

Press Release

28 July 2016

MTR HONG KONG Race Walking on 23 October 2016 Calls for Entries More Challenging 5km Walk Introduced

A 5km event is being launched to offer a new challenge for participants and bring more excitement to MTR HONG KONG Race Walking 2016 which will be held at Chater Road in Central on 23 October 2016 (Sunday). Co-organised by the MTR Corporation and the Hong Kong Amateur Athletic Association (HKAAA), enrolment for the event is on a first-come first-served basis, starting from today (28 July 2016) through to 26 September 2016.

“We hope the upcoming world sport event in Rio de Janeiro will inspire and motivate more people to exercise regularly. We encourage everyone to put down their electronic devices and put on their sneakers to enjoy the fun of race walking,” said Mr Lincoln Leong, Chief Executive Officer of MTR Corporation. “Race walking is simple and convenient as participants can practise almost anywhere at any time. We hope everyone can incorporate race walking into their daily lives and experience the health benefits.”

“This year, the introduction of the 5km walk is a fantastic opportunity for enthusiasts to test themselves and demonstrate their abilities. As in previous years, top international race walkers will again be joining the exciting 10km elite races, giving local race walkers a great occasion to gain more exposure and polish up their race walking techniques,” said Mr Kwan Kee, Chairman of Hong Kong Amateur Athletic Association (HKAAA).

Other than the 5km walk and the 10km race, the event also includes 1km races and the Novice Walk which are suitable for people of different age groups and levels of ability.

Popular local artistes and renowned athletes Ms Olivia Cheng and Mr Alex Fong will again serve as ambassadors for MTR HONG KONG Race Walking 2016. Online enrolment is available on the HKAAA website: www.hkaaa.com. Enrolment forms can be downloaded from the MTR website: www.mtr.com.hk or the HKAAA website. They are also available at the Customer Service Centres of 19 MTR stations, Light Rail Tuen Mun Ferry Pier Stop and seven MTR Malls. For more information, please refer to the attached fact sheet or call 2504 8215 during office hours.

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About MTR Corporation

MTR Corporation is regarded as one of the world's leading railway operators for safety, reliability, customer service and cost efficiency. In its home base of Hong Kong, the Corporation operates nine commuter railway lines, a Light Rail network and a high-speed Airport Express link on which more than 5.5 million passenger trips are made on a normal week day. Another 5 million passenger trips are made on the rail services it operates outside Hong Kong in the Mainland of China, the United Kingdom, Sweden and Australia. In addition, the Corporation is involved in a range of railway construction projects as well as railway consultancy and contracting services around the world. Leveraging on its railway expertise, the Corporation is involved in the development of transit-related residential and commercial property projects, property management, shopping malls leasing and management, advertising media and telecommunication services.

For more information about MTR Corporation, please visit www.mtr.com.hk.

About "Community Connect"

As one of the world's leading railway operators, MTR Corporation not only connects the city of Hong Kong by providing safe, reliable and convenient railway service, but also leverages our skills, resources and networks to contribute to the development of communities, enhance quality of life, and foster a thriving, business and living environment. Through the Community Connect platform, MTR organises a variety of community engagement initiatives that reflect our commitment to the communities that we serve and live in. The Community Connect platform comprises three main areas namely Art and Culture, Community Outreach and Green and Healthy Living.

About Hong Kong Amateur Athletic Association

Hong Kong Amateur Athletic Association (HKAAA) strives to promote the sport of athletics in Hong Kong, including track & field, road races, cross countries and race walking. HKAAA provides a development spectrum for athletes from starting levels leading to elite levels. HKAAA also provides systematic training to a national squad of athletes at both junior and senior levels, and selects athletes to represent Hong Kong in international events. In addition, the Association establishes systematic structure and training for coaches, judges and officials. Through the development of athletes, coaches, technical officials and professional staff, HKAAA strives to enhance the overall performance of athletics in Hong Kong as well as its healthy image, thus increasing the popularity of the sport as a whole in Hong Kong.

For more information about Hong Kong Amateur Athletic Association, please visit www.hkaaa.com

Photo Caption:

Artist Mr Alex Fong invites members of the public to take part in MTR HONG KONG Race Walking on 23 October 2016. Enrolment starts from today till 26 September 2016.





