

HKICPA OTW 2012 Training Schedule

as at 25 April

(The time and date of the training sessions are subject to change.)

Date	Section/Event	Distance in km	Option	Distance in km	Total in km	Remarks
Saturday, 7 April, 2012	M5	7.5	M6	4.6	12.1	Post 101-115 for M5
Saturday, 21 April, 2012	M4	12.7	M5	10.6	23.3	
Sunday, 6 May, 2012	M2	13.5	M3	10.2	23.7	
Saturday, 19 May, 2012	M5-6	11.5	M7-M8	15.9	27.4	Post 101-115 for M5
Saturday, 9 June, 2012	M3	10.2	M4	12.7	22.9	
Saturday, 23 June, 2012	M9-M10	21.9	N/A	N/A	21.9	
Saturday, 7 July, 2012	M6-M7	10.8	M8	9.7	20.5	
Sunday, 15 July, 2012	M6-M8	20.5	N/A	N/A	20.5	
Saturday, 21 July, 2012	M3	10.2	M4	12.7	22.9	
Saturday, 28 July, 2012	M3-M4	22.9	N/A	N/A	22.9	
Saturday, 4 August, 2012	M3-M4	22.9	M5	7.5	30.4	
Sunday, 12 August, 2012	Lantau 50	25	N/A	N/A	25.0	Discovery Bay - Nam Shan
Saturday, 18 August, 2012	M1-M3	34.3	N/A	N/A	34.3	
Saturday, 25 August, 2012	M5-M8	31.1	N/A	N/A	31.1	
Saturday, 1 September, 2012	Lantau 50	25	N/A	N/A	25.0	Nam Shan - Discovery Bay
Sunday, 9 September, 2012	M4-M6	27.9	N/A	N/A	27.9	
Saturday, 15 September, 2012	M1-M4	47	N/A	N/A	47.0	M2-M4 for target >24 hrs group
Saturday, 22 September, 2012	M9-M10	21.9	N/A	N/A	21.9	
Friday, 28 September, 2012	M3-M8***	54	N/A	N/A	54.0	Night Walk, M4-M8 for target >24 hrs group
Saturday, 6 October, 2012	Raleigh Challenge, Explorer-Day course	30	N/A	N/A	30.0	Tai Tam-HK Parkview-Yau Tong-Tseng Lan Shue
Saturday, 13 October, 2012	Practice Run for Five Ten Walkathon	36	N/A	N/A	36.0	MacLehose 3-5 from Pak Tam Chung, for target >24hrs group
Saturday, 13 October, 2012	Raleigh Challenge, date not yet fixed***	78	N/A	N/A	78.0	Tai Tam-HK Parkview-Yau Tong-Tseng Lan Shue-Shatin Pass-Taipo Road-
Sunday, 14 October, 2012	alt 20-21 Oct, enrollment June/Aug 2012					Shing Mun Res.-Yuen Tun Ha-Hok Tau Reservoir-Nam Chung, for Super team only
Sunday, 21 October, 2012	Five Ten Walkathon	36	N/A	N/A	36.0	MacLehose 3-5 from Pak Tam Chung, for target >24hrs group
Saturday, 27 October, 2012	Practice Run for Sowers Action	42	N/A	N/A	42.0	Wilson Trail 3-8
Sunday, 4 November, 2012	Sowers Action Challenging 12 Hours	42	N/A	N/A	42.0	Wilson Trail 3-8, enrollment Aug/Sep 2012
		694.8		83.9	778.7	

Friday, 16 November, 2012 to Sunday, 18 November, 2012	OTW 2012 Race day	100
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*** Night Walk