

8th PACER Challenge on 26 April 2016



PACER, Progressive Aerobic Cardiovascular Endurance Run, is a 15-meter shuttle run test for estimating the VO₂ Max, an indicator of cardio-respiratory fitness level.



The **8th HKUST PACER Challenge** was held on 26 April 2016 (Tuesday) in S. H. Ho Sports Hall. The Organizing Committee of 9 HKUST Track and Field Club members worked with 37 year-one volunteers to stage a smooth and successful 8th HKUST PACER Challenge. The Challenge had attracted 83 participants (11 teams of 4 and 39 individuals). Through participating, participants not only knew more about their cardio fitness status, but also gained the invaluable friendships and received a PACER towel as souvenir.

The followings are the results:



Men's Individual Winners

Position	Name	PACER Laps
1st	LEUNG Chun Kit	129
2nd	HO Chun Pong	125
3rd	FONG Tsz Tun	118

Women's Individual Winners

Position	Name	PACER Laps
1st	CHAN Cheuk Lam Jessica	85
2nd	LIU Wenxin	85*
3rd	WU Sin Hung	80

*Earlier first foul

Team Winners

Position	Team Name & Members	Total PACER Laps
1st	田徑隊 HO Chun Pong, FONG Tsz Tun, SO Man Chung, WU Sin Hung	413
2nd	吾該排隊 LEUNG Chun Kit, CHEUNG Lok Chun Martin, TSANG Ho Ching, YUNG Kit Wing	370
3rd	Lame Jokes society KHAIRPURI Prashant Kumar, ISHAN Shugan Jain, SADD Yawer, CHAN Cheuk Lam Jessica	359

Congratulations to all the winners!!!



Like our Facebook page and have a look at the event photos!

8th HKUST PACER Challenge
Organizing Committee
29 April 2016