**21 September 2023**

**RUNNING TEAM  
2023 COACHING SESSIONS FOR RUNNERS**

**(Repeat Circular)**

1. The Law Society Running Team will organise a new series of professional coaching sessions in October 2023. We have invited Mr Ngai Kang (魏賡), Hong Kong elite runner, as the coach of this new class series (click [here](#CV) for profile). All members with no or some running experience are welcome.
2. Details of the coaching sessions are as follows:

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| Dates: | 9 October to 18 December 2023 (Mondays) October: 9, 16 & 30 [no class on 23 October, which is a public holiday]  November: 6, 13, 20 & 27  December: 4, 11 & 18 |
| Time: | 7:30 pm to 9:00 pm |
| Venue: | Central Waterfront Promenade |
| Class size: | **Minimum:** 15 pax **Maximum:** 30 pax |
| Fees: | $1,000 per participant for 10 sessions |
| Remarks: | 1. Participants are required to join the Recreation and Sports Programme 2023. 2. ALL fees are non-refundable and cannot be paid on a pro-rata basis, and are non-transferable. 3. The Law Society reserves the right to alter any arrangements including cancelling the classes if it is under-subscribed. |

1. For those members who are interested in joining the coaching sessions (**Event Code: MS\_20230049**), please register via either way of below by **Tuesday, 3 October 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**](https://www.hklawsoc.org.hk/en/mem/Weekly-updates/Event-List/Event-Enrolment?eventId=20201200018) **(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 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)

