



**Saturday 17<sup>th</sup> & Sunday 18<sup>th</sup> January 2026**

## **SAILING INSTRUCTIONS and HILL CLIMBING RULES**

### **SECTION A - ON THE WATER**

#### **1. RULES**

- 1.1 The Race will be governed by the 'Rules' as defined in the Racing Rules of Sailing (RRS) 2025-2028.
- 1.2 The Prescriptions of the Sailing Federation of Hong Kong, China (HKSF) will apply, together with:
  - the IRC Rules, Parts A, B and C (IRC Rule 22.4 shall not apply). **There will be no limitations on crew weight**: <https://ircrating.org/wp-content/uploads/2024/08/irc-race-management-2024.pdf> ;
  - the new PHS Handicap System; (including the PIPS – Performance Increase Penalty Scheme – if required);
  - the World Sailing Offshore Special Regulations Category 4 with amendments – see Appendix A;
  - the Internationals Regulation for preventing collisions at sea IRPCAS, (Steering and Sailing Rules) will apply between sunset and sunrise and will replace RRS Rule of Sailing Part 2.
  - Current applicable Notice to Mariners (NOTAMS);
  - Class Association rules of all competing classes.
  - Aberdeen Boat Club Four Peaks Race 2026 Notice of Race (NoR);
  - these Sailing Instructions (FPSI 2026).
- 1.3 In case of conflict between any of the above, succeeding items take precedence. This changes RRS 63.7.
- 1.4 **Note:** The Sailing Instructions include hill climbing and other rules that do not comply with conventional RRS guidelines.
- 1.5 **No participant shall display any political statement, cause, or notice on land or sea, any boat, person, clothing, flag, banner, or any other item. The Club may at its absolute discretion decide to immediately disqualify any boat or participant without any right of appeal, in the event of a breach of this rule.**

#### **2. NOTICES TO COMPETITORS**

- 2.1 Notices to competitors and changes to FPSI 2026 (Notice to Competitors) will be posted on the Yachting. Notice Board at the Club and on the event's website ([www.4peaksrace.com](http://www.4peaksrace.com)).
- 2.2 Any change to the FPSI 2026 will be posted not later than 1800 hrs on the day before the start of race.
- 2.3 Any Notices to Mariners which are applicable to sailing boats will be considered to be part of these Sailing Instructions.

### 3. RACE BRIEFING & VOLUNTEER SAFETY BRIEFING

- 3.1 A race briefing will be held at the ABC Main Club at 1900 hrs on Thursday 15<sup>th</sup> January 2026 in the Harbour Room. This is mandatory for all Skippers/ Persons in Charge. Failure to attend will result in a time penalty being given for the sailing and hill running times.
- 3.2 A volunteer Safety & Race Management Briefing will be held on Wednesday 14<sup>th</sup> January 2026 at 1900 hrs for all the Safety & Race Management volunteers. This briefing is not for competitors.

### 4. DIVISIONS AND CLASSES

- 4.1 Racing will be held in the following classes and divisions:  
  
IRC Division 1, IRC Division 2, PHS Division A and PHS Division B. A Notice to Competitors (NTC) to competitors will be issued on Wednesday 14<sup>th</sup> January 2025 indicating the various divisional splits, based on entries received.
- 4.2 Multihulls shall be advised of their respective Divisions and starting times on a case by case basis subject to entry.
- 4.3 Division and class splits listed above are indicative and may be reallocated subject to entries received. The decision will be at the sole discretion of the Race Committee in the interests of fair racing.
- 4.4 Division flags shall be flown on the backstay. No ensigns are to be flown by boats whilst racing.

### 5. MOTORING DIVISION

- 5.1 Boats may elect to enter the motoring division by calling the Race Control centre prior to switching on their engines, no earlier than 30 minutes after their divisional start. All motoring times must be declared on the Race Declaration form on completion of the race. Boats in the motoring division must fly an M flag, and/or a motoring cone by day.
- 5.2 Boats in the motoring division may not motor within a drop off zone.
- 5.3 Motoring time of up to 15% of elapsed time i.e. Primary Motoring Time (PMT), will attract a time penalty equal to PMT x the boat's Motoring Factor (K). Motoring time of more than 15% of elapsed time i.e. Subsequent Motoring Time (SMT), will attract an additional time penalty equal to 3 x SMT x K.
- 5.4 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 and shall be submitted with the boat's Post Race Declaration Form. Failure to comply with this instruction may result in disqualification.
- 5.5 For the purpose of results, each period of motoring will be taken to be a minimum of 30 minutes.
- 5.6 Boats in the Motoring Division are 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 to be displayed in conformity with the International Regulations for Preventing Collisions at Sea (IRPCS), Part B, Steering & Sailing.

### 6. SCHEDULE OF RACES

- 6.1 The starting system will be in accordance with RRS Rule 26 with the warning signal given 5 minutes before the starting signal.
- 6.2 The Starting times will not be before 1030 hrs, and the flags will be as follows:

Division	Start Time	Flag
IRC – All Divisions	1030	G
PHS Division A	1035	T
PHS Division B	1040	V

- 6.3 In the event of a delay or postponement to one start, subsequent starts shall be delayed accordingly without the need to indicate such delay.
- 6.4 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.

## 7. RACING AREAS

Racing will be in the coastal waters between Tai Tam, the Ninepin 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 named peaks by each Division as defined in the courses defined in Section 8.

## 8. COURSES

- 8.1 Separate courses will be set for the IRC Divisions, PHS Division A and PHS Division B. The details of the courses and peaks are defined below. The course for each Division to follow will be indicated by IC numeral pennants hoisted on the Committee Boat, at or before the warning signal for the first start.
- IRC Divisions – Course 1, 2 or 3. (See section 8.5)
  - PHS Divisions A & B - Course 4, 5 or 6. (See Section 8.6)
- 8.2 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 left to port or starboard.
- 8.3 Competitors are reminded of the provisions in Part B Section 1 Rule 10 of IRPCS 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.” Any vessel observed to have failed to comply with this rule may be protested.
- 8.4 Competitors are to comply with the 100m exclusion zone around Waglan Island.
- 8.5 **IRC 1 & 2 Divisions: Courses**

