



RMAC 黃金海岸 15 公里賽 2024

HKMP 香港馬拉松推廣社 主辦
HK Marathon Pro



協辦
Running Man Athletic Club



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 15 公里賽事及提昇跑手準備挑戰半馬拉松距離。

賽事特點：沿途盡覽汀九、青馬兩橋及藍巴勒海峽優美景色。

比賽日期：2024 年 11 月 10 日 (星期日)

登記時間：上午 8:00 開始

起步時間：上午 9:00

起點：近汀逸路

比賽時限：2 小時

頒獎時間：上午 11:00~11:45

比賽路線：汀九引水道(九成平路)，兩個折返點(詳細版本請瀏覽本會網頁)。

賽事距離：15 公里

集合地點：在青山公路汀九停車場。(近麗都灣及汀九橋橋底)

截止日期：2024 年 10 月 28 日(星期一)

報名費用：每位港幣 330 元正(先到先得)

受惠單位：



***當中 20 元將捐助港安醫院慈善基金 - 荃灣理事會，為經濟有困難的長者提供白內障手術。**

服務提供：香港運動治療師總會提供即場免費傷患評估服務
Nike Run Club 將提供配速員服務

網上報名及媒體伙伴網頁：<http://fitz.hk>

網上報名查詢電郵：races@fitz.hk

網上報名查詢電話 / WhatsApp：5229 0518



鳴謝：



香港運動治療師總會
HONG KONG ASSOCIATION OF SPORTS PHYSIOTHERAPISTS

個人組別：男子 MA 組(16-28 歲) MB 組(29-38 歲) MC 組(39-49 歲) MD 組(50-59 歲) ME 組(60 歲或以上)
女子 WA 組(16-28 歲) WB 組(29-38 歲) WC 組(39-49 歲) WD 組(50 歲或以上) *全部組別以出生年份計算

隊際：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
每組設冠亞季軍，均可得下表的**現金獎及 Nike 跑鞋乙對(合共 18 對)**
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資料一併提交，如資料不齊或更改名單，每次手續費港幣 150 (只接受截止日期前之更改)

紀念品：所有參賽者跑畢全程者，均可獲得紀念背心乙件及 RMAC x AKIV 軟膠水樽

每位參賽者皆可獲得一個由大會提供的折扣優惠碼，訂購 Airfly 太陽眼鏡。
www.airfly.com.hk

報名後有任何資料更改，每次手續費港幣 150 元

號碼布將於比賽當日派發

大會紀錄：(11/2018)男子組：SAMWEL KIBIWOT - 48 分 46 秒，(11/2013)女子組：姚潔貞 - 58 分 01 秒

獎項：全場首名男及女子，各可獲得**現金獎 HK\$1,000**，
各個人組首三名均可獲得及 **Nike 跑鞋乙對(合共 27 對)**
各個人組冠軍可得 **AirFly 無鼻托太陽眼鏡乙副、CW-X 短 Tight**，亞軍可得 **CW-X 小腿套**
而同時個人組首三名均可得**現金獎**價值如下，各組所有得獎者均可得獎盃乙座。

****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，賽後將不會補發任何紀念品及獎品****

【男子】

【女子】

	MA 組 16-28	MB 組 29-38	MC 組 39-49	MD 組 50-59	ME 組 60+	獎盃	隊際 (現金獎)	Nike 跑鞋	WA 組 16-28	WB 組 29-38	WC 組 39-49	WD 組 50+	獎盃	隊際 (現金獎)	Nike 跑鞋
第一名	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$900	✓	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$900	✓
第二名	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$600	✓	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$600	✓
第三名	HK\$200	HK\$200	HK\$200	HK\$200	HK\$200	✓	HK\$300	✓	HK\$200	HK\$200	HK\$200	HK\$200	✓	HK\$300	✓
-	第四至五名	第四至五名	第四至五名	第四至五名	第四至五名	✓	不適用	N/A	第四至五名	第四至五名	第四至五名	第四至五名	✓	不適用	N/A

報名辦法：

1.報名費用港幣 330 元正 或 (370 元報名費連一張單程車票)，**只接受網上報名**，

詳情請瀏覽本會網頁：<http://www.hkmarathonpro.com>，報名一經接納，**報名費在任何情況下都不設退款安排**。

2.如資料不全，恕不接受報名。

3.只接受網上報名，不接受現場及逾期報名。

4.重覆報名(只計一人)，不設退款、退件、轉名及轉費安排。

5.若比賽當天六時懸掛八號或以上颱風、紅或黑色暴雨訊號或非人力可控制及不可抗力之情況影響，比賽將會改期或取消，已繳的報名費，將自動轉往補賽日，補賽地點亦有可能更改(而補賽日不出席，都不會作出任何退款安排或轉人)，若取消比賽，大會將會安排在指定時間及地點領取紀念物品，未能按時領取將不能補領，任何情況下都不設退款安排。

