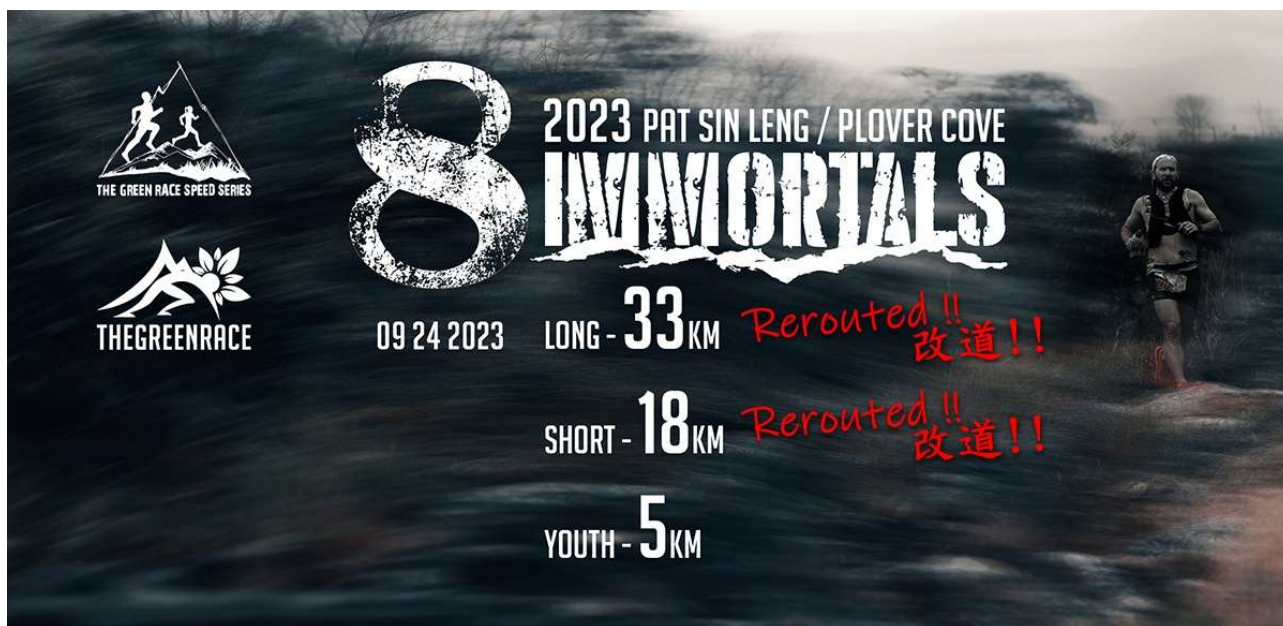


TGR 8 Immortals 2023 - TGR Speed Series 2023



Announcement of new routes in response to the closure of trails after the severe rainstorm

Hong Kong was successively hit by super typhoon Saola and heavy rain and thunderstorms, which caused flooding, landslides, and collapses of trees in numerous areas in Hong Kong, both in the city and countryside. AFCD has closed several trails and TGR 8 Immortals has been affected. After the negotiation with AFCD, we are grateful that the race can be held as scheduled, but the routes need to be changed. The new 33km and 18km courses will replace the original 30km and 18km courses with new start time.

Late Registration is now open until 2023-09-24. Please don't hesitate to join us.

Race Info

Date :	2023-09-24 Sunday		
Location:	Pat Sin Leng / Plover Cove		
Venue :	Kong Ha Au Barbecue Site		
Start :	Kong Ha Au Barbecue Site		
Finish :	Kong Ha Au Barbecue Site (33km / 5km) / Bride's Pool Road (18km)		
Distance :	33km (new !)	18km (new !)	5km
Start Time :	9:00am (new !)	8:30am	9:30am (new !)
Total Ascent :	1623m (new !)	893m (new !)	198m
Time Limit :	9hr	6hr	2hr
Late Registration 2023-09-17 to 24	\$700	\$530	\$350
Website :	https://greenrace.run/8immortals/		
Registration	https://runnerreg.com/portal/registration/tgr-8-immortals-2023		

