

Organised by



To be held on  
4-5 February 2012

For racing instructions and  
entry form download from  
[www.abclubhk.com](http://www.abclubhk.com)

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# ABERDEEN BOAT CLUB

## Four Peaks Race 2012

4<sup>th</sup>-5<sup>th</sup> February



# Racing Instructions

SUPPORTED BY:





## From the Commodore

On behalf of the Aberdeen Boat Club I would like to welcome all competitors participating in the 2012 Four Peaks Race.

This is the twenty-eighth year that the Aberdeen Boat Club has been managing and organizing this fine race demanding tactical sailing and endurance for runners and sailors alike.

Blessed with excellent weather again last year, I trust that this year will be similar and provide boats and runners with ideal conditions and good sailing for another memorable event.

Safety is first priority so please check and ensure you comply with requirements of the Racing Instructions and take all necessary precautions to cater for the variable weather conditions which may occur throughout the weekend.

I wish to thank the Race Committee, the many volunteers and our Club staff for their hard work and dedication in making this premier Hong Kong event possible, as much as the sailors and runners for competing in this unique event.

John Berry  
Commodore  
Aberdeen Boat Club





## Introduction

The Aberdeen Boat Club is proud to have initiated the Four Peaks Race and to have been organizing it successfully every year since 1985. It offers a great opportunity for a prestigious sponsor to be associated with a top class sporting event.

This challenging overnight event involves an exciting combination of sailing, paddling and running. Yachts start in Tai Tam Bay and sail around Hong Kong's islands. Runners from the boats climb some of the territory's tallest peaks to check in at peak controls. The finish is between Middle Island and Round Island on the south side of Hong Kong.

Everyone prepares very thoroughly and many teams train together for weeks. It's a tough test of endurance, equipment, sailing skills and mountain trail running. Stamina and tactics play a big part and those who put everything together on the day win the trophies.

We hope old hands enjoy the changes. This unique sporting challenge is considered one of the most testing competitions in the region. It requires the highest levels of fitness and sailing ability from the competitors and the best of race stewarding and safety management from the organizers.

The entry form is at the end of the Racing Instructions. If you need more information or would like to be a volunteer contact [sailingsecretary@abclubhk.com](mailto:sailingsecretary@abclubhk.com) or call 2873 2945. If you are a runner or a sailor looking for a boat, go to the crew register at <http://www.abclubhk.com/registration.aspx?ActId=19> and sign up.

See you at the briefing, on the water and in the hills!

### Sailing & Marine Committee





# I. RACING INSTRUCTIONS

## I.1. DATE

The race will be held over the weekend of Saturday 4 and Sunday 5 February 2012.

## I.2. ORGANIZING AUTHORITY

The organizing authority is the Aberdeen Boat Club Ltd, 20 Shum Wan Road, Aberdeen, Hong Kong (the Club).

## I.3. DISCLAIMER OF LIABILITY

I.3.1. Yacht racing can be dangerous. The attention of the Person-in-charge is drawn to RRS Fundamental Rule 4: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone" and to Special Regulation 1.02 (first point) which begins "The safety of a yacht and her crew is the sole and inescapable responsibility of the Person-in-charge..."

I.3.2. The organizing authority and sponsors will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the event.

I.3.3. Persons-in-charge are invited to co-operate closely with the Organizing Authority, race committee and ABC Sailing Office in completing the formalities for their boats' entries by submission of all required information, forms, etc. within the deadline dates quoted

## I.4. INSURANCE

All boats shall be insured with valid third-party liability insurance of the minimum cover required by Government (HK SAR) regulations.

## I.5. RULES

The race will be governed by:

- Hong Kong Sailing Federation Prescriptions
- the Racing Rules of Sailing 2009-2012 (RRS)
- IRC Rules 2012 parts A, B and C
- HKPN handicap system as administered by the HKPN committee and HKPN PIPS shall apply
- the current Aberdeen Boat Club Standard Sailing Instructions, available from the Club at <http://www.abclubhk.com/download/504.pdf>
- the Aberdeen Boat Club Four Peaks Race 2012 Notice of Race





- the Aberdeen Boat Club Four Peaks Race 2012 Racing Instructions (RI)
- In case of conflict between any of the above, succeeding items take precedence. This changes RRS 63.7.

**Note** These RI's include hill running and other rules that do not comply with conventional RRS guidelines.

## **1.6. RACE BRIEFING**

A race briefing will be held at the Club at 1900 hours on Friday 3 February 2012.

## **1.7. NOTICES TO COMPETITORS AND CHANGES TO SAILING INSTRUCTIONS**

1.7.1. Notices to competitors and changes to RI (L Notices) will be posted on the Yachting Notice Board at the Club and on the Club's website ([www.abclubhk.com](http://www.abclubhk.com)).

1.7.2. Any change to the RI will be posted not later than 1800 hours on the day before the start of race.

## **1.8. SAFETY**

1.8.1. Competitors are reminded that it is essential to reconnoitre landing places, routes and peak control locations, in the interests of both safety and competitiveness.

1.8.2. Boats shall comply with the ISAF Offshore Special Regulations Category 4, and shall be fitted with an engine capable of propelling the boat at a speed in knots equal to the square root of its LWL in feet. Scrutineering checks may take place at any time in the week preceding the race or during the race itself after transfer of shore parties.

1.8.3. When transferring from boat to shore and vice versa between sunset and sunrise, swimmers and shore party transfer craft must display a conspicuous, all round, white light e.g. a personal strobe safety light. All persons shall wear a life jacket while swimming or in any shore party transfer craft.

1.8.4. Safety patrol boats will be on duty.

1.8.5. The use of mobile phones is encouraged in the interests of safety and race administration. A mobile phone is a required item of shore party equipment (see 3.4). Mobile phones may not be used for giving or receiving information.

1.8.6. Anchors may be carried on deck at any time after the start.





## I.9. ELIGIBILITY

Eligible boats are those of a thoroughly seaworthy type with a minimum LOA of 7 metres, which meet the safety requirements and have an HKPN handicap allocated by HKPN Committee, and/or a valid IRC Certificate. The Race Committee reserves the right to either amend or issue an HKPN handicap for the race.

