



香港城市大學  
City University of Hong Kong

# Join CityU Delegation



Race Day: 12 February 2023

## Standard Chartered Hong Kong Marathon 2023

# We SUPPORT



- S**eminar for CityU Runners 
- U**niversity Gift 
- P**lace for Baggage Handling 
- P**hoto Taking (on Race Day) 
- O**verseas Marathon Event (selected CityU Runners) 
- R**unning Clinic 
- T**eam of Cheering (on Race Day) 

For more information:



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

Enquiry: [sdsmarathon@cityu.edu.hk](mailto:sdsmarathon@cityu.edu.hk)  
34428025  
Website: <https://marathon.cityu.edu.hk>



# Briefing Seminar

**Date:** 12 January 2023 (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:**

Ms. Poon Hoi Lam

(Organizing Committee Member, CityU  
Delegation-SCHK Marathon 2023)

**8:30pm**

Mr. Wong Tak Shing

(Honorary Coach of CityU Running Clinic)



# 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)
- ◆ Marathon Club

# Organising Committee Members

## Mr. Sunny Chau (Chairman (SDS))

Miss Poon Hoi Lam (SDS)	Mr. Andy Wong (FMO)
Mr. Matthew Yip (SDS)	Ms. Jessica Leung (FMO)
Miss Poon Hoi Lam (SDS)	Miss Siu Fong Poon (FMO)
Mr. Angus To (SDS)	Ms. Cindy Kuan (ARO)
Mr. Ching Wong (SDS)	Mr. Tony Chan (ARO)
Miss 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:

- Student-77; Staff-69;
- Alumni-356; Alumni & Staff Dependant-35
- Others-7 (6 Inclusive Run + 1 former Staff)

	Male	Female	Total
10KM	145	98	243
Half Marathon	133	44	177
Full Marathon	104	20	124
Total:	382	162	544

# 1. General Information (cont.)

(II) Event Schedule: 12 February 2023 (Sunday)

**10Km**

起 START 點

<u>Starting Time</u>	<u>Starting Point</u>	<u>Finishing Point</u>
- 5:45 am	Island Eastern Corridor, Hong Kong	Victoria Park, Hong Kong

# 1. General Information (cont.)

(II) Event Schedule: 12 February 2023 (Sunday)

## Half Marathon

<u>Starting Time</u>	<u>Starting Point</u>	<u>Finishing Point</u>
- 5:45 am	Nathan Road, Tsim Sha Tsui, Kowloon	Victoria Park, Hong Kong

## Full Marathon

<u>Starting Time</u>	<u>Starting Point</u>	<u>Finishing Point</u>
- 6:00 am	Nathan Road, Tsim Sha Tsui, Kowloon	Victoria Park, Hong Kong

# 1. General Information (cont.)

## (III) Route

✦ **10Km**

Start on **Island Eastern Corridor (near Central-Wan Chai Bypass)**

➔ **Finish at Victoria Park, Hong Kong**



# (III) Route: 10Km

Standard Chartered  
Hong Kong Marathon  
渣打香港馬拉松



賽道圖 Course Map  
10公里賽 10KM Race



# 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). For the sake of environmental conservation, we accept uniforms of all previous CityU Delegation with the current CityU logo. **All participants are required to wear the CityU Delegation running uniforms at their races to show our unity.**



香港城市大學  
City University of Hong Kong

2. Group or individual **photos** will be taken throughout the event at suitable junctures

# 2. Supports & Incentives (cont.)

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 Ceremony 2023 (25 March 2023)**.
4. **Running clinics** were arranged from 17 October 2022 to 13 February 2023 for participants.
5. A **briefing seminar** will be held on 12 January 2023 (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 2023	15 NOV 2022 – 15 JAN 2023
2) Running Clinic	17 OCT 2022 – 27 February 2023
3) Briefing Seminar	12 JAN 2023
4) Uniform Collection	31 JAN–7 FEB 2023
5) Flag Presentation Ceremony	TBC
6) Race Day	12 FEB 2023
7) Re-union & Prize Presentation	25 MAR 2023



# I. Running Clinic

**Date: 17 October 2022 – 13 February 2023**

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

**Time: 7:15pm – 9:15pm**

**Instructor: Miss Ngai Tin Yan**

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

**Course Information:**

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

# II. Uniform Collection

**For Staff & Students:**

- ◆ **Date:** 31 Jan – 7 Feb 2023
- ◆ **Venue:** CityU Fitness Room @ Purple Zone
- ◆ **Enquiry:** 3442 8027 (Mr. Lam) or  
3442 6308 (Miss Poon)
- ◆ **Time:** 4:00p.m. – 8:00p.m.

