



海爾斯黃金海岸 15 公里賽 2014



香港馬拉松推廣社 主辦



冠名贊助商

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：2014 年 11 月 2 日 (星期日)

起步時間：上午 9:00

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)。

集合地點：在青山公路汀九停車場。(近麗都灣及汀九橋橋底)

報名費用：每位港幣 140 元正 / 網上報名港幣 150 元正(先到先得)

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(60-100 歲或以上)

女子 WA 組(16-28 歲) WB 組(29-38 歲) WC 組(39-100 歲) *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，均可得中興禮券。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)

紀念品：跑畢全程之參賽者，均可獲海爾斯紀念 T-恤乙件

大會紀錄：(11/2008)男子組：Stefano Passarello - 50 分 17 秒，(11/2013)女子組：姚潔貞 - 58 分 01 秒

獎項：全場首名男及女子，各可獲得由海爾斯贊助現金獎 HK\$2,000 及中興禮券 HK\$1,000，各個人組首名可得 POLAR 心率錶乙隻，而個人組首三名均可得中興禮券，各組所有得獎者均可得獎盃乙座及海爾斯比賽跑鞋乙對，價值如下



【男子】

【女子】

	MA 組 16-28	MB 組 29-38	MC 組 39-49	MD 組 50-59	ME 組 60-100	獎盃及 比賽跑鞋	隊際 (中興禮券)		WA 組 16-28	WB 組 29-38	WC 組 39-100	獎盃及 比賽跑鞋	隊際 (中興禮券)
第一名	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	HK\$1,200		HK\$500	HK\$500	HK\$500	✓	HK\$1,200
第二名	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$900		HK\$400	HK\$400	HK\$400	✓	HK\$900
第三名	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$600		HK\$300	HK\$300	HK\$300	✓	HK\$600
-	第四至五名	第四至七名	第四至七名	第四至六名	不適用	✓	不適用		第四名	第四名	第四至六名	✓	不適用

報名辦法：1a. 郵寄報名需填妥下列表格，連同一張港幣 140 元 / 車費連報名費合共港幣 165 元正劃線支票(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」，不設收據。寄回：沙田銀禧花園一座 33 樓 C 室(海爾斯-15K)收

1b. 網上報名港幣 150 元正 / 車費連報名費合共港幣 180 元正，報名網址 <http://www.hkmarathonpro.com/>

2. 郵遞表格必須付上一個回郵信封，信封面寫上地址及貼上足夠郵票(多人報名可共用一個大回郵信封)，若未有提供回郵信封者，本會有權保留其參賽資格

3. 報名一經接納，報名費恕不發還，報名以支票過戶為準，不設取消安排

4. 若比賽當天懸掛八號或以上颱風、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或轉人安排) 5. 只接受郵遞或網上報名，不接受現場及逾期報名

6. 重覆報名，不設退款、退件、轉名、轉費安排，並只計一人報名 7. 本賽會有權隨時修改此章程細則，恕不另行通知

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 25 / 網上 30 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墘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：8104 8500 或電郵 hkmarathonpro@yahoo.com.hk

* 若報名被接納，接納信將於比賽前七天內寄出 / 網上報名將有電郵通知，號碼布及晶片於當日派發 *

下載報名表及賽後成績公佈：<http://www.hkmarathonpro.com/>，<http://www.thaiquain.com/>，<http://www.hkrunners.com>

備註：1. 參加者個人保險需自行負責 2. 號碼布不得轉讓別人 3. 若資料不全者，恕不接受報名 4. 大會設有行李寄存，水站及數碼牌

5. 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 6. 所有費用不設收據服務

海爾斯長跑訓練班及專業長跑講座：<http://www.victorysport.com.hk/>

海爾斯黃金海岸 15 公里賽 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：_____ / _____ 傳真號碼 _____ 近年最佳 15K 時間/年份：_____ / _____

電郵地址：_____ 支票號碼：_____

屬會：_____ 【緊急聯絡人：_____ 電話：_____ 關係：_____】

男子組	MA組 (1986 - 1998)	MB組 (1976 - 1985)	MC組 (1965 - 1975)	MD組 (1955 - 1964)	ME組 (1914 - 1954)	*全部組別以出生年份計算
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	HK\$140 (報名費) <input type="checkbox"/>
女子組	WA組 (1986 - 1998)		WB組 (1976 - 1985)		WC組 (1914 - 1975)	車費連連同報名費一同繳交
	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	HK\$165 (報名費 + 1張車票) <input type="checkbox"/>

每張車票港幣\$25元正 如乘搭本會之單程巴士，請選擇首程上車地點，不設回程。 香港天后(7:15am) 張 / 九龍尖沙咀(7:30am) 張

男子隊際 女子隊際 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、贊助商及其他有關合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：_____ 參加者簽署：_____

姓名：_____	網 不 用 填 寫 回 郵 地 址	姓名：_____
地址：_____		地址：_____

HEALTH GOLD COAST 15K 2014



Organized by Hong Kong Marathon Pro



Title Sponsor

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 : 2nd November, 2014(Sunday) **Starting Time** : 9:00am **Distance** : 15 km

Register Time : From 8:00am **Time Limit** : 2 hours **Deadline** : 13th October, 2014 (Wed.)