## I.10. ENTRY

I.10.1. Entry must be made by submitting a completed entry form and crew list to the Club before 1700 hours on Monday 30 January 2012.

I.10.2. The entry fee is HK\$800. Late entries may be accepted at the discretion of the Race Committee up to 1800 hours on Friday 3 February 2012 but these will be subject to an additional late entry fee of HK\$400 if received after Monday 30 January 2012.

I.10.3. Entry fees will not be refunded for withdrawals made after 1700 hours on Monday 30 January 2012.

I.10.4. The crew list may be submitted separately from the entry form but must be submitted to the Club by 1700 hours on Monday 30 January 2012.

I.10.5. Any change to the crew list must be submitted to the Club in writing before the start of the race.

## I.11. CREWS

The minimum number of crew is five, including the skipper. All crew members except three must complete the ascent of at least one peak.

## I.12. DIVISIONS AND CLASSES

### I.12.1. SAILING DIVISION

- **Division A Class I**, includes monohulls with a valid IRC Certificate or an HKPN of 949 or lower.
- **Division A Class II**, includes monohulls with an HKPN of 950-1025
- **Division A Class III**, includes multihulls
- **Division B**, includes monohulls with an HKPN over 1025 and open lugger-rigged boats

Monohulls with an HKPN of 950 or over, may request to compete in either Division B or Division A Class II. Division and class splits may be reallocated subject to entries received. These decisions will be made at the sole discretion of the Race Committee.





### I.12.2. Motoring Division

- I.12.2.1. A boat may transfer to the Motoring Division by electing to motor at any time after 30 minutes from its start.
- I.12.2.2. All boats entering the Motoring Division shall display IC Flag 'M' from the permanent backstay or a starboard shroud if no backstay is fitted. IC Flag 'M' should be displayed as soon as the decision to transfer to the Motoring Division is made.
- I.12.2.3. Motoring time of up to 15% of elapsed time i.e. Primary Motoring Time (PMT), will attract a time penalty equal to  $PMT \times K$ , where  $K$  is the boat's Motoring Factor. Motoring time of more than 15% of elapsed time i.e. Subsequent Motoring Time (SMT), will attract an additional time penalty equal to  $3 \times SMT \times K$ .
- I.12.2.4. All periods of motoring (including distances, established either by GPS or by a distance log reading at the start and finish of each such period) shall be logged on the Motoring Declaration Form provided at the race briefing and shall be submitted with the boat's race Declaration Form. Failure to comply with this instruction may result in disqualification.
- I.12.2.5. For result purposes each period of motoring will be taken as a minimum of 30 minutes.
- I.12.2.6. Any boat in the Motoring Division is reminded that, at the commencement of and throughout the duration of a period of motoring, the correct day shape or night lights for a sailing vessel operating auxiliary propulsion are displayed in conformity with the International Regulations for Preventing Collisions at Sea, Part B, Steering & Sailing (COLREGS).

### I.13. RADIO COMMUNICATION

- I.13.1. Each boat shall carry a VHF radio, fixed or handheld and maintain a listening watch on VHF Channel 72 whilst racing.
- I.13.2. Race Control will communicate on VHF Channel 72 and may issue specific race instructions on this Channel, e.g. notification of a shortened course. Race Control will endeavour to transmit any such communication at 15 minutes past the hour.
- I.13.3. In the interests of safety and race administration Race Control may contact a boat by mobile telephone or VHF Channel 72 at any time during the race.





### I.14. POSITIONS AND POSITION CHECKS

I.14.1. All positions in these RI and all positions reported by competitors are to be recorded on the WGS84 datum.

I.14.2. For safety reasons, boats are required to contact Race Control on VHF Channel 72 or mobile phone for position checks during the race. Positions must follow this format:

OR

<p>“Four Peaks Race Control, this is Yacht .... My current position is in the vicinity of ....  at (lat, long) at time (GPS time in hours and minutes) Repeat”</p>	<p>“Four Peaks Race Control, this is Yacht .... My current position is in the vicinity of ....  “at (bearing to object and distance) at time (GPS time in hours and minutes) Repeat”</p>
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I.14.3. Boats in Division A shall make these checks when in the vicinity of the following marks of the course;

Course 1

Position Check 1: Sung Kong Island

Position Check 2: South East Soko/Tao Lo Chau

Course 2

Position Check 1: Sung Kong Island

Position Check 2: Shek Kwu Chau (first rounding)

I.14.4. Boats in Division B shall make position checks when in the vicinity of the following marks of the course;

Course 3

Position Check 1: Sung Kong Island

Position Check 2: Cheung Chau Rock

Course 4

Position Check 1: Sung Kong Island

Position Check 2: Chesterman Buoy

Course 5

Position Check 1: LCS 1 Buoy

Position Check 2: Castle Rock





### **I.15. DECLARATIONS AND RETIREMENTS**

- I.15.1. After finishing, boats shall submit completed Post Race Declaration Forms, Hill Running Times and Motoring Declaration Forms (if appropriate) to the Club by 1200 hours on Monday 6 February 2012.
- I.15.2. A boat that retires from the race shall report this to Race Control by telephone or on VHF Channel 72 as soon as practicable and shall obtain an acknowledgement.

### **I.16. PROTESTS**

- I.16.1. Protests and claims for redress shall be made in accordance with the RRS.
- I.16.2. The Race Committee may also protest a boat as a result of reports made to it by a member of a Peak Control or safety boat team. This is in addition to RRS Rule 60.2.
- I.16.3. The time limit for protests is 12 noon on the Monday following the race.

### **I.17. PENALTIES**

The penalties for infringement of Rules outside the boundaries of the Racing Rules of Sailing 2009-2012, will be a time penalty up to and including 5% of total elapsed time. Repeated or gross violations of these Rules may result in disqualification.

### **I.18. ADVERTISING**

Boats may be required to display advertising chosen and supplied by the organizing authority.





