

AVOHK Wanchai Gap 5k Race 2021

Dear Members

I am delighted to announce that we have now received full approval from the Home Affairs Bureau to hold a 5k race at Wanchai Gap at 7am on Sunday, 3rd October 2021. The race will be run over the familiar 5k Series course which starts and finishes at Wanchai Gap Playground.

The AVOHK Committee have been working extremely hard to organize this race in line with the current social distancing regulations and we are delighted to have received the go ahead. There are some special arrangements to be aware of.

All runners are required to have completed the course of 2 doses of COVID 19 vaccination at least 14 days before the race. The government vaccination certificate will need to be uploaded when you register for the race.

All runners will also be required to show evidence of a negative PCR test, taken within 48 hours of the race, and will need to submit a health declaration form provided by AVOHK.

We understand that these requirements involve a bit more planning than runners may be used to for races. However, by supporting races during these times, the running community can demonstrate that road and trail races do indeed provide an opportunity for Hong Kongers of all ages to get out and exercise in a safe and responsible way. The more races that can go ahead successfully, the better placed we are to move forward with future races.

While we appreciate that the additional testing requirement may seem inconvenient, it is actually a quick and efficient process. Appointments can be booked online at <https://www.communitytest.gov.hk/en/> and walk in appointments are also available. There are 18 test centres around Hong Kong and it generally takes about 15 minutes to complete the test. The cost is \$240. Your results will be sent to you by text message and you can show this at our registration desk on race day to collect your race number. If you have any queries about testing, you can contact the Food and Health Bureau on 3509 8765. We recommend that runners take their PCR test on Friday, 1st October in order to receive their results before the race on the Sunday.

Our race is capped at 200 runners and places will be allocated on a first come basis. Your bib number will also be entered into a lucky draw and prize winners will be notified by email on Saturday, 2nd October.

We very much hope that our members will support this race and look forward to seeing you on race day!

Enter HERE <https://www.njuko.net/w/899/>

Queries to: chair@avohk.org Whatsapp 9131 0667