Course Description

33 km / Time limit : 9 hr /Ascent : 1623m

<https://www.plotaroute.com/route/2388404>

Section 1 : Distance : 7.6km / Ascent : 221m

Kong Ha Au Barbecue Site > A Mat Wat > Fan Shui Au > Kuk Po > Luk Keng (Checkpoint 1) (Total : 7.6km)

Section 2 : Distance : 9.5km / Ascent : 672m

Luk Keng (Checkpoint 1) > Wilson Trail Sec 10 > Lai Pek Shan > Pat Sin Leng > Bride's Pool Road (Checkpoint 2) (Total : 17.1km)

Section 3 : Distance : 7.8km / Ascent : 398m

Bride's Pool Road (Checkpoint 2) > Pat Sin Leng Natural Trail > Wang Tsat Ancient Trail > Wilson Trail Sec 10 > Luk Keng (Checkpoint 3) (Total : 24.9km)

Section 4 : Distance : 7.6km / Ascent : 332m

Luk Keng (Checkpoint 3) > Kuk Po > Fan Shui Au > A Mat Wat > Kong Ha Au BBQ Site (Total : 32.5km)



18 km / Time limit : 6 hr /Ascent : 893m

<https://www.plotaroute.com/route/2389159>

Section 1 : Distance : 7.6km / Ascent : 221m

Kong Ha Au Barbecue Site > A Mat Wat > Fan Shui Au > Kuk Po > Luk Keng (Checkpoint 1) (Total : 7.6km)

Section 2 : Distance : 9.5km / Ascent : 672m

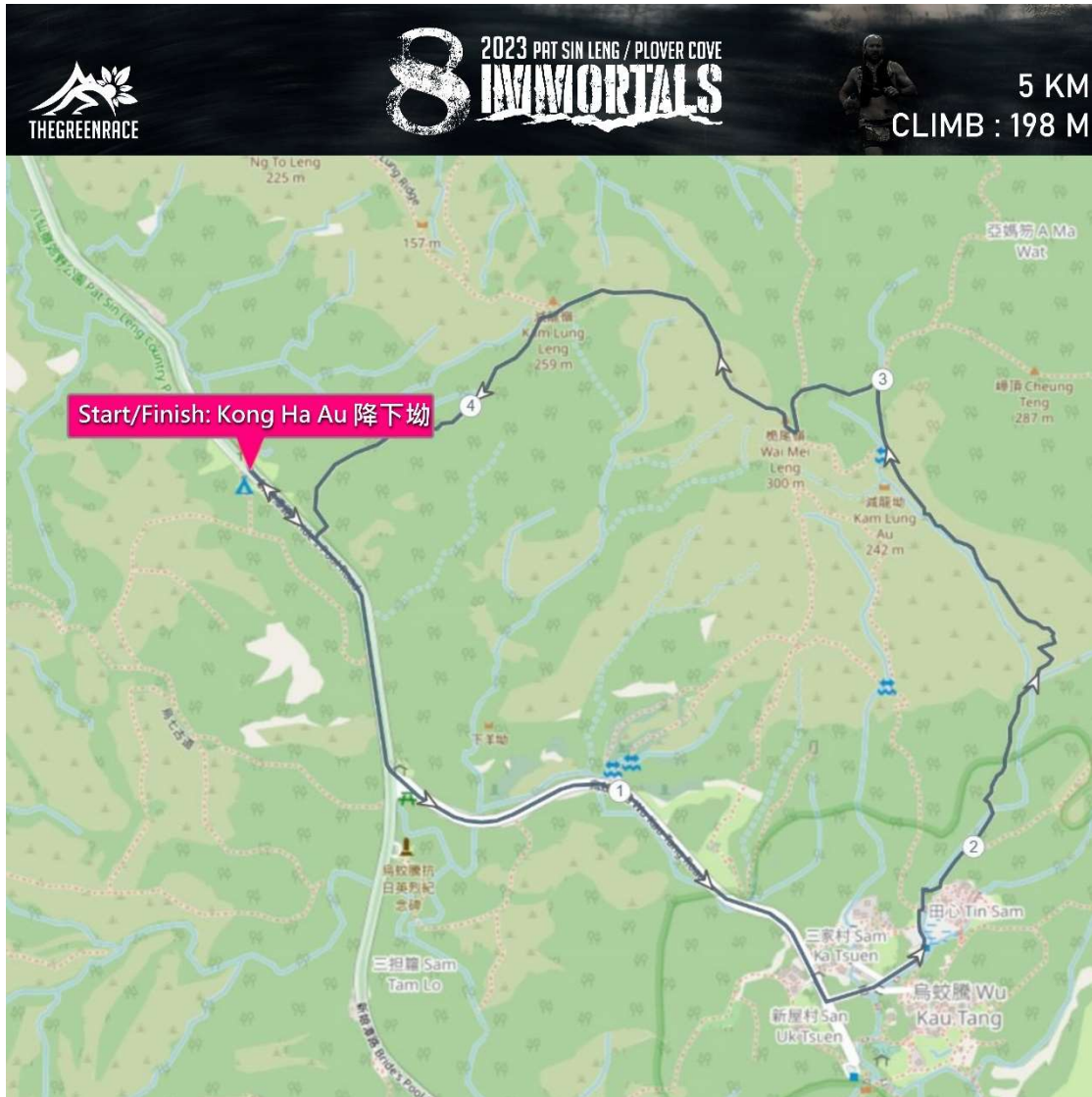
Luk Keng (Checkpoint 1) > Wilson Trail Sec 10 > Lai Pek Shan > Pat Sin Leng > Bride's Pool Road (Finish)
(Total : 17.1km)



