

### 香港馬拉松推廣社 主辦

主辦機構：成立於1999年，由一班馬拉松精英及愛好者發起組成，旨在推廣香港馬拉松運動

賽事目標：針對參加香港馬拉松之前一次測試和感受、對初練馬拉松者一項預習，並給工作人員實習及培訓的機會

比賽日期：2014年12月21日(星期日)

賽事特色：比賽成績將提供分段時間

起步時間：(30公里)上午09:00 / (10公里)上午09:30

報到時間：上午08:00開始(30K) / 08:30開始(10K)

集合地點：大欖郊野公園管理處(石崗甲龍段引水道)

標準距離：30公里 / 10公里

比賽路線：大欖郊野公園(由石崗，經甲龍段引水道，河背，到大欖滴水塘主壩尾底下之懲教所噴水池折返石崗)

賽道簡介：今次賽事(30公里)乃是一項艱辛賽程，難度相等於一個馬拉松賽，比賽時間約為4小時15分

截止日期：2014年12月1日(星期一)

紀念品：凡跑畢全程者，可獲紀念T恤一件

個人組別：(30公里) MA組 1985-96年出生 / WA組 1977-96年出生, MB組 1977-84年出生 / WB組 1970-76年出生

MC組 1970-76年出生 / WC組 1914-69年出生, MD組 1965-69年出生, ME組 1960-64年出生, MF組 1914-59年出生

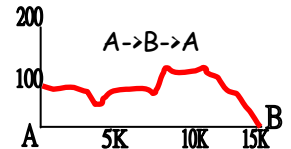
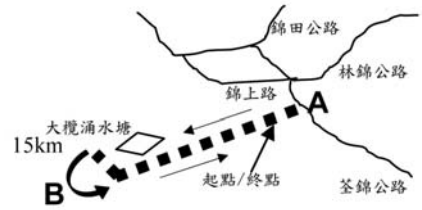
(10公里) 青年組(1985-98年出生) 壯年組(1970-84年出生) 元老組(1914-69年出生)

\*全部組別以出生年份計算

(30公里隊際賽) 設男子及女子組，每三人為一隊，計算每名跑手的時間總和最短者為勝出，時間相同則以第三名隊員成績計算

而各隊員於隊際的成績，可同時競逐其年齡組別的個人獎項，隊際必須集齊所有隊員的報名表一併寄出，

如資料不齊或更改名單，每次手續費港幣100(只接受截止日期前之更改。)



30K 男子組(年齡) *全部組別以出生年份計算						30K 女子組(年齡) *全部組別以出生年份計算		
MA組	MB組	MC組	MD組	ME組	MF組	WA組	WB組	WC組
(18-29歲)	(30-37歲)	(38-44歲)	(45-49歲)	(50-54歲)	(55-100歲)	(18-37歲)	(38-44歲)	(45-100歲)
首4名	首5名	首5名	首5名	首5名	首4名	首4名	首4名	首4名
<b>獎項：</b> (30公里)(1)全場男、女子首名各得中興禮券HK\$1,000 (2)男女子每組所有得獎者可獲獎杯乙座(參考上表) (3)每組別首三名分別可獲以下獎品：POLAR心率錶乙隻(冠軍)、中興禮券HK\$300(亞軍)、中興禮券HK\$200(季军) (10公里)(1)所有組別首三名可獲獎杯一座、中興禮券HK\$300(冠軍)、HK\$200(亞軍)、HK\$100(季军) (30公里隊際賽) 男子隊際首三名各得中興禮券\$1,200(冠軍)、HK\$900(亞軍)、HK\$600(季军)						<b>30K 大會最佳紀錄：</b> (2005/01) 30K Gunnar Rethfeldt 1:50:11 / (2005/01) 黎嘉慧 2:12:08 <b>10K 大會最佳紀錄：</b> (2008/12) 10K Thomas Kiprotich 32:28 / (2002/12) 黎嘉慧 38:56		

報名費用：郵寄報名(30公里)每位港幣220元正 / (10公里)每位港幣150元正，去程車票每張港幣30元正可加入報名費中(所有費用不設收據服務)

