



Trailwalker Practice 2018



The 2018 Oxfam Trailwalker will be held on 16-18 November. The **Athletics Interest Group (AIG)** has organized a series of training preparing members for this year's Oxfam Trailwalker. The practice also serves as part of the internal selection process for formation of the Institute's representative team.

Below is the practice schedule for the months of May and June:

Date, gathering time & place	Trail	Distance & time limit	Deadline for enrolment
5 May (Sat) 8:00 am Yiu Tung Estate Bus Station	<u>Tseng Kwan Shek (Old Man Rock)</u> Yiu Tung Estate – Old Man Rock – Mount Parker Road – Mount Parker – Quarry Pass – Hong Pak Country Trail – King's Road	12.5 km 4 hours	2 May
12 May (Sat) 8:00 am Tai Wo MTR Station	<u>Cloudy Hill and Pak Sin Leng</u> Part of Section 9 and full Section 10 of The North Face 100 http://www.thenorthface100.com/race/en/course.php	17.5 km 7 hours	9 May
19 May (Sat) 8:00 am Heng On MTR Station	<u>Ma On Shan to Sai Kung Ho Chung</u> Heng On Station – Ma On Shan Tsuen Road – N8-N9 of Victoria 162 https://www.victoria162.hk/route-cp	12.6 km 5 hours	16 May
26 May (Sat) 8:00 am Sai Kung Bus Terminus	<u>Sai Kung</u> CP4 – CP7 of Ultra Marathon de Sai Kung http://umsaikung.com/UM-100/	16.5 km 7 hours	22 May
2 June (Sat) 9:00 am Tung Chung Bus Terminal	<u>Tai O-Sze Shan (Lion)</u> Tung Chung Bus Terminal (no.11 to Tai O) – Tai O-Sze Shan (Lion) - Cheung Shan (Elephant) – Fu Shan (Tiger) - Tai O	8 km 5 hours	29 May



Remarks:

1. This is a practice with NO supervision. We are gathering members together to practise. It is expected that as the practice progresses, some experienced members may walk faster and they will continue at their speed.
2. Participants should not feel inhibited if they wish to cut short their practice at any time depending on their physical condition at the time. Safety is of paramount importance and trailers must take that into account when considering whether they should complete the entire trail for the sake of their own safety.
3. Participants must be fully prepared with proper gear. They must be physically fit to undergo the training on the activity date. If your health condition has changed since enrolment, please consult your physician to check if it is still advisable for you to participate in the training. You should also inform your convenor / the appointed on-site co-coordinator of the situation.
4. All participants must agree with the "Declaration, Assumption of Risks and Disclaimer of Liability and Personal Data" on page 3 when they enroll online.
5. All trailers are advised to eat a full breakfast before the walk.
6. Trailers are advised to bring at least 3-litre water/sports drinks, energy bar/snack/fruit, sun block lotion, hat, tracking shoes, hiking stick and an extra tee. If you have a CPA uniform, please wear it for easy identification.
7. Other information, such as mid-way supply, exit points and weather forecast will be provided after your enrolment is confirmed.
8. Bad weather arrangement: if typhoon signal no. 3 or above / Red and Black rainstorm warning is hoisted at 6:30 am, the practice will be cancelled.

Registration

To register, please click [here](#) on or before the respective deadlines as stated above.

Enquiries

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Declaration, Assumption of Risks and Disclaimer of Liability and Personal Data:

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.

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 the Enrolment Form online, 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/>.

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