<b>Course 1</b> (Approx distance 106NM)	<b>Course 2</b> (Approx distance 90NM)	<b>Course 3</b> (Approx distance 80NM)
Start (Tai Tam Bay)	Start (Tai Tam Bay)	Start (Tai Tam Bay)
Windward Mark (if laid)	Windward Mark (if laid)	Windward Mark (if laid)
North Ninepins (S)	-	-
Waglan (S)	Waglan (S)	Beaufort (S)
Shek Kwu Chau (S)	Shek Kwu Chau (S)	Shek Kwu Chau (S)
<b>LANTAU PEAK</b>	<b>LANTAU PEAK</b>	<b>LANTAU PEAK</b>
Shek Kwu Chau (P)	Shek Kwu Chau (P)	Shek Kwu Chau (P)
Cheung Chau Rock/Sham Shui Pai (S)	Cheung Chau Rock/Sham Shui Pai (S)	Cheung Chau Rock/Sham Shui Pai (S)
<b>Mt Stenhouse</b>	<b>Mt Stenhouse</b>	<b>Mt Stenhouse</b>
Chesterman Buoy (Port – Passing)	Chesterman Buoy (Port - Passing)	Chesterman Buoy (Port - Passing)
<b>Violet Hill</b>	<b>Violet Hill</b>	<b>Violet Hill</b>
North Nine Pins (P)	-	-
<b>Ma On Shan</b>	<b>Ma On Shan</b>	<b>Ma On Shan</b>
North Nine Pins (S)	North Nine Pins (S)	-
Sung Kong (S)	Sung Kong (S)	TCS 2 (S)
Chesterman Buoy (Gate)	Chesterman Buoy (Gate)	Chesterman Buoy (Gate)
<b>FINISH at Round Island</b>	<b>FINISH at Round Island</b>	<b>FINISH at Round Island</b>

## 8.6 PHS DIVISION A & B: Courses

<b>Course 4</b> (Approx distance 95NM)	<b>Course 5</b> (Approx distance 86NM)	<b>Course 6</b> (Approx distance 80NM)
Start (Tai Tam Bay)	Start (Tai Tam Bay)	Start (Tai Tam Bay)
Windward Mark (if laid)	Windward Mark (if laid)	Windward Mark (if laid)
Waglan (S)	Waglan (S)	Beaufort (S)
Shek Kwu Chau	Shek Kwu Chau (S)	Shek Kwu Chau (S)
<b>LANTAU PEAK</b>	<b>LANTAU PEAK</b>	<b>LANTAU PEAK</b>
Shek Kwu Chau (P)	Shek Kwu Chau (P)	Shek Kwu Chau (P)
Cheung Chau Rock/Sham Shui Pai (S)	Cheung Chau Rock/Sham Shui Pai (S)	Cheung Chau Rock/Sham Shui Pai (S)
<b>Mt Stenhouse</b>	<b>Mt Stenhouse</b>	<b>Mt Stenhouse</b>
Chesterman Buoy (Port - Passing)	Chesterman Buoy (Port - Passing)	Chesterman Buoy (Port – Passing)
<b>Violet Hill</b>	<b>Violet Hill</b>	<b>Violet Hill</b>
<b>Ma On Shan</b>	<b>Ma On Shan</b>	<b>Ma On Shan</b>
North Nine Pins (S)		
Sung Kong (S)	Sung Kong (S)	TCS 2 (S)
<b>FINISH at Round Island</b>	<b>FINISH at Round Island</b>	<b>FINISH at Round Island</b>

## 9. THE START

- 9.1 The starting line will be 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. An IDM may be laid, in which case it shall be an orange cylindrical buoy.
- 9.2 The warning signal for the first start will on Saturday 17<sup>th</sup> January 2026, not before: **1025 hrs.**
- 9.3 **A boat not at the start line within 30 minutes after its designated starting time will be considered DNC.**

## 10. SHORTENED COURSES – (CORRECT ORDER)

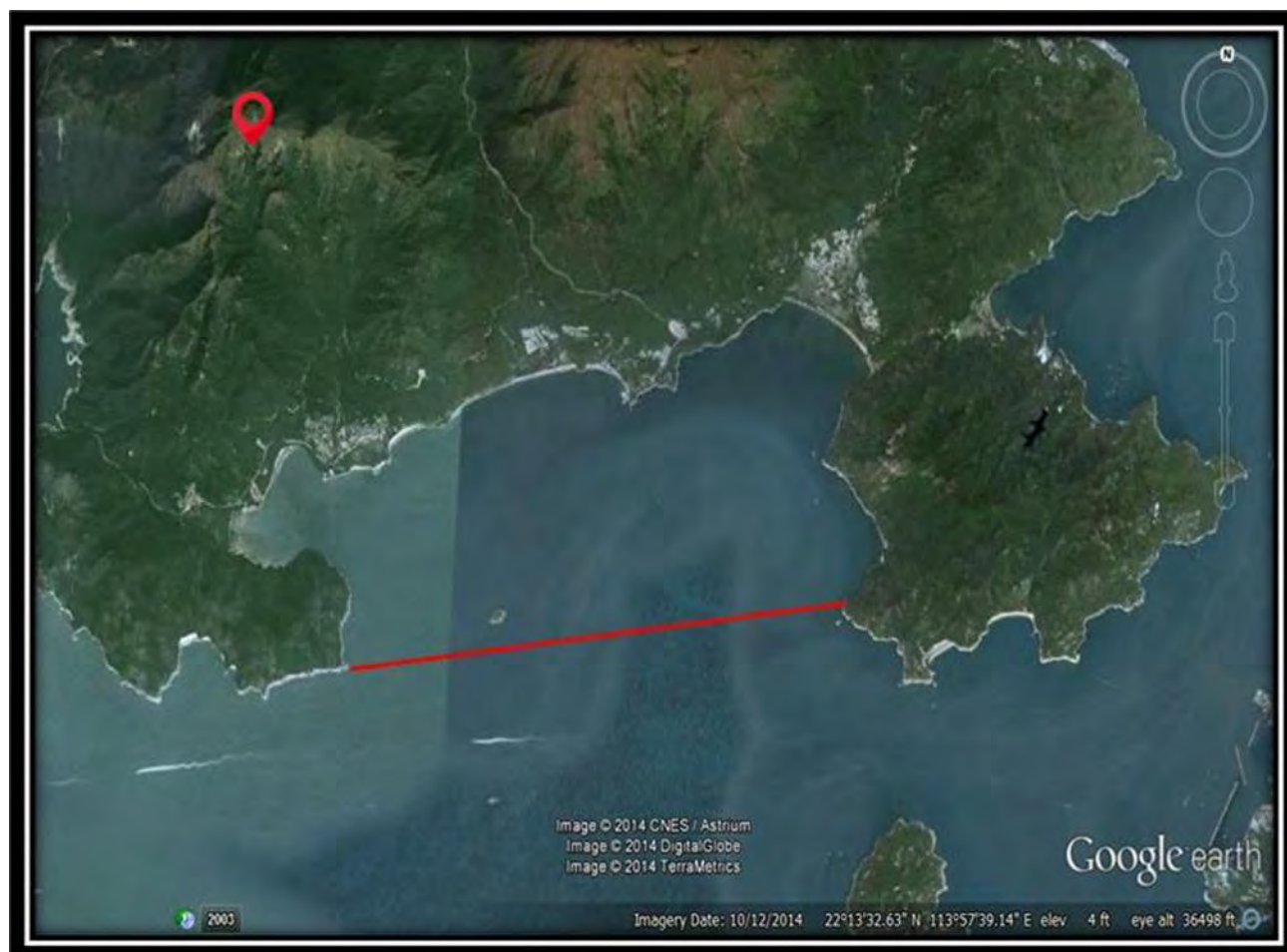
- 10.1 In the event of a shortened course, boats shall take their own finishing times and position, which shall be submitted as part of the race declaration form. On completion of the relative peak, the race may be shortened at the following points:
- Lantau: Cheung Chau Rock – bearing to 270°
  - Lamma: Chesterman Buoy – bearing to 330° – at a maximum distance of 100m.
  - Violet Hill: Round Island Finish as per clause 11.1.
  - Ma On Shan – An orange cylindrical mark will be laid to the NE of the end of Shelter Island in the approximate position: 22.20.40 N. 114.18.20 E. Bearing to Shelter Island: 230°.
    - Boats must pass between the mark (Port) and the north end of Shelter Island (Starboard) to finish.
    - RRS 48.2 Limitations on equipment and crew: is modified by SI Rules 12, 13 and 14
    - RRS Definitions Finish: In the event of a shorten course under SI Rule 10.1 Ma on Shan or if a special, shorten course finish line is laid WITHIN the Port Shelter Dropping Zone (SI Rule 12.5). Rule 48.2 is modified and a boat under tow with its boat and part of its crew not on board may FINISH. This also modifies SI 13.4.
- 10.2 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 and Race Control will contact boats by mobile telephone to confirm a shortened course. Runners are not required to return to the boat on the completion of their time being recorded at the top of the hill **but must report into the Race Control on their return to a safe location**

