

From: Hong Kong Ladies Road Runners Club
hkladiesroadrunners@gmail.com
Subject: Handover Relay 1 July 2021
Date: 22 Jun 2021 at 19:49:09
To: HKLRRC hkladiesroadrunners@gmail.com
Bcc: woofsaway@gmail.com

Handover Relay 1 July 2021
Meet 08:30 Relay starts 09:00
Shatin Sports Ground, Yuen Wo Road, Shatin.



Due to Government gathering restrictions, we are not able to hold the Three Peaks Relay at the Peak this year. However, with Sports Grounds being open for training we can enjoy a Club Relay inside Shatin Sportsground and run on the track.

All members and friends are invited to join HKLRRC for this fun relay. Teams of 3 people organised on the day. Each team member will run twice, all team members will run a total of 1,600 meters. Detailed instructions on the day. Thanks to Club Member Dave Smith who has volunteered to organise the relay and award the Prizes.

You are very welcome to arrive early for a warm-up run and stretching.

Please bring your own drinks.

We look forward to seeing you on July 1. Should there be any changes to the arrangements we will post this on our website and facebook. Questions to hkladiesroadrunners@gmail.com

Catherine Leonard

For HKLRRC

Please adhere to Government Covid 19 rules in force at the time and wear a mask when not exercising or as directed by track officials

致會員

由於現時政府實施的聚眾規限 導致今年的七一回歸跑將不能舉行。但各康文署的運動場仍然開放 本會決定在沙田運動場舉辦一場歡樂接力跑讓各會員有機會舒展身心。

歡迎會員帶同朋友、家人在7月1日早上來到沙田運動場參加這次活動。活動將在運動場內以隊際接力形式進行每隊由三位隊員組成 每位隊員需要跑兩個循環共1600米。詳情於當日早上由Race Director Dave 講解。是次活動費用全免。

請於當天早上08:30前到達 接力賽將於09:00開始 也可早些來運動場拉筋、熱身。請自備飲品。

請遵從康文署入場規例，進入運動場時掃描安心出行或到管理處登記入場。進場後務必遵從場務員指示，跑步前要佩戴口罩，跑步期間方可除下。

有興趣者請向 Grace Wong 報名。

希望可在7月1日早上見到大家。

變更通告將刊登於本會網址及Facebook 敬請留意。

查詢 hkladiesroadrunners@gmail.com

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on behalf of
Hong Kong Ladies Road Runners Club

www.hklrrc.org.hk