

7th Hong Kong Games' Vitality Run quota filled

The Leisure and Cultural Services Department (LCSD) announced today (January 10) that, following an overwhelming response, the 5 300 places for the about-3-kilometre run and the 10km run of the 7th Hong Kong Games (HKG) Vitality Run have been filled.

A spokesman for the LCSD said that the event has received enthusiastic responses from the public since it was first held in 2015. The quota was increased once again this year to allow more people to take part in this community participation programme.

Entries were snapped up rapidly after enrolment started this morning. The spokesman thanked the public for their support, and called on local residents and those who could not register for the run to cheer for the participants along the route or join the activities at Yuen Wo Playground on the event day.

The Vitality Run is scheduled for the morning of March 10 (Sunday) and will be held alongside the Shing Mun River in Sha Tin. Enrolled participants are advised to attend the event on time. Each participant will get a souvenir T-shirt and a gift pack while those who complete the run within the time limit will receive a certificate and a souvenir medal. To add more fun to the event, participants can dress up and compete for the Most Creative Costume Prizes and the Overall Best Team Costume Prizes.

The about-3km run will begin at 9am. The route will start at Yuen Wo Road (near Sha Tin Sports Ground), proceeding to Sha Tin Rural Committee Road, Tai Chung Kiu Road, Fo Tan Road and Yuen Wo Road and finishing at Sha Tin Sports Ground.

The 10km run will commence at 8.30am from the same starting point of the 3km run. It will proceed to Sha Tin Rural Committee Road, Tai Chung Kiu Road and Fo Tan Road, and then head back to Yuen Wo Road. After arriving at Yuen Wo Road Sports Centre, participants will switch to the jogging and cycling tracks alongside the Shing Mun River via the Hong Kong Sports Institute campus and sports ground, then turn around before Sha Tin Sewage Treatment Works (without entering the Hong Kong Sports Institute) and finish at Sha Tin Sports Ground.

On the event day, activities including stage performances, game booths, a family area and a photo corner will be held at Yuen Wo Playground. Participants and members of the public can enjoy the fun of sports and greet the upcoming 7th HKG.

The HKG is a territory-wide major multi-sports event held biennially with the 18 District Councils as the participating units. The inter-district

sports competitions of the 7th HKG will be held from April 28 to June 2 this year, covering eight sports competitions, namely athletics, badminton, basketball, futsal, swimming, table tennis, tennis and volleyball. Apart from sports competitions, a wide range of programmes are also organised for the public to participate in, including the 18 Districts' Pledging cum Cheering Team Competition to be staged at Queen Elizabeth Stadium on February 24.

Details about the 7th HKG are available at the [dedicated website](#).