## 2. SAILING

Competitors are reminded that **ALL** flag hoists on the **Committee Boat** should be carefully monitored before, during and immediately after the starting sequence. **No redress will be given for misreading flag signals.**

### 2.1. DIVISION FLAGS AND STARTING TIMES

- 2.1.1. The starting system will be in accordance with RRS Rule 26 with the warning signal given 5 minutes before the starting signal.
- 2.1.2. Starting times and flags will be as follows:

<u>Division</u>	<u>Start Time</u>	<u>Flag</u>
Division A Classes I, II	11.00	U
All Division A classes including multihulls		K
Division B	11.05	V
Division A Class III multihulls	11.10	W

- 2.1.3. In the event of a delay or postponement to one start, subsequent starts shall be delayed accordingly without the need to indicate such delay.

### 2.2. THE START

- 2.2.1. The starting line will be laid in Tai Tam Bay in the vicinity of the Tai Tam Weather Buoy and will be a line between a signal mast displaying an orange flag on the Committee Boat at the starboard end of the line, and an inflatable club buoy laid as an outer distance mark (ODM) at the port end.
- 2.2.2. An inner distance mark (IDM) may also be laid, in which case boats shall pass between the ODM and the IDM when starting.
- 2.2.3. The warning signal for the first start will be on Saturday 4 February 2012 at 1055 hours.

### 2.3. RACING AREAS

Racing will be in the coastal waters between Tai Tam, the Ninepins Islands and Port Shelter in the eastern part of Hong Kong and Lantau Island in the southwest and will include the ascent by Shore Parties of four peaks for Division A and three peaks for Division B.





## 2.4. COURSES

- 2.4.1. Courses will be set for Division A and Division B. These will be selected from the courses shown in Section 5 and will be indicated by IC numeral pennants hoisted on the Committee Boat, at or before the warning signal for the first start. The course pennant for Division A will be hoisted above the course pennant for Division B if there is a combined start.
- 2.4.2. The course for Division A will be Course 1 or 2. The course for Division B will be Course 3, 4 or 5.
- 2.4.3. If a windward mark is laid, a red or green flag will be displayed on the Committee Boat to indicate that such a mark is to be rounded and left to port or starboard respectively.
- 2.4.4. Boats shall not pass to the north of Lamma Island.
- 2.4.5. Competitors are reminded of the provisions in Part B Section I Rule 10 of COLREGS which state that "A vessel shall so far as practicable avoid crossing traffic lanes, but if obliged to do so shall cross on a heading as nearly as practicable at right angles to the general direction of traffic flow" and "...a sailing vessel shall not impede the safe passage of a power driven vessel following a traffic lane."

## 2.5. THE FINISH

- 2.5.1. The finishing line will be laid between Round Island, Middle Island and Ocean Park and will be a line between a signal mast displaying an orange flag on a Committee Boat at the starboard end of the line, and an inflatable club buoy laid as an outer distance mark (ODM) at the port end. The ODM will display an all round flashing white light during the hours of darkness.
- 2.5.2. When crossing the finishing line in the dark, a boat shall illuminate its sail number and advise Race Control either by telephone or on VHF Channel 72.
- 2.5.3. In the unlikely event that there is no Committee Boat on station at the finish, boats shall record their own times when the finishing line ODM is at a bearing of 270° and approximately 50m-100m from the stem-head of the boat. This time shall be submitted with the boat's declaration.
- 2.5.4. The finishing line shall not be subject to protest or claim for redress.

## 2.6. SHORTENED COURSES

- 2.6.1. The course may be shortened at any mark of the course or at any Peak Control. In this event the requirement for all crew members except three to complete the ascent of at least one peak shall not apply.





- 2.6.2. If the course is shortened at a Peak Control, Shore Parties will be informed by the Peak Control. Radio announcements will also be made on VHF Channel 72.
- 2.6.3. If the course is shortened at a mark of the course, the finishing line will be a line between a signal mast displaying an orange flag on a Committee Boat at one end of the line and the selected mark as the ODM at the other end. The course mark shall be left to the side indicated in the course details and the Committee Boat will be positioned accordingly at either the port or starboard end of the line, so that boats will cross the line in the direction coming from the previous mark or Dropping Zone.
- 2.6.4. In the event that not all boats complete the full or shortened course before the time limit, the Race Committee may decide that apart from results for boats that did complete the full or shortened course, other overall, division and class results will be based on the times taken at a suitable Peak Control. Such times will be those of the last member of a shore party to reach the Peak Control.
- 2.6.5. In the event that the course is shortened, a boat may elect to continue sailing to complete the full course **within the time limit** and compete for the *All The Way Prize*. A boat electing to do so shall immediately inform Race Control, either by telephone or on VHF Channel 72.

## 2.7. TIME LIMIT

Any boat not finishing by 1900 on Sunday the 5 February 2012 will be scored DNF.

## 2.8. TRANSFER OF SHORE PARTIES

- 2.8.1. Shore parties shall go ashore and return to their boats in the same sequence as the peaks to be climbed. They shall disembark from and return to the boat in the designated Dropping Zones and shall be transferred to and from the shore by swimming, by shore party transfer craft or by the boat itself.
- 2.8.2. Shore party transfer craft means any tender, inflatable dinghy, kayak, canoe or other floating device, which shall be carried on board the boat whilst outside the designated Dropping Zones and shall be powered by paddles, oars or sail.
- 2.8.3. A boat may come alongside a pier or jetty for a period long enough to disembark or pick up a shore party but it shall not make fast and shall immediately lie-off so as not to obstruct other boats. **Boats shall not hinder any other boat maneuvering within landing zones. Boats in motoring division shall at all times keep clear of boats in sailing divisions.**
- 2.8.4. Towing a boat, by rowing or paddling one of its shore transfer craft is permitted within the Dropping Zones but not elsewhere.





- 2.8.5. Transfer craft shall not be left in the water made fast to any part of a public pier nor left in such a way so as to impede other competitors. This includes any access steps considered part of the pier. Transfer craft may be left in other public areas provided they are in a location which is both safe and which will not obstruct other Shore Parties or the general public. Any breach of this rule may result in such penalty or disqualification as may be determined by the Race Committee.
- 2.8.6. Swimming is not allowed outside Dropping Zones except for inspection or repairs.

