

5th HKUST PACER Challenge on Tuesday, 15 April 2014



PACER, the acronym for Progressive Aerobic Capacity Endurance Run, is a 15-meter shuttle run test.

To provide opportunities for HKUST students to know more about their cardio-respiratory fitness level, Sports Association of HKUSTSU and Healthy Lifestyle Course Office have co-organized the 5th HKUST PACER Challenge on Tuesday, 15 April 2014 in the S.H. Ho Sports Hall.

The event has been successfully held with 56 participants (9 teams and 20 individuals) and 43 student volunteers joining. A new record has been set for the Men' Individual event. The winners are:

Teams (Team of 4 with at least 1 female and 1 non-local student)

Position	Name	Total Pacer Laps Achieved
Champion	Hey there! I am doing pacer HO Chun Pong LEUNG Chun Kit WU Sin Hung CHAN Hou	475
1 st Runner-up	Rowing Team NG Kwok Hing Vivien LEE Michael Karl Magnus KOTHS CHIU Chi Him	469
2 nd Runner Up	House One CHOW Ho Wa LO Ka Kiu Farhad Bin SIDDIQUE LIT Hoi Ning	416



Male Individuals

Position	Name	PACER Laps Achieved
Champion	LEUNG Chun Kit	148 New Record!
1 st Runner-up	LO Ka Kiu	138
2 nd Runner-up	CHIU Chi Him	132

(From Left)
Mr. CHENG Ho Kwan (SAO Staff)
Champion: LEUNG Chun Kit
1st Runner-up: LO Ka Kiu
2nd Runner-up: CHIU Chi Him

Female Individuals

Position	Name	PACER Laps Achieved
Champion	WU Sin Hung	108
1 st Runner-up	Vivien LEE	102
2 nd Runner-up	YEUNG Lok Yan Zada	88



(From Left)
 Ms. Jennifer WONG (SAO Staff)
 1st Runner-up: Vivien LEE
 Champion: WU Sin Hung
 2nd Runner-up: YEUNG Lok Yan Zada

After the 5th HKUST PACER Challenge, the HKUST PACER Challenge record holders are:

Individual	Record	Name of the Record Holder	
Male	148 PACER Laps	LEUNG Chun Kit	at 5 th HKUST PACER Challenge
Female	108 PACER Laps	KWAN Wing Man WU Sin Hung	at 1 st HKUST PACER Challenge at 5 th HKUST PACER Challenge

To see more memorable pictures of 5th HKUST PACER Challenge and to follow the news of the upcoming PACER events,

please visit and like  [HKUST PACER Challenge](#).

Sports Association, HKUSTSU & Healthy Lifestyle Course Office
 24 April 2014