網上報名(30公里)每位港幣230元正 / (10公里)每位港幣160元正，去程車票每張港幣35元正，所有參加者回程可憑當日的號碼布乘搭大會回程巴士到錦上路港鐵站

報名辦法：(1a)填妥下列表格，連同一張劃線支票(抬頭人請寫「香港馬拉松推廣社」)和一個回郵信封及簽署報名表，寄回：沙田銀禧花園一座33樓C室(SK-30K)收

(1b) 網上報名詳情請瀏覽本會網頁：<http://www.hkmarathonpro.com>

\*網上報名有購買車票的參加者將收到大會郵寄的確認信及車票，其他網上參加者需留意電郵(包括雜件箱)及瀏覽大會網站的公佈\*

(2)郵寄報名一張港幣220元正(30K)或150元正(10K)支票-用作支付報名費，如有需要請加入車票費用(多人報名可合併使用一張支票)(3)不接現場及逾期報名

(4)郵遞表格必須各自付上一個回郵信封，信封面寫上地址及貼上足夠郵票，(多人報名可共用一個回郵信封，但要增加郵費)若未提供回郵信封者，本會有權保留其參賽資格

(5)若比賽當天懸掛八號或以上颱風、紅或黑色暴雨訊號或非人力可控制之情況影響，比賽將會改期，已繳的報名費，將自動轉往補賽日(而補賽日不出席，都不會作出任何退款安排或轉人)

(6)報名一經接納，報名費恕不發還，報名以支票過戶為準 (7)已寄出的報名或重覆報名，均不設退款、退件、轉賽、轉名及取消安排，只計一人報名

(8)任何紀念品和獎品不設預領、代領及補領服務，不依時出席者當自動棄權 **【請注意：若網上或郵寄報名被接納，接納信將於比賽前七天內寄出，號碼布及晶片將於當日派發】**

交通安排：參賽者可於香港天后地鐵站(6:45am)或九龍尖沙咀漢口道YMCA(7:00am)或沙田火車站頭街近綠色小巴站(7:15am)乘搭大會單程巴士直達比賽場地，(費用為每位港幣30元正，網上報名35元正，上車時需收取車票，此外全部參加者均可免費憑當日派發的號碼布乘搭大會回程巴士，回程穿樓巴士只到西鐵錦上路站)，請連同報名費一同繳交(名額有限，先到先得)巴士將於上述時間準時開出。此外，由於比賽場地沒有車位，故請參賽者自行乘坐公共交通工具或大會巴士到達比賽場地

公共交通：可於荃灣地鐵站乘搭九巴51號或元朗泰衡街72號小巴或西鐵錦上路站乘的士往雷公田，由雷公田步行約八百公尺到達起點

查詢電話：8104 8500 或到 <http://www.hkmarathonpro.com>, <http://thaiquain.com>, <http://www.hkrunner.com> 網頁下載章程及報名表

備註：(1)參加者個人保險需自行負責 (2)號碼布及晶片不得轉讓別人 (3)資料不全者，恕不接受報名 (4)大會設有行李寄存、水站及更衣室 (5)本賽會有權隨時修改此章程細則，恕不另行通知

### HKMP 30Km 暨 石崗 10K 2014 報名表

姓名：(中文) \_\_\_\_\_ (英文) \_\_\_\_\_ 身份證號碼： \_\_\_\_\_ 性別： \_\_\_\_\_

居住地址： \_\_\_\_\_ 出生年份： \_\_\_\_\_

聯絡電話： \_\_\_\_\_ 支票號碼： \_\_\_\_\_ 傳真號碼： \_\_\_\_\_ 屬會(如有)： \_\_\_\_\_

電郵地址： \_\_\_\_\_ 最佳 10/30 公里時間及年份： \_\_\_\_\_ / \_\_\_\_\_ 今次目標完成時間： \_\_\_\_\_

【緊急聯絡人： \_\_\_\_\_ 電話： \_\_\_\_\_ 關係： \_\_\_\_\_】

如乘搭本會去程巴士，請選擇首程上車地點，每張 HK\$30 元(回程憑號碼布乘坐巴士到西鐵錦上路站)  香港(6:45am) \_\_\_\_\_ 張 /  九龍(7:00am) \_\_\_\_\_ 張 /  沙田(7:15am) \_\_\_\_\_ 張