## 2.9. DROPPING ZONES (IN ANNEXE I)

**The Port Shelter Dropping Zone is the area to the northwest of the following coordinates:**

Point 22° 19'.2N 114° 17'.4E [Pa Tau Kok/Ngam Tau Sha]

Point 22° 19'.9N 114° 17'.6E [North point of Shelter Island/Ngau Mei Chau]

Point 22° 20'.6N 114° 18'.7E [Southwest Kau Sai Chau]

Then the western shoreline of Kau Sai Chau and Yim Tin Tsai to:

Point 22° 22'.8N 114° 18'.0E then across channel to mainland at:

Point 22° 23'.05N 114° 17'.9E

**The Repulse Bay/ Tai Tam Bay Dropping Zone, for both Peak 300 and Violet Hill, is bounded by the southern shoreline of Hong Kong Island and:**

Point 22° 14'.2 N 114° 11'.4E

Point 22° 13'.0N 114° 11'.0E

Point 22° 11'.0N 114° 11'.0E

Point 22° 11'.0'N 114° 14'.0E

Point 22° 12'.4N 114° 14'.8E





**The South Lantau Dropping Zone is the area north of a line joining:**

Point 22° 12'.6N 113° 55'.8E [Southeast point Luk Keng Shan Peninsula]

Tsui Pai (22° 13'.1N 113° 58'.8E)

**The Lamma Island Dropping Zone is the area enclosed by a line joining:**

Point 22 12'.7N 114 06'.2E

Point 22° 10.0'N 114° 6'.0E

Point 22° 10.0'N 114° 10'.0E

Point 22° 13.50'N 114° 10'.0E

Point 22 13'.5N 114 08'.15E [Eastern tip of Luk Chau/George Island]

Boats in sailing divisions are not permitted to motor in the Dropping Zones. Any such motoring, except for a brief period in an emergency, will constitute a transfer to Motoring Division. Such occurrences must be recorded on the boat's Declaration Form.

## **2.10. NAVIGATION LIGHTS**

Between 1830 and 0600, the appropriate navigation lights, including anchor lights, shall be lit in accordance with COLREGS. RRS Rules 10-19 shall cease to apply.

## **2.11. POWERED STEERING DEVICES**

The use of automatic powered steering devices is prohibited.

## **2.12. ENGINES**

Engines may be used for charging batteries, pumping bilges or supplying power for weighing anchor or refrigeration while in neutral. An engine may also be used when appropriate to avoid collision or in grave emergency. An engine may also be used for propulsion in a man-overboard situation or to render assistance. In each case, full details shall be declared on the Motoring Declaration Form, and in the boat's post race Declaration Form.





## 3. HILL CLIMBING RULES

### MAPS IN ANNEXE I

- 3.1. The peaks to be climbed are as follows. Positions are according to WGS84 datum. This may not correspond to land coordinates derived from Google Earth even if it is set to WGS84.

#### **Division A ORDER OF HILLS SAME IN BOTH COURSES**

Ma On Shan (702m)	GPS 22° 24'.5N	114° 15'.1E
Violet Hill (433m)	GPS 22° 13'.21N	114° 14'.97E
Lantau Peak (934m)	GPS 22° 15'. 0N	113° 55'.4E
Mt Stenhouse (353m)	GPS 22° 11'.5N	114° 07'.6E

#### **Division B ORDER OF HILLS VARIES WITH COURSES**

Mt Stenhouse (353m)	GPS 22° 11'.5N	114° 07'.6E
Violet Hill (433m)	GPS 22° 15'.0N	114° 11'.95E
Peak 300 (300m)	GPS 22° 13'.21N	114° 14'.97E

### 3.2. PEAK CONTROLS

- 3.2.1. On each peak there will be a conspicuous Peak Control. Shore Parties shall check in with the Peak Control and record their details as requested on the form provided by the Peak Controllers.
- 3.2.2. For result calculation purposes, the Peak Control will record the time of the last member of each shore party to arrive.
- 3.2.3. In the event that there is no Peak Control on station at a peak, a shore party shall record the time of arrival of its last member and submit this information with its Hill Running Times.

### 3.3. SHORE PARTIES

- 3.3.1. A shore party shall comprise at least two persons who must both reach the Peak Control concerned and return to the boat. Non-compliance with this requirement will result in disqualification.
- 3.3.2. Whilst ashore, each shore party member shall stay within sight of and within verbal communication distance of another shore party member.





- 3.3.3. Only foot power in the form of running or walking may be used whilst ashore. Any breach of this rule will result in disqualification.
- 3.3.4. Shore parties and persons ferrying them shall not receive help from any outside source except as specified in Rule 41 of the RRS.

### 3.4. EQUIPMENT

- 3.4.1. Shore Parties shall carry the following equipment which shall function properly and be of a type suitable and adequate for the intended use:

- Waterproof jacket and trousers (per person)
- Adequate footwear (per person)
- Food: sufficient to provide 2000 kcal (8400 kJ) energy (per person)
- Water: 1 litre of water (per person)
- Compass
- Map of the relevant area (scale 1: 50000 or larger)
- Whistle (per person)
- Torch (per person)
- Mobile telephone
- Sleeping bag of conventional design, not a space blanket
- Watch
- First aid kit comprising painkillers, elastic bandages and plasters

- 3.4.2. The specified amount of food and water for each person must be intact on arrival at each Peak Control. Additional provisions may be carried for consumption during the ascent.
- 3.4.3. Equipment not designated as "per person" shall be carried by at least one member of a shore party

### 3.5. SCRUTINEERING

- 3.5.1. Shore Parties may be scrutineered at one or more Peak Controls for compliance with the specified equipment requirements. A standard penalty of 15 minutes will be imposed on any boat whose shore party does not meet the specified requirements. A penalty of up to 60 minutes will be imposed for gross violations of the requirements. Such penalty will be at the sole discretion of the Race Committee and will not be subject to a request for redress.
- 3.5.2. A shore party will be advised of any non-compliance either during or immediately upon completion of its scrutineering check.
- 3.5.3. If the result of a Peak Control scrutineering check is satisfactory, the Race Committee will deduct a 2 minute time allowance from the relevant hill running time.