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\$140 each / Online Registration HK\$150 each (First come first serve)

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 60-100)
 Women – **Group WA** (Age 16-28) / **Group WB** (Age 29-38) / **Group WC** (Age 39-100)



Team Category : *** Participants will be grouped according to their year of birth**
 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 Chung Hing Sports coupon valued below.

Remarks: (a) Three individual entry forms 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\$100 on each occasion (changes can only be accepted before the deadline).

Souvenirs : A HEALTH T-shirt will be given to each participant who finishes the race.

【Official Record】 : (11/2008) Men : Stefano Passarello 50:17, (11/2013) Women : Yiu Kit Ching 58:01

Awards : The overall top one of man and woman will be awarded Cash HK\$2,000 sponsor by HEALTH and HK\$1,000 Chung Hing Sports Coupon . All individual group's Champion will be awarded a POLAR Heart Rate Monitor. All Groups' winner will be awarded a trophy and a HEALTH race running shoes. Each group's Top three runners will be awarded Chung Hing Sports Coupon as valued below :

	Men						Trophy & Shoes	Team Category	Women			
	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	Trophy & Shoes	Team Category
Champion	HK\$500	HK\$500	HK\$500	HK\$500	HK\$500	✓	HK\$1,200	HK\$500	HK\$500	HK\$500	✓	HK\$1,200
1 st runner-up	HK\$400	HK\$400	HK\$400	HK\$400	HK\$400	✓	HK\$900	HK\$400	HK\$400	HK\$400	✓	HK\$900
2 nd runner-up	HK\$300	HK\$300	HK\$300	HK\$300	HK\$300	✓	HK\$600	HK\$300	HK\$300	HK\$300	✓	HK\$600
N/A	4th to 5th	4th to 7th	4th to 7th	4th to 6th	N/A	✓	N/A	4th	4th	4th to 6th	✓	N/A

Entry : 1a. By Post Registration should completed application form with ONE cross cheque HK\$140 / HK\$165(with one bus ticket) cheque for entry fee(more than one applicants please combine the entry fee in one cheque), no receipt service, made payable to "Hong Kong Marathon Pro" and post to **Flat C, 33/F, Blk 1, Jubilee Garden, Shatin (HEALTH - 15K)**.
 1b. Online Registration Fee is HK\$150 / HK\$180(with one bus ticket), Online Register website at <http://www.hkmarathonpro.com/>
 2. Please enclose ONE self-addressed stamped envelope (more stamp and large envelope for more than one applicants) with your application.
 3. Entry fee is non-refundable, non-transferable and non-repeatable when a/c. transferred that the entry has accepted. 4. If the typhoons signal No.8, thunderstorm 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. 5. Only by post and online entry, no late entry and walk-in entry on race day.
 6. Entry fee will not be refunded & send back & change participants name & change race for double entry. (Only count one person) 7. Organizer reserves the rights to amend the above information.

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\$25/ Online HK\$30 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 be posted / E-mail (online Entry) at least 7 days before the race . Number Bib and Chip will be issued on race day.***

Enquiries : 8104 8500 or mail to hkmarathonpro@yahoo.com.hk .
Download the form & Result Announcement : <http://www.hkmarathonpro.com> , <http://www.thaiquain.com/> , <http://www.hkrunners.com>
Remarks : (1) Personal insurance is responsible by the participants. (2) The number cloths and chip are non-transferable. (3) Applicant who can't provide details data don't accept. (4) The organizer will provide luggage-keeping services, water stations and distance markers. (5) All souvenirs and awards will not award before and after the race or other person. (6) no receipt service.
HEALTH Long Run Course & Professional Long Run Lecture : <http://www.victorysport.com.hk/>

HEALTH GOLD COAST 15K 2014 < Entry Form >

Name : (Chinese) _____ (English) _____ ID Card No : _____ Sex : _____

Address : _____ Year of Birth : _____

Tel : _____ / _____ Fax : _____ Near year best time of 15K / year : _____ / _____

Email Address : _____ Cheque no : _____

Club : _____ **【Person to contact in emergency:** _____ **Tel:** _____ **Relationship:** _____ **】**

Men	MA (1986 - 1998)	MB (1976 - 1985)	MC (1965 - 1975)	MD (1955 - 1964)	ME (1914 - 1954)	Entry Fee : HK\$140 <input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Women	WA (1986 - 1998)	WB (1976 - 1985)	WC (1914 - 1975)	Entry Fee + 1 Bus Ticket : HK\$165 <input type="checkbox"/>		
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	【*All groups are categorized according to the birth year】		

Bus Fare HK25 per each Place to get on our bus (No return) : Hong Kong Tin Hau (7:15am) / Kowloon TST (7:30am)

Men's Team 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's Signature _____ Applicant's Signature : _____

Name : _____	No write this item, if you download it on website.	Name : _____
Address : _____		Address : _____