



Standard Chartered Marathon Training Programmes



The **Athletics Interest Group (AIG)** has organized a series of training programmes to cater for different levels of runners for the Standard Chartered Hong Kong Marathon 2016 which will take place on 17 January 2016 as below:

Class	Name	Trainer	Dates	Time	Venue
A	10km Training	Freeman Lee	8 Oct 2015 – 14 Jan 2016 (every Thursday, except 22 Oct, 24 & 31 Dec 2015) - 12 sessions	6:30 – 7:30 pm	Aberdeen Sports Ground
B		Fung Wah-tim, Lai Hok-yan and their assistants	23 Oct 2015 – 15 Jan 2016 (every Friday) - 13 sessions	8:00 – 9:30 pm	Kowloon Bay Sports Ground
C	Half Marathon & Full Marathon Training	Freeman Lee	8 Oct 2015 – 14 Jan 2016 (every Thursday except 22 Oct, 24 & 31 Dec 2015) - 12 sessions	7:30 – 8:30 pm	Aberdeen Sports Ground
D		Fung Wah-tim and his assistants	21 Oct 2015 – 13 Jan 2016 (every Wednesday) - 13 sessions	7:00 – 9:00 pm	Aberdeen Sports Ground
E		Lai Hok-yan and his assistants	22 Oct 2015 – 14 Jan 2016 (every Thursday) - 13 sessions	7:15 – 9:15 pm	Kowloon Bay Sports Ground

Class size: **Classes A and C:** Min 5 (Max 10)

Class B: Min 30 (Max 60)

Classes D and E: Max 30

Subject to cancellation if the minimum number is not reached.

Fee: **Classes A and C** - HK\$2,200 (HKICPA member); \$2,420 (non-HKICPA member)

Class B - HK\$900 (HKICPA member); \$990 (non-HKICPA member)

Classes D and E - HK\$1,100 (HKICPA member); \$1,210 (non-HKICPA member)

Fixed fee with no pro rata payment or refund for not being able to attend all sessions.

- Remarks:**
- Members will be divided into three groups for Classes B, D and E with different finishing time targets. Each group will be led by one assistant trainer.
 - For public holidays, training for Classes B, D and E will be arranged in the morning sessions or re-scheduled to another date. Participants will be informed by the trainer.
 - Additional training for half and full marathon for Classes D and E will be available for those who would like to attend one more session every Monday during the above training period. Please contact the trainer individually.

Free marathon briefing

A briefing session on the marathon preparation and training is scheduled for **Monday, 5 October** at 7:30 – 9:00 pm at HKICPA, 27/F, Wu Chung House. The speaker, Mr. Fung Wah Tim, will share his experience and give advice on the basic training principles for runners, proper running postures and gears, goal setting and race preparation. All interested members are welcome to join the briefing free of charge.

Click [here](#) for registration on or before 30 September.



Trainers' Profile

Mr. Freeman Lee (Classes A & C), Certified International Association of Athletics Federation Track & Field Coach; Hong Kong Athletics Team Coach, Athletics and Cross-Country Coach of West Island School; American College of Sports Medicine Health & Fitness Instructor and Core Strength & Conditioning Specialist of National Strength & Conditioning Association; graduated from Chinese University of Hong Kong with a Master of Science degree in Sports Medicine and Health Science. His best track records are 2:44:59 (marathon) and 1:20:43 (half marathon).

Mr. Fung Wah Tim (Classes B & D), Registered Coach Level I of HKAAA, Head Coach of Marathon Training Centre. His best time in marathon is 2:44:05.

Mr. Lai Hok Yan (Classes B & E), Registered Coach Level 1 of HKAAA and Level II of International Athletics Registered Coach. He was also a marathon champion of Hong Kong between 2004 and 2013. His best time in marathon is 2:28:38.

Registration

To register, please complete the enrolment form and return it to the Institute on or before:

For Classes A & C: **7 October 2015**

For Classes B, D & E: **15 October 2015**

Enrolment is on a first-come first-served basis. Confirmation email will be sent out two working days after the deadline to confirm your registration status.

Enquiries

Miss Jenny Wu
Corporate Events Department
Tel: 2287 7034
Email: jennywu@hkipa.org.hk



Standard Chartered Marathon
Training Programmes
Enrolment Form

Event Code: AIG151008

Finance & Operations Department,
Hong Kong Institute of CPAs
37th Floor, Wu Chung House,
213 Queen's Road East, Hong Kong.
Fax no: 2893 9853

08 October 2015 – 15 January 2016

Please reply on or before:

Classes A&C: 7 October or Classes B, D&E: 15 October

FOR OFFICE USE

Seq. no.: -----

Handled by: -----

Please allow 4 working days to process your application. You can check your enrolment status at "My CPA" at www.hkicpa.org.hk.

Name:	(Mr./Mrs./Ms.) _____ AIG member: <input type="checkbox"/> Yes <input type="checkbox"/> No
Membership No.: (if any)	Email:
Tel:	Mobile: (for emergency contact on the day of activity.)