### 3.6. HILL RUNNING TIMES

- 3.6.1. Boats shall submit their hill running times along with their Race Declaration Forms.
- 3.6.2. The times for all peaks (except Lantau Peak where times shall be taken at the gate) shall be taken in accordance with the "let go" rule, i.e. the time from which the last member of a departing shore party lets go of the boat till the time when the first member of the returning shore party has hands on the boat.
- 3.6.3. Shore parties climbing Lantau Peak shall pass through Lantau Gate before ascending and after descending this peak. Hill running times for this peak will be recorded by an ABC race official at the Lantau Gate. Lantau Gate is located at the junction of South Lantau and Tung Chung Roads off Cheung Sha Beach at the approximate position of 22°14'03N 113°56'.85E.

### 3.7. OUT OF BOUNDS AREAS

All private property is out of bounds. Shore parties are not permitted to pass through the Sai Kung Marine Police compound, the Swire Institute of Marine Science of the University of Hong Kong at Cape d'Aguilar, the quarry on the east side of Tai Tam Bay or the Cape d'Aguilar Peak (Hok Tsui Shan) radio station. The Cape d'Aguilar Marine Reserve at Hok Tsui Wan and Shek O beach are also no-go zones and are excluded from the specified dropping zones.

### 3.8. CASUALTIES

- 3.8.1. If a shore party should have or find a casualty it shall take the following action:
  - 3.8.1.1. In a severe case, where the casualty should obviously be kept company, abandon the race. Make the casualty as comfortable as possible and keep him/her warm. Give the distress signal. If no help comes, mark the map accurately with the position and make for the nearest help.
  - 3.8.1.2. In the event of finding a less severe case (e.g. sprained ankle) mark the position of the casualty and continue to the Peak Control or the boat and report the findings to Race Control.
- 3.8.2. Time spent in assistance will be the basis for a claim for redress.
- 3.8.3. Failure to assist a casualty will constitute a violation of the fair sailing rule and will result in disqualification.





## 4. RESULTS AND PRIZES

Boats shall submit their hill running times along with their Post Race Declaration Forms. The times for all peaks (except Lantau Peak where times shall be taken at the gate) shall be taken in accordance with the "let go" rule. Corrected times will be calculated as follows:

### 4.1. HKPN RESULTS

$$C = \frac{(E - S) \times 1000}{HKPN} + S$$

### 4.2. IRC RESULTS

$$C = (E - S) \times IRC \text{ TCC} + S$$

### 4.3. MOTORING DIVISION RESULTS

$$C = \frac{(E - S - PMT - SMT) \times 1000}{HKPN} + S + K (PMT + 3 \times SMT)$$

Where:

C	=	corrected time
E	=	elapsed time
S	=	the set value for the shore sections
PMT	=	motoring time of up to 15% of elapsed time
SMT	=	motoring time of more than 15% of elapsed time
K	=	motoring factor allocated by the Race Committee

Shore parties climbing Lantau Peak shall pass through Lantau Gate before ascending and after descending this peak. Hill running times for this peak will be recorded by an ABC race official at the Lantau Gate. Lantau Gate is located at the junction of South Lantau and Tung Chung Roads off Cheung Sha Beach at 22° 14'.03'N | 113° 56'.85E.





#### 4.4. SET VALUES

- 4.4.1. The set value S for the full course will be 6.0 hours for Division A and 4.0 hours for Division B.
- 4.4.2. In the event that results are based on times taken at a Peak Control, the value of S will be as follows:

Div A	
	Set value
	Hours
Ma On Shan	1.25
Violet Hill	2
Lantau Peak	4
Mt Stenhouse	5.5

Div B	
	Set value
	Hours
Peak 300	1
Mt Stenhouse	2.25
Violet Hill	3.5

- 4.4.3. In the event that results are based on times taken at a mark of the course, the value of S will be adjusted accordingly.

#### 4.5. PRIZES

- 4.5.1. The prize-giving will be held at the Club at 1900 hours on Friday 10 February 2012.
- 4.5.2. Race Trophies will be awarded as shown in Annexe 2.
- 4.5.3. Prizes will be awarded for the first to finish in each division, first place on corrected time in each class or division and, subject to the number of participants, prizes will also be awarded for second and third places.
- 4.5.4. Prizes will also be awarded to the runners on boats in sailing divisions for the fastest hill running times. Runners on boats in Motoring Division will not be eligible for the hill running prizes.
- 4.5.5. The Race Committee may re-allocate the award of trophies and prizes or award prizes for other categories at its discretion.





## 5. COURSES

### 5.1. DIVISION A

<b>Course 1 Division A</b> Approx Distance 80NM	<b>Course 2 Division A</b> Approx Distance 70NM
Start (Tai Tam Bay)	Start (Tai Tam Bay)
Windward Mark (if laid)	Windward Mark (if laid)
TCS 2 (P)	<b>Ma On Shan</b>
<b>Ma On Shan</b>	Sung Kong (S)
East Ninepin Island (S)	Castle Rock / Lo Chau Pak Pai (P)
One Foot Rock Buoy (S)	<b>Violet Hill</b>
Sung Kong (S)	Shek Kwu Chau (S)
<b>Violet Hill</b>	<b>Lantau Peak</b>
South East Soko/ Tao Lo Chau (S)	Shek Kwu Chau (P)
<b>Lantau Peak</b>	<b>Mt Stenhouse</b>
Shek Kwu Chau (P)	Chesterman Buoy (P)
<b>Mt Stenhouse</b>	Finish (Round Island)
Chesterman Buoy (P)	
Finish (Round Island)	





## 5.2. DIVISION B

<b>Course 3 Division B</b> (approx distance 50NM)	<b>Course 4 Division B</b> (approx distance 48.5NM)	<b>Course 5 Division B</b> (approx distance 35NM)
Start (Tai Tam Bay)	Start (Tai Tam Bay)	Start (Tai Tam Bay)
Windward Mark (if laid)	Windward Mark (if laid)	Windward Mark (if laid)
Steep Island (S)	Steep Island (S)	Beaufort Island (S)
North Ninepin Island (S)	TCS 1 (S)	LCS 1 Buoy (S)
TCS2 (P)	Sung Kong (S)	<b>Mt Stenhouse</b>
Sung Kong (S)	Beaufort Island (S)	Chesterman Buoy (P)
<b>Peak 300</b>	<b>Violet Hill</b>	<b>Violet Hill</b>
Castle Rock (S) Lo Chau Pak Pai	Castle Rock (S)	Castle Rock (P)
<b>Violet Hill</b>	<b>Mt Stenhouse</b>	Beaufort I (P)
Chesterman Buoy (S)	PI (P)	<b>Peak 300</b>
Cheung Chau Rock (S)	Chesterman Buoy (P)	Finish (Round Island)
<b>Mt Stenhouse</b>	<b>Peak 300</b>	
Chesterman Buoy (P)	Finish (Round Island)	
Finish (Round Island)		





## 6. ADVISORY NOTES

These notes are intended to provide advice to competitors. They do not form part of the Racing Instructions.

