**8 December 2022**

**DISTANCE RUNNING TEAM  
2023 COACHING SESSIONS FOR RUNNERS**

1. The Law Society Distance Running Team will organise a new series of professional coaching sessions in January 2023. We have invited Mr Ngai Kang (魏賡), Hong Kong elite runner as the coach of this new class series. Please click [here](#CV) for the profile of Coach Ngai.
2. Members are invited to join these coaching sessions especially tailored for Law Society members with details below:

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| Dates: | 9 January to 27 March 2023 (Mondays) January: 9, 16 & 30 [no class on 23 January, which is a public holiday]  February: 6, 13, 20 & 27  March: 6, 13, 20 & 27 |
| Time: | 7:30 pm to 9:00 pm |
| Venue: | Aberdeen Sports Ground, No. 108 Wong Chuk Hang Road, Aberdeen, Hong Kong (or alternatively Causeway Bay Sports Ground, Causeway Road, Causeway Bay, Hong Kong, subject to venue availability) |
| Class Size: | **Minimum:** 12 pax **Maximum:** 20 pax |
| Fees: | $1,000 per participant for 11 sessions (non-refundable and non-transferable) |
| Remarks: | 1. Participants are required to join the Recreation and Sports Programme 2023. 2. Participants are required to comply with all relevant laws/regulations/directions of the HKSAR Government, in particular, the requirement in relation to the Vaccine Pass as set out in Prevention and Control of Disease (Vaccine Pass) Regulation (Cap. 599L), and antivirus and social distancing measures/requirements imposed by relevant venues. 3. Aberdeen Sport Ground and Causeway Bay Sports Ground are sports premises, which are open to public but with fixed capacity. Members are reminded that they may not be granted access to the venue in case the venue capacity has been reached at the time of their arrival, and will have to wait for further instructions by the venue staff. 4. All members with no or some running experience are welcomed. 5. Bring sufficient water, sports drinks, gels and snack bars according to your own needs. 6. All fees cannot be paid on a pro-rata basis. 7. Cancellation and Refund Policy:    1. We regret that once you have confirmed and paid for your registration, there is NO REFUND or cancellation except where no seat can be offered to you or the class(es) is/are cancelled by the Law Society, for example, but not limited to, when the class(es) is/are undersubscribed. If you cannot attend the booked class(es), you may transfer your booking to a replacement delegate provided that the Law Society is notified in writing at least three clear days in advance of the scheduled class date(s).    2. This Cancellation and Refund Policy is subject to change without notice, from time to time in the discretion of the Law Society. 8. Notwithstanding point (g) above, the Law Society reserves the right to alter any arrangements including cancelling the classes if it is under-subscribed or in failure of securing the venue. 9. Class arrangements are subject to changes with the latest COVID-19 social distancing measures. |

1. For those members who are interested in joining the coaching sessions (**Event Code: MS\_20220037**), please register via either way of below by **Wednesday, 4 January 2023**. **Pre-registration of your mobile number is required for accessing the System (both Web and App versions). To register your mobile number, please click** [**here**](http://www.hklawsoc.org.hk/login/login.asp?page=replyslip&p1=633) **(Member's zone login is required).**
2. Register via [**The Law Society’s Electronic Registration and Payment System**](https://epayment.hklawsoc.org.hk/) (“Web version”)
3. Register via The Law Society’s App (“App version”)

*Notes:*

1. The App is only currently available to full members and trainee solicitors.
2. To download and activate the App, please follow the steps illustrated in the [Installation and Activation Guide](https://www.hklawsoc.org.hk/Apps/HKLS_Mobile_App_install_Guide.pdf).
3. Click [here](http://epayment.hklawsoc.org.hk/userguide.pdf) for the "User Guide for Law Society members with FAQ"
4. Registration will only be completed upon full payment of the registration fee by the stated deadline. For enquiries related to the Registration and Payment System, please email us at [epayment@hklawsoc.org.hk](mailto:epayment@hklawsoc.org.hk).
5. A confirmation email will be sent from the Law Society to all successfully registered members. If your registration has been accepted but you are unable to attend subsequently, please notify us on [RnS@hklawsoc.org.hk](mailto:RnS@hklawsoc.org.hk) promptly to allow another person on the waiting list to attend.
6. For enquiries related to the class(es), please contact below Distance Running Convenors:

* Mr Sonny Lam: 6218 2212 or [cslsonny@yahoo.com](mailto:cslsonny@yahoo.com); or
* Ms Catherine Lau: 6107 0230 or [catherinelsf@gmail.com](mailto:catherinelsf@gmail.com)

