

CityU Delegation – Standard Chartered Hong Kong Marathon 2024




 香港城市大學
 City University of Hong Kong

join CityU Delegation 2024

We SUPPORT

Seminar for CityU Runners
University Gift
Place for Baggage Handling
Photo Taking (on Race Day)
Overseas Marathon Event (selected CityU Runners)
Running Clinic
Team of Cheering (on Race Day)

Race Day: 21 January 2024
 Standard Chartered Hong Kong Marathon

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

Enquiry: sdsmarathon@cityu.edu.hk
 34428025
 Website: <https://marathon.cityu.edu.hk>

For more information: 




Briefing Seminar

Support & Incentives

Event Preparation

Competition Tips



Briefing Seminar

Date:	12 January 2024
Venue:	Joint Sports Centre
Speaker:	<ul style="list-style-type: none">Miss Hoi Lam POON (OC Member of CityU Delegation)Mr Wong Ka Man (Coach of Running Clinic)

CityU Delegation

– 25th Standard Chartered Hong Kong Marathon

Objectives

- To promote CityU as a “Healthy University”.
- To encourage endurance running as one of the best exercises/trainings in enhancement of total well-being.
- To strengthen unity among the CityU community.

One Step at a Time

一步一腳印



2008

Start of CityU Delegation
Participant No.: 800

2012
1st Overseas Competition
of CityU Delegation
Taipei Marathon
Participant No. 82 (800)



2014

New high of
CityU Delegation
Participant No.: 1200

2018

1st Community Run
with Mary Rose School
CityU Delegation
Participant No.: 1000



2020

1st Virtual Run for
CityU Delegation
Participant No.: 1000

2021

“My First Marathon”
of CityU Delegation
Participant No.: 31 (285)



2023

“Most Enthusiastic
Volunteers”
of CityU Delegation: 5
Participant No.: 544

Organising Committee

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

Participation No. of CityU Delegation (2008-2023)

	Student	Staff	Alumni	Alumni Dependent	Others	Total
2007	102	30	130	8	-	270
2008	310	60	210	15	-	595
2009	322	82	236	21	-	661
2010	288	88	369	14	-	759
2011	190	68	363	27	-	648
2012	225	88	416	34	-	763
2013	145	72	527	96	-	940
2014	400	63	659	75	-	1197
2015	320	66	743	83	-	1212
2016	253	61	796	98	-	1208
2017	179	52	710	76	-	1017
2018	232	92	654	70	-	1048
2019	189	49	712	63	-	1013
2020 (cancelled)	141	75	694	57	-	949
2021	23 7	38 12	177 23	5 0	-	Physical Run = 243 Virtual Run = 42
2023	77	84	356	20	7	544

Enrollment Figures in 2024

Distribution	Male	Female	
10KM	223	112	335
Half Marathon	191	79	270
Full Marathon	179	28	207
Total:	542	194	812

Distribution	No.
Student	141
Staff	72
Staff Dependant	8
Alumni	546
Alumni Dependant	34
Inclusive Run*	11
Total:	812

* **Inclusive Run** – Students from schools of special education needs will run with CityU students in the 10-km race in the Standard Chartered Hong Kong Marathon. Regular training will be provided to these SEN students before the Race.

Standard Chartered Hong Kong Marathon - Running Route



Important Dates

**CityU Delegation
SCHK Marathon**

**Race Day
(21 Jan 2024)**

**Briefing Seminar
(12 Jan 2024)**

**Event Day Support
(21 Jan 2024)**

**Re-union & Prize
Presentation Ceremony
(9 Mar 2024)**

**Running Clinic
(Mid-Nov 2023 - Feb
2024)**

Uniform Collection

For Staff & Students:

- 8 – 16 Jan 2024 11:00a.m. – 8:00p.m.

For Alumni:

- 12 Jan 2024 5:00p.m. – 8:00p.m.
- 13 - 14 Jan 2024 11:00a.m. – 8:00p.m.