# II. Uniform Collection

For Alumni:

Standard  
Chartered



Date	3 Feb (Fri)	4 Feb (Sat)	5 Feb (Sun)
Time	6:30pm – 8:30pm	11:00am – 3:00pm	11:00am – 3:00pm
Venue	Tat Chee Avenue Entrance, Tat Chee Ave (Opposite Festival Walk)		

- ▶ **Venue:** CityU Fitness Room @ Purple Zone
- ▶ **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 Ceremony**

- Date:** 25 March 2023 (Sat)
- Venue:** Joseph Lee Hall, CityU  
(R3505, 3/F, Li Dak Sum Yip  
Yio Chin Academic Building)
- Time:** 2:30pm – 4:30pm (Tentative)
- Fee:** \*Free of charge for Top-5 runners
- Registration:** To be announced









# 5. Information

**CityU** 香港城市大學  
City University of Hong Kong

*join* **CityU Delegation**

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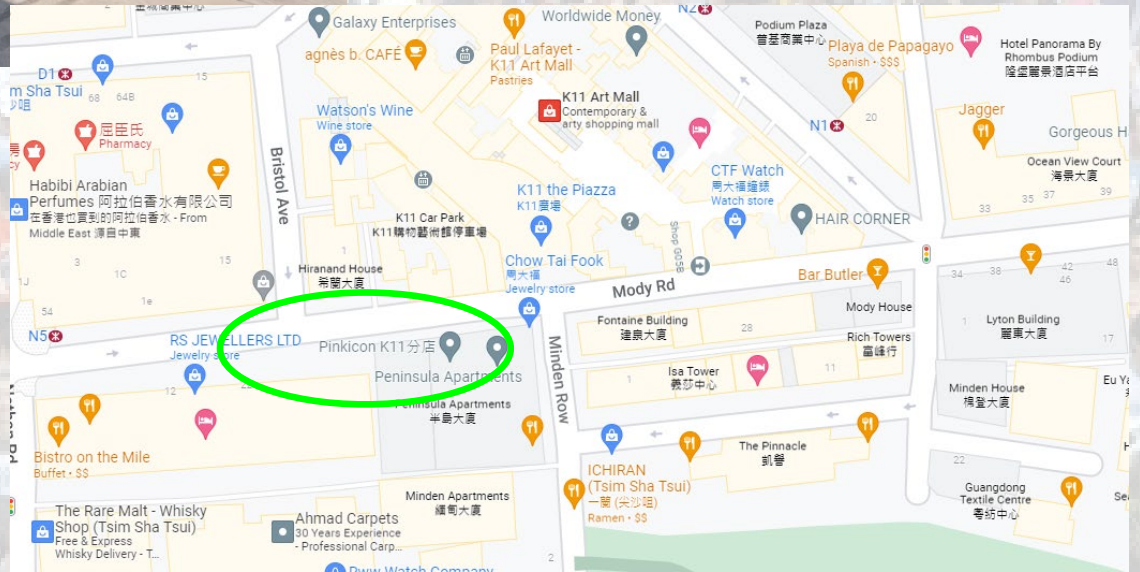
For more information:

For more information:  
CityU Marathon Website

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

# Baggage Handling

## Half Marathon & Full Marathon 存放行李位置



# Exercise is Medicine Expo 2023

香港城市大學  
City University of Hong Kong

**Exercise is Medicine® Expo 2023**  
「運動是良藥」博覽 2023

Lead a Joyful Life  
載「愉」人生

Organised by Physical Education (PE)  
Student Development Services

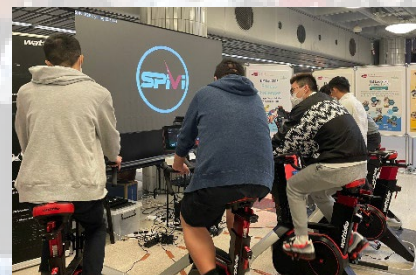
Supported by: **ECO TANITA**

Exercise is Medicine  
On Campus  
City University of Hong Kong

**Date: 16 January 2023**

**Venue: 4/F, Purple Zone, Yeung Kin Man Academic Building, CityU**

**Time: 12pm – 2pm**



**TANITA 身體組成 健康第一步**

**體內年齡**  
顯示你實際年齡與理想年齡之差

**體脂肪**  
包括皮膚層、皮下脂肪、肌肉間質、器官脂肪等

**肌肉量**  
肌肉的多少，已顯示你的體能

**體內脂肪**  
脂肪的多少，已顯示你的體能

**骨水含量**  
骨質的多少，已顯示你的體能

男性	女性
55 - 60%	45 - 60%
15 - 20	15 - 20
10 - 15	10 - 15
15 - 53	15 - 53

非一般體重磅  
tanita.hongkong

