



PEAK PERFORMANCE

*THE ULTIMATE HONG KONG CHALLENGE
FOR SAILORS AND RUNNERS*



Aberdeen Boat Club Four Peaks Race

30th Anniversary Saturday-Sunday 18-19 January 2014

KEY INFORMATION for SKIPPERS

This competition requires fitness, seamanship and sailing skills. Tactics, practice and stamina play a big part and rewards for all bring competitors back again and again for both the excitement and the camaraderie. Join us for the 30th anniversary!

Start: Tai Tam Bay. First warning signal 0955

Distances on the water (rhumb line courses)

Division A: 70-80 nautical miles

Division B: 45-60 nautical miles

Average duration 2013: 24 hours

Finish: in the vicinity of Round Island

ELIGIBILITY and SAFETY

Boats must meet ISAF Offshore Special Regulation Category 4. In cases where design features pre-empt compliance, exemption may be requested no less than 1 month before the race. Engines may be used only in an emergency, and when out of gear to charge batteries or weigh anchor.

CREW

Minimum 5 persons

Maximum non-climbing crew: 3 persons

Minimum crew per climbing group: 2 persons

Any crew member may climb 1-4 peaks

THE PEAKS

AVERAGE TIMES 2013

from boat to peak and back

Ma On Shan (702m. DIVISION A only)

2.5 hrs

Violet Hill (433m. All boats)

1.5 hrs

Lantau Peak (934m. All boats)

2 hrs

Mt Stenhouse (353m. All boats)

1.75 hrs

Peak 300, Cape d'Aguilar (300m. DIVISION B only)

1.5hrs

DEADLINE FOR ENTRY: Monday 13 January 2014

EVENTS

Notice of Race expected by mid October; **Sailing Instructions** by early November.

Skipper's Briefing:

Aberdeen Boat Club 7pm Friday 17 January

Prize Giving and Full Results:

Aberdeen Boat Club 7pm Friday 24 January

Contact for more information: Eileen Sze, keelboatsailing@abclubhk.com