                | Ms. Cindy Kuan (ARO)     |
| Mr. Angus To (SDS)                     | Mr. Tony Chan (ARO)      |
| Ms Sandy Wong (SDS)                    | Mr. Tony Ho (MGT)        |
| Mr. Lam Ho Ning (SDS)                  | Ms. Julyanna Chan (IS)   |
| Ms Annie Yeung (HRO)                   | Dr. Wilson Lam (SRO)     |
| Ms. Lauren CHAN (HRO)                  | Mr. Yeung Chi Wai (SRO)  |

# 1. General Information

## (I) Enrollment: **(will be updated later)**

- Student-23; Staff-35;
- Alumni-176; Alumni & Staff Dependant and Others-9

|                      | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|----------------------|-------------|---------------|--------------|
| <b>10KM</b>          | 76          | 32            | 108          |
| <b>Half Marathon</b> | 60          | 13            | 73           |
| <b>Full Marathon</b> | 56          | 6             | 62           |
| <b>Total:</b>        | 192         | 51            | 243          |

# 1. General Information (cont.)

(II) Event Schedule: 24 October 2021 (Sunday)

**10Km**

起 START 點

**Starting Time**

**Starting Point**

**Finishing Point**

- 5:45 am (Elite)

Western Harbour

Victoria Park

- 8:40 am (Run 1)

Crossing Toll Plaza

- 9:00 am (Run 2)

(Kowloon side)

- 9:25 am (Run 3)

- 9:50 am (Run 4)

# 1. General Information (cont.)

(II) Event Schedule: 24 October 2021 (Sunday)

## Half Marathon

| <u>Starting Time</u> | <u>Starting Point</u> | <u>Finishing Point</u> |
|----------------------|-----------------------|------------------------|
| - 5:45 am (Elite)    | Nathan Road           | Victoria Park          |
| - 7:50 am (Run 1)    |                       |                        |
| - 8:10 am (Run 2)    |                       |                        |
| - 8:30 am (Run 3)    |                       |                        |

## Full Marathon

| <u>Starting Time</u> | <u>Starting Point</u> | <u>Finishing Point</u> |
|----------------------|-----------------------|------------------------|
| - 6:00 am (Elite)    | Nathan Road           | Victoria Park          |
| - 6:20 am (Run 1)    |                       |                        |
| - 6:45 am (Run 2)    |                       |                        |

# 1. General Information (cont.)

## (III) Route

### ✦ 10Km

Start on **Western Harbour Crossing Toll Plaza (Kowloon side)**

- ➔ Western Harbour Tunnel
- ➔ Connaught Road West Flyover
- ➔ Hennessy Road
- ➔ **Finish at Victoria Park, Hong Kong**



# (III) Route: 10Km



# 1. General Information (cont.)

## (III) Route

### ➤ Half Marathon

Start on **Nathan Road, Tsim Sha Tsui**

- ➔ Argyle Street
- ➔ Lin Cheung Road
- ➔ Tsing Kwai Highway
- ➔ West Kowloon Highway
- ➔ 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, Tsim Sha Tsui**

- ➔ **Argyle Street**
- ➔ **West Kowloon Highway**
- ➔ **Stonecutters Bridge**
- ➔ **Nam Wan Tunnel**
- ➔ **Cheung Tsing Tunnel**
- ➔ **Tsing Kwai Highway**
- ➔ **Western Harbour Tunnel**
- ➔ **Connaught Road West Flyover**
- ➔ **Hennessy Road**
- ➔ **Finish at Victoria Park, Hong Kong**

# (III) Route: Full Marathon



# 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 2021 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 (4 December 2021)**.

# 2. Supports & Incentives (cont.)

4. **Running clinics** were arranged from 9 November 2020 to 28 October 2021 for participants.
5. A **briefing seminar** will be held on 7 October 2021 (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) Enrolment Period for CityU Delegation 2021 | 10 SEPT –<br>30 SEPT 2021          |
| 2) Running Clinic                             | 9 NOV 2020 –<br>29 OCT 2021        |
| 3) Briefing Seminar                           | 7 OCT 2021                         |
| 4) Uniform Collection                         | 7-17 OCT 2021<br>(to be announced) |
| 5) Flag Presentation Ceremony                 | TBC                                |
| 6) Race Day                                   | 24 OCT 2021                        |
| 7) Re-union & Prize Presentation              | 4 DEC 2021                         |



# I. Running Clinic

**Date: 9 November 2020 to 28 October 2021**

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

**Time: 7:15pm – 9:15pm**

**Instructor: Miss Ngai Tin Yan**

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

**Course Information:**

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

# II. Uniform Collection

- ▶ **Date:** 7 – 17 October 2021
- ▶ **Venue:** CityU (TBC)
- ▶ **Enquiry:** 3442 8027 (Mr. Lam) or  
3442 6308 (Miss Poon)
- ▶ **Time:** 4:00p.m. – 8:00p.m.

# III. Flag Presentation

**Date: TBC**

**Venue: CityU**

**Time: TBC**

# IV. Re-union & Prize Presentation Dinner

- Date:** 4 December 2021 (Sat)
- Venue:** TBC
- Time:** 2:30pm – 4:00pm (Tentative)
- Fee:** \*Free of charge for Top-5 runners
- Registration:** To be announced







# 5. Information



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