- With respect to safety under way:
  - Keep a full and proper lookout.
  - If a boat has to take urgent avoiding action to prevent collision or damage the engine should be used and the circumstances reported. The engine should be kept in readiness for instant use.
- With respect to safety at anchor:
  - An anchor watch should be set and anchor bearings taken.
  - Correct lights must be exhibited when at anchor at night.
- With respect to safety in the hills:
  - Timing: A shore party should establish its estimated time of return with those remaining on board. Adequate plans should be in place for the actions to be taken in the event of an overdue shore party.
  - Clothing: Clothing when ashore should provide adequate protection against wind, rain and cold.
  - Distress Signal: The recognized international distress signal in the hills in the event of an accident is 6 blasts of a whistle, or 6 shouts, or at night, 6 flashes of a torch, at 10 second intervals for 1 minute, then a 1 minute pause, then repeat the pattern until help arrives.
- Country code:
  - Competitors must be considerate towards wildlife and the environment. It is forbidden to set foot on newly sown ground, on growing crops or on any area where a farmer or property owner has made efforts to keep people and animals away. Great care should be taken when crossing fences and ditches. Gates are to be left as they are found. Do not trespass on obvious private property.





## 7. GENERAL INFORMATION

### 7.1. RACE COMMITTEE

Bruce Perkins, Chair, ABC Sailing & Marine Committee.	9642 2360
Stephen Davies, Race Officer:	6683 3754
Elaine Morgan.	6402 6400
John Berry, ABC Commodore.	9621 9766

### 7.2. RACE ORGANIZERS

Race Officer (mobile)	9312 8893 or 6683 3754
Race Control	2553 6915
Race Secretary	2552 8182 (ext: 836)

### 7.3. MOORINGS

Subject to availability, temporary moorings can be provided, in either Deepwater Bay or Aberdeen Typhoon Shelter, for boats wishing to stay overnight before or after the race. Details may be obtained from the Club Sailing Office, 2552 8182 (ext: 836)

### 7.4. CLUBHOUSE AND SIGNING RIGHTS

Visiting competitors from the Royal Hong Kong Yacht Club and Hebe Haven Yacht Club may sign chits on the race weekend and on the evenings of the race briefing and prize-giving party, on presentation of their club membership card. Other visiting competitors may purchase cash coupons from the Club office or main bar.

The Galley serves a full range of food and beverage and is open from 0800 to 2300 hours. Lunch is served in the Four Peaks restaurant from 1230 to 1500 hours and dinner is served from 1830 hours. Last orders are 2200 hours. Shorts are not permitted in the restaurant in the evening and casual clothing should be clean and smart.

### 7.5. SHIPS STORES AND FUEL

Drinks, ice and take away food are available from the Galley and fuel is obtainable from the Aberdeen Marina Club fuel pier opposite the Club.

### 7.6. CAR PARKING

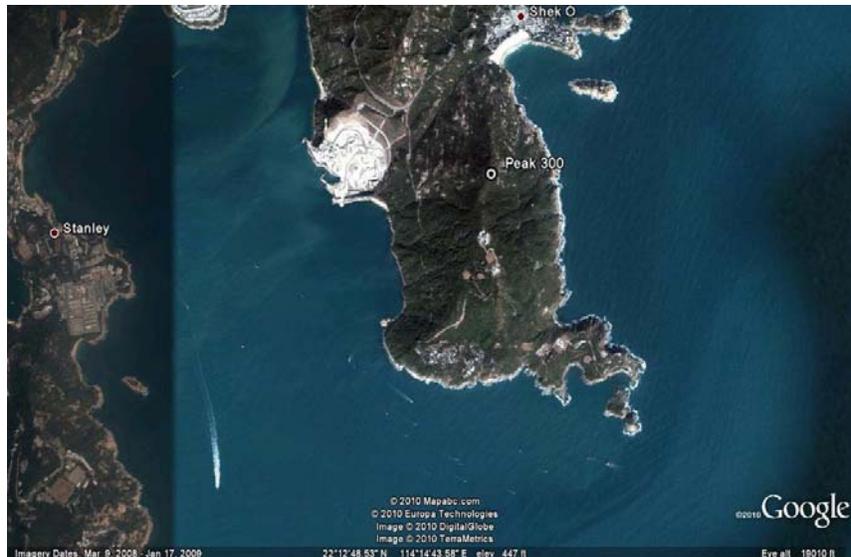
Unfortunately, car parking is not available for visitors over the race weekend. However, there is public car parking at the Aberdeen Marina Club or in the Jumbo Car Park in Welfare Road. Parking for visitors will be available for those attending the race briefing and prize giving party.



