



12th Annual SHEKO CHALLENGE

July 9th, 2016

BIG WAVE BAY, SHEK O

Running Course



The Course is 8.5km long. There is NO water along the course, so bring your own. It is straight up 1,000 stairs from the beach, then all level, and downhill.

- At the top of the stairs, turn left at the small pagoda, the first left you come to.
- Continue along the catchwater to the paved road, head straight, and follow until the start of the trail for the Dragon's back (1.27km from the start of the road to this trail head and check point). There will be a person here checking your number.
- Do a U-Turn at the checkpoint and head back to the end of the road towards Sheko. Stay to the left along the catchwater, and 50m after the pagoda, turn RIGHT down the dirt trail, marked with a sign to Tai Long Wan village.
- Go to the bottom, through the village, and up to the car park, along the road all the way to Sheko, and at the Main Bus Stop, turn left in the FIRST little road you come to after the golf course. Run to the end of the short road, turn right, and at the first gap in the wall, turn left, through a small school yard, to the beach. You are done.

Finishing Line



Bus Stop – Turn Left up the small road, right at the end, left 20m at the courtyard, and then straight out to the beach through a cement door frame. **Do NOT run past the bus stop.**

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