



Standard Chartered Marathon Training Programmes

The [Athletics Interest Group \(AIG\)](#) has organized the following training programmes for runners who are preparing for next year's Standard Chartered Hong Kong Marathon on 17 February 2019:

Details

Class	Trainer	Course	Dates	Time	Venue	Fee
Briefing session	Fung Wah Tim	--	21 Sep 2018	7:30 – 9:30 pm	HKICPA	Free
All interested runners are advised to attend this free briefing session provided by Mr. Fung Wah Tim who will give advice on basic training principles and proper running posture. He will also share his experience on preparation such as gear, goal setting and race preparation.						
Class 1	Fung Wah Tim, Lai Hok Yan and their assistants	10km Training	24 Nov 2018 – 16 Feb 2019 (every Saturday) 13 sessions	4:00 – 5:30 pm	Kowloon Bay Sports Ground	\$1,000
Class 2	Fung Wah Tim and his assistants	Half Marathon & Full Marathon Training	29 Oct 2018 – 14 Feb 2019 (every Monday & Wednesday, except 7 & 14 Feb) 30 sessions ^{1 2}	7:00 – 9:00 pm	Aberdeen Sports Ground	\$2,000
Class 3			29 Oct 2018 – 14 Feb 2019 (every Monday & Thursday) 30 sessions ^{1 3}	7:15 – 9:15 pm	Kowloon Bay Sports Ground	\$2,000
Class 4			30 Oct 2018 – 14 Feb 2019 (every Tuesday, except 26 Dec, 7 & 14 Feb) 16 sessions ⁴	7:30 – 9:30 pm	Aberdeen Sports Ground	\$1,500
Class 5			1 Nov 2018 – 14 Feb 2019 (every Thursday) 16 sessions ⁵	7:15 – 9:15 pm	Kowloon Bay Sports Ground	\$1,500
Class 6			1 Nov 2018 – 14 Feb 2019 (every Thursday) 16 sessions ⁵	7:45 – 9:45 pm	Kowloon Bay Sports Ground	\$1,500
Class 7	Freeman Lee	10km, Half Marathon & Full Marathon Training	17 Oct 2018 – 13 Feb 2019 (every Wednesday) 17 sessions ⁶	6:45 – 8:00 pm	Aberdeen Sports Ground	\$4,500
Class 8			18 Oct 2018 – 14 Feb 2019 (every Thursday) 17 sessions ⁶	6:45 – 8:00 pm	Aberdeen Sports Ground	\$4,500

Class size

Class 1: Min. 30; Classes 2- 6: Max. 15; Classes 7-8: Max. 10

Registration & Enquiries

- Registration & payment**
- Briefing session:** Click [here](#) to register online.
- Classes 1-6:** Download the corresponding enrolment form from below and follow the registration instruction.
Enrolment forms: [Class 1](#), [Class 2](#), [Class 3](#), [Class 4](#), [Class 5](#), [Class 6](#)
- Classes 7-8:** Contact Freeman Lee at 9632 7456 / freemancoaching@gmail.com for details.
- Enquiries:**
- Briefing session:** Sheri Tam at 2287 7067 / sheritam@hkickpa.org.hk
- Classes 1-6:** Fung Wah Tim at info@marathontrainingcentre.com.hk
- Classes 7-8:** Freeman Lee at 9632 7456 / freemancoaching@gmail.com
- Deadlines:**
- Briefing session:** 17 September 2018
- Class 1:** 2 November 2018
- Classes 2-6:** 5 October 2018
- Classes 7-8:** 21 September 2018
- Remarks:**
- For Classes 1-6, participants will be divided into small groups which will be led by Lai Hok Yan / Fung Wah Tim and their assistants.
 - ¹ Fung Wah Tim will attend the first hour of Class 2 and the last hour of Class 3 on Mondays. The rest of the classes will be hosted by his assistants.
 - ² There will be no class on 4 & 11 Feb 2019. Class on 26 Dec is rescheduled to 8 am; class on 6 Feb is rescheduled to 7 Feb at 8am at Happy Valley Racecourse, and class on 13 Feb is rescheduled to 14 Feb.
 - ³ There will be no class on 4 & 11 Feb 2019. Class on 7 Feb is rescheduled to 8am at Happy Valley Racecourse.
 - ⁴ Class on 25 Dec is rescheduled to 26 Dec at 8 am; class on 5 Feb is rescheduled to 7 Feb at 8am at Happy Valley Racecourse, and class on 12 Feb is rescheduled to 14 Feb.
 - ⁵ Class on 7 Feb is rescheduled to at 8am at Happy Valley Racecourse.
 - ⁶ There will be no class on 6 & 7 Feb 2019.
- Note:**
- Registration is on a first-come first-served basis.
 - Fixed fee with no pro rata payment or refund to participants for not being able to attend all training sessions.

Details

- Trainers:**
- Lai Hok Yan**, 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 2012. His best time in marathon is 02:28:38.
- Fung Wah Tim**, Registered Coach Level I of HKAAA and Head Coach at Marathon Training Centre Company Limited. His best time in marathon is 02:44:05.
- Freeman Lee**, 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 coach 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).

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 convener 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 any failure to follow such instructions will result in the participant's exclusion from the activity. The convener 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.

Notes:

1. Priority for enrollment 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 should be made upon confirmation of your enrolment. No telephone reservation will be accepted.
4. The Convenor / trainer has the discretion to accept late enrolments after the closing deadline as it sees fit.
5. Unless the activity is cancelled due to unforeseen circumstances, low enrollment or bad weather, no refund for withdrawal will be entertained after the enrollment has been processed.
6. 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.
7. The Convenor / trainer 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/communication/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 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/>.