e.g., Public/main road. It is advised that all runners should carry a small amount of cash, in the event public transport needs to be used.

## 11. THE FINISH

- 11.1 The finishing line will be laid to the East of Round Island 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.
- 11.2 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.
- 11.3 The finishing line shall not be subject to protest or claim for redress.

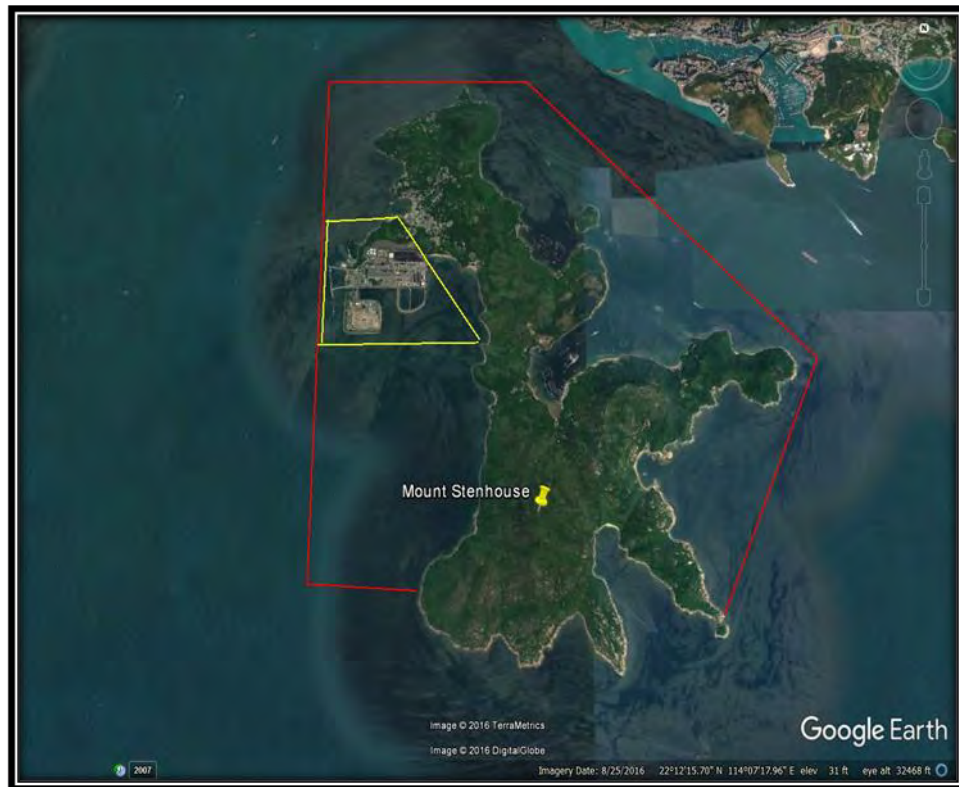
## 12. DROPPING ZONES



- 12.1 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]
- Point 22° 13'.1N 113° 58'.8E [Tsui Pai]

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

- Point 22°11'6.46"N 114° 6'49.87"E
- Point 22°11'8.37"N 114° 6'2.87"E
- Point 22°14'28.76"N 114° 5'57.39"E
- Point 22°14'30.32"N 114° 7'35.82"E
- Point 22°12'32.30"N 114° 9'46.98"E
- Point 22°10'59.35"N 114° 8'57.03"E

