

Course Details

Date : April 7, 10, 14, 17, 21, 24 & 28
May 5, 8, 15, 19, 22, 26 & 29
June 2, 5
(Every Monday & Thursday, 16 Sessions)

Time : 7pm – 9pm

Venue : Shatin Sports Ground

Coach : Ms Wong Chun Wing (Former China Marathon Runner)

Age : 12 or above (Born in 1997 or Before)

Fee : \$600 (New Member)
\$400 (Full time Student, Exiting student & ASW Staff)

Enrollment Method : Please submit your Student ID Card & completed application form with a crossed-cheque make payable to 「A.S. Watson & Co. Ltd.」 by post to WAC office (6/F, Watson House, 1-5 Wo Liu Hang Road, Fo Tan, New Territories)



Coach Introduction :

Ms Wong Chun Wing

- Bachelor of Beijing University of Sports
- Hong Kong Athletic Team

Elite Athlete :

Gi Ka Man (15KM Hong Kong Record Holder)

Lau Tak Lun (6th in the 800m of Macau Indoor Games)

Wan Siu Keung (Junior Champion in the 2008 Mizuno Half Marathon)

Hong Kong Athletic Team Member :

Chan Hung Wai · Tam Ho Yan · Mo Kwun Ki · Chan Wai Kwok ·
Hui Kit · Chan Wing Hong · Wong Suet Yu · Chan Ka Man ·

Deadline of Enrollment :
29 Mar 2008 (Tuesday)
【Post Chops】

Enquiry Watsons Athletic Club

Tel : 3521 6100
Fax : 3525 1780
Website : <http://wac.aswatson.com>
Email : wac@asw.com.hk

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Distance Training Course 2008

Enrollment Form

Name: _____(Chinese) _____(Eng)

Gender: Male / Female D.O.B: _____ YY _____ MM _____ DD

Email Address: _____ HKID No. or Passport No.: _____ ()

Contact : _____(Day) _____(Night) _____(Fax)

Corresponding Address: _____

Emergency Contact Person: _____ Tel (Emergency): _____

Cheque No. : _____ Bank : _____

Course Joined in the Past : _____

I declare that the trainee is physically fit for the training course, and the organizer has "NO" responsibility for any risk occurs. (This is only the translation from the Chinese version, if there is any deviation, should follow the wordings from the Chinese application form)

Applicant's Signature: _____

Date: _____ YY _____ MM _____ DD

Guardian's Name: _____

Guardian's Signature : _____

**Deadline of Enrollment:
29 Mar 2008 (Tuesday)
【Post Chops】**

Date : _____