

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 2014 to be held on 16 February 2014. Details are listed below:

Class	Name	Trainer	Dates	Time	Venue
TUE1	10km Training	Fung Wah Tim & his assistants	19 Nov 2013 – 4 Feb 2014 (every Tuesday) and 13 Feb 2014 (Thursday) – 13 sessions	8:00 – 9:30 pm	Aberdeen Sports Ground
TUE2	Half Marathon & Full Marathon Training			7:30 – 9:30 pm	
WED1	10km Training	Freeman Lee	6 Nov 2013 – 12 Feb 2014 (every Wednesday, except 25 Dec 2013 & 1 Jan 2014) – 13 sessions	6:30 – 7:30 pm	Aberdeen Sports Ground
WED2	Half Marathon & Full Marathon Training			7:30 – 8:30 pm	

Class size: TUE1 and TUE2 – Max 60 for each class*
 (*Members will be divided into small groups which will be led by around 6 Mr. Fung's assistants.)
 WED1 and WED2 – Max 10 for each class

Fee: Class TUE1 - HK\$800 (HKICPA member); \$850 (non-HKICPA member)
 Class TUE2 - HK\$1,000 (HKICPA member); \$1,050 (non-HKICPA member)
 Class WED1 - HK\$2,000 (HKICPA member); \$2,050 (non-HKICPA member)
 Class WED2 - HK\$2,000 (HKICPA member); \$2,050 (non-HKICPA member)
 (No pro rata payment is accepted even if you cannot attend all sessions.)

Trainers' Profile	Free marathon briefing
<p>TUE1&2: Mr. Fung Wah Tim, Registered Coach Level I of HKAAA, Coach of the Hong Kong athletics team (marathon) and Head Coach of Marathon Running Center. His best time in marathon is 2:44:05. Mr. Lai Hok Yan is his elite student whose record in full marathon was 2:28:38 in 2010.</p> <p>Participants will have extra 6 sessions of distance running training with other marathon runners on Saturdays.</p> <p>WED1&2: Mr. Freeman Lee, 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.</p> <p>His best track records are 2:50:00 (marathon), 1:22:00 (half marathon) and 0:36:00 (10 km).</p>	<p>A briefing session on the marathon preparation and training is scheduled for Monday, 11 November 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.</p> <p>Click here for registration.</p> 

Registration

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

TUE1&2 – 11 November 2013

WED1&2 – 5 November 2013

Enrolment is on a first-come first-served basis. By 4 November, enrollees will be notified of his/her enrolment status by email.

Enquiries

Ms. Michelle Tse
 Member & Corporate Services
 Department
 Tel: 2287 7034
 Email: michelletse@hkicpa.org.hk



Standard Chartered Marathon Training Programmes Enrolment Form

**Member & Corporate Services
Department,
Hong Kong Institute of CPAs**
37th Floor, Wu Chung House,
213 Queen's Road East, Hong Kong.
Fax no: 2803 4620

(Please reply on or before 11 November 2013 (for TUE1&2) and
5 November 2013 (for WED1&2))

FOR OFFICE USE

Seq. no.:

Handled by:

Please allow 4 days to process your application. In order not to delay the process, please DO NOT make any enquiries on your enrolment status. You can check it at "My CPA" at <http://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 TUE1	<input type="checkbox"/> \$800 for HKICPA member	<input type="checkbox"/> \$850 for non-HKICPA member
	Class TUE2	<input type="checkbox"/> \$1,000 for HKICPA member	<input type="checkbox"/> \$1,050 for non-HKICPA member
	Class WED1	<input type="checkbox"/> \$2,000 for HKICPA member	<input type="checkbox"/> \$2,050 for non-HKICPA member
	Class WED2	<input type="checkbox"/> \$2,000 for HKICPA member	<input type="checkbox"/> \$2,050 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: _____
If you require a receipt, please put a "✓" indicate your choice of delivery: <input type="checkbox"/> by email <input type="checkbox"/> by post (to the address as shown below)	
Name : _____	Address : _____

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. You are responsible to take care to prevent putting yourself or other members in danger.

In signing this enrolment form you fully accept that the Hong Kong Institute of Certified Public Accountants and its Sports and Recreation Club and the individual organising committee(s)/ convenor(s) shall not be held liable for any injury or death which you may suffer from participating in the activity, if the cause of injury or death is due to your own negligence, the negligence of other participants or if, at any time, you have failed to disclose any medical and/or health reasons that would or may have rendered you unfit to participate in the activity in which you suffered injury or death.

Signature: _____ Date: _____

Notes:

- 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.
- Full payment must be made before your enrolment will be processed. No telephone reservation will be accepted.
- The closing dates for enrolment are **5 Nov for TUE1&2 and 11 Nov for WED1&2**. However, the Institute has the discretion to accept late enrolments as it sees fit.
- Successful enrollees will receive confirmation by email or by telephone, whereas unsuccessful applicants will receive full refund by mail. If you do not hear from us two days after the closing date, please contact Ms. Michelle Tse at 2287 7034 / Ms. Elaine Wai at 2287 7230.
- 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.
- 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.
- The Institute reserves the right to change the venue and date of the course due to unforeseen circumstances.

Personal Data: All information provided in this form will only be used by the Institute or its agent for the purposes of processing the registration and/or organising the event in which you have enrolled. Although you are not obliged to provide the data sought by this form, failing to do so may result in an inability to process your enrolment. Collected data will only be used for this specific event and promotion of any future similar events. By completing the form you agree that the staff of the Institute or its agent may use your personal data for the purposes specified above.
The detailed privacy policy of the Institute is available at www.hkicpa.org.hk.

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