交通路線：參加者可於香港天后地鐵站(7:15am)或九龍尖沙咀漢口道 YMCA(7:30am) 乘搭大會巴士直達比賽場地，去程車費每位港幣 40 元正(不設回程)，請連同報名費一同繳交，或自行到荃灣地鐵站 B 出口往多層停車場下面之的士站乘坐 96M 綠色專線小巴前往汀九或於海壩街眾安街乘往青龍頭 96 號綠色小巴，多人可選擇乘搭的士。

查詢：8101 6335 或 8104 8500 或可到 <http://hkmarathonpro.com> 網頁報名

備註：

1.參賽者個人意外保險需自行負責。

2.號碼布及晶片不得轉讓別人。

3.典禮前後及賽後不設補領 / 預領 / 代領任何紀念品和獎品安排。

4.不設收據服務。

5.大會設有行李寄存(不負責任何財物損失)、水站及里數牌。

6.本賽事有可能按相關部門要求作分批起步。

7.若對比賽成績有異議，須於成績公佈後 15 分鐘內以書面提交及繳付港幣\$200 元上訴費用，如上訴成立，相關費用將會發還，不成功費用將不會發還。本會不會接納其後提交的上訴申請。

8.本賽會有權隨時修改此章程細則，恕不另行通知。

COURSE RECORD	COURSE RECORD
48:46	58:01
MAN	WOMAN
GOLD COAST 15K	GOLD COAST 15K

確認信將於比賽前七天經電郵發出 (請同時查閱濫發郵件)，如賽前四天未收到任何資料時請以電郵向大會查詢。





RMAC Gold Coast 15K 2024



Co-Organizer
Running Man Athletic Club

HKMP Organized by Hong Kong Marathon Pro
HK Marathon Pro

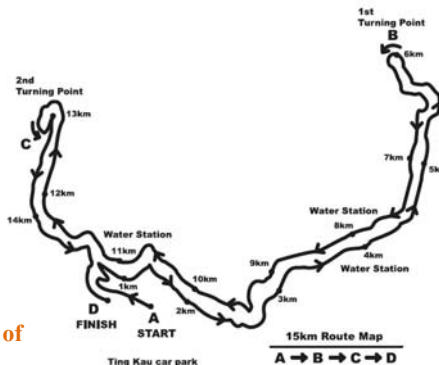


- Organizer** : It was established in 1999. This is initiated and formed by a group of marathon elites and lovers. To promote and encourage Marathon sport.
- Race Aim** : To promote Local 15K race and let the runners pre-training the half-marathon distance.
- Race Features** : Spectacular view of Ting Kau Bridge, Tsing Ma Bridge and Rambler Channel
- Race Date** : 10th November, 2024(Sunday)
- Starting Time** : 9:00am
- Distance** : 15 km
- Register Time** : From 8:00am
- Time Limit** : 2 hours
- Deadline** : 28th October, 2024(Monday)
- Ceremony Time** : 11:00~11:45am
- Race Route** : Ting Kau, catchwater (90% flat), two U-turn points (clearly version will posted on our website).
- Meeting Point** : Ting Kau car park, Castle Peak Road. (near Lido Bay and Ting Kau Bridge)
- Start Point** : Near Ting Yat Rd.
- Entry Fee** : HK\$330each (First come first serve)

Beneficiary:



HK\$20 of the application fee will be donated to the Hong Kong Adventist Hospital Foundation, Board of Governors -Tsuen Wan, to fund free cataract surgeries for underprivileged seniors.



Service : Free consultation and assessment by Sports Therapists Association of Hong Kong Nike Run Club's Pacers Services

Entry System & Media Partner : <http://fitz.hk>
Entry Inquire Email : races@fitz.hk
Entry Inquire Tel./ WhatsApp : 5229 0518



Acknowledgement :



Category : Men – **Group MA** (Age 16-28) / **Group MB** (Age 29-38) / **Group MC** (Age 39-49) / **Group MD** (Age 50-59) / **Group ME** (Age 60+) Women – **Group WA** (Age 16-28) / **Group WB** (Age 29-38) / **Group WC** (Age 39-49) / **Group WD** (Age 50+)

*** Participants will be grouped according to their year of birth**

Team Category : Teams of three (Male & Female), the time of each team will be counted. 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. The first three men's teams and women's teams will be awarded **Cash Award (valued below)**, **Nike Running Shoe(Total 18 pairs)**.