Venue: CityU Fitness Room @ 4/F, Purple Zone,
Yeung Kin Man Academic Building, CityU

Enquiry: 3442 8006 (Miss Lo) or 3442 6308(Miss Poon)

Flag Presentation



**Exercise is Medicine On-Campus Prelude
cum**

**CityU Delegation - Standard Chartered Hong Kong Marathon 2024
Flag Presentation Ceremony**



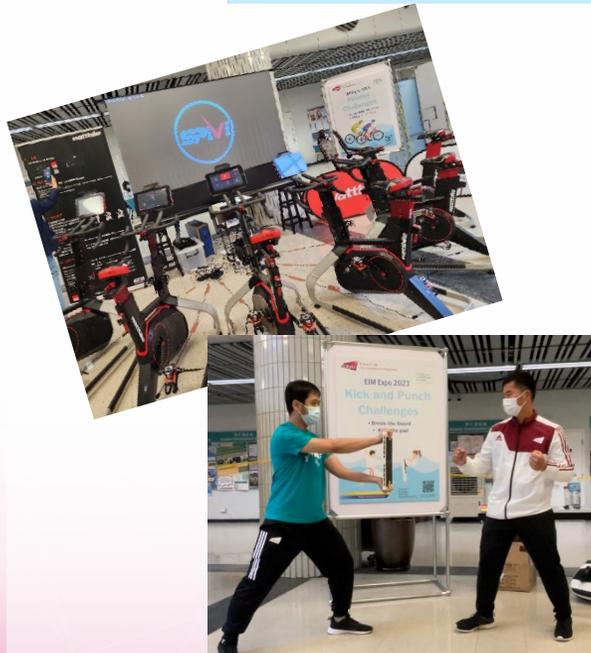
Organised by Physical Education Section
Student Development Services

Supported by:   

Date: 16 January 2024

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

Time: 11:45 am – 12:15 pm



Re-union & Prize Presentation Ceremony

Prize Presentation

Runners' Sharing

Photo Collection



Re-union & Prize Presentation Ceremony

Date & Time:	9 March 2024 (Saturday)
Venue:	AC2 Canteen
Fee:	*Free of charge for Top-5 runners
Registration:	To be announced

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.
2. **All participants are required to wear the CityU Delegation running uniforms at their races to show our unity. Only participants who wear CityU Delegation running uniforms can enjoy our support in the race day**



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Supports & Incentives (cont.)

3. Group and individual **photos** will be taken throughout the event at suitable junctures
4. The top 5 runners (**Net Time**) in each category of the CityU Delegation will be invited to the **Reunion & Prize Presentation Ceremony 2024 (9 March 2024)**.

Race Day Support (21 Jan 2024 Sunday)

