



## PEAK PERFORMANCE

*THE ULTIMATE HONG KONG CHALLENGE  
FOR SAILORS AND RUNNERS*



# Aberdeen Boat Club Four Peaks Race

30<sup>th</sup> Anniversary Saturday-Sunday 18-19 January 2014

### KEY INFORMATION for CREW

**Average duration 2013:** 24 hours

**Minimum crew per boat:** 5 including skipper

**Maximum number of non-running crew:** 3 persons

**Minimum crew per climbing group:** 2 persons

**Any crew member may climb** 1-4 peaks

**Minimum age:** 16 (with parental consent for under 18s)

### THE PEAKS

Ma On Shan (702m. DIVISION A only)

Violet Hill (433m. All boats)

Lantau Peak (934m. All boats)

Mt Stenhouse (353m. All boats)

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

### AVERAGE TIMES 2013

from boat to peak and back

2.5 hrs

1.5 hrs

2 hrs

1.75 hrs

1.5hrs

### CREW FAQs

**What do I need most?** Practice; drop off and pick up routines

**What should I wear?** Layers: quick dry underneath + warm windproof & waterproofs

**What should we eat?** Sandwiches, soup, noodles, pasta, stew, high-energy snacks

**What's it really like?** Focusing, communicating, waiting, getting wet.

**What do I need to know most?** The boat, your team mates, yourself.

**How much does it cost?** Some skippers request contributions for fees and supplies.

### RUNNERS FAQs

**What training do I need?** Endurance rather than speed, agility on rough ground.

**How much running will I be doing?** Depends on number of runners on your boat.

**Will I get wet?** Expect to, especially on beach landings.

**Should I take a change of clothes?** Yes.

### PRIZES include

Winners on the Water

Greatest Aggregate Age

Corinthians: All Crew Run

Fastest on the Peaks

Last Boat Across the Finish Line

Fastest Female Runner

**PRIZE GIVING AND FULL RESULTS:** Aberdeen Boat Club 7pm Friday 24 January

Notice of Race expected on ABC website by **mid October 2013**, Sailing Instructions by early November 2013.

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