

## 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 2015 on 25 January 2015. Details are listed below:

Class	Name	Trainer	Dates	Time	Venue
<b>TUE1*</b>	10km Training	<b>Fung Wah-tim and LAI Hok-yan</b>	28 Oct 2014 – 13 Jan 2015 (every Tuesday) & 22 Jan 2015 (Thursday) - 13 sessions	8:00 – 9:30 pm	Aberdeen Sports Ground
<b>TUE2*</b>	Half Marathon & Full Marathon Training			7:30 – 9:30 pm	
<b>WED1</b>	10km Training	<b>Freeman Lee</b>	8 Oct 2014 – 21 Jan 2015 (every Wednesday, except 22 Oct, 24 & 31 Dec 2014) - 13 sessions	6:30 – 7:30 pm	Aberdeen Sports Ground
<b>WED2</b>	Half Marathon & Full Marathon Training			7:30 – 8:30 pm	

Class size: TUE1 & TUE2 – Max 60 for each class  
*(Members will be divided into small groups with different finishing time targets. Each group will be led by one Mr. Fung's assistant.)*  
 WED1 & WED2 – Max 10 for each class

Fee: Class TUE1 - HK\$900 (HKICPA member); \$990 (non-HKICPA member)  
 Class TUE2 - HK\$1,100 (HKICPA member); \$1,210 (non-HKICPA member)  
 Class WED1 - HK\$2,200 (HKICPA member); \$2,420 (non-HKICPA member)  
 Class WED2 - HK\$2,200 (HKICPA member); \$2,420 (non-HKICPA member)  
*(No pro rata payment is accepted even if you cannot attend all sessions.)*

### Free marathon briefing

A briefing session on the marathon preparation and training is scheduled for **Monday, 22 September** 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.



## Trainers' Profile

**TUE1&2: Mr. Fung Wah Tim**, 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** (Marathon Champion of Hong Kong, 2004 – 2013) is his elite student whose record in full marathon was 2:28:38.

\*Participants will have extra 6 sessions of distance running training with other marathon runners on Saturdays.

**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.

His best track records are 2:50:00 (marathon), 1:22:00 (half marathon) and 0:36:00 (10 km).

## Registration

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

**TUE1&2** – 15 October 2014  
**WED1&2** – 24 September 2014

Enrolment is on a first-come first-served basis. Enrollees will be notified of his/her enrolment status by email two days after the deadline.

## Enquiries

Ms. Jenny Wu  
Corporate and Mainland Affairs  
Tel: 2287 7034  
Email: [jennywu@hkcipa.org.hk](mailto:jennywu@hkcipa.org.hk)



**Standard Chartered Marathon**  
**Training Programmes**  
**Enrolment Form**

**MCS2 Event Code: AIG141008**

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

Please reply on or before 15 October 2014 (for TUE1&2) and  
24 September 2014 (for WED1&2)

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.)

<b>Fee:</b>	<b>Class TUE1</b>	<input type="checkbox"/> \$900 for HKICPA member	<input type="checkbox"/> \$990 for non-HKICPA member
	<b>Class TUE2</b>	<input type="checkbox"/> \$1,100 for HKICPA member	<input type="checkbox"/> \$1,210 for non-HKICPA member
	<b>Class WED1</b>	<input type="checkbox"/> \$2,200 for HKICPA member	<input type="checkbox"/> \$2,420 for non-HKICPA member
	<b>Class WED2</b>	<input type="checkbox"/> \$2,200 for HKICPA member	<input type="checkbox"/> \$2,420 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.
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 **15 Oct for TUE1&2 and 24 Sept for WED1&2**. 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 Ms. Jenny Wu at 2287 7034 / Ms. 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](mailto: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](mailto:jennywu@hkicpa.org.hk)

**Payment & Enrolment Status Enquiry:** 2287 7381 / e-mail: [finance@hkicpa.org.hk](mailto:finance@hkicpa.org.hk)