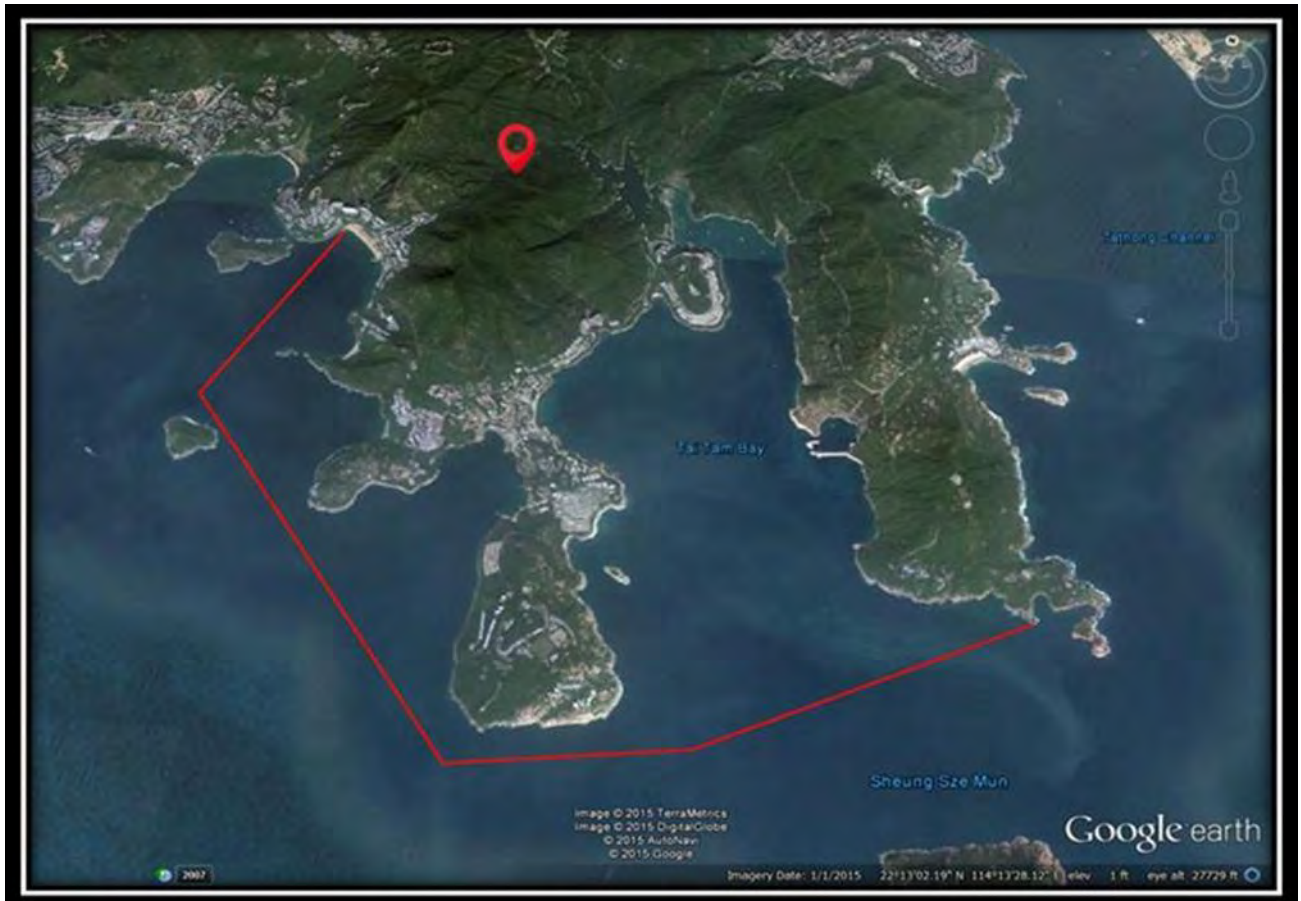
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12.3 The Repulse Bay/ Tai Tam Bay Dropping Zone, for Violet Hill and the Twins, is bounded by the southern shoreline of Hong Kong Island and:

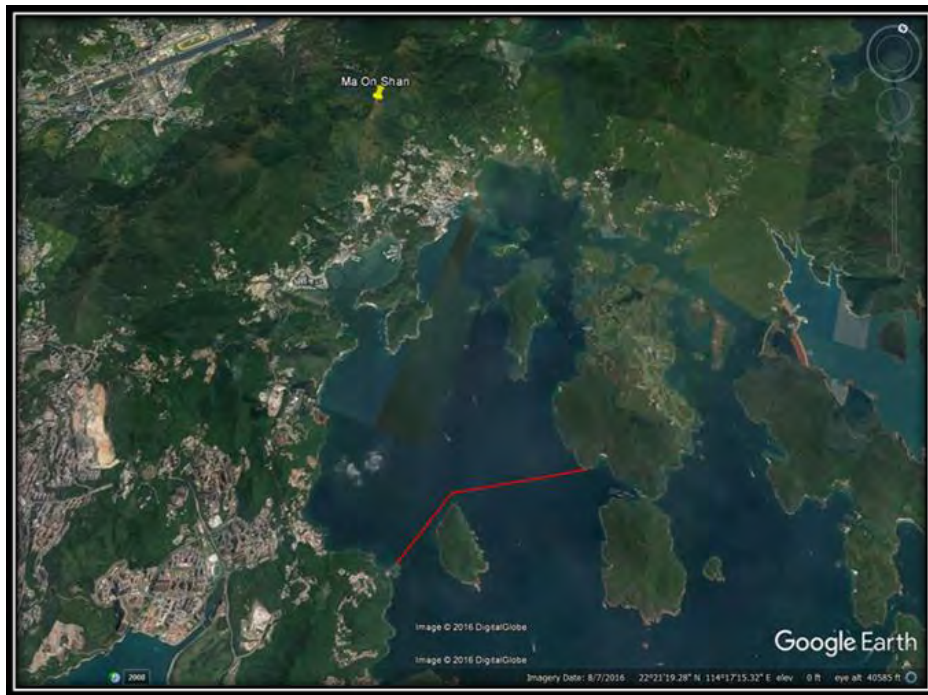
12.4



- Point 22°14'14.08"N 114°11'38.15"E
- Point 22°13'11.51"N 114°11'7.15"E
- Point 22°11'29.44"N 114°12'42.02"E
- Point 22°11'38.62"N 114°13'47.66"E
- Point 22°12'20.36"N 114°15'18.85"E

**NOT FOR NAVIGATION FOR REFERENCE ONLY**





**12.5 The Port Shelter Dropping Zone is bounded by:**

- Point 22°19'16.27"N 114°17'19.92"E
- Point 22°19'59.36"N 114°17'35.06"E
- Point 22°20'34.86"N 114°18'42.10"E

**NOT FOR NAVIGATION FOR REFERENCE ONLY**

12.6 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. Failure to report engine use will result in disqualification

### **13. TRANSFER OF SHORE PARTIES**

- 13.1 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.
- 13.2 All shore parties shall return to their boats and have their hill running time recorded before any subsequent shore party lets go for the next peak.
- 13.3 "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.
- 13.4 Towing a boat, by rowing or paddling one of its shore transfer craft is permitted within the Dropping Zones but not elsewhere.
- 13.5 Shore party transfer craft shall not be left in the water made fast to any part of a public pier nor left in such a way 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 public. Any breach of this rule may result in such penalty or disqualification as may be determined by the Race Committee.
- 13.6 Boats anchoring and manoeuvring shall do so in a manner that will not impede the dropping off or picking up of shore parties by other participating boats.
- 13.7 Boats shall comply with a reasonable request by the Race Management to move after having dropped runners, to allow other competitors access to any drop off area.



## 14. SHORE PARTY TRANSFER SAFETY

- 14.1 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.
- 14.2 All persons shall wear a personal floatation device while swimming or when in shore party transfer craft. These may be personal buoyancy aids strapped around the waist.

## 15. DECLARATIONS AND RETIREMENTS

- 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 hrs on Monday 19<sup>th</sup> January 2026.
- 15.2 A boat that retires from the race shall report this to the Race Control by mobile telephone or on VHF Channel 72 as soon as practicable and shall obtain an acknowledgement.

## 16. PROTESTS

- 16.1 Protests and claims for redress shall be made in accordance with RRS.
- 16.2 The time limit for protests is 2000 hrs on Sunday 18<sup>th</sup> January 2026.

## 17. PENALTIES

- 17.1 Boats may be protested for infringement of these rules by other competing boats, the race committee, and race committee delegates. Penalties may be time based or DSQ. This is in addition to RRS Rule 60.2.
- 17.2 The minimum penalty for any infringement of the rules shall be 15 minutes.

