

Orienteering Association of Hong Kong  
Annual Orienteering Championship 2018  
Long Distance Competition (World Ranking Event)

Basic Event Information

Organiser: Orienteering Association of Hong Kong  
Competition Area: Cheung Sheung, Sai Kung  
Map: 1:15,000, 5m interval (ISOM2017) updated in 2018  
Format: Long distance cross country

Prizes will be presented to the first three finishing members of the OAHK

Event Centre will be situated at Hau Tong Kai Campsite, Hoi Ha Road, Sai Kung (GR 2448842)

Competitors should take either  
Bus 96R from Diamond Hill to Wong Shek Pier, get off at Ko Tong or, take bus 94 from Sai Kung to Wong Shek Pier and get off at Kong Tong,  
then walk along Hoi Ha Road to the event centre for around 30 minutes;  
or,  
take Public light bus no.7 at Sai Kung transportation terminus to Hoi Ha, and get off at Hau Tong Kai Campsite.

Event centre will be opened at 0900 hours, first start of elite runners will be at 1030 hours.  
The mass start time for open class runners will be at 1300 hours.  
The start will be closed at 1315 hours and competition area closed at 1600hours.  
All competitors must report back to the finish or the event centre before leaving the competition.

SportIdent electronic punches will be used to record the race information. Competitors will use their own registered units. Runners without their own units can rent a unit from the organizer and a cash deposit of \$280 will be required. Deposit will be forfeited when the unit cannot be returned at the end of the race.

A compass & a whistle are required.  
ME class course length will be 10.1 Km with climb of 340m. Expected winning time at 90 minutes.  
WE class course length will be 9.3Km with 320m climb. Expected winning time at 80 minutes.  
Allowed running time is 150 minutes.

Please allow 40 minutes to proceed from the event centre to the start.

A water station will be set up in the course. Please bring your own drinking utensil.

\*\*\*\*\*Emergency contact number of the race organizer at the competition : 93198176\*\*\*\*