

Water stations : Located at Start , halfway and Finish

First-aid : Located at Start and Finish

Bad weather : If typhoon signal no.3 or above/red rainstorm/black rainstorm/thunderstorm/landslide warning be hoisted at 6:00a.m. or after on race morning, or in case of unexpected circumstances that prevent the safe proceeding of the event, the organizer reserves the right to postpone or cancel the race. If the race is cancelled, all donations will not be refunded but 50% of the entry fee will be refunded to entrants.

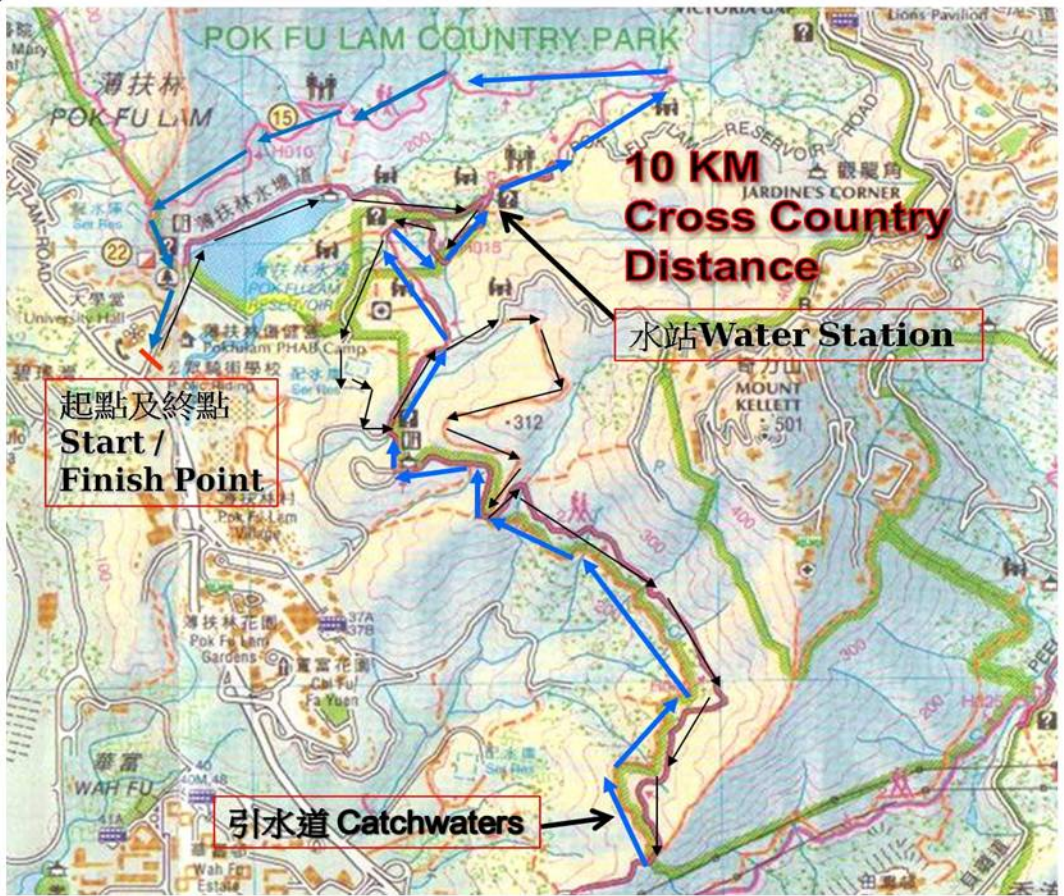
Entry Info : 81194312 Entry forms can be downloaded from www.hkmsa.hk

Enquiry : pfcharityrun@gmail.com

Race route : The Start will be on Pokfulam Reservoir Road (in front of the PFL PHAB Camp). Run up to Pokfulam Country Park Entrance and along the Family Walk. At the first intersection, turn right into Service Reservoir #2 & #3 with the stairs up into the Hong Kong Trail for some the bifurcation trails Road, turn left up to hk trail then turn right to the trail junction, run back down to hk trail and turn left go the end, and walk downstairs turn right on catch water, run to the end and back again hk trail, turn left again in to junction with hk trail, left downstairs and turn right back down to Pokfulam Road. Before you hit Pokfulam Road, make a hair-pin turn into a small path that leads to the car park of University Hall at where the Finish is. (There will be Marshals to guide you along race route)

Attention : The race course includes a few sections of uphill/downhill, and some steps. During wet weather, these can be quite slippery. Please be careful and pay extra attention to others' and your own safety.

Route Map



Note : Organizers reserve the right for any amendments and in case of discrepancies in Chinese and English versions, the Chinese version shall prevail.