



Standard Chartered Marathon Training Programmes



The **Athletics Interest Group (AIG)** has organized the following series of training programmes to cater to different levels of runners who are preparing for next year's Standard Chartered Hong Kong Marathon on 21 January 2018:

Click to enrol	Trainer	Course	Dates	Time	Venue	Fee
Class A	Freeman Lee	10km, Half Marathon & Full Marathon Training	7 Sept 2017 – 18 Jan 2018 (every Thursday) 17 sessions	6:30 – 8:00 pm	Aberdeen Sports Ground	\$3,000 (HKICPA member) / \$3,150 (non-HKICPA member)
Class B	Lai Hok Yan and his assistants	10km Training	17 Nov 2017 – 19 Jan 2018 (every Friday) 10 sessions	8:00 – 9:30 pm	Kowloon Bay Sports Ground	\$800 (HKICPA member) / \$880 (non-HKICPA member)
Class C	Fung Wah Tim and his assistants	Half Marathon & Full Marathon Training	30 Oct 2017 – 17 Jan 2018 (every Monday & Wednesday) 24 sessions	7:00 – 9:30 pm	Aberdeen Sports Ground	\$1,600 (HKICPA member) / \$1,680 (non-HKICPA member)
Class D			30 Oct 2017 – 18 Jan 2018 (every Monday & Thursday) 24 sessions	7:15 – 9:45 pm	Kowloon Bay Sports Ground	\$1,600 (HKICPA member) / \$1,680 (non-HKICPA member)
Class E			10 Oct 2017 – 16 Jan 2018 (every Tuesday) 15 sessions	7:30 – 9:30 pm	Aberdeen Sports Ground	\$1,300 (HKICPA member) / \$1,365 (non-HKICPA member)
Class F			12 Oct 2017 – 18 Jan 2018 (every Thursday) 15 sessions	7:45 – 9:45 pm	Kowloon Bay Sports Ground	\$1,300 (HKICPA member) / \$1,365 (non-HKICPA member)

Class size: **Class A:** Min 5 (Max 20)
Class B: Min 30 (Max 50)
Classes C, D, E and F: Min 10 (Max 15)

Remarks:

- \$10 discount for members registering online.
- No pro rata payment or refund to participants who cannot attend all training sessions.
- For Class A, no class will be held on 5, 12 October and 28 December.
- For Class B, participants will be divided into groups based on finishing time targets.
- For Classes B – F, sessions will be held in the morning at 8:00 am on public holidays.
- For Classes C & D, Mr. Fung will alternate teaching between Aberdeen Sports Ground and Kowloon Bay Sports Ground on Monday. His assistants will be there to take care of the classes for the whole session.

Free marathon briefing

A briefing session on marathon preparation and training is scheduled for **Monday, 11 September** at 7:30 pm – 9:30 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 posture and gear, goal setting and race preparation. All interested members are welcome to join the briefing free of charge.

Click [here](#) to register by 7 September.



Trainers' Profile

Mr. Freeman Lee (Class A), Certified International Association of Athletics Federation Track & Field Coach, Certified American College of Sports Medicine Health & Fitness Instructor, Certified Core Strength & Conditioning Specialist of National Strength & Conditioning Association, Master of Science in Sports Medicine and Health Science. He is also the coach for the Hong Kong Athletics Team and coaches at various schools and organizations. His best track records are 02:44 (marathon in 2015), 01:18 (half marathon in 2016) and 00:36 (10km in 1996).

Mr. Lai Hok Yan (Class B), Registered Coach Level 1 of HKAAA and Level II of International Athletics Registered Coach. He was also the marathon champion of Hong Kong between 2004 and 2013. His best time in marathon is 02:28.

Mr. Fung Wah Tim (Classes C – F), Registered Coach Level I of HKAAA, Head Coach of Marathon Training Centre. His best time in marathon is 02:44.

Registration

Register online by clicking the link below or complete the enrolment form and return it with full payment to the Institute on or before:

Class A:	23 August 2017
Class B:	13 September 2017
Class C:	13 September 2017
Class D:	13 September 2017
Class E:	13 September 2017
Class F:	13 September 2017

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

Enquiries

Miss Wong Wan Ki
Member and Public Relations
Tel: 2287 7017
Email: wk Wong@hkicpa.org.hk



Hong Kong Institute of
Certified Public Accountants
香港會計師公會

Standard Chartered Marathon

Training Programmes

Enrolment Form

Event Code: OTHR17090701

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
23 August for Class A and **13 September** for Classes B - F)

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.:		Email:
Tel:		Mobile: (for emergency contact on the day of activity.)

- ☐ **Class A** (\$3,000 for HKICPA member / \$3,150 for non-HKICPA member)
- ☐ **Class B** (\$800 for HKICPA member / \$880 for non-HKICPA member)
- ☐ **Class C** (\$1,600 for HKICPA member / \$1,680 for non-HKICPA member)
- ☐ **Class D** (\$1,600 for HKICPA member / \$1,680 for non-HKICPA member)
- ☐ **Class E** (\$1,300 for HKICPA member / \$1,365 for non-HKICPA member)
- ☐ **Class F** (\$1,300 for HKICPA member / \$1,365 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"/> BOC HKICPA VISA	<input type="checkbox"/> BOC HKICPA UnionPay card	<input type="checkbox"/> VISA / MasterCard
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. This event is subject to cancellation should the minimum number is not reached.
3. Full payment must be made before your enrolment will be processed. No telephone reservation will be accepted.
4. The closing dates for enrolment are **23 August** for Class A and **13 September** for Classes B – F respectively. However, the Institute has the discretion to accept late enrolments as it sees fit.
5. Registration by fax will ONLY be processed when payment is made by credit card. Cash is strictly NOT accepted.
6. Successful registrants will receive confirmation by email or by telephone, whereas unsuccessful registrants will receive full refund.
7. If you do not hear from us three working days after the enrolment deadline, please contact Miss Wong Wan Ki at 2287 7017 / Miss Elaine Wai at 2287 7230.
8. 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.
9. Bad weather arrangement: The activity will be cancelled if typhoon signal no. 8 or above / Black Rainstorm Warning is hoisted at or after 2:30 pm on the date of the activity.
10. 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 <http://mas.hkicpa.org.hk/mycpa/login.jsessionid=pEzvTllm1zpl-kZTDbtY3Fmc> . 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 7017 / e-mail: wk Wong@hkicpa.org.hk

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