

第十三屆 Launch8 吐露港 10 公里賽 (青少年禁毒盃 4 公里)



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：推廣地區 10 公里長跑賽及 4 公里青少年道路賽，增加青少年的公開比賽經驗及宣揚禁毒信息

比賽日期：2019 年 3 月 31 日 (星期日)

起步時間：(4 公里) 上午 8:00 / (10 公里) 上午 8:45

集合地點：白石角海濱長廊(香港生物科技研究院對面)

比賽路線：沿白石角海濱長廊至創新路公廁後一公里緩跑徑 / 行人路來回(不可跑在單車徑上)，賽道為全平道路並飽覽吐露港風景

郵寄截止日期：2019 年 3 月 18 日 (星期一)

比賽時限：4km (32 分鐘) / 10km (1 小時 30 分鐘)

本活動每名跑手的報名費，當中的 HK\$10 將贊助環保慈善團體「綠惜地球」，推動綠惜跑賽文化。

個人組別：(4 公里青少年組) (14 歲) (15 歲) (16-17 歲) * 全部組別以出生年份計算

(10 公里) 男子 MA 組(18-28 歲) 男子 MB 組(29-38 歲) 男子 MC 組(39-49 歲) 男子 MD 組(50-59 歲) 男子 ME 組(60-100 歲)

女子 WA 組(18-28 歲) 女子 WB 組(29-38 歲) 女子 WC 組(39-49 歲) 女子 WD 組(50-100 歲)

* 全部組別以出生年份計算

(10 公里隊際賽) 設男子和女子組，每組同性別隊員可以不同年齡組別，每三人為一隊，計算每隊各跑手時間最長者為勝出，時間相同則以第三名隊員最快成績計算。

每組設冠、亞及季軍，均可獲 LAUNCH8 禮券。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。

* 隊際賽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，所有特別處理，每次手續費港幣 \$100 (只接受截止日期前之更改) *

大會紀錄：10 公里【3/2009】THOMAS KIPROTI CH(31:03)；【4/2013】MICHELLE LOWRY(36:52) / 4 公里【3/2011】鄧皓徽(13:15)；【3/2012】CLAIRE AU YEUNG(15:37)

獎項：(4 公里青少年組)：每個組別分別設冠、亞及季軍，每組前三名可得獎盃及 LAUNCH8 禮券 (冠軍 HK\$400、亞軍 HK\$300、季軍 HK\$200)，

(10 公里個人組)：每組前三名均可得 LAUNCH8 禮券及獎盃，個人組首名可額外 POLAR M430 心率錶，表內其他名次均可得獎盃

指定媒體及攝影合作伙伴：運動筆記 RUNNING BIJI 香港



	10K 男子組							10K 女子組						
	MA 18-28	MB 29-38	MC 39-49	MD 50-59	ME 60-100	獎盃	隊際	WA 18-28	WB 29-38	WC 39-49	WD 50-100	獎盃	隊際	
第一名	\$400	\$400	\$400	\$400	\$400	✓	\$1200	\$400	\$400	\$400	\$400	✓	\$1200	
第二名	\$300	\$300	\$300	\$300	\$300	✓	\$900	\$300	\$300	\$300	\$300	✓	\$900	
第三名	\$200	\$200	\$200	\$200	\$200	✓	\$600	\$200	\$200	\$200	\$200	✓	\$600	
	第 4 至 5 名	第 4 至 5 名	第 4 至 5 名	第 4 至 5 名	第 4 至 5 名	✓	不適用	第 4 名	第 4 名	第 4 名	第 4 名	✓	不適用	

郵寄報名費用：(10 公里) 每位港幣 170 元正 / 隊際報名每隊港幣 510 元正 / (4 公里青少年組) 每位港幣 120 元正

網上報名費用：(10 公里) 網上報名每位港幣 170 元正 / 隊際網上報名每隊港幣 510 元正 / (4 公里青少年組) 網上報名每位港幣 120 元正

詳情請瀏覽本會網頁：<http://www.hkmarathonpro.com>

快速郵寄報名指南：1 張支票 + 1 張報名表 + 1 個回郵信封

報名辦法：(1) 填妥下列表格，連同一張劃線支票 (多人報名可合併用一張支票) 抬頭人請寫「香港馬拉松推廣社」，及一個有足夠郵票及填上姓名和地址的回郵信封，寄回：