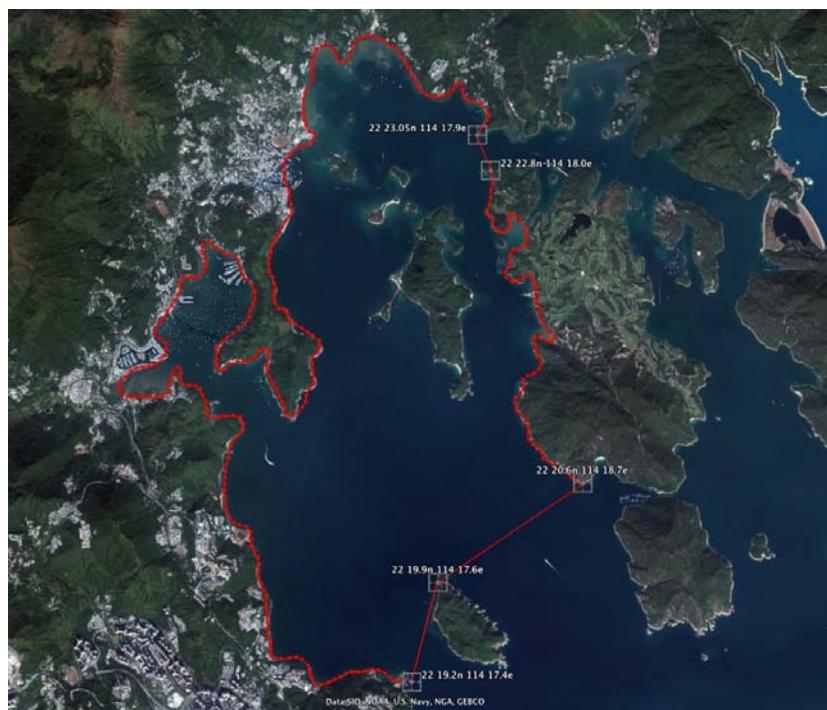


## ANNEXE I

### PEAK 300 LOCATION

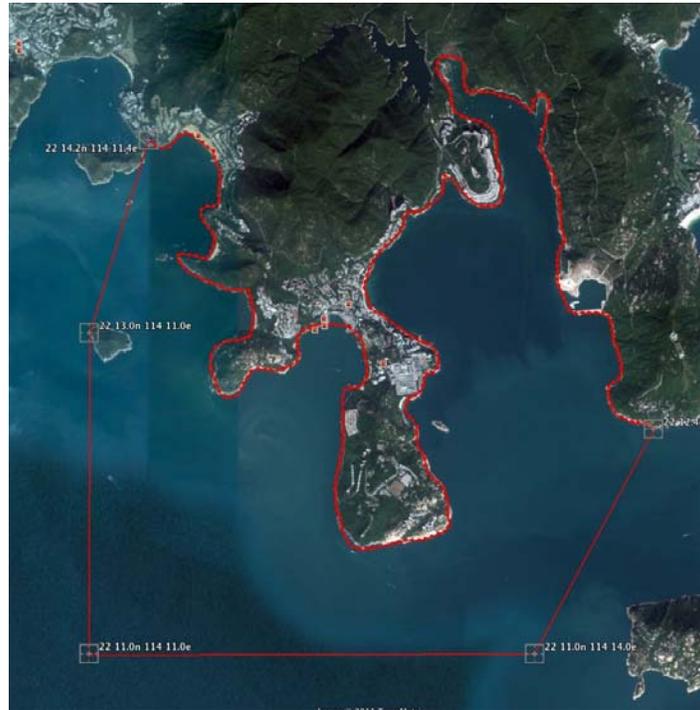


### PORT SHELTER DROPPING ZONE





## REPULSE BAY / TAI TAM BAY DROPPING ZONE



## SOUTH LANTAU DROPPING ZONE





# LAMMA DROPPING ZONE





## ANNEXE 2

### RACE TROPHIES

<b>International Trophy</b>	First to finish in Division A
<b>ABC Trophy</b>	First to finish in Division B
<b>Bimblegumbie Bucket*</b>	First ABC boat to finish in Division A
<b>Four Peaks Race Shield</b>	First boat on IRC corrected time in Division A Class I
<b>Four Peaks Race Cup</b>	First on HKPN corrected time in Division A Class II
<b>RHKYC San Fernando Trophy</b>	First monohull on HKPN corrected time Division A
<b>Edwin Palfrey Trophy</b>	First boat on HKPN corrected time in Division B
<b>All The Way Prize</b>	First on HKPN corrected time in Division A to continue racing and complete the full course in the event that the race is shortened.
<b>Atalanta's Anchor Award</b>	Boat that completes the race with the Fastest female runner(s) who run the most peaks
<b>Fiddler's Folly Flask</b>	Last boat to finish
<b>FH Spirit of the Race Award</b>	Best representation of the Four Peaks challenge.
<b>Geriatric Jug</b>	First boat on HKPN corrected time in which the skipper's age and the overall average age is 45 years or more
<b>MTL Sprightly Skipper's Salver</b>	First boat on HKPN corrected time with each person on board having climbed at least one peak

Prizes will also be awarded to the runners on boats in sailing divisions for the fastest hill running times on each peak.

Note: For the Bimblegumbie Bucket, an ABC boat is defined as a boat that is owned or skippered by an ABC member and which regularly participates in the ABC Waglan Series and/or Summer Series races.





### ANNEXE 3

## ABERDEEN BOAT CLUB FOUR PEAKS RACE 2012 ENTRY FORM

To be submitted to the Aberdeen Boat Club by 1700 hours on Monday 30 January 2012.  
Fax: 2873 2945. E-mail: [sailingsecretary@abclubhk.com](mailto:sailingsecretary@abclubhk.com)

Boat Name \_\_\_\_\_ Sail Number \_\_\_\_\_

Type of Boat \_\_\_\_\_ Division & Class Entered \_\_\_\_\_

Length Overall \_\_\_\_\_ Beam \_\_\_\_\_ Draught \_\_\_\_\_

**HKPN** \_\_\_\_\_ **IRC Rating** \_\_\_\_\_

Propeller: fixed / feathering / folding\*      Number of blades: \_\_\_\_\_

Engine size: \_\_\_\_\_ hp Maximum motoring speed (calm weather) \_\_\_\_\_ knots

Tel (home) \_\_\_\_\_ (office) \_\_\_\_\_

(mobile) \_\_\_\_\_ Email \_\_\_\_\_

Fax (home) \_\_\_\_\_ (office) \_\_\_\_\_

I agree to be bound by the ISAF Racing Rules of Sailing 2009–2012, the Prescriptions of the HKSF, the Aberdeen Boat Club Four Peaks Race 2012 Notice of Race and Racing Instructions. I understand that the Aberdeen Boat Club and their representatives accept no responsibility for any loss of life or injury to members of my crew or other parties, or for the loss of, or damage to my vessel. I have read and understand RRS Fundamental Rule 4 – Decision to race. Before racing I shall effect adequate and suitable insurance and in particular to hold insurance against third party claims at least to a minimum cover required under Hong Kong SAR law and shall produce evidence thereof to the race committee upon demand. I shall also ensure that my crew is aware of the undertakings in this declaration. I understand that my entry is subject to the approval of the Organizing Authority and that the Race Committee may decide on the division/classes for my boat.

