



第二十六屆荃灣體育節開幕典禮暨中興 10K 長跑 2015

第二十六屆荃灣體育節統籌委員會 圓玄學院 荃灣區體育康樂聯會 荃灣民政事務處 合辦
荃灣警區 康樂及文化事務署 協辦 荃灣區議會 中華電力有限公司 贊助
中興體育用品公司 冠名贊助 香港馬拉松推廣社 技術顧問



比賽日期：2015年4月26日(星期日)

報到時間：上午7時00分開始登記

比賽路線：荃灣公園二期至機場核心計劃展覽中心來回(約八成平路，一個折回點)

起步時間：上午8時00分

賽事距離：10公里

截止日期：2015年4月6日(星期一)

報名費用：每位港幣140元正(名額2,000名，先到先得，額滿即止)

比賽時限：1小時45分

集合地點：荃灣公園二期近往珀麗灣碼頭(荃灣西鐵站側)

交通路線：參加者可乘搭西鐵荃灣西站D出口或於港鐵荃灣站A4出口乘95K專線小巴或沿大河道步行前往

個人組別：男子個人—MA組(16-28歲) MB組(29-36歲) MC組(37-44歲) MD組(45-50歲) ME組(51-59歲) MF組(60歲或以上)
女子個人—WA組(16-36歲) WB組(37-44歲) WC組(45歲或以上) *全部組別以出生年份計算*

紀念品：每位完成賽事的參賽者均可獲得紀念背心乙件

獎項：首名男子及女子各可獲得中興禮券HK\$1,000，以下名次可獲中興禮券及獎盃乙座，禮券價值如下：

【男子組】

【女子組】

	MA組 1987-1999	MB組 1979-1986	MC組 1971-1978	MD組 1965-1970	ME組 1956-1964	MF組 1955或之前	獎盃	WA組 1979-1999	WB組 1971-1978	WC組 1970或之前	獎盃
第一名	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	HK\$500	HK\$500	HK\$500	✓
第二名	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$400	HK\$400	HK\$400	✓
第三名	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$300	HK\$300	HK\$300	✓
	第4-8名 HK\$200	第4-8名 HK\$200	第4-8名 HK\$200	第4-8名 HK\$200	第4-8名 HK\$200	第4-8名 HK\$200	✓	第4-8名 HK\$200	第4-8名 HK\$200	第4-8名 HK\$200	✓

報名辦法：

1a. 填妥下列表格及簽署聲明，連同一張港幣140元正劃線支票 — 用作支付報名費(抬頭人請寫「香港馬拉松推廣社」)

寄回：**沙田銀禧花園一座33樓C室(TW-10K收)**。

快速郵寄報名指南：1張支票 + 1張報名表 + 1個回郵信封

1b. 網上報名港幣140元正，報名網址前往 <http://www.hkmarathonpro.com>

2. 郵遞表格必須各自附上一個回郵信封，信封面寫上地址及貼上足夠郵資，若未有提供回郵信封者，本會有權保留其參賽資格。

3. 若比賽當天懸掛三號或以上颱風，紅色或黑色暴雨訊號或非人力可控制之情況影響，比賽將順延到下一個星期日舉行(5月3日)，已繳的報名費，將自動轉往補賽日(而補賽日缺席者，一概不會作出任何退款或轉人安排)。

4. 報名一經接納，報名費恕不發還，報名以支票過戶為準。

5. 只接受郵遞或網上報名，不接受現場或逾期報名，不設收據服務。

6. 本賽會有權隨時修改此章程細則，恕不另行通知。

7. 號碼布及晶片將於比賽當日派發。8. 所有獎項及紀念品只可在大會指定時間親身領取，不設預領、代領及補領。

9. 重覆報名，只當一人計算，不設退款、退件、轉名及轉賽安排。

查詢：8104 8500或可到 <http://www.hkmarathonpro.com>，<http://www.hkrunners.com>，<http://www.thaiquain.com> 網頁下載