## 18. TIME LIMIT

Any boat not finishing by 1900hrs on Sunday 18<sup>th</sup> January 2024 will be scored DNF.

## 19. CALCULATION OF RESULTS:

- 19.1 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 (see 32.2).
- 19.2 Results shall be calculated based on the total of corrected sailing time plus the actual total accumulated running time. Sailing time shall be calculated based on total elapsed time minus the declared running times.

Corrected times will be calculated as follows:

**PHS**  $CT = ET \times PHS \text{ HANDICAPE}$

**IRC**  $CT = (E T - R) \times IRC \text{ TCC} + R$

Where: C = corrected time.  
E = elapsed time.  
R = declared running times according to the "Let Go Rule."

## 20. MOTORING DIVISION RESULTS

Motoring division results will be calculated as follows:

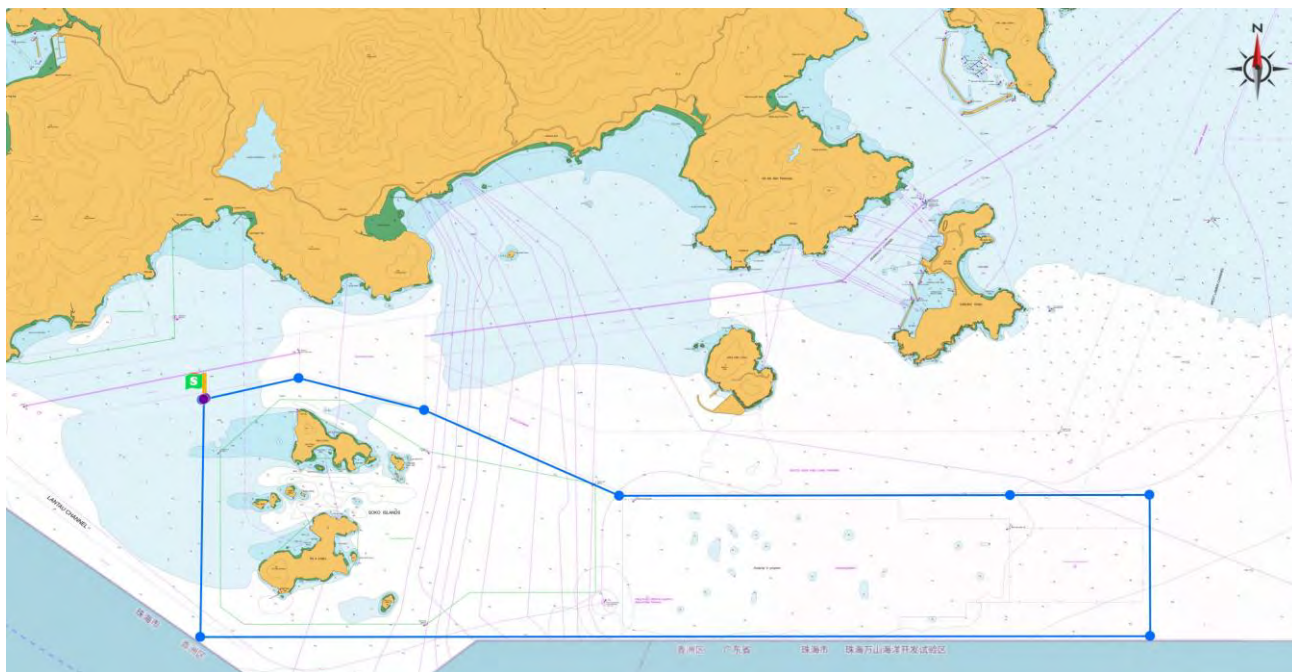
$$C = \frac{(E - R - PMT - SMT) \times 1000}{PHS} + R + K (PMT + 3 \times SMT)$$

Where: CT = corrected time.  
ET = elapsed time.  
R = declared running times according to the "Let Go Rule."  
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.

## 21. BOAT SAFETY

- 21.1 All skippers and owners are reminded that the safety of a yacht and her crew is the sole and inescapable responsibility of the Person in Charge who must do their best to ensure that the yacht is fully found, thoroughly seaworthy and manned by an experienced crew who have undergone appropriate training and are physically fit to face bad weather. He/she must be satisfied as to the soundness of the hull, spars, rigging sails and all gear. He/she must be satisfied that all safety gear is properly maintained and stowed and that the crew know where it is kept and how it is to be used. He/she shall nominate a person to take over the responsibilities of the Person in Charge in the event of his/her incapacitation.
- 21.2 **Decision to race** – The responsibility for a yacht's decision to participate in the race or to continue racing is hers alone – RRS Fundamental Rule 3.
- 21.3 Boats shall comply with the current ISAF Offshore Special Regulations Category 4 with amendments as detailed in Appendix A.
- 21.4 Boats are required to fully comply with the international regulation for preventing collisions at sea (IRPCAS) at all times. Between Sunset and Sunrise, the appropriate navigation lights, including anchor lights, shall be lit in accordance with ICPCS. Boats shall carry an emergency set of lights.
- 21.5 Scrutineering checks will take place during the event or upon finishing the race. The list of the minimum items that will be checked is shown at Appendix A. If the boat does not comply with these special regulations, she is liable to a time penalty, or in the case of repeated or gross violation, disqualification. Penalties shall be at the sole discretion of the race organisers.
- 21.6 Scrutineering will not take place within 20 minutes of a boats scheduled start time. Inspections may take place at any location around the course, when a boat has dropped or waiting to recover runners. Boats may also be inspected having finished the race, if required.
- 21.7 Boats 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.
- 21.8 **Boats will be required to fit a tracking device to their yacht, for the duration of the race. These devices shall be collected at the Skippers Briefing on Thursday 15<sup>th</sup> January 2026. Please do not activate, until the morning of the race start, on Saturday 18<sup>th</sup> January 25, to conserve the Tracker unit battery. Yachts which turn on their Tracker units, prior to the above time, will be penalised, by the Race Committee.**
- 21.9 **Trackers which are lost or broken will be charged to the boat at cost. Trackers must be returned to the Marine & Sailing office on or before 10:00am on Monday 19<sup>th</sup> January 2026.**
- 21.10 A boat shall keep a full and proper lookout at all times.
- 21.11 **While racing, no anchors or large bow rollers shall be carried on deck forward of the bow, unless enclosed by the hull or a fixed bowsprit.**
- 21.12 Acknowledgement and of acceptance of these sailing instructions and rules herein shall be taken as declared on submission of the race entry form and associated declaration.
- 21.13 **All boats must avoid the Maritime Control Zone (MCZ) of the LPG Terminal South of Lantau Island: All vessels must keep a distance off at least 500m. Please see HK Marine Dept Notice – 192/2022 for further details.**
- 21.14 **The following area is out of bounds for all boats; the chart below is for reference purpose only. The out of bounds area is outlined by the GPS coordinates below.**
- Point 22°11.390' N 113°53.306' E
  - Point 22°11.614' N 113°54.386' E
  - Point 22°11.283' N 113°55.787' E
  - Point 22°10.398' N 113°57.965' E
  - Point 22°10.404' N 114°02.333' E
  - Point 22°10.407' N 114°03.889' E
  - Point 22°08.946' N 114°03.896' E
  - Point 22°08.937' N 113°53.288' E
  - Point 22°11.400' N 113°53.327' E

## Chart



**NOT FOR NAVIGATION PURPOSES FOR REFERENCE ONLY**

## 22. USE OF POWER

- 22.1 Notwithstanding section 5, any use of an engine that results in propulsion shall be stated on the declaration form, including the time used, location and purpose.
- 22.2 The use of automatic powered steering devices is prohibited.
- 22.3 Notwithstanding section 17, engines, paddles or oars may be used when appropriate to avoid collision, grounding or in grave emergency. All such incidents shall be declared.