沙田銀禧花園一座 33 樓 C 室 (Tolo - 10K) 收 (2) 郵遞表格必須付上一個有足夠郵資的回郵信封 (多人報名可共用一個大回郵信封，但要增加郵資)，信封面清楚寫上姓名及地址，未能提供回郵信封者，本會有權保留其參賽資格

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

(3) 不接受現場及逾期報名 (4) 報名一經接納，報名費恕不發還，報名以支票過戶為準 (5) 若比賽當天懸掛八號或以上颱風、紅色或黑色暴雨訊號或非人力可控制之情況影響，比賽將會改期或取消，已繳的報名費，將自動轉往補賽日 (而補賽日不出席，都不會作出退款或轉人安排) (6) 已寄出的報名或重複報名 (只計一人)，均不退還款、退件、轉賽、轉名安排 (7) 不設收據服務 (8) 本賽會有權隨時修改此章程細則，恕不另行通知

交通路線：港鐵大馬路下車轉乘九巴 272K 於香港生物科技研究院下車橫過對面馬路 (請小心橫過馬路) 或沙田港鐵站綠色專線小巴 27 號或自行駕車於科學園收費停車場停泊

查詢：8101 6335 或 8104 8500 或到 <http://www.hkmarathonpro.com> 網頁下載章程及報名表

大會電郵：hkmarathonpro@yahoo.com.hk

備註：(1) 跑手個人保險需自行負責 (2) 號碼布不得轉讓別人 (3) 資料不全者，恕不接受報名 (4) 大會設有行李寄存 (財物損失需自理)、里數牌及水站

(5) 大會在有需要時，可要求各得獎者，提供身份證明文件，以示公允 (6) 所有獎項、獎品及紀念品於典禮前或後及賽後不設任何補領、預領及代領

網上報名通知：接納信將於比賽前七天內電郵請同時查閱雜件箱，號碼布及晶片將於當日派發。如賽前四天未收到任何資料時請以電郵向大會查詢。

資料需與身份證相同

第十三屆 Launch8 吐露港 10 公里賽 (青少年禁毒盃 4 公里) 報名表

姓名：(中文) _____ (英文) _____ 香港身份證 / 護照號碼：_____ 性別：_____

居住地址：_____ 出生年份：_____

聯絡電話：_____ 國籍：_____ 本年度田總註冊編號(如有)：_____ 屬會名稱(如有)：_____

電郵地址：_____ 支票號碼：_____

【緊急聯絡人：_____ 電話：_____ 關係：_____】

組別	男子組(全部組別以出生年份計算)					女子組(全部組別以出生年份計算)				* 參賽者只可選擇其中一組
10 公里	男子 MA 組 1991-2001	男子 MB 組 1981-1990	男子 MC 組 1970-80	男子 MD 組 1960-69	男子 ME 組 1919-59	女子 WA 組 1991-2001	女子 WB 組 1981-90	女子 WC 組 1970-80	女子 WD 組 1919-69	郵寄報名費用每位： 10K 個人 HK\$170 隊際每隊 HK\$510
	<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"/>	
10K 男子隊際	<input type="checkbox"/>	10K 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: _____				
4 公里 青少年組	男青 2005 年組 B1 <input type="checkbox"/>	男青 2004 年組 B2 <input type="checkbox"/>	男青 2002-2003 年組 B3 <input type="checkbox"/>	女青 2005 年組 G7 <input type="checkbox"/>	女青 2004 年組 G8 <input type="checkbox"/>	女青 2002-2003 年組 G9 <input type="checkbox"/>	4K 青少年組 (收據自備) HK\$120			

聲明：謹證明本人是自願參加比賽並有充足訓練，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(包括寄存的行李)、受傷或死亡，主辦賽會、贊助商及其他有關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：_____ 監護人簽署：_____ (未滿 18 歲之參加者需由監護人/家長簽署) 跑手簽署：_____



13th Launch8 Tolo Harbour 10K Race (4Km Beat Drugs - Juniors)



Title Sponsor

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 Aim : Promote Local 10K and juniors 4K road race in order to gain experiences from race and publicity Beat Drugs message.

