

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 5:00a.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 : pflcharityrun@gmail.com

Race route : The Start will be on Pokfulam Reservoir Road (in front of the Riding School). 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 the hill, return the No. 2 reservoir with path, back to first intersection and turn right up hill to HK Trail, Run anti-clockwise along the Family Walk and return to Pokfulam Country Park Entrance. Turn right and 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, about 2 Km of trails 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.