備註：1. 參賽者個人保險需自行負責。2. 號碼布不得轉讓別人。3. 如資料不全，恕不接受報名。4. 大會設有行李寄存，水站及里數牌。

郵寄報名通知：接納信將於比賽前七天內寄出，如賽前四天未收到任何資料，請以電郵向大會查詢。

網上報名通知：接納信將於比賽前七天內發出電郵通知，請查閱電子郵件，包括雜件箱，號碼布及晶片將於比賽當日派發。如賽前四天未收到任何通知時請以電郵向大會查詢。

* 如表格不敷應用，可自行影印。 **大會電郵：hkmarathonpro@yahoo.com.hk**

<< 注意 >>：賽事於酷熱的夏季舉行，參賽者需要在賽前有足夠的訓練及休息，並留意個人的身體狀況，如身體不適，請量力而為，切勿強行出賽

第二十六屆荃灣體育節開幕典禮暨中興 10K 長跑 2015 《報名表》

No. _____

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： _____ (請附上劃線支票，一張作報名費之用)

電郵地址： _____ 屬會： _____

【緊急聯絡人： _____ 電話： _____ 關係： _____】

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、贊助機構及其他有關合辦機構均無須負上任何責任。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。

家長 / 監護人姓名： _____ * 家長 / 監護人簽署： _____ (* 未滿十八歲之參賽者需要監護人簽署)

日期： _____ 跑手簽署： _____

請在合適 上加上 號。

有關參加者之個人資料只供是次比賽用途，所有資料將於比賽後銷毀。

男子組	男子MA組 (1987 - 1999)	男子MB組 (1979 - 1986)	男子MC組 (1971 - 1978)	男子MD組 (1965 - 1970)	男子ME組 (1956 - 1964)	男子MF組 (1955或之前)
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
女子組	WA組 (1979 - 1999)		WB組 (1971 - 1978)		WC組 (1970或之前)	
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
* 全部組別以出生年份計算 報名費：HK\$140						



回郵地址

姓名： _____

地址： _____

The 26th Tsuen Wan Sports Festival Opening Ceremony cum Chung Hing 10K 2015



The 26th Tsuen Wan Sports Festival Co-ordinating Committee, The Yuen Yuen Institute, T.W.D.S.R.A.,
 Tsuen Wan District Office **Organizers**
 Tsuen Wan Police District, Leisure & Cultural Services Department **Co-organizers**
 Tsuen Wan District Council, CLP **Sponsors**
 Chung Hing Sports Equipment Co. **Title Sponsor** Hong Kong Marathon Pro **Technical Consultant**



Race Date : 26th April, 2015(Sunday) **Assemble Time** : 7:00 a.m. Registration
Race Route : Tsuen Wan Park Phase II to Airport Core Programme Exhibition Centre to and fro (around 80% flat and one turning point)
Start Time : 8:00 a.m.
Distance : 10 km **Application Deadline**: 6th April, 2015 (Monday)
Entry Fee : HK\$140 each (entry with 2,000 quota, first come first served) **Time Limit** : Within 1 hr 45 mins
Meeting Point : Tsuen Wan Park Phase II near Ferry Pier to Park Island Phase (near MTR Tsuen Wan West Station)
Transportation : MTR Tsuen Wan West station Exit D or MTR Tsuen Wan station Exit A4 and get Green minibus No.95K or following Tai Ho road on foot to the meeting point.
Individual : Men - **MA** (16 – 28 age), **MB** (29 - 36 age), **MC** (37 - 44 age), **MD** (45 - 50 age), **ME** (51 - 59 age) & **MF** (60+ age)
 Women - **WA** (16 – 36 age), **WB** (37 - 44 age) & **WC** (45+ age) *All Groups are categorized according to birth year*
Souvenir : A vest will be given to each runner who finishes the race.
Awards : The overall Men's and Women's Champion will be awarded Chung Hing Sport Coupons of HK\$1,000. First 8 runners of each group will be awarded a Chung Hing Sport Coupons and trophies listed below:

【Men's Group】							【Women's Group】				
	MA 1987-1999	MB 1979-1986	MC 1971-1978	MD 1965-1970	ME 1956-1964	MF 1955 or before	Trophy	WA 1979-1999	WB 1971-1978	WC 1970 or before	Trophy
First	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	HK\$500	HK\$500	HK\$500	✓
Second	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$400	HK\$400	HK\$400	✓
Third	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$300	HK\$300	HK\$300	✓
Fourth to Eighth	HK\$200	HK\$200	HK\$200	HK\$200	HK\$200	HK\$200	✓	HK\$200	HK\$200	HK\$200	✓