組別	男子						女子			*每位參賽者只可選擇其中一組
	MA組 1985-1996	MB組 1977-1984	MC組 1970-1976	MD組 1965-1969	ME組 1960-1964	MF組 1914-1959	WA組 1977-1996	WB組 1970-1976	WC組 1914-1969	
30公里	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(30K)報名(每位) \$220
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(30K)報名費+1張車票 \$250
10公里	青年組 1985-1998		壯年組 1970-1984			元老組 1914-1969				(10K)報名(每位) \$150
	T1 <input type="checkbox"/>		T2 <input type="checkbox"/>			T3 <input type="checkbox"/>				(10K)報名費+1張車票 \$180
30K 男子隊際 <input type="checkbox"/>		30K 女子隊際 <input type="checkbox"/>		中文隊名： _____			英文隊名： _____			
隊長(聯絡人) _____				隊員 2： _____			隊員 3： _____			

聲明：謹證明本人是自願參加比賽，並願意自行承擔所有責任。本人亦謹遵守比賽規則及決定。本人一旦因在往返比賽場地或比賽中受到任何財物損失、受傷或致死亡，主辦賽會、贊助商及其他有關辦機構均無須付上任何責任。本人願意授權予大會及傳媒在無須經本人審查而可使用本人的肖像、姓名、聲線及個人資料作為活動及推廣之用。

日期： \_\_\_\_\_ (\*未滿十八歲者)監護人簽署： \_\_\_\_\_ 跑手簽署： \_\_\_\_\_



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### Organized by Hong Kong Marathon Pro

**Organizer** : It was established in 1999. This is initiated and formed by a group of marathon elites and lovers. To promote and encourage Marathon sport.

**Race Aims** : To serve as a self-assessment for those who are interested in the coming up Hong Kong Marathon.

**Race Date** : 21<sup>st</sup> December, 2014 (Sunday) **Race Features** : Race Time of each check point can be shown after the race.

**Starting Time** : (30K) 9:00am / (10K) 9:30am **Registration Time** : 8:00am start (30K) / 8:30am start (10K)

**Meeting Point** : Tai Lam Country Park Management Centre (Shek Kong Kap Lung Catchwater) **Race Distance** : 30km / 10km

**Race Route** : Tai Lam Country Park - From Shek Kong pass Kap Lung and Ho Pui to Tai Lam Chung Reservoir turning point (near the Tai Lam Correctional Institution)

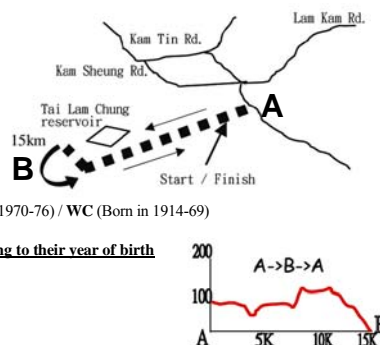
**Route Description** : This competition (30km) has a difficulty equivalent to a real marathon and participants are advised to complete the race no longer than 4 hours 15min. **Deadline** : 1<sup>st</sup> December, 2014. (Mon)

**Category** : (30km) **Group MA** (Born in 1985-96) / **WA** (Born in 1977-96) **Group MB** (Born in 1977-84) / **WB** (Born in 1970-76) **Group MC** (Born in 1970-76) / **WC** (Born in 1914-69)  
**Group MD** (Born in 1965-69) **Group ME** (Born in 1960-64) **Group MF** (Born in 1914-59)  
**(10km) Open** (Born in 1985-98) **Senior** (Born in 1970-84) **Veteran** (Born in 1914-69) **\* Participants will be grouped according to their year of birth**

**(30K Team Category)** : Teams of three (Men & Women). The Third runner's time will be counted when two teams finish with an identical time. The results of each team member are also counted as individual group result.