5 km / Time limit : 2 hr / Ascent : 198m

<https://www.plotaroute.com/route/2326574>

Kong Ha Au BBQ Site > Wu Kau Tang > Wu Kau Tang Country Trail > Kong Ha Au BBQ Site (Total : 4.6 km)



Section Info & Cut-Off Times

33km / Time Limit : 9hr / Total Ascent : 1623m / Suggested Pacing : 15 min/km

CP	Location	Close Time	Limit (hr)	Dist. (km)	Next CP (km)	Altitude (m)	Highest Pt (m)	Ascent (m)	Descent (m)	Avg Pace (min/km)
Start	Kong Ha Au	09:15	-	-	7.6	110	-	-	-	-
CP1	Luk Keng	11:00	2	7.6	9.5	3	274	221	329	15
CP2	Bride's Pool Rd	14:00	3	17.1	7.8	29	590	672	640	18
CP3	Luk Keng	16:00	2	24.9	7.6	3	355	398	423	15
Finish	Kong Ha Au	18:00	2	32.5	-	110	274	332	221	15

18km / Time Limit : 6hr / Total Ascent : 893m / Suggested Pacing : 15 min/km

CP	Location	Close Time	Limit (hr)	Dist. (km)	Next CP (km)	Altitude (m)	Highest Pt (m)	Ascent (m)	Descent (m)	Avg Pace (min/km)
Start	Kong Ha Au	08:45	-	-	7.6	110	-	-	-	-
CP1	Luk Keng	10:30	2	7.6	9.5	3	274	221	329	15
Finish	Bride's Pool Rd	13:30	4	17.1	-	29	590	672	640	25

5km / Time Limit : 2hr / Total Ascent : 198m / Suggested Pacing : 26 min/km

CP	Location	Close Time	Limit (hrs)	Dist. (km)	Next CP (km)	Altitude (m)	Highest Pt (m)	Ascent (m)	Descent (m)	Avg Pace (min/km)
Start	Kong Ha Au	09:45	-	-	4.6	110	-	-	-	-
Finish	Kong Ha Au	11:00	2	4.6	-	110	275	198	196	26