## 23. COMMUNICATIONS AND REPORTING

- 23.1 All boats shall be required to carry a tracking unit (Trac Trac), the official event tracking system, which shall be secured to the mast or in a suitable alternative position above decks. In the event of a Trac Trac unit being irretrievably lost overboard, race control must be notified immediately. Replacement costs of any lost Trac Trac unit shall be covered by the boat concerned.
- 23.2 The Tractrac units must not be activated only on the morning of the race to conserve the battery packs.
- 23.3 Tractrac unit must not be turned off at any time during the race, Failure to comply will result in a penalty from the race committee.
- 23.4 In the interests of safety and race administration, Race Control may contact a boat by mobile telephone or VHF at any time during the race.
- 23.5 Each boat shall carry at least one mobile telephone, adequately protected against the weather and switched on at all times to receive incoming calls from Race Control. The numbers of mobile phones designated for this purpose must be given on the entry form for each boat. Boats should ensure that designated phone batteries have sufficient autonomy for the duration of the race.
- 23.6 Boats are required to send declared running times to the Race Control via WhatsApp or SMS within 5 minutes of shore parties having completed their hill ascent and being back on board according to the 'let go' rule described in section 32.2. These messages shall comprise the following format only and no additional information is required.

Boat Name	Peak Climbed	Let Go	Touch Back
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Example: Wicked: Lamma: 15.57.09:17.08.43

- 23.7 Verification shall be done using the Trac Trac positions at declared times.

- 23.8 Boats shall maintain a listening watch on VHF Channel 72 & VHF Channel 16 whilst racing and when waiting to pick up crews.
- 23.9 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 transmit any such communication at a pre-defined radio schedule fifteen minutes past the hour.
- 23.10 Boats may contact the Race Control room, with reason, on VHF Channel 72, or by phone at 2552 8237.
- 23.11 A boat, without infringing RRS # 41 (outside assistance) may request and receive repetition of information given by the race committee or be told whether a broadcast has been made.

## **SECTION B – ON THE LAND**

### **24. HILL CLIMBING RULES**

The following sections cover the hill running.

### **25. PEAKS TO BE CLIMBED**

- 25.1 Names and positions of peaks to be climbed are as follows are according to WGS84 datum. This may not correspond to land coordinates derived from Google Earth even if is set to WGS84.
- 25.2 **IRC Divisions 1 & 2**
- |                       |                |              |
|-----------------------|----------------|--------------|
| ▪ Ma On Shan (560m)   | GPS 22° 24'.5N | 114° 25'.2E  |
| ▪ Violet Hill (433m)  | GPS 22° 15'.0N | 114° 11'.95E |
| ▪ Lantau Peak (934m)  | GPS 22° 15'.0N | 113° 55'.4E  |
| ▪ Mt Stenhouse (353m) | GPS 22° 11'.5N | 114° 07'.6E  |
- 25.3 **PHS Divisions A & B**
- |                       |                |              |
|-----------------------|----------------|--------------|
| • Ma On Shan (560m)   | GPS 22° 24'.5N | 114° 25'.2E  |
| • Violet Hill (433m)  | GPS 22° 15'.0N | 114° 11'.95E |
| • Lantau Peak (934m)  | GPS 22° 15'.0N | 113° 55'.4E  |
| • Mt Stenhouse (353m) | GPS 22° 11'.5N | 114° 07'.6E  |

### **26. PEAK CONTROLS**

- 26.1 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.
- 26.2 For result calculation purposes, the Peak Control will record the time of the last member of each shore party to arrive.
- 26.3 If 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. Race control must be notified at the first possible opportunity.

### **27. SHORE PARTIES**

- 27.1 A shore party shall comprise of **only two persons** who must both reach the Peak Control concerned and return to the boat. Non-compliance with this requirement will result in disqualification.
- 27.2 Whilst ashore, each shore party member shall stay within sight of and within verbal communication distance of another shore party member.
- 27.3 Only foot power in the form of running or walking may be used whilst ashore. Any breach of this rule will result in disqualification.
- 27.4 Shore parties and persons ferrying them shall not receive help from any outside source except as specified in Rule 41 of the RRS.

## 28. SHORE PARTY SAFETY

All competitors must comply with the Countryside Code as stated in the document below:  
[http://www.afcd.gov.hk/english/country/cou\\_vis/cou\\_vis\\_gac/files/common/CP\\_Hiking\\_SafetyGuidelines\\_201408\\_Eng\\_compressed.pdf](http://www.afcd.gov.hk/english/country/cou_vis/cou_vis_gac/files/common/CP_Hiking_SafetyGuidelines_201408_Eng_compressed.pdf)

**Checklist:** All competitors will be given a safety checklist which shall form the basis of the scrutineering requirement. Please also see **Appendix B:**

- **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:**  
All 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.
- Runners must not attempt the ascent of a hill if there is wildfire in the vicinity of the route to the check point.

## 29. HILL RUNNING CASUALTIES

- 29.1 Where a runner is injured and unable to continue, the second runner shall:
- Attempt to contact race control by mobile phone
  - If no signal is available, make the injured runner secure, and wait for next ascending or descending party for help
  - If no other running party is expected, or if the matter is urgent, apply available first aid, ensuring the comfort and location of the injured runner, and make for the nearest available mobile signal or assistance.
- 29.2 Where another shore party should find a casualty, it shall take the following action:
- In a severe case, where the casualty should obviously be kept company, wait for the other runner and/or assistance to arrive before proceeding with the race. Note the time spent with the casualty for purposes of redress.
  - 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.
- 29.3 Failure to assist a casualty will constitute a violation of the fair sailing rule and will result in disqualification from the race.
- 29.4 Time spent in assistance will be the basis for a claim for redress.

## 30. SHORE PARTY EQUIPMENT

- 30.1 Shore parties shall carry the equipment shown on the check sheet at in Appendix B - which shall function properly and be of a type suitable and adequate for the intended use.
- 30.2 The specified amount of food and water for each person must be intact on arrival at each Peak Control. Additional provisions may be carried.
- 30.3 Equipment not designated as "per person" shall be carried by at least one member of a shore party.



