



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

ATHLETICS Interest Group



Trailwalker Practice 2019

The 2019 Oxfam Trailwalker will be held on 15-17 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 June and July:



Date, gathering time & place	(a) Shorter trail	Distance, time limit & difficulties	(b) Longer trail (only for experienced hikers)	Distance, time limit & difficulties	Deadline for enrolment
15 June (Sat) 7:45 am Tung Chung MTR Station	Tung Chung Station → Wong Lung Hang → Sunset Peak → Pak Kung Au → Lantau Peak → Ngong Ping	11.5KM 6 hrs ****	<u>Cont'd:</u> Reverse short trail from Ngong Ping to Tung Chung Station	23KM 12 hrs ****	13 June
22 June (Sat) 8:00 am Fanling MTR Station	TNF100 Section 6 Fanling Station → Tai To Yan → Kadoorie Farm	9KM 3 hrs ***	<u>Cont'd:</u> Kadoorie Farm → Ng Tung Tsai → Sze Fong Shan → Lead Mine Pass → Wun Yiu → Tai Wo → Cloudy Hill → Sha Lo Tung → Pak Sun Leng → Tai Mei Tuk	39KM 11 hrs ****	20 June
29 June (Sat) 8:00 am Shui Long Wo Sai Sha Road BBQ Site No. 5	MacLehose Trail Section 4	16.5KM 5 hrs ***	<u>Cont'd:</u> MacLehose Trail Section 5 - 8	44KM 12 hrs **	27 June
6 July (Sat) 8:00 am Fanling MTR Station	HK168 CP2 - 4 Sha Tau Kok Road → Hok Tau → Fanling	17KM 6 hrs ***	<u>Cont'd:</u> HK168 CP4 - 6 Fanling → Tai To Yan → Ng Tung Tsai → Tai Mo Shan → Route Twisk	37KM 12 hrs ****	4 July

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 & Enquiries:

Registration: Click [here](#) to register online on or before the respective deadlines as stated on Page 1.

Enquiries: Ms. Betsy Liang, Corporate & Member Services
at 2287 7009 or email to betsyliang@hkicpa.org.hk



Join AIG and its activities:

Register as a Athletics Interest Group (AIG) member

HKICPA members can join the AIG for free and will receive the latest news and enjoy priority entry to the group's activities. Simply visit the HKICPA homepage > login to "[myCPA](#)" > Application > Faculty/Interest Group Application > Add Sports and Recreation Interest Group > Athletics Interest Group.

Membership of sports and recreation interest group is FREE OF CHARGE, and each member can join up to 5 sports and recreational interest groups.

Terms for Enrolment in Sports IG Activities:

Any enrolment in the activity is based on the participant's assessment that s/he is fit to participate and the assumption of all the risks and hazards inherent in the said activity. The participant agrees not to hold HKICPA or the convenor of the interest group liable for any loss or damage that the participant may suffer as a result of the participation.

The participant further agrees to follow the instructions from trainers (if any) and observe the [Event Participation Guidance](#). Any failure to follow such instructions will result in the participant's exclusion from the activity. The convenor of the interest group or trainer (if any) may determine, in the interests of safety or other considerations, whether an activity shall continue or whether a particular participant is allowed to continue to participate.

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/>.