

# Hong Kong Race Walking Association

## The First Walk 2020 cum 20KM Run



(Racewalking events sanction – proceeding)

<b>Race Route :</b>	Pak Shek Kok Promenade, Hong Kong Science Park
<b>Race Date :</b>	January 1, 2020 (Wednesday)
<b>Application Deadline:</b>	December 4, 2019 (Wednesday)
<b>Entry :</b>	Return the completed entry form with a <b>crossed cheque</b> payable to “Hong Kong Racewalking Association” and a stamped self-addressed envelope (more stamps and large envelope for more than one applications), to <a href="#">House 82C, Ma Pui Village, Lei Yue Mun, Yau Tong, Kowloon, Hong Kong</a>

### Event

<u>Racewalking</u>	<u>Time Limit</u>	<u>Entry Fee ( Hong Kong Dollars )</u>	
(A) 50KM (Open), born in or before 2000	7 hours	\$ 400 (Member)	\$500 (Non-member)
(B) 20KM (Open) , born in or before 2002	3 hours	\$ 250 (Member)	\$350 (Non-member)
(C) 10KM (Junior) , born in 2001 – 2004	80 minutes	\$ 150 (Member)	\$250 (Non-member)
(D) 6 Hrs (3-pp relay) , born in or before 2004	6 hours	\$ 400/pp (Member)	\$500/pp (Non-member)
<u>Running</u>	<u>Time Limit</u>	<u>Entry Fee ( Hong Kong Dollars )</u>	
(E) 20KM (Open) , born in or before 2002	2.5 hours	\$ 250 (Member)	\$350 (Non-member)
(R) 20KM (2-pp relay) , born in or before 2004	2.5 hours	\$ 250/pp (Member)	\$350/pp (Non-member)

Quota is limited, first-come-first-served

### Getting There

<b>Meeting Point :</b>	Pak Shek Kok Promenade, next to Simon FS Li Marine Science Laboratory
<b>Registration Time :</b>	(A) 8:00 a.m.    (B) 8:30 a.m.    (D) 9:00 a.m.    (E)&(R) 09:30 a.m.    (C) 10:00 a.m.
<b>Start Time :</b>	(A) 8:30 a.m.    (B) 9:00 a.m.    (D) 9:30 a.m.    (E)&(R) 10:00 p.m.    (C) 10:30 a.m.
<b>Transportation :</b>	MTR, University Station (#272 bus) & Shatin Station (#27 green mini bus)

### Awards and Souvenirs

<b>Awards :</b>	The champion, 1 <sup>st</sup> runner-up, 2 <sup>nd</sup> runner-up and 3 <sup>rd</sup> runner-up of each category will be awarded trophies. The fourth to sixth runners-up will receive medals.* * If the number of finishers in a particular category is less than 3, only one prize will be awarded. * If the number of finishers in a particular category is less than 10, only first three will be awarded.
<b>Souvenir :</b>	Upon completion of a race, you will receive an event souvenir.

### Route

- (1) Racewalking course: 1KM per loop.
- (2) Running course: 10KM per loop.

### Timing Chip

- (1) Chip timing system will be used in this race, participants need to wear this chips probably to time their results.

### Note

- (1) In case the event has to be cancelled due to inclement weather or other reasons, the HKRWA will refund 50% of the entry fee.
- (2) Personal insurance is responsible by the participants.
- (3) No receipt service.