Entry : 1a. Completed the entry form, signed the Declaration and enclose **ONE HK\$140 crossed cheque** for entry fee made payable to "Hong Kong Marathon Pro" and post to **Flat C, 33/F, Block One, Jubilee Garden, Shatin, HK (TW-10K)**. **Quick Guide : 1 Cheque + 1 Entry Form + 1 Stamped Envelope**
 1b. For online application, please go to <http://www.hkmarathonpro.com> for online registration and pay HK\$140 for entry fee through Paypal.
 2. For application by post, please prepare a self-addressed stamped envelope for the confirmation letter to be sent to you by post. Please ensure sufficient postage. The organizer reserves the right to decline any entries made without self-addressed stamped envelopes.
 3. If the typhoons signal No.3 or above, thunderstorm or red rainstorm warning or black rainstorm warning is issued by Hong Kong Observatory or if the race is affected by causes beyond the organizer's reasonable control, the race will be rescheduled to the next Sunday(3rd May),The entry fee will automatically be forward to the rescheduled race and the entry fee is non-refundable and non-transferable(even if you do not participate on rescheduled race). 4. Entry fee is non-refundable once the entry is accepted. 5. Late entry and walk-in entry will not be accepted, no receipt service. 6. Organizer reserves the rights to revise the terms and conditions of the race without prior notice. 7. The number cloths and timing chips will be distributed on the race day. 8. All souvenirs and awards will only be presented on-site at designated time slots on the race. 9. Repeated entries will be counted as a single entry, the extra entry fee is non-refundable and cannot be transferred to another applicant or race. All submitted materials will not be refunded.
Entry : For more details, call (852) 8104 8500 or please visit the website: <http://www.hkmarathonpro.com> * <http://www.hkrunners.com> & <http://www.thaiquain.com>/
Remarks : (1) Entrants are responsible for their personal health and accident insurance. (2) The number cloths are non-transferable.
 (3) The Organizers reserve the right to decline any entry without completed information.
 (4) The Organizers will provide luggage-keeping services, water stations and distance markers.

Online Entry Notification: Confirmation Letter will be sent to entrants by emails seven days before the race.

Post Entry Notification: Confirmation Letter will be mailed to entrants seven days before the race.

If applicant hasn't receive the confirmation letter four days before the race, Please contact us by E-mail : hkmarathonpro@yahoo.com.hk.

<< Reminder >> : This race will be held in summer. Runners should ensure that they are physically fit to participant in the race. Runners should undertake sufficient training and preparations before the race, and seek professional medical advice when in doubt of their physical conditions.

The 26th Tsuen Wan Sports Festival Opening Ceremony cum Chung Hing 10K 2015 《Entry Form》 No. _____

Name : (Chi.) _____ (Eng.) _____ HKID : _____ Sex : _____
 Address : _____ Age : _____ Year of Birth : _____
 Tel No : _____ / _____ Cheque No. : _____ (ONE crossed cheque for entry fee)
 E-mail : _____ Club : _____

【Emergency Contact Person : _____ Tel _____ Relationship : _____】

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 Organizers. I hereby discharge the Organizers and any other individual or organization connected directly or indirectly with this race for any responsibility in the event of, but not limited to injury, death or loss of property before, during or after the race. Applicant consent that any information provided may be transferred between the organizers, sponsors and other related parties and may be used by any such parties for all purposes of the race including but not limited to the smooth coordination, operation, promotion and marketing purposes of the race.

Date : _____ **Runner's Signature /** Parent/Guardian's Name : _____ * Parent/Guardian's Signature : _____
 (*Guardian's signature is required for entrants aged below 18.)

Please tick the appropriate box.

Information provided in the application form will only be used for the race ,all information will be destroyed after the race.

Men's Group	MA (1987-1999)	MB (1979-1986)	MC (1971-1978)	MD (1965-1970)	ME (1956-1964)	MF (1955 or before)
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Women's Group	WA (1979 - 1999)		WB (1971 - 1978)		WC (1970 or before)	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

All Groups are categorized according to birth year
Entry Fee: HK\$140



Self-address

Name : _____
 Address : _____