Entry Fee: HK\$800 Please charge my / ABC / HHYC / RHKYC Account No:  
.....

Cheque in favour of Aberdeen Boat Club Ltd. enclosed [delete as appropriate]

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

(OWNER/OWNER’S REPRESENTATIVE)







## ABERDEEN BOAT CLUB FOUR PEAKS RACE 2012 HKPN PIPS DECLARATION

This form should be completed and submitted at the Club by 1700 hours on  
Monday 30 January 2012.

In accordance with the HKPN PIPS Scheme,

I, \_\_\_\_\_, skipper of \_\_\_\_\_

(Delete/tick as appropriate)

A: Have no performance enhancing changes to declare

B: Declare that the following performance enhancing change(s) has / have been made

- New or improved Mainsail
- New or improved Foresail
- New or improved Spinnaker

If you have made changes to your yacht and deem that they will not increase performance, please declare the change and explain why PIPS should not be applied to your HKPN. Note that for this race there will be no PIPS applied for changes in crew composition:

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Skipper's signature: \_\_\_\_\_

Date: \_\_\_\_\_

Completed declarations should be submitted by one of the following:

by email to [sailingsecretary@abclubhk.com](mailto:sailingsecretary@abclubhk.com) by fax to 2873 2945

Note Full details of HKPN PIPS can be found at

<http://www.coahk.org/ratings/3-hkpn/29-hkpn-manual.html?start=9>





## Aberdeen Boat Club Four Peaks Race 2012

### Division A Hill Running Times

To be submitted to the Aberdeen Boat Club by 1200 hours on Monday 6 February 2012.

Fax: 2873 2945 E-mail: [sailingsecretary@abclubhk.com](mailto:sailingsecretary@abclubhk.com)

Boat Name: \_\_\_\_\_ Sail Number: \_\_\_\_\_

Runner's Name	LET GO GPS Time	HANDS ON GPS Time	Time Taken (hrs.mins.sec)
<b>Ma On Shan (Div A)</b>			
<b>Violet Hill (Div A)</b>			
<b>Lantau Peak times will be taken at Lantau Gate</b>			
<b>Mount Stenhouse (Div A)</b>			

Signed: \_\_\_\_\_ Name: \_\_\_\_\_





## ABERDEEN BOAT CLUB FOUR PEAKS RACE 2012 DIVISION B HILL RUNNING TIMES

To be submitted to the Aberdeen Boat Club by 1200 hours on Monday 6 February 2012.  
Fax: 2873 2945 E-mail: [sailingsecretary@abclubhk.com](mailto:sailingsecretary@abclubhk.com)

Boat Name: \_\_\_\_\_ Sail Number: \_\_\_\_\_

Runner's Name	LET GO GPS Time	HANDS ON GPS Time	Time Taken (hrs.mins.sec)
<b>Mt Stenhouse (Div B)</b>			
<b>Violet Hill (Div B)</b>			
<b>Peak 300 (Div B)</b>			

Signed: \_\_\_\_\_ Name: \_\_\_\_\_





## ABERDEEN BOAT CLUB FOUR PEAKS RACE 2012 MOTORING DECLARATION FORM

To be submitted to the Aberdeen Boat Club by 1200 hours on Monday 6 February 2012.

Fax: 2873 2945 E-mail: [sailingsecretary@abclubhk.com](mailto:sailingsecretary@abclubhk.com)

Boat Name: \_\_\_\_\_ Sail Number: \_\_\_\_\_

Division: \_\_\_\_\_

### **Period 1:**

Start: GPS Time \_\_\_\_\_ Position \_\_\_\_\_  
Distance \_\_

Finish: GPS Time \_\_\_\_\_ Position \_\_\_\_\_

Period \_\_\_\_

### **Period 2:**

Start: GPS Time \_\_\_\_\_ Position \_\_\_\_\_  
Distance \_\_

Finish: GPS Time \_\_\_\_\_ Position \_\_\_\_\_

Period \_\_\_\_

### **Period 3:**

Start: GPS Time \_\_\_\_\_ Position \_\_\_\_\_  
Distance \_\_

Finish: GPS Time \_\_\_\_\_ Position \_\_\_\_\_

Period \_\_\_\_

### **Period 4:**

Start: GPS Time \_\_\_\_\_ Position \_\_\_\_\_  
Distance \_\_

Finish: GPS Time \_\_\_\_\_ Position \_\_\_\_\_

Period \_\_\_\_

Total Motoring Time \_\_\_\_\_

Signed: \_\_\_\_\_ Name: \_\_\_\_\_

**The minimum time for each period of motoring shall be 30 minutes**





## ABERDEEN BOAT CLUB FOUR PEAKS RACE 2012 POST RACE DECLARATION FORM

To be submitted to the Aberdeen Boat Club by 1200 hours on Monday 6 February 2012.  
Fax: 2873 2945 E-mail: [sailingsecretary@abclubhk.com](mailto:sailingsecretary@abclubhk.com)

Boat Name: \_\_\_\_\_ Sail Number: \_\_\_\_\_

Division: \_\_\_\_\_

I hereby declare that my crew and I have complied with all of the Racing Instructions

**My finishing time was taken by the committee boat on station at the finish line**

.....

**OR**

**My GPS finishing time and position are as follows:**

GPS Finishing Time: \_\_\_\_\_

Date: \_\_\_\_\_

GPS Position: Latitude: \_\_\_\_\_

Longitude: \_\_\_\_\_

My hill running times are shown on the attached Hill Running Times Form .....yes / no\*.

My motoring times are shown on the attached Motoring Declaration Form .....yes/no\*.

\* Please delete as appropriate.

Signed: \_\_\_\_\_

Name: \_\_\_\_\_