Remarks: (a) Three individual entry must be submitted together to be considered as a team. (b) Changes to team members or additional information will require a further payment of HK\$150 on each occasion (changes can only be accepted before the deadline).

Souvenirs : A singlet and RMAC x AKIV soft water bottle will be given to each runner who finished the race.

All participants can get a special discount code from organizer to buy Airfly sunglasses. www.airfly.com.hk

HK\$150 Charge for any entry information update and change.

Race no. bib will be distributed on race day

【Official Record】 : (11/2018) Men : SAMWEL KIBIWOT 48:46, (11/2013) Women : Yiu Kit Ching 58:01

Individual Awards : The overall top one of man and woman will be awarded **HK\$1,000 Cash Award**. Each group's top three runners will be awarded **Nike running shoes(Total 27 pairs)**

All individual group will be awarded Champion: **AirFly nose pad less sunglass** and **CW-X Short Tight**,
1st runner-up : **CW-X Calf Supporter**

All individual groups' winners will be awarded a **Trophy** and **Cash Award** as valued below :

****All souvenirs and awards be awarded on specify time only, no any souvenirs and awards will distribute after the race.****

	Men					Trophy	Team Cash Award	Nike Shoes	Women				Trophy	Team Cash Award	Nike Shoes
	Group MA 16-28	Group MB 29-38	Group MC 39-49	Group MD 50-59	Group ME 60+				Group WA 16-28	Group WB 29-38	Group WC 39-49	Group WD 50+			
Champion	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$900	✓	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$900	✓
1 st runner-up	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$600	✓	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$600	✓
2 nd runner-up	HK\$200	HK\$200	HK\$200	HK\$200	HK\$200	✓	HK\$300	✓	HK\$200	HK\$200	HK\$200	HK\$200	✓	HK\$300	✓
N/A	4th to 5th	4th to 5th	4th to 5th	4th to 5th	4th to 5th	✓	N/A	N/A	4th to 5th	4th to 5th	4th to 5th	4th to 5th	✓	N/A	N/A

Entry :

1. Online Registration Fee is HK\$330 / HK\$370(with one bus ticket), **Online Register ONLY**, Detail visit : <http://www.hkmarathonpro.com/>.
Entry fee will not refundable in any situation.
2. Participant provides insufficient information may not be accepted
3. Only online entry, no late entry and walk-in entry on race day.
4. Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person)
5. If the typhoons signal No.8, thunderstorm, red or black rainstorm warning is hosted at 6:00am or the race was affected by weather or natural reason, the event will be Rescheduled or Cancelled, you entry will automatically carried forward to the rescheduled date and the entry fee will not be refunded or arrange the souvenir distribution on designate place and date, no refundable option. (Even if you did not participate on reschedule day.)

Transportation : An official bus will be available from (Hong Kong) **Tin Hau MTR station B Exit at 7:15 am**, or (KLN) **YMCA, Hankow Road TST, 7:30 am**. One way bus fare (No return): HK\$40 per person and should add to your entry fee. Buses will leave promptly at the above times.

All participants may take the green minibus no.96M at Tsuen Wan MTR station Exit B taxi stop or go to Hoi Pa St to take the green minibus no.96 to the race venue or chooses to take a taxi to go the location.

*** Attention : Confirmation letter of entry acceptance will besenvia email before the race 7 days.***

Enquiries : 8101 6335 / 8104 8500 or mail to hkmarathonpro@yahoo.com.hk .

Download the form & Result Announcement : <http://www.hkmarathonpro.com>

Remarks :

1. Participant insurance should imputation yourself.
2. The number bib and chip is not transferable.
3. All souvenirs and awards cannot award after or before the Ceremony or others.
4. Not receipt service.
5. The organizer will provide luggage-keeping services (Lost items are the responsibility by runner), water stations and distance markers.
6. This race maybe separate start by department requested
7. Appeal is acceptable within 15 minutes after the result announcement with submit black and white form and HK\$200 appeal fee, appeal fee will be refunded when the appeal is successful. Not accept any late appeal.
8. Organizer reserves the rights to amend the above information without prior notice

COURSE RECORD	COURSE RECORD
48:46	58:01
MAN	WOMAN
GOLD COAST 15K	GOLD COAST 15K

Confirmation Letter will be send via email (please also check spam mailbox) before the race 7 days.

Please contact us if you have not received the Confirmation Letter before 4 days from race date