### 31. PEAK CONTROL SCRUTINEERING

- 31.1 Shore Parties should be expected to be scrutineered at one or more Peak Controls for compliance with the specified equipment requirements. A standard penalty of **twenty minutes** will be imposed on any boat whose shore party does not meet the specified requirements. A minimum penalty of **thirty minutes** per peak 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.
- 31.2 A shore party will be advised of any non-compliance either during or immediately upon completion of its scrutineering check.
- 31.3 If the result of a Peak Control scrutineering check is satisfactory, the Race Committee will deduct a two-minute time allowance from the relevant hill running time.

### 32. HILL RUNNING TIMES

- 32.1 Boats shall submit their hill running times along with their Post-Race Declaration Forms.
- 32.2 "Let Go Rule". The times for all peaks, except Lantau Peak, where the times shall be taken at the Lantau Gate Check Point, shall be taken in accordance with the "let go" rule. This rule is defined as the time in hours, minutes and seconds from which the last member of a departing shore party lets go of the boat until the time when the first member of the returning shore party touches back on the boat.
- 32.3 Boats are required to send declared running times to the Race Control via WhatsApp or SMS within 5 minutes of shore parties having completed their hill ascent and being back on board according to the 'let go' rule described in section 32.2. These messages shall comprise the following format only and no additional information is required.

Boat Name	Peak Climbed	Let Go	Touch Back
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Example: Red Kite II - Lamma:15.57.09:17.08.43

Verification shall be done using the Trac Trac positions at declared times.

- 32.4 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 Old Tung Chung Roads off Cheung Sha Beach at the approximate position of 22°14'03N 113°56'.85E.



### 33. 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.
- Stanley Prison premises.
- the Swire Institute of Marine Science of the University of Hong Kong at Cape d'Aguiar.
- the quarry on the east side of Tai Tam Bay (Hok Tsui Shan).
- the area outlined in **Yellow in SI 12.2 - The Lamma Island Dropping Zone: around Lamma Power station** is also out of bounds.

## **SECTION C - ADMINISTRATION**

### **34. PRIZES**

- 34.1 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.
- 34.2 Prizes may also be awarded for first across the line in One-Design categories, provided a minimum of three boats in such a category are starters in the race.
- 34.3 Prizes will be awarded to the fastest running team on each peak, as well as to the fastest male and fastest female completing all four peaks.
- 34.4 The Race Committee may re-allocate the award of trophies and prizes or award prizes for other categories at its discretion.
- 34.5 **The date of the event Prizegiving is Friday 23<sup>rd</sup> January 2026 on the Coffee Shop patio at ABC main club.**

### **35. DISCLAIMER OF LIABILITY**

- 35.1 The Aberdeen Boat Club, the Organizing Committee, the Race Committee, Race Sponsors and their respective representatives, officers, members, staff and volunteers accept no liability whatsoever for any loss of life or property, personal injury and damage caused by, or arising out of the race.
- 35.2 The responsibility for a boat's decision to participate in a race or to continue racing is hers alone. (RRS Fundamental Rule 3). In addition, competitors' attention is drawn 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..." Competitors participate in the race entirely at their own risk.
- 35.3 Owners and skippers will be required to complete the declaration shown at Appendix C and complete all their boat entry submission of all required information, certificates, forms, etc. within the deadline dates quoted throughout this NoR. Failure to comply will result in a boat not entering the race correctly and will require supporting evidence to be presented to the race committee to comply.

### **36. CAR PARKING**

Car parking is not available for visitors on the race days. There are two public car parks, one at the Aberdeen Marina Club and one at the Jumbo Car Park on Welfare Road.

### **37. CLUB SIGNING RIGHTS**

Visiting competitors from the Royal Hong Kong Yacht Club and Hebe Haven Yacht Club may sign chits on the race day on presentation of their club membership card.

### **38. FOOD AND BEVERAGE**

Non - member competitors may use Octopus cards from the Coffee shop which are valid for use only on designated race days and prize giving presentation. There will be a buffet breakfast served in the Coffee shop from 0700 hrs on Saturday 27<sup>th</sup> January 2024 and the bar and coffee shop may be used after racing on Sunday 28<sup>th</sup> January 2024.

### **39. SHIPS STORES & FUEL**

Drinks and ice are available from the Galley on the day of the race. Take away food should be ordered in advance **(Minimum 24 hours before the race start)**. Fuel is obtainable from the Aberdeen Marina Club fuel pier opposite the Club and the **Fuegy Fuel barge, located at the western entrance of Aberdeen Harbour.**

## 40. FURTHER INFORMATION

- 40.1 **Event website:** [www.4peaksrace.com](http://www.4peaksrace.com)
- 40.2 **For event enquiries:**  
Alex Johnston – Marine Services Manager  
Email: [marine.services@abclubhk.com](mailto:marine.services@abclubhk.com)  
Tel: +852 2518 9523 Ext 835
- 40.3 **Entries & Mooring enquires to be submitted to:**  
Jayne Lee – Marine & Sailing Secretary  
Email: [marinecoord@abclubhk.com](mailto:marinecoord@abclubhk.com)  
Tel: +852 2518 9510 – Ext: 810

### RACE CONTACT NUMBERS

#### RACE ORGANISERS FOR POSITION REPORTING

Race Control - 2552 8237

Race Control for WhatsApp and SMS Messaging – The mobile number will be supplied at the Race Briefing.

#### EMERGENCY CONTACT NUMBERS

Marine Department, Pleasure Vessels Unit, Aberdeen	2873 8362
Marine Police	2803 6288 / 2803 6240
Marine assistance at sea	2803 6267
Maritime Search and Rescue Co-ordination Centre	2233 7999
Ambulance Service Control	2735 3355

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## Appendix A - To Four Peaks Sailing Instruction – Safety Equipment Check List

This event requires all boats to be built, maintained and equipped with World Sailing Offshore Special Regulations Category 4 with some minor amendments shown in the list below. It is expected that the boat will have been prepared to these standards by the owner and person in charge and as confirmed in the pre-race declaration.

All boats will be inspected by official scrutineers during the race or just after the boat crosses the finish line. Any non-compliance will be subject to any penalty imposed by the race committee including in serious cases disqualification. The checks by the scrutineers may include any aspect of the Category 3 Requirements including Strength of Build, Ballast and Rig, Water Integrity of the Hull, Stability, Hatches and Exits, Cockpits, Sea Cocks, Pulpits, Stanchions and Lifelines, Bilge Pumps and Buckets, Navigation Lights, Engines, Communication Equipment, and Portable Equipment as defined in the regulations – See [www.sailing.org/specialregs](http://www.sailing.org/specialregs)



## Appendix A: Boat Safety Equipment – Check List

Scrutineers will pay special attention to the following items which will be checked as part of the scrutineering.