Supporting Team

Photo Taking Services

Cheering Support

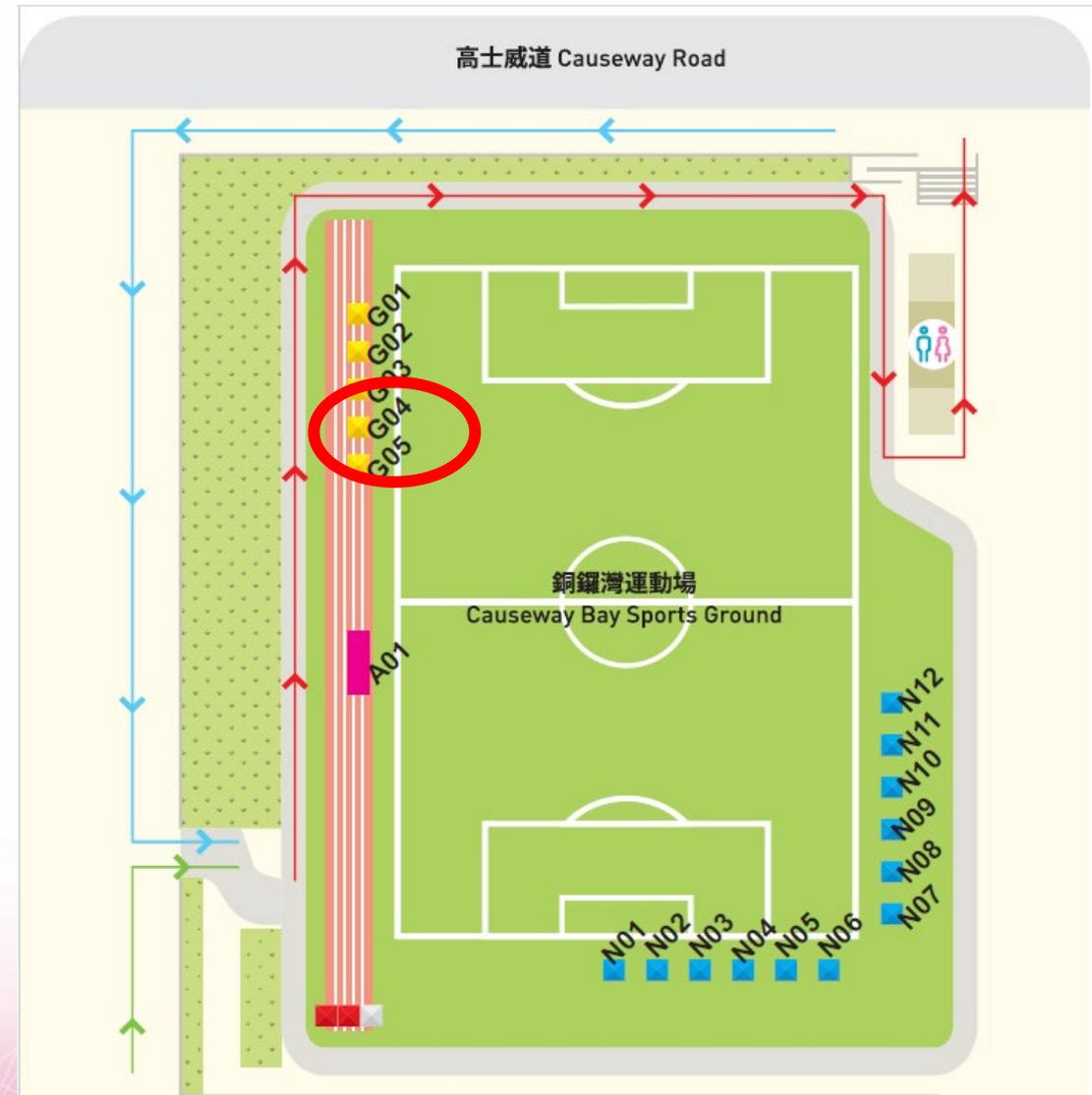
Baggage Handling

Refreshment

Physiotherapy Services



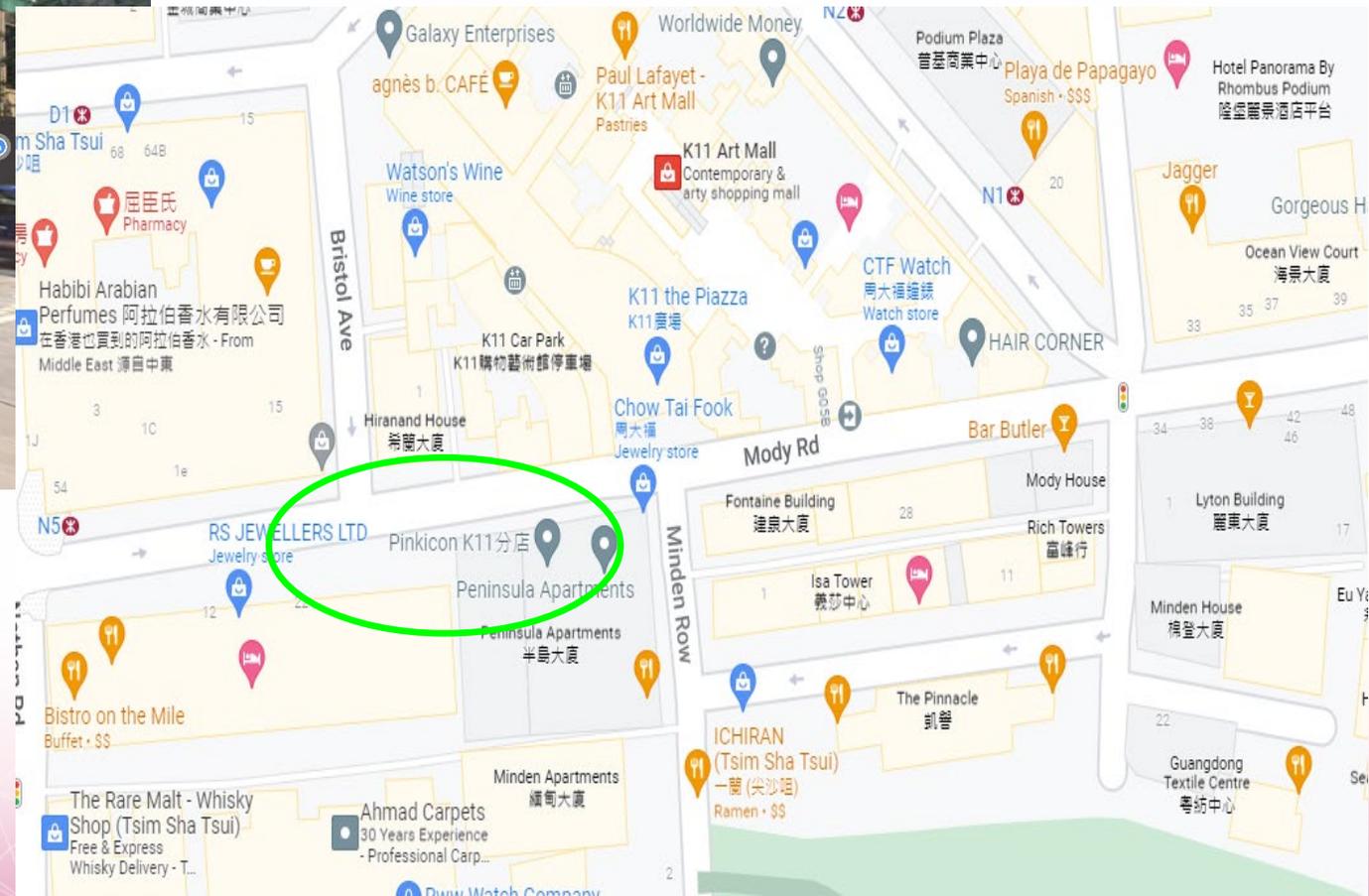
Race Day Support – CityU Booth (G04, G05) Causeway Bay Sports Ground



Baggage Handling & Collection 10KM @ CityU Booth (G04, G05) Causeway Bay Sports Ground



Baggage Handling Point Half Marathon & Full Marathon@ Mody Road, TST, Kowloon (Nearby K11)



Baggage Handling & Collection HM & FM @ CityU Booth (G04, G05) Causeway Bay Sports Ground



Group Photo taking for CityU Delegation 2024 on the Race Day @ CityU Booth (G04, G05) Causeway Bay Sports Ground

Rundown

06:15 a.m. – Gathering at CityU Booth at Causeway Bay Sports Ground
06:45 a.m. – Baggage Handling, Warm-up

06:45 a.m. – **Group Photo-Taking Session 1
for CityU Delegation 2024**

06:50 a.m. – Marching to the Starting Point of 10km Run

07:20 a.m. – Starting of 10km Run

09:00 a.m. – Gathering at CityU Booth at Causeway Bay Sports Ground
09:30 a.m. – Baggage Collection, Refreshment, Evaluation

09:30 a.m. – **Group Photo Taking Session 2
for CityU Delegation 2024**



Information

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