



Dear Participant,

The Topo Lantau 70 is coming up in 10 Days!
We hope your training went well and you are as excited for race day as we are!
Here is some important information for your last preparation:

1) Race pack pick up

RPPU will take place from the 25th until the 27th of March at Cam2 Sport. Please bring your ID or a picture of your ID. If you're picking up for a friend, please bring a photo of his/her ID. The race email will also work for pick-up.

Here is the full address:
Mong Kok, Dundas St, 56號, Gala Place, 10F

Participants unable to collect their race pack at Cam2 will be able to collect it on race morning.

2) Mandatory kit

There will be gear checks along the course - time penalties and DQ will be enforced if you don't have the gear (DQ if you don't have a headlamp when leaving Tai O)

All participants, regardless of the distance or section, must carry:

- a phone
- an emergency blanket

Participants in the solo 70km category must carry a headlamp from Tai O onwards.
Your phone will not be accepted as a substitute for a headlamp.

3) Pacers and mules

Pacers and mules are forbidden on the Lantau70. Receiving support outside of the checkpoints will lead to disqualification.

4) Drop bag

70km solo: you will be able to drop off 2 bags: a finish line bag for Mui Wo and a half way drop bag for Tai O. Please rest assured that your Tai O drop bag will be returned to you in Mui Wo

once the Tai O checkpoint closes. Relay runners may also use the service at these 2 points if they wish to.

Important: make sure that you label your bags with your bib number and that you drop them off at the correct designated area for both locations. Finish bags will be stored near check-in and the Tai O bags will need to be dropped in the truck around the corner from the hotel. Baggage tags will be provided at race pack pick-up and on race morning, but please prepare your own bag.

5) Relay Runners

Please be reminded that the first relay runner in each team will need to pick up a blue bracelet at the starting area and that this band needs to be passed from one relay runner to the next at each of the following checkpoints: Ngong Ping (CP1), Tai O (CP2) & Shui Hau (CP4). See Google Map locations below.

6) Checkpoints

A couple of reminders. CP3 (Shek Pik) after Tai O is just before Shek Pik reservoir (same as 2023 & 2024). This is 11km after Tai O and (thanks to the reroute) is no longer as grueling as it once was. CP4 Shui Hau will be a few hundred metres after crossing the road - a table will be set up roadside, but the full CP is 15m up a side road in the village at 'Wing's Restaurant.' This CP is only 7km after CP3. CP5 is at 'Little Wan Chai' store in Pui O - various drinks and water will be available at this CP only - it is just before you cross the main road in Pui O (across the street from 2023 & 2024). You can view the CP locations by following the google links:

Ngong Ping: <https://goo.gl/maps/YjkwfiAvA5QCGRkF6>

Tai O: <https://goo.gl/maps/fbLhY9Jsn8GSCdLC8>

Shek Pik: <https://goo.gl/maps/Lm7dvEyCQRg5iFYJ9>

Shui Hau: <https://goo.gl/maps/r4sxUFxtWhkL22my5>

Pui O: <https://maps.app.goo.gl/1nyTvB14gVHX42K79>

7) Weather

Please keep an eye out for the weather leading up to race day and be prepared, rain or shine!

8) Sponsors & Volunteers

Thanks to all the sponsors and volunteers!

Thank you to Topo, Overstims, Cam2, Ciele, Suunto, T8 and Silvermine Bay Beach Resort.

Please remember to shout a "thank you" to volunteers who are there to help you keep hydrated and fed along the course!

Rest well, hydrate, and see you soon!