**Remarks** : (a) The application form should be sent by a team. (b) Changes to team members or additional information will require a further payment of HK\$100 on each occasion (changes can only be accepted before the deadline)

**Souvenirs** : (30km / 10km) A T-shirt for each participant who can finished the race.



30K MEN (AGE)						30K WOMEN (AGE)		
Group MA	Group MB	Group MC	Group MD	Group ME	Group MF	Group WA	Group WB	Group WC
(18 - 29)	(30 - 37)	(38 - 44)	(45 - 49)	(50-54)	(55-100)	(18 - 37)	(38 - 44)	(45-100)
1 <sup>st</sup> - 4 <sup>th</sup>	1 <sup>st</sup> - 5 <sup>th</sup>	1 <sup>st</sup> - 5 <sup>th</sup>	1 <sup>st</sup> - 5 <sup>th</sup>	1 <sup>st</sup> - 5 <sup>th</sup>	1 <sup>st</sup> - 4 <sup>th</sup>	1 <sup>st</sup> - 4 <sup>th</sup>	1 <sup>st</sup> - 4 <sup>th</sup>	1 <sup>st</sup> - 4 <sup>th</sup>

**Awards:** (30km) (1) The first finisher of overall man and woman will be awarded **CHUNG HING Coupon HK\$1,000**. (2) All on list winners will be awarded a trophy.  
(3) The first finishers of each group will be awarded a **POLAR Heart Rate Monitor**, the **CHUNG HING Coupon HK\$300** (The Second finisher), **CHUNG HING Coupon HK\$200** (The Third finisher)  
(10km) The first three finishers of each group will be awarded a trophy, **CHUNG HING Coupon HK\$300** (Champion), **HK\$200** (1<sup>st</sup> runner-up), **HK\$100** (2<sup>nd</sup> runner-up).  
(30km Team Category) The first finished men's & women's team will be awarded **CHUNG HING Coupon HK\$1,200** (Champion Team), **HK\$900** (1<sup>st</sup> runner-up Team), **HK\$600** (2<sup>nd</sup> runner-up Team).  
**Official Record** : 30K (2005/01) Gunnar Rethfeldt 1:50:11 / (2005/01) Lai Ka Wai 2:12:08. 10K (2008/12) Thomas Kiprotich 32:28 / (2002/12) Lai Ka Wai 38:56

**Entry Fee** : ( 30km HK\$220 ) / ( 10km HK\$150 ) each, you can add the go trip bus fare (HK\$30 each) into the fee, **No. bibs for return trip using**, return trip only arrive to Kam Sheung Road MTR (more than one applicants please combine the entry fee in one cheque), not receipt service.

Online Registration Fee is ( 30km HK\$230 ) / ( 10km HK\$160 ) each, bus fare (HK\$35 each) Online Register website at <http://www.hkmarathonpro.com>

**\*Online register without bus ticket runners please check the mail box including spam and visit our website announcement.\***

- Entry** : (1) Completed application form with ONE cross cheque made payable to "Hong Kong Marathon Pro", one self-addressed envelope (more stamp and large envelope for more than one applicants) with your application and sign the entry form, post to "Flat C, 33/F, Block 1, Jubilee Garden, Shatin" (SK - 30K)  
(2) ONE \$220 (30K) or \$150 (10K) cheque - for entry fee (can add the bus fare HK\$30 each into the fee).  
(3) No late entry and walk-in entry will be accepted. (4) Please enclose ONE self-addressed stamped envelope in your application for each participant.  
(5) If the typhoons signal No.8, thunderstorm, red or black rainstorm warning is hosted or the race was affected by weather or natural reason, the event will be rescheduled, your entry will automatically carried forward to the rescheduled date and the entry fee will not be refunded. (even if you did not participate on rescheduled day.) All entry fee are also not transferable to another applicant.  
(6) Entry fee is non-refundable when the entry was accepted. (7) Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person)  
(8) All souvenirs and awards will not award before and after the race or other person. If the participant was not presented the Prize Presentation Ceremony, that will be treated to give up their prize automatically.