MTR HONG KONG Race Walking 2016 Fact Sheet

- Organisers** : Hong Kong Amateur Athletic Association (HKAAA)
MTR Corporation
- Sponsors** : Citizen Watches (HK) Limited
Marathon Sports
Mugwort Body Wash
FIJI Water Hong Kong Ltd
Star Alliance
YOU • C1000
- Media Partner** : Cable News
- Supported by** : Sun Entertainment Culture Ltd
- Beneficiary** : Hospital Authority Health InfoWorld
- Date** : Sunday, 23 October 2016
- Time** : 8:00 am – 1:30 pm
- Venue** : Chater Road, Central, Hong Kong
- Categories** :

Categories	Year of Birth	Distance	Quota
Men's Junior	1997 - 2004	1km	80/race
Women's Junior			
Men's Senior	1982 -1996		
Women's Senior			
Men's Master 1	1972 -1981		
Women's Master 1			
Men's Master 2	1971 or before		
Women's Master 2			
Men's 5km Walk	2002 or before	5km	80/race
Women's 5km Walk			
Men's Elite	2000 or before	10km	40/race
Women's Elite			
Novice Walk	2008 or before	1km	600

Men's and Women's categories will compete separately, except for the Elite categories. Local and International elite races will be held concurrently.

Free Clinics	:	18 September 2016 (Sunday) 2:30 - 3:30pm	Telford Plaza
		25 September 2016 (Sunday) 2:30 - 3:30pm	Maritime Square

Entry Fee	:	<u>HKAAA Registered Athlete</u>	
		▪ Born in 1997 or after	HK\$55
		▪ Born in 1956 or before	
		▪ Born between 1957 and 1996	HK\$85
		<u>Non-HKAAA Registered Athlete</u>	
		▪ Born in 1997 or after	HK\$75
		▪ Born in 1956 or before	
		▪ Born between 1957 and 1996	HK\$110

Souvenir : All finishers (including those in Novice Walk) will receive an Event Souvenir Set and a limited-edition MTR Souvenir Ticket. Those who complete the race within the specified time limit and are not disqualified from the competition will also receive a certificate.

Entry Forms Available at : Customer Service Centres of 19 MTR stations (Hong Kong, Central, Causeway Bay, Tai Koo, Tsim Sha Tsui, Mong Kok, Tsuen Wan, Tung Chung, Kowloon Tong, Kwun Tong, Po Lam, Tiu Keng Leng, Mong Kok East, Sheung Shui, Tai Wai, Ma On Shan, Mei Foo, Tin Shui Wai and Yuen Long stations) and Light Rail Tuen Mun Ferry Pier Stop

Customer Service Centres of seven MTR Malls (Telford Plaza in Kowloon Bay, Maritime Square in Tsing Yi, Paradise Mall in Heng Fa Chuen, The Lane in Hang Hau, PopCorn in Tseung Kwan O, Elements in Kowloon and Citylink Plaza in Sha Tin)

Hong Kong Amateur Athletic Association office (Room 2015, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong) or HKAAA website www.hkaaa.com

Enrolment Deadline : 26 September 2016 (Monday)

Enquiries : Hong Kong Amateur Athletic Association at (852) 2504 8215

Website : www.mtr.com.hk or www.hkaaa.com

E-mail : events@hkaaa.com

Introduction to Race Walking

What is Race Walking?

Race Walking is developed from normal walking. Athletes are required to keep at least one foot on the ground at all times while the advancing leg must be straight once the heel hits the ground. Race Walking develops an athlete's coordination and endurance. It is a low impact sport when compared to running, with a lower possibility of joint injuries, making it suitable for a wide spectrum of the general public to enjoy.

Benefits of Race Walking

Race Walking is simple and convenient to do – all you need is a pair of sports shoes, simple sports wear and a flat area. No special equipment is required. Race Walking also has the following health benefits:

- It burns calories to help maintain healthy body weight
- It improves cardiopulmonary function
- It helps build up and maintain healthy bones, muscles and joints
- It improves coordination and flexibility