



# HARBOUR SPORTS CLUB CIC

## Reading 21

The tentative training schedule is as follows:

<b>15 January (Sun)</b> GMT 1500 / HKT 2300	Online workshop on training plan By Harry Loasby, Reading 21 Head Coach
<b>22 January (Sun)</b>	Running Practice 1
<b>28 January (Sat)</b> GMT 1500 / HKT 2300	Online workshop on marathon experience By Wong Kailok, Hong Kong Marathon 2021 Champion
<b>29 January (Sun)</b>	Running Practice 2
<b>5 February (Sun)</b>	Running Practice 3
<b>11 February (Sat)</b> GMT 1500 / HKT 2300	Online workshop on running in the UK By Jacky Leung, the first sub-50 runner on the Hong Kong Four Trails Ultra Challenge
<b>12 February (Sun)</b>	Running Practice 4
<b>18 February (Sat)</b> GMT 1100	Yoga for runners 1* By Michael Ng, registered yoga teacher
<b>19 February (Sun)</b>	Running Practice 5
<b>26 February (Sun)</b>	Running Practice 6
<b>4 March (Sat)</b> GMT 1100	Yoga for runners 2* By Michael Ng, registered yoga teacher
<b>5 March (Sun)</b>	Running Practice 7
<b>12 March (Sun)</b>	Running Practice 8
<b>18 March (Sat)</b> GMT 1100	Yoga for runners 3* By Michael Ng, registered yoga teacher
<b>19 March (Sun)</b>	Running Practice 9
<b>26 March (Sun)</b>	Running Practice 10
<b>2 April (Sun)</b>	Reading Half Marathon

\*Participants are entitled to join at least one of the three yoga classes due to venue limits.

To enroll in Reading 21, please register as a "Reading 21 member" under the "Membership" section. You will then be able to also register for a Yoga for Runners class for free under the "Activities" section. The yoga slots are first come first served.

### Harry Loasby

Harry is a Japanese and British mix who grew up in Hong Kong. He is a dedicated runner, and active in track, road and trail running. He is the current HK national record holder in 3000m and fastest known time for Lantau Trail. He dedicates himself to coaching and nurturing the next batch of runners. Harry founded BuffCo Running Club and made running and races accessible to all, without boundaries.

### Eric Wong Kai Lok

Eric is a young elite long-distance runner in Hong Kong. He is the overall champion of the full marathon in Standard Chartered Marathon 2021, the first Hongkonger who wins this title. He founded his running club "Trailblazer" and was determined to foster changes in the running world in Hong Kong.

### Jacky Leung

Jacky is a trail runner from Hong Kong, best known as being the first one to finish the Hong Kong 4-Trail Ultra Challenge (HK4TUC) under 50 hours, a total distance of 298km and over 15000m elevation. Professionally, he is a registered physiotherapist in both the United Kingdom and Hong Kong. He has migrated to Scotland and continues to explore the beautiful landscape in the wild. He and his team recently won the champion of the non-military category in Trailwalker UK in 2022.

### Michael Ng

Michael Ng is a registered yoga teacher. As a trail runner and office worker himself, he has organised community yoga classes focusing on flexibility for runners and office syndromes. For Reading 21, he will teach Yoga for Runners classes and offer tips on daily easy stretching.