Race Date : 31st March, 2019 (Sunday)

Race Feature : Split times every 2km.

Starting Time : (4km) 8:00am / (10km) 8:45am

Registration Time : 7:00am / 7:45am

Meeting Point : Pak Shek Kok Promenade, opposite to The Hong Kong Institute Of Biotechnology

Distance : 4km / 10km

By Post Deadline : 18th March, 2019 (Monday)

Time Limit : 4km (32min) / 10km (1h30min)

Souvenir : A vest will be given to each participant who finishes the race

Race Route : Pak Shek Kok Promenade, retrace from over Chong San Road Public Toilet 1km Jogging Track / Footway (Shall not run on cycle tracks), almost 100% steady route with Tolo Harbour view

Solo Category : (4km Juniors) (Age 14) (Age 15) (Age 16-17) * Participants will be grouped according to their year of birth
 (10K Men Group MA (18-28) Group MB (29-38) Group MC (39-49) Group MD (50-59) Group ME (60-100)
 Women Group WA (18-28) Group WB (29-38) Group WC (39-49) Group WD (50-100)

* Participants will be grouped according to their year of birth

HKS10 in each transaction of entry fee will be donated to environmental charity group "The Green Earth" to support its green endeavors.

10K Team Category : Team of three Male or Female (team members could in different age group). The Third runner's time will be counted when two teams finish with an identical time. The first three teams in each group will be awarded LAUNCH8 Coupon, value are as follow on.

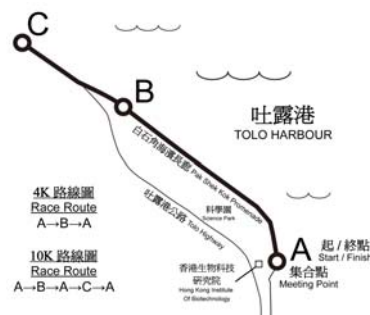
※ The application form should be sent by a team. Any changing or additional information will require a further payment of HKS100 on each occasion (changes can only be accepted before the deadline) ※

Course Record : 10K [3/2009] THOMAS KIPROTICH(31:03) · [4/2013] MICHELLE LOWRY(36:52) / 4K [3/2011] TANG HO FAI(13:15) · [3/2012] CLAIRE AU YEUNG(15:37)

(4km Beat Drugs - Juniors) Awards : The first three finishers of each group will be awarded a trophy, LAUNCH8 Coupon, 1st HKS400, 2nd HKS300, 3rd HKS200.

10K Awards : All prize receivers will be awarded a trophy. The first three finishers of each group will be awarded LAUNCH8 Coupon,

10K all Champions will be award POLAR Heart Rate Monitor M430, value are as follow :



	10K Men Group						10K Women Group						
	MA 18-28	MB 29-38	MC 39-49	MD 50-59	ME 60-100	Trophy	Team	WA 18-28	WB 29-38	WC 39-49	WD 50-100	Trophy	Team
1 st	\$400	\$400	\$400	\$400	\$400	✓	\$1,200	\$400	\$400	\$400	\$400	✓	\$1,200
2 nd	\$300	\$300	\$300	\$300	\$300	✓	\$900	\$300	\$300	\$300	\$300	✓	\$900
3 rd	\$200	\$200	\$200	\$200	\$200	✓	\$600	\$200	\$200	\$200	\$200	✓	\$600
4 th -5 th	4 th -5 th	4 th -5 th	4 th -5 th	4 th -5 th	4 th -5 th	✓	N/A	4 th	4 th	4 th	4 th	✓	N/A