**By post register and Online register with bus ticket they Confirmation Letter will be posted before 7 days of the race, number bid and chips will get on race day!**

**Transportation** : Official bus (go trip only) will be available from (HK) Tin Hau MTR station, 6:45am or (KLN) YMCA, Hankow Road TST, 7:00am or (NT) Pai Tau St., Sha Tin MTR station, 7:15am to the venue. The bus fare is **HK\$30 per person / Online HK\$35 per person** and need additional for your entry fee. (Limited Quota, first come first serve), Buses will leave promptly at the above time and **return trip go to Kam Sheung Road MTR station ONLY**. Every Runner could **show the own No. Bib to talk the return bus for free**, please don't drive private car to venue because there without car park.

**Public Transportation** : Take the KMB bus 51 at Tsuen Wan MTR station and get off from Lui Kung Tin stop or take mini-bus 72 is available from Yuen Long Tai Heng Street or you can travel taxi in Kam Sheung Road MTR station to Lui Kung Tin. (Walk about 800m to the Starting Point)

**Inquiry** : 8104 8500 or go to <http://www.hkmarathonpro.com>, <http://thaiquain.com>, <http://www.hkrunner.com> download the entry form.

**Remarks** : (1) Personal insurance is responsible by the participants. (2) **The number bib and chip can't used by others.** (3) Applicant who can't provide details data don't accept. (4) Provide luggage keeping, water stations and distance markers. (5) Organizer reserves the rights to amend the above information.

### HKMP 30Km cum Shek Kong 10K 2014

### Entry Form

Name : (Chinese) \_\_\_\_\_ (English) \_\_\_\_\_ ID Card No : \_\_\_\_\_ Sex : \_\_\_\_\_

Address : \_\_\_\_\_ Year of Birth : \_\_\_\_\_

Tel : \_\_\_\_\_ Cheque no : \_\_\_\_\_ Fax : \_\_\_\_\_ Club (if any) : \_\_\_\_\_

Email Address : \_\_\_\_\_ Best time & year of 10K / 30K : \_\_\_\_\_ / \_\_\_\_\_ This race target time : \_\_\_\_\_

【Person to contact in emergency: \_\_\_\_\_ Tel: \_\_\_\_\_ Relationship: \_\_\_\_\_】

Place to get on our go trip bus **HK\$30 each** : (return trip just go to Kam Sheung Road MTR by free)  **HK (6:45 am)** \_\_\_\_\_ pcs /  **KLN (7:00am)** \_\_\_\_\_ pcs /  **Sha Tin (7:15am)** \_\_\_\_\_ pcs

Category	Men						Women			* Participant can only choose <u>ONE</u> category			
	MA 1985-1996	MB 1977-1984	MC 1970-1976	MD 1965-1969	ME 1960-1964	MF 1914-1959	WA 1977-1996	WB 1970-1976	WC 1914-1969				
30KM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Entry Fee (30K) each	HK\$220		
										Entry Fee (30K) +1 Bus ticket	HK\$250		
10KM	Open 1985-1998		Senior 1970-1984			Veteran 1914-1969			Open 1985-1998	Senior 1970-1984	Veteran 1914-1969	Entry Fee (10K) each	HK\$150
	T1 <input type="checkbox"/>		T2 <input type="checkbox"/>			T3 <input type="checkbox"/>			T7 <input type="checkbox"/>	T8 <input type="checkbox"/>	T9 <input type="checkbox"/>	Entry Fee (10K) +1 Bus ticket	HK\$180

30Km Men's Team  30Km Women's Team  Team Name : \_\_\_\_\_

Team Leader : \_\_\_\_\_ Member 2 : \_\_\_\_\_ Member 3 : \_\_\_\_\_

**Declaration**: I certify that I am physically fit and I understand that I am entering this race at my own risk and responsibility. I herewith expressly agree to abide by all rules and conditions of the Organizer. I hereby discharge the Organizer and any other individual or organization connected directly or indirectly with this race from any; responsibility in the event of injury, death or loss of property incurred during, as consequence of or while traveling to or from the race. I grant permission and assign of rights, title and interest to the organizer to utilize my appearance, name, voice, bio-dare and likeness in connection with the event in any and all media throughout the Organizer would in perpetuity and agree to waive any right of inspection or approval associated thereto.

Date : \_\_\_\_\_ \*(if under 18 age) Guardian Signature: \_\_\_\_\_ Runner Signature : \_\_\_\_\_



No write this item, if you download on website.

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

Address : \_\_\_\_\_