



ImechE Hong Kong Branch
Health & Wellness Sub-committee

WEEKLY RUNS

WEEKLY EVENING RUN

**REGULAR SOCIAL HIKING AND RUNNING
MEETUPS TO ENERGIZE YOUR MIND AND
BODY!**



Hong Kong Branch

Improving the world through engineering

Running for Health Sha Tin Shing Mun Riverside

Join us for our weekly run group. We welcome runners of all ability levels!

This is a routine 'easy' run. We generally have a mix of preferred paces between 5.5 and 7 minutes per km.

Length: ~8.8km
(Please refer to route map next page)
Lockers are available at Sha Tin Sports Ground

No CPD cert will be issued for this event.

Date: 4/10/17/24 May 2023
Time: 18:30
Meeting Point: Sha Tin Sports Ground
(Light Refreshment Kiosk)

Should you have any enquiries please contact:
Mr. Andy Pang
t: 6476 9098

WEEKLY RUNS

WEEKLY EVENING RUN

路線二 沙田城門河畔
Route 2 Sha Tin Shing Mun Riverside



路線：
沙田城門河畔一圈

Route:
Running along Sha Tin
Shing Mun Riverside

Institution of
**MECHANICAL
ENGINEERS**

Hong Kong Branch

Improving the world through engineering