Entry Fee : (10km) HKS170 each / HKS510 each Team / (4km-Juniors) HKS120 each

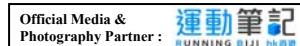
Online Entry Website : <http://www.hkmarathonpro.com>

Quick Guide : 1 Cheque + 1 Entry Form + 1 Stamped Envelope

Entry: (1) Completed application form with ONE cross cheque (more than one applicants please combine the entry fee in one cheque) made payable to "Hong Kong Marathon Pro" and enclose a self-addressed stamped envelope, mail to "Flat C, 33/F, BLK One, Jubilee Garden, Shatin"(Tolo - 10K).

(2) Please enclose ONE self-addressed stamped envelope in your application (more stamp and large envelope for more than one applicants), Organizer have the rights to reject applicant which can't provide enough envelopes.

(3) No late entry and walk-in entry will be accepted. (4) Entry Fee is non-refundable when the entry is accepted or posted.



(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 or cancelled, 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 will not be refunded & send back & change participants name & change race for double entry (Only count one person). (7) Not receipt service.

(8) Organizer reserves the rights to amend the above information.

Transportation : MTR University Station to change KMB Route : 272K to Hong Kong Institute Of Biotechnology or Shatin MTR Station Green Mini Bus No.27 or Parking at Science Park.

Inquiry : 8101 6335 or 8104 8500 or visit <http://www.hkmarathonpro.com> download the entry form.

Official E-mail : hkmarathonpro@yahoo.com.hk

Remarks : (1) Personal insurance is responsible by the participants. (2) The number bib can't used by others. (3) Applicant who can't provide details data don't accept.

(4) Provide Luggage Keeping (loss responsibility by runner) , Distance Markers and Water Stations. (5) Organizer has the rights to prove for prize-takers personal identification. Prize-takers may need to show your own ID or other supporting document.

(6) All prize, trophy and souvenir cannot award after or before the Ceremony or other person.

If you haven't receive the information before Four days of the race, Please contact us by E-mail.

Online Entry inform : Confirmation Letter will be send by email (please also check spam mailbox) before the race 7 days. Number bid and chips will get on race day !

Print Entry inform : Confirmation Letter will be post before the race 7 days. Number bid and chips will get on race day !

13th Launch8 Tolo Harbour 10K Race (4Km Beat Drugs - Juniors)

Entry Form

Name : (Chi) _____ (Eng) _____ HKID / Passport No : _____ Sex : _____

Address : _____ Year of Birth : _____

Tel.No : _____ Nationality: _____ This Year HKAAA Reg. no (If any) : _____ Club(If any) : _____

E-Mail Address : _____ Cheque No : _____

[Emergency Contact Person : _____ Tel No : _____ Relationship : _____]

Group	Men (Participants will be grouped according to their year of birth)					Women				* Participant chooses ONE category only	
	MA 1991-2001	MB 1981-90	MC 1970-80	MD 1960-69	ME 1919-59	WA 1991-2001	WB 1981-90	WC 1970-80	WD 1919-69	Entry Fee:	
10 Km	<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"/>	10K Individual	HKS170
										Each Team	HKS510
10K Men Team <input type="checkbox"/>	10K Women Team <input type="checkbox"/>	Team Name (Chinese) : _____ (English) : _____									
Team Leader (Contant Person) (_____)					Entrant 2: _____			Entrant 3: _____			
4 Km Juniors	Boys 2005	Boys 2004	Boys 2002-2003			Girls 2005	Girls 2004	Girls 2002-2003		4K Juniors Individual	
	B1 <input type="checkbox"/>	B2 <input type="checkbox"/>	B3 <input type="checkbox"/>	G7 <input type="checkbox"/>	G8 <input type="checkbox"/>	G9 <input type="checkbox"/>		(Please provide receipt)		HKS120	

DECLARATION : I certify that I am physically fit and enough training. 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 : _____ Guardian Signature: _____

*(Guardian / Parents signature if under 18 age)

Runner's Signature: _____