Item	Remarks		Item	Remarks	
<b>Navigation Lights</b>	All lights must be in working order	<input type="checkbox"/>	<b>Emergency Navigation Lights</b>	Port, Starboard, Stern, steaming and Anchor	<input type="checkbox"/>
<b>Searchlights</b>	Watertight, high-powered searchlight, with spare bulbs and batteries suitable for searching for person overboard or for collision avoidance	<input type="checkbox"/>	<b>2 x Flashlights</b>	Watertight with spare bulbs and batteries	<input type="checkbox"/>
<b>Fire Extinguisher</b>	Minimum of 2 in date and serviceable extinguishers readily accessible in suitable and different parts of the yacht	<input type="checkbox"/>	<b>Fire Blanket</b>	Adjacent to every cooking device with an open flame	<input type="checkbox"/>
<b>Anchor(s)</b>	With sufficient warp and chain to hold the boat securely in all dropping zones	<input type="checkbox"/>	<b>First Aid Kit and First and First Aid Manual</b>	Suitable for the number of personnel on board for the event	<input type="checkbox"/>
<b>Lifebuoy</b>	Located within reach of the helmsman and ready for instant use	<input type="checkbox"/>	<b>Heaving line with throwing sock</b>	15m-25m length	<input type="checkbox"/>
<b>Foghorn</b>	Manual or Gas Operated	<input type="checkbox"/>	<b>Passive Radar Reflector</b>	Passive radar deflector shall be carried. <b>Hexagonal</b> type of sufficient size for a Yacht.	<input type="checkbox"/>
<b>Cockpit Knife</b>	Strong, sharp knife, sheathed and securely restrained shall be readily available in the cockpit	<input type="checkbox"/>	<b>Soft Wood Plugs</b>	Tapered and of the appropriate size, shall be stowed adjacent to every through-hull opening	<input type="checkbox"/>
<b>Pyrotechnic Flares</b>	2 x Red Parachute Flares 4 x Red Hand Flares 2 x Orange Smoke Conforming to Solas LSA 111 and not older than 4 years old.	<input type="checkbox"/>	<b>Storm or Heavy Weather Sails</b>	Ability to shorten sail	<input type="checkbox"/>
<b>Life Jackets</b>	Each Member of the Crew should have easy access to their own Life Jacket in accordance with World Sailing Category Four Regulations: 5.01.	<input type="checkbox"/>	<b>Marine VHF Radio Transceiver</b>	Fixed or Handheld with ability to transmit on VHF Channel 16 and 72	<input type="checkbox"/>
<b>Pulpit, Stanchions and Lifelines</b>	All boats shall have these fitted.	<input type="checkbox"/>	<b>Buckets</b>	Two; minimum 9 litres with lanyards.	<input type="checkbox"/>
<b>Navigation Charts and Equipment</b>	Navigation Charts, not solely electronic and chart plotting equipment.	<input type="checkbox"/>	<b>Compass</b>	A marine magnetic compass independent of any power supply	<input type="checkbox"/>

Name of boat: \_\_\_\_\_

Sail number: \_\_\_\_\_

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

Date / Time: \_\_\_\_\_

Location: \_\_\_\_\_

Scrutineer's name: \_\_\_\_\_

## **Appendix B: To Four Peaks Sailing Instruction – Runner Safety Equipment Check List**

Shore parties shall carry the following equipment which shall function properly and be of the type suitable and adequate for the intended use. Note that “per person’s” apply to **all** runners in a short party regardless of how many runners there are:

Item	Remarks	
<b>Waterproof jacket and trousers</b>	1 set per person	<input type="checkbox"/>
<b>Food</b>	A minimum of 3,500 kilojoules or 835 kilocalories (per person) in bars labelled clearly by manufacturer for scrutineers to check	<input type="checkbox"/>
<b>Water</b>	1 litre of water (per person) remaining at the peak control checkpoints	<input type="checkbox"/>
<b>Compass</b>	Compass must be non-electronic. I.e. Mobile phone compasses are not acceptable.	<input type="checkbox"/>
<b>Map of the relevant area</b>	Scale 1:50000 or larger. Maps should be specific to the hill being climbed and issued by the HK Government. Please see the following link: <a href="http://www1.map.gov.hk/gih3/view/index.jsp">http://www1.map.gov.hk/gih3/view/index.jsp</a>	<input type="checkbox"/>
<b>Whistle</b>	1 per person	<input type="checkbox"/>
<b>Torch</b>	1 per person	<input type="checkbox"/>
<b>Mobile telephone</b>	Recommended to use waterproof bag to carry phone.	<input type="checkbox"/>
<b>Sleeping bag</b>	Of conventional design, not a space blanket, <b>for every two runners.</b>	<input type="checkbox"/>
<b>First aid kit</b>	Comprising of painkillers, elastic bandages, large wound dressing and plasters	<input type="checkbox"/>
<b>Copy Of HKID Card/or other form of ID</b>	Runners are advised to carry a small amount of cash, in case of emergency. See Clause 10.2.	<input type="checkbox"/>

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

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

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



## Appendix C – Skippers Declaration

### Aberdeen Boat Club Four Peaks Race 2026

#### Post-Race Declaration Form

To be submitted to the Aberdeen Boat Club by 1200 hrs. on Monday 19<sup>th</sup> January 2026.

Email: [marine.services@abclubhk.com](mailto:marine.services@abclubhk.com)

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

I hereby declare that my crew and I have complied with all of the Sailing Instructions and Hill Climbing Rules.

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  
(Please delete as appropriate)

My motoring times are shown on the attached Motoring Declaration Form \_\_\_\_\_ yes / no (Please  
delete as appropriate)

My emergency use of power, oars or paddles was as follows:

\_\_\_\_\_

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

**ABC Four Peaks Race 2026**  
**Revised Hill Running Times Form**

To be submitted to the Aberdeen Boat Club by 1200 hrs. on Monday 19<sup>th</sup> January 2026.

Email: [marinecoord@abclubhk.com](mailto:marinecoord@abclubhk.com).

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

Runner's Name	<b>LET GO GPS Time</b> <i>Defined as time in minutes and seconds when the last member of a departing shore party lets go of the boat</i>	<b>HANDS ON GPS Time</b> <i>Defined as time when the first member of the returning shore party touches the boat</i>	Time Taken (hh.mm.ss)
Lantau Peak times will be taken at Lantau gate.			
<b>Lantau</b>			
<b>Mount Stenhouse</b>			
<b>Violet Hill</b>			
<b>Ma On Shan</b>			

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

**Aberdeen Boat Club Four Peaks Race 2026**

**Motoring Declaration Form**

To be submitted to the Aberdeen Boat Club by 1200 hrs. on Monday 19<sup>th</sup> January 2026

Email: [marinecoord@abclubhk.com](mailto:marinecoord@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**