

## 22<sup>nd</sup> HKLRRC Handover Relay Social Run

**Date:** 1<sup>st</sup> July 2019 (Monday)

**Location:** meet at the Peak Plaza at 7:45am; aim to start the relay run by 8-8:15am.

### **What happens?**

1. Relay teams of 3 are drawn by lot
  2. Each member runs one loop of (1) Harlech/Lugard loop; (2) Mt Kellet-Matilda Hospital loop; or (3) Mt Gough loop in any order, any direction
  3. Relay passes are made at the Peak Plaza
  4. Prize for fastest & slowest teams with simple breakfast for all at Mt Austin Playground about 9am
- Maps available on the day
  - Any speed; any age: welcome!
  - This is a social run: for HKLRRC and AVOHK members & their guests
  - We divide up cost of breakfast, so about HK\$ 30-50/person

Please let us know if you are coming and how many friends you are bringing by emailing either [shtb@i-cable.com](mailto:shtb@i-cable.com) or [hkladiesroadrunners@gmail.com](mailto:hkladiesroadrunners@gmail.com)