Fee:	Class A	<input type="checkbox"/> \$2,200 for HKICPA member	<input type="checkbox"/> \$2,420 for non-HKICPA member
	Class B	<input type="checkbox"/> \$900 for HKICPA member	<input type="checkbox"/> \$990 for non-HKICPA member
	Class C	<input type="checkbox"/> \$2,200 for HKICPA member	<input type="checkbox"/> \$2,420 for non-HKICPA member
	Class D	<input type="checkbox"/> \$1,100 for HKICPA member	<input type="checkbox"/> \$1,210 for non-HKICPA member
	Class E	<input type="checkbox"/> \$1,100 for HKICPA member	<input type="checkbox"/> \$1,210 for non-HKICPA member

Payment Method (Please tick the appropriate box)

<input type="checkbox"/> Cheque (no. _____) payable to "Hong Kong Institute of Certified Public Accountants" or "HKICPA"	
<input type="checkbox"/> VISA / MasterCard	<input type="checkbox"/> BOC HKICPA UnionPay card
Card Number: _____	Card Expiry Date (MM/YY): _____
Cardholder's Name (block letters): _____	Cardholder's Signature: _____
	Date: _____
<input type="checkbox"/> I would like to have an official receipt. (Remarks: Official receipt will be sent to your email address provided above.)	

Declaration

I declare that I do not suffer from any illness/disability that renders me unfit to participate in the above activity. I will immediately notify the convenor of the interest group/HKICPA if, for any reason, my health subsequently renders me or may render me unfit to participate in the above activity. I fully accept that the convenor of the interest group/HKICPA will then consider whether I should, in the interest of safety or the safety of the other participants, continue to be allowed to further participate in future sessions and that his/her/the decision of the HKICPA will be final.

Where trainers are in place, I agree to follow the trainer's instructions. I agree that this may be a verbal, visual, physical or demonstrative form of communication. I will ask for further clarification of any ambiguous and/or inaudible instructions. I understand that I will be asked to leave a session immediately if deemed to be deliberately ignoring the instructions from the trainer.

Assumption of Risks and Disclaimer of Liability

As a participant in the above activity you accept that you may be exposing yourself to risk of harm due to the hazards inherent in the activity.

Signature: _____ Date: _____

(Please read notes on enrolment and privacy policy on the next page)

For payment by cheque, please fill-in your postal address for refund in case the event is full or cancelled.	
Name :	Name :
Address :	Address :

Notes:

1. Priority for enrolment will first be offered to AIG members and then to non-AIG HKICPA members in the case of over subscription. Non-members' applications will only be processed after registration deadline subject to availability. We only consider non-member's enrolment when it is enrolled with a member.
2. Full payment must be made before your enrolment will be processed. No telephone reservation will be accepted.
3. The closing dates for enrolment are **7 Oct for Classes A&C or 15 Oct for Classes B, D&E**. However, the Institute has the discretion to accept late enrolments as it sees fit.
4. Application by fax will ONLY be accepted when payment is made by credit card. Cash is strictly NOT accepted.
5. Successful enrollees will receive confirmation by email or by telephone, whereas unsuccessful applicants will receive full refund.
6. If you do not hear from us two working days after the closing date, please contact Miss Jenny Wu at 2287 7034 / Miss Elaine Wai at 2287 7230.
7. Unless the activity is cancelled due to unforeseen circumstances, low enrolment or bad weather, no refund for withdrawal will be entertained after the enrolment has been processed.
8. Bad weather arrangement: The activity will be cancelled if typhoon signal no. 8 or above / Black Rainstorm Warning is hoisted 2 hours prior to the commencement of the activity.
9. The Institute reserves the right to change the venue and date of the course due to unforeseen circumstances.

Personal Data: Your personal data collected from the enrolment process and administration of courses/events/activities will be used for the purpose of the administration of the course/event/activity on which you are enrolled ("Event"). Such data collected may be accessible by the Institute's officers, persons or committees processing the application and related matters. In addition, the Institute may use the collected data for statistical research and analysis. By submitting this Enrolment Form, you understand and agree that the Institute may provide your personal data above to co-organisers/service providers in or outside Hong Kong for the purpose relating to the Event. The Institute intends to use the personal data of your name, email address and correspondence address to inform you, where relevant, of members' benefits, goods, services, facilities and events organized or provided by the Institute or other organizations. Members and registered students may opt out of receiving such materials at any time by logging in via the following link <https://www.hkicpa.org.hk/en/members-area/comm-preference/>. Non-members may opt out of receiving such materials at any time by sending an email to the Institute at privacyofficer@hkicpa.org.hk or a letter to the Institute's privacy officer. For more information about the privacy policy of the Institute, please go to <http://www.hkicpa.org.hk/en/service-tools/privacy-policy/>.

Event Information Enquiry: 2287 7034 / e-mail: jennywu@hkicpa.org.hk

Payment & Enrolment Status Enquiry: 2287 7381 / e-mail